

# Mason's Guide to Shenandoah National Park Hiking

## Background:

Shenandoah National Park, stretching over 199,173 acres along the Blue Ridge Mountains in Virginia, offers stunning views, a variety of trails, and diverse recreational activities. The skinny and north-south oblong park spans 105 miles with over 500 miles of trails and 75 scenic overlooks on the famed Skyline Drive, which runs along the mountain ridgeline.

**Highest Peak:** Hawksbill Mountain at 4,051 feet

**Park Sections:** North, Central, and South Districts

**Park Amenities:**

- 4 main entrances (top, bottom, two in the middle)
- 2 welcome centers (rangers can provide free maps & advice; centers include bathrooms & giftshops)
- 5 campgrounds (details below)
- 7 picnic grounds (charcoal grills, picnic tables, and often bathrooms)

**Dog-Friendly:** Dogs are allowed on most trails (except ten specific trails) if leashed.

**Popular Activities:** Hiking, camping, fly fishing for native brook trout, and scenic drives.



## Recommended Hikes across Park Sections

Shenandoah National Park offers hikes with an array of natural features and breathtaking scenery. These are the trails I like best. Parking location marked in (). Each hike includes special markers:

- **Waterfall (+):** Trails with notable waterfalls, perfect for a scenic and often shaded experience.
- **Viewpoint (\*):** Hikes with rewarding vistas or overlooks, offering panoramic views of the Blue Ridge Mountains and Shenandoah Valley.
- **Attraction (^):** Trails with unique or historical landmarks, rock formations, or wildlife viewing opportunities that add to the hike's allure.

Trail markings can be found painted on trees or rocks during a hike. Double/stacked blaze means that you are to look for a sharp turn. Markings use the color scheme:

- **Blue Blaze:** Standard hiking trails
- **Yellow Blaze:** Horse trails or fire roads
- **White Blaze:** Appalachian Trail
- **Red-orange blaze:** Edge of the park, not a trail.



Concrete and metal trail posts often located at intersections provide trail information.

## Visiting advice

- Watch out for thru-hikers who are hiking the Appalachian Trail (A.T.)'s 2,192 miles which runs from Maine to Georgia and includes the entire length of the park.
- The park has great resources on [bear](#) and [snake safety](#) so you'll know exactly what to do if you encounter one. Ticks are also common so learn [how to deter and remove them](#).
- Poison ivy is also widespread throughout the park, so [familiarize yourself](#) with what it looks like so you can avoid it.
- Remember your [Leave No Trace](#) Principles!

## North District

### Snead Farm Loop\*^ (Mile 5)

*Distance:* 3.7 miles circuit (or 2.4)

*Elevation Gain:* 580 feet

*Difficulty:* Moderate

*Estimated Time:* 2.5 hours

*Description:* Starting near the Dickey Ridge Visitor Center, this hike includes a historic barn at Snead Farm and an overlook from Dickey Hill, a popular spot for hang gliding.

### Lands Run Falls Hike+ (Mile 9.2)

*Distance:* 1.3 miles round trip

*Elevation Gain:* 325 feet

*Difficulty:* Easiest

*Estimated Time:* 1.5 hours

*Description:* This short, easy hike takes you to a charming series of cascades that drop about 80 feet into a gorge. Starting from the Lands Run parking area, follow the fire road downhill for ~0.6 miles. Look for a small stream running under the road in twin culverts and follow it about 25 feet to the right to reach the top of the falls. (**Note:** the stream may be dry when there is less rain)

### Compton Peak, West and East\* (Mile 10.4)

*Distance:* 2.4 miles round trip

*Elevation Gain:* 855 feet

*Difficulty:* Moderate

*Estimated Time:* 1.75 hours

*Description:* This hike offers views in both directions from Compton Gap parking area (Mile 10.4) via the Appalachian Trail. The western viewpoint presents expansive vistas, while the eastern viewpoint has intriguing rock formations.

### Overall Run Falls+ (Mile 22.2)

*Distance:* 5.1 miles round trip

*Elevation Gain:* 1,291 feet

*Difficulty:* Moderately Strenuous

*Estimated Time:* 4 hours

*Description:* From Mathews Arm Campground (Mile 22.2), follow Traces Trail to the largest waterfall in the park at 93 feet. Note: that water flow may vary with the season. Note: If the campground is closed, you can park at mile 21 and take the Appalachian Trail to the Tuscarora-Overall Run Trail. This route adds another mile to your hike.

## Central District

### Mary's Rock\* (Mile 31.6 – long or 33.5 – short)

*Distance:* 2.9- or 3.7-miles round trip

*Elevation Gain:* 830-1,210 feet

*Difficulty:* Moderate

*Estimated Time:* 3-3.5 hours

*Description:* Both routes offer fantastic views from the summit of Mary's Rock, though parking is more limited on the shorter route from Meadow Spring parking area, ample parking at the longer route trailhead located at the back of the Panorama parking area near the park entrance.

### Stony Man\* (Mile 41.7)

*Distance:* 1.6 miles circuit

*Elevation Gain:* 340 feet

*Difficulty:* Easy

*Estimated Time:* 1 hour

*Description:* This short, scenic hike near Skyland Resort leads to panoramic vistas. Start from the Stony Man parking area. (**Note:** No pets)

### Whiteoak via Cedar Run Circuit+ (Mile 45.5)

*Distance:* 8.4 miles circuit

*Elevation Gain:* 2,794 feet

*Difficulty:* Very Strenuous

*Estimated Time:* 7 hours

*Description:* A challenging but rewarding loop from Hawksbill Gap parking area with waterfall views and a natural rockslide (2 miles in). Multiple stream crossings require caution during high water. The preferred route is to go right at the initial fork (do the loop counterclockwise).

### Hawksbill Summit\* (Mile 45.5 or 46.5)

*Distance:* 1.7 miles or 2.1 miles

*Elevation Gain:* 690 ft (short), 520 ft (long)

*Difficulty:* Moderate to Easy

*Estimated Time:* 1.25-1.5 hours

*Description:* There are two route options (shorter 1.7 miles or longer 2.1 miles) from Hawksbill Gap parking area or Upper Hawksbill parking area. Hawksbill, the park's highest peak, offers stunning summit views. The shorter trail is steeper and rockier, while the longer is more gradual.

### Dark Hollow Falls Trail + (Mile 50.6)

*Distance:* 1.4 miles

*Elevation gain:* 440 feet

*Difficulty:* Moderate

*Estimated time:* 1.25 hours

*Description:* A short yet rewarding hike from Dark Hollow Falls Parking leading to one of the park's most famous waterfalls, Dark Hollow Falls. This is an ideal choice for a quick but scenic adventure. This trail is short, but steep and rocky making the return climb more challenging. (**Note:** No pets)

### Lewis Falls Trail+ (Mile 51.2)

*Distance:* 3.3 miles

*Elevation Gain:* 990 feet

*Difficulty:* Moderate

*Estimated time:* 4 hours

*Description:* A loop hike with a beautiful waterfall as the main feature and multiple scenic overlooks along the way. A quieter option for waterfall and viewpoint lovers. Start from the Big Meadows amphitheater parking area.

### Rapidan Camp Hike^ (Mile 52.4)

*Distance:* 4 miles round trip

*Elevation Gain:* 870 feet

*Difficulty:* Moderate

*Estimated Time:* 2.75 hours

*Description:* This hike leads to Rapidan Camp, the predecessor to Camp David, a historic presidential fishing retreat built by Herbert Hoover in 1929 along the Rapidan River. The trail includes three stream crossings, adding a bit of adventure to the journey. The hike starts from the Milam Gap parking area then cross Skyline Drive and take the Appalachian Trail for a short distance to the trail post, then follow the blue-blazed Mill Prong Trail.

### Bearfence Hike\* (Mile 56.4)

*Distance:* 1.1- or 1.4-miles round trip

*Elevation Gain:* 305 - 311 feet

*Difficulty:* Easiest / Moderate

*Estimated Time:* .75-1 hour

*Description:* This hike offers two route options. For a more adventurous path, try the Bearfence Rock Scramble to enjoy a thrilling climb and a 360-degree view from the summit. If rock scrambles aren't for you, the alternative route skips the scramble but still provides a beautiful viewpoint. Start from Bearfence parking area.

## South District

### South River Falls Hike+ (Mile 62.7)

*Distance:* 3.3-mile circuit

*Elevation Gain:* 910 feet

*Difficulty:* Moderate

*Estimated Time:* 2.25 hours

*Description:* South River Falls is a picturesque waterfall that can be viewed from both an observation point and the base of the falls. Starting from the South River Picnic Area, follow the South River Falls Trail to the observation point. To reach the base of the falls, continue past the observation point to the trailpost.

### Hightop Summit\* (Mile 66.7)

*Distance:* 3 miles round trip

*Elevation Gain:* 935 feet

*Difficulty:* Moderate

*Estimated Time:* 3 hours

*Description:* Starting from the Hightop Mountain parking area, there is a scenic climb with expansive summit views, especially rewarding in early morning or sunset light.

### Doyles River Falls+ (Mile 81.1)

*Distance:* 3.3 miles round trip

*Elevation Gain:* 1,189 feet

*Difficulty:* Moderate

*Estimated Time:* 2.25 hours

*Description:* Starting from the Doyles River parking area, visit both Upper (28 feet) and Lower (63 feet) Doyles River Falls on this trail. A beautiful spot for photography, especially after rainfall.

### Chimney Rock\* (Mile 90)

*Distance:* 3.4 miles round trip

*Elevation Gain:* 830 feet

*Difficulty:* Moderate

*Estimated Time:* 2.5 hours

*Description:* Starting from the Riprap parking area, this trail includes views of Calvary Rocks and the iconic Chimney Rock, standing out against the mountain landscape.

### Turk Mountain Hike\* (Mile 94.1)

*Distance:* 2.2 miles round trip

*Elevation Gain:* 690 feet

*Difficulty:* Easiest

*Estimated Time:* 2.25 hours

*Description:* This hike offers a gentle ascent leading to a summit with stunning views to the west. Start from the Turk Mountain parking area.

## Camping Options

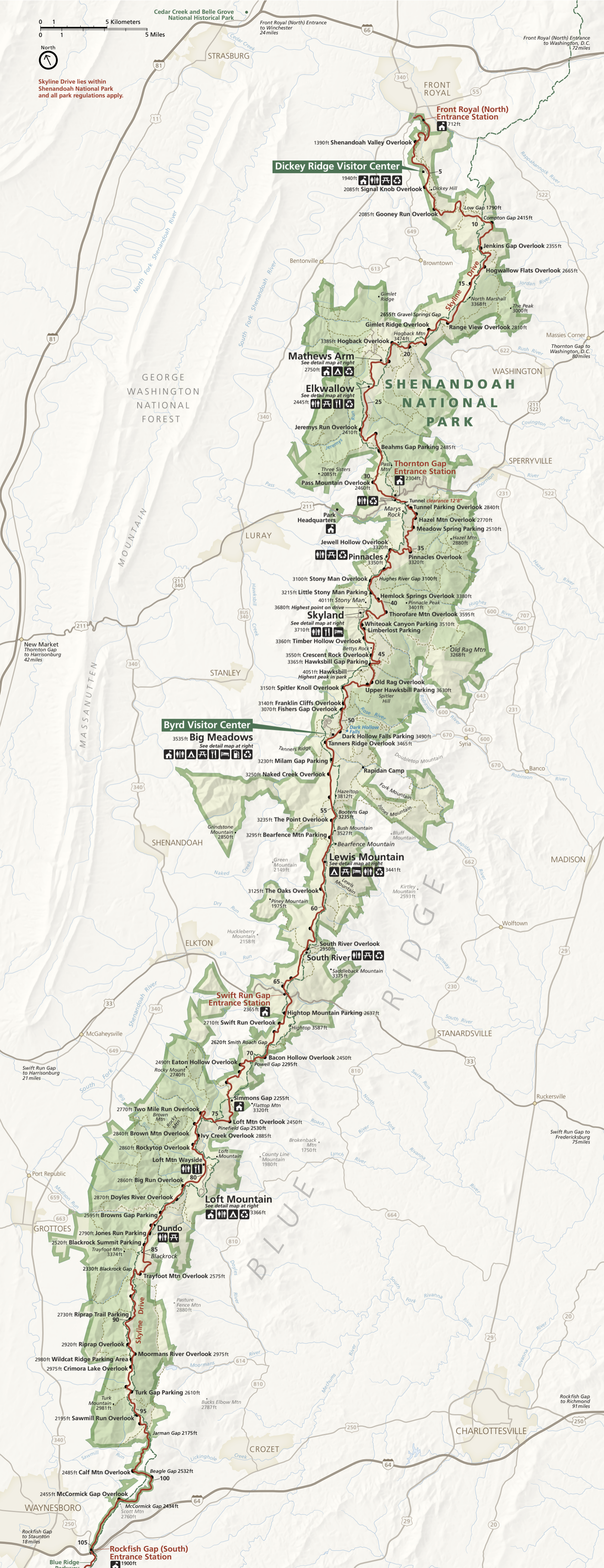
1. Skyland Resort - Offers lodge rooms and cabins. Great access to central trails and amenities.
2. Big Meadows Campground - Near Big Meadows Lodge & Lewis Falls Trail. Popular with families.
3. Lewis Mountain Campground- Smaller and quieter, ideal for tent campers.
4. Loft Mountain Campground - Largest campground, with easy access to trails, beautiful vistas.
5. Dundo Group Campground - Available for larger groups.

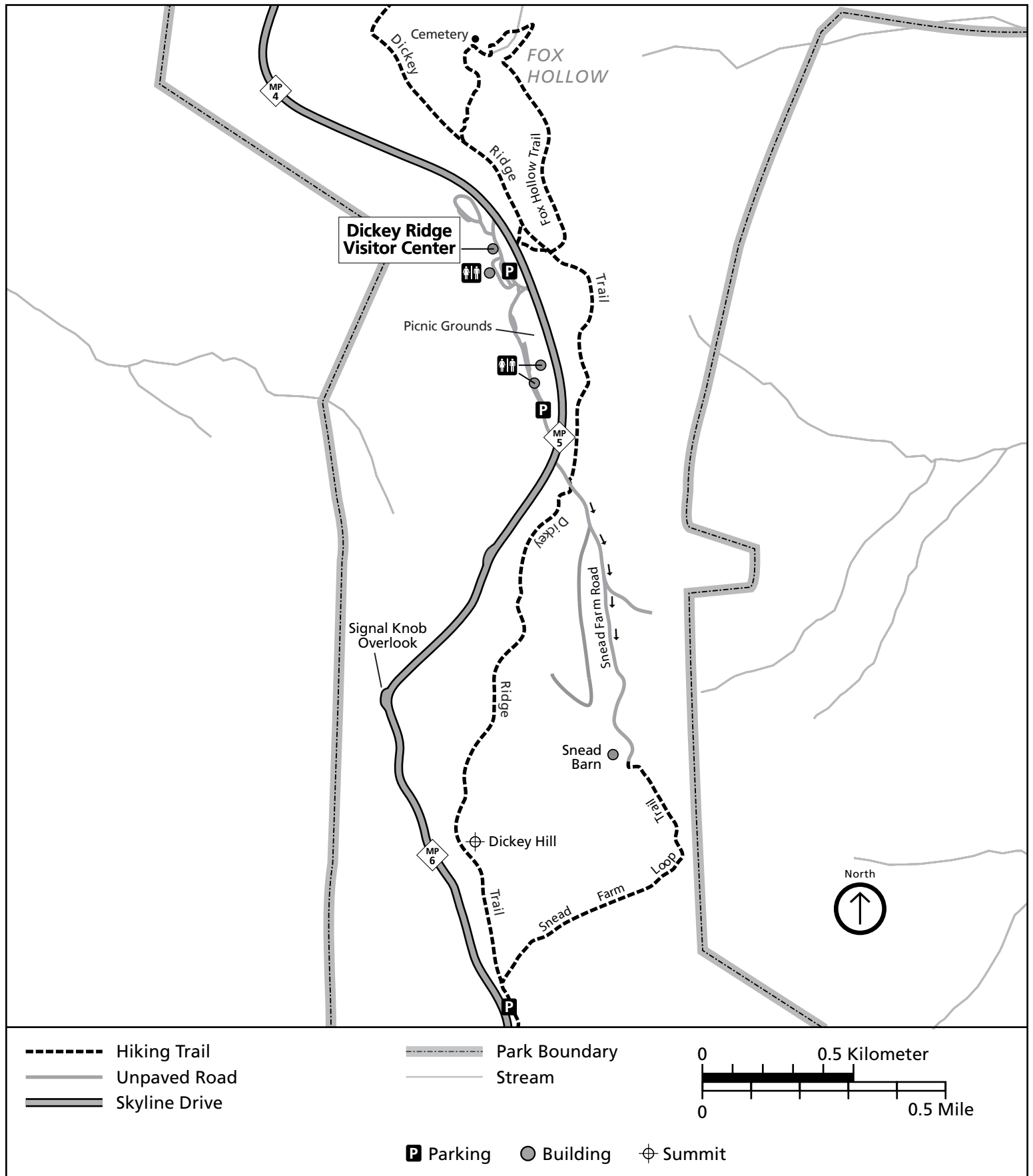
**Legend**

- Shenandoah National Park
- Wilderness within Shenandoah National Park
- 50 - Skyline Drive milepost
- Overlook
- Appalachian Trail
- Other trail
- Ranger station
- Restrooms
- Picnic grounds
- Food service
- Lodging
- Campground
- Gas station
- Recycling and trash collection site



Skyline Drive lies within Shenandoah National Park and all park regulations apply.





## Fox Hollow Trail Hike

-  1.2-mile circuit  .75-hour hiking time  
 Easiest  310-foot elevation gain

From the trailhead, located across the Skyline Drive from Dickey Ridge Visitor Center, go left onto Dickey Ridge Trail, then right onto Fox Hollow Trail. Stay on Fox Hollow Trail—past rock piles and the Fox family cemetery—back to your starting point. **Pets are not allowed on Fox Hollow Trail.**

## Snead Farm Loop Hike

-  3.7-mile circuit  2.5-hours hiking time  
 Moderate  580-foot elevation gain

From the trailhead, located across the Skyline Drive from Dickey Ridge Visitor Center, go right onto Dickey Ridge Trail. Go left on Snead Farm Road, which will take you to Snead Barn. Continue on the Snead Farm Loop Trail to its intersection with the Dickey Ridge Trail. Turn right and follow it back to your starting point. For a shorter 2.4-mile round-trip hike, turn back at Snead Barn and return to your starting point.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

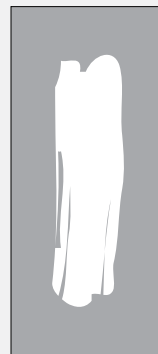
**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

**Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

## Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

- Pets are not allowed on Fox Hollow Trail. Where allowed, pets must be on a leash no longer than 6 feet at all times.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Cell and GPS services are unreliable.

## Good to Know

On both of these trails you will see evidence of the families who once lived in this area. When the Park was established, it was carved out of eight counties and 1,081 tracts of land. Numerous families were displaced. We can show our appreciation by respecting their cemeteries and honoring their sacrifices.

## Leave No Trace

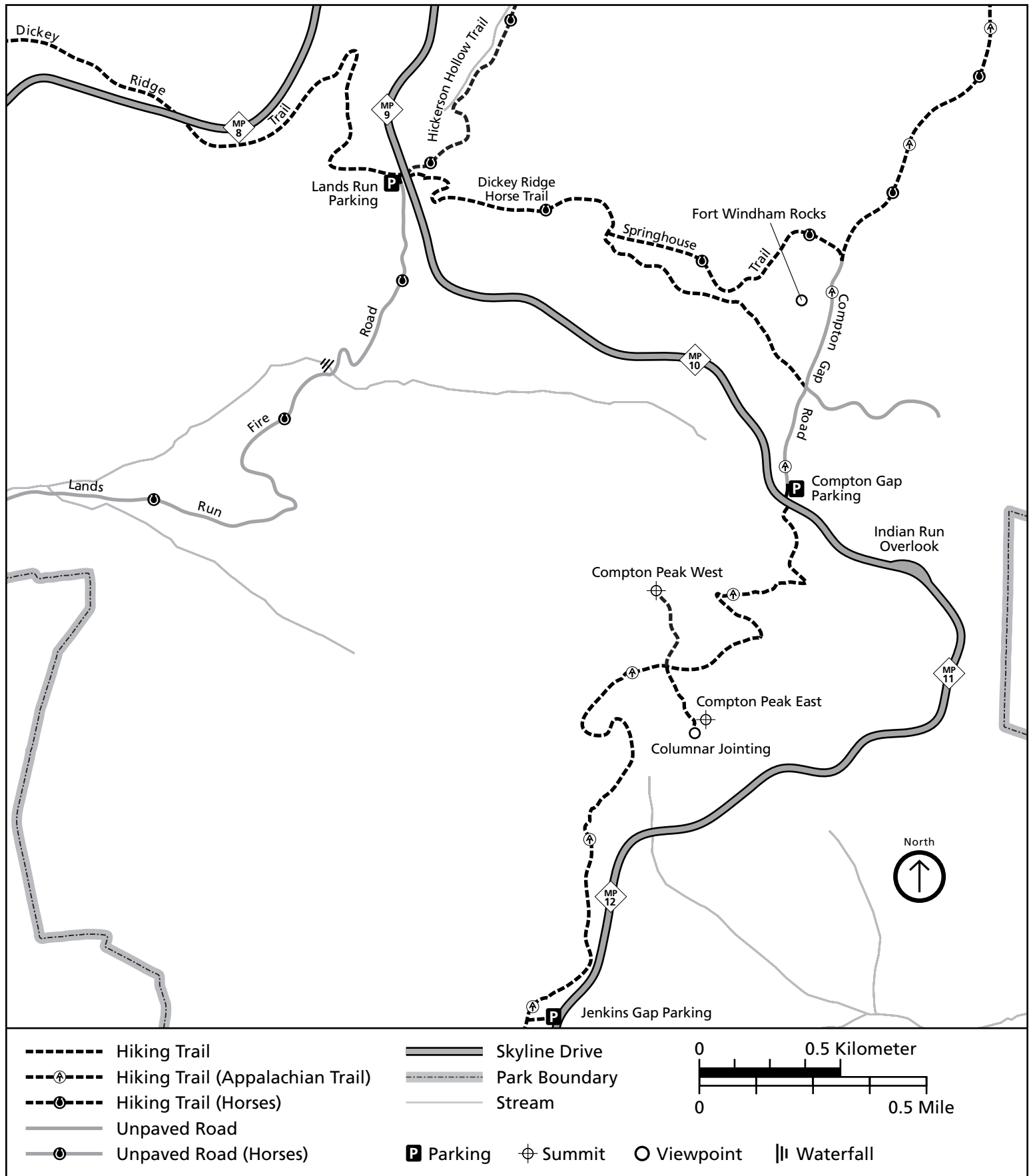
- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors..

# Compton Gap Area - Shenandoah National Park

National Park Service  
U.S. Department of the Interior



6/2019





## Compton Peak, West and East Hike

- 2.4-mile round trip
- 1.75-hours hiking time
- Moderate
- 855-foot elevation gain

From the Compton Gap parking area at mile 10.4, cross Skyline Drive and look for the concrete trail marker indicating the Appalachian Trail (A.T.). Take the A.T. south to the intersection and go right. Continue to the western viewpoint. Return to the intersection and continue straight to the eastern viewpoint.

## Fort Windham Rocks Hike

- 0.8-mile round trip
- .5-hour hiking time
- Easiest
- 130-foot elevation gain

From the Compton Gap parking area at mile 10.4, follow the Appalachian Trail (A.T.) north to its intersection with the Dickey Ridge Trail. Turn left. In about 300 yards, look for Fort Windham Rocks on the right, deeply split boulders rising 50 feet above ground.

## Lands Run Falls Hike

- 1.3-mile round trip
- 1.5-hours hiking time
- Easiest
- 325-foot elevation gain

From the Lands Run parking area at mile 9.2, follow the fire road downhill for about 0.6-mile and look for a small stream that flows under the road in twin culverts (it may be waterless in dry conditions). Follow the stream about 25 feet to the right to the top of a small falls. There is a series of cascades that descend about 80 feet into a gorge. It's a beautiful area to explore, but use caution around the falls and steep, rocky areas.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

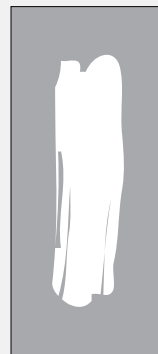
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**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

**Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

## Markers & Blazes

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**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue - Hiking trail
- White - Appalachian Trail
- Yellow - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Do not attempt to cross streams during icy conditions or flooding.
- It's dangerous and potentially deadly to climb on the rocks near waterfalls.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Cell and GPS services are unreliable.

## Good to Know

You can see one of the best examples of columnar jointing in Shenandoah on the Compton Peak hike if you are up for a bit of climbing. Once you are at the eastern viewpoint, follow the blue blazes down and around to the base of the cliff - look up from there to see the columnar jointing. It's steep and rocky, but worth the trip.

## Fun to Know

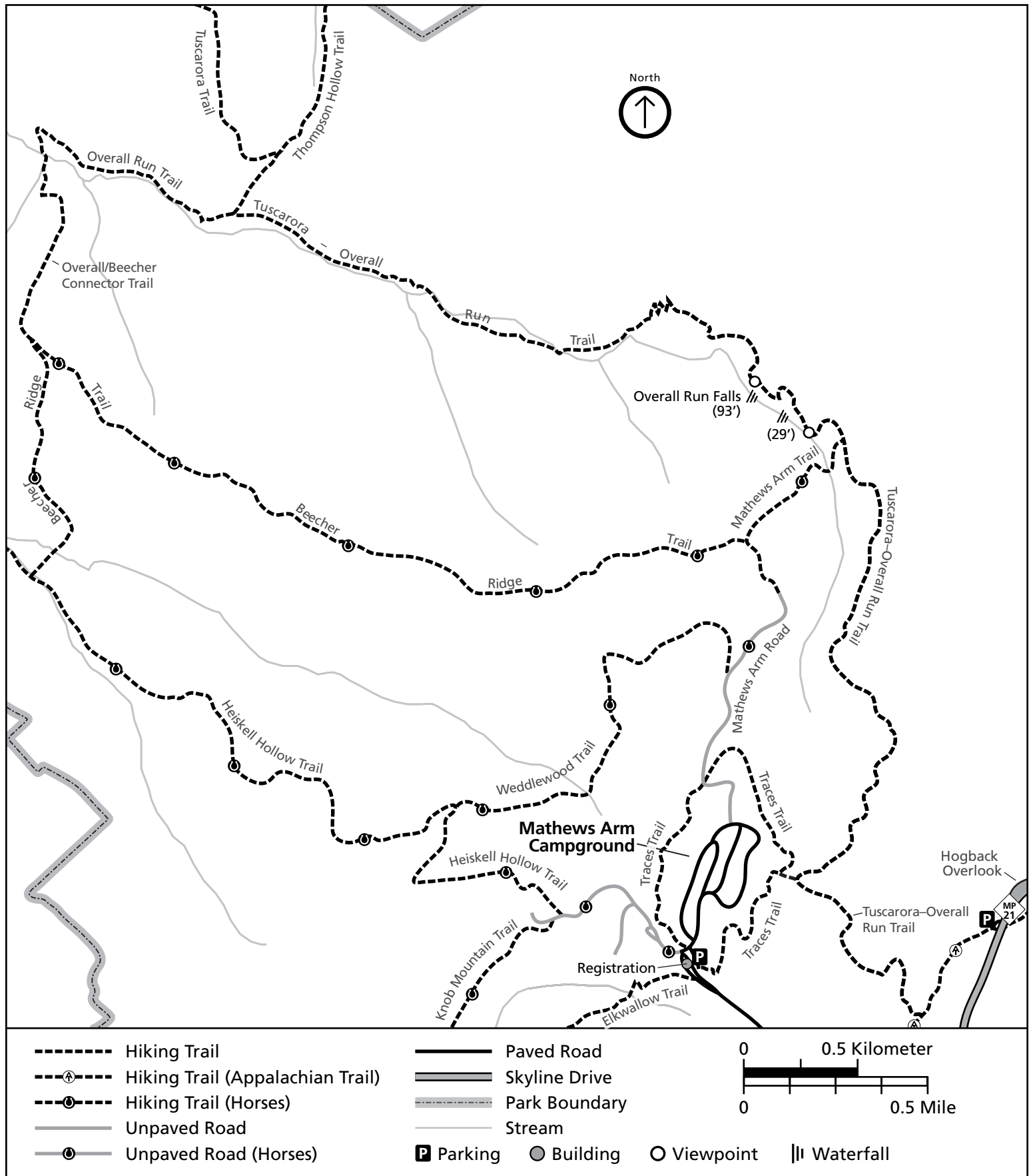
What's so cool about Fort Windham rocks? It's greenstone and is part of a series of lava flows that includes the Pedlar granodiorite - the oldest rocks in the Park. These are covered with lichen and weathering rapidly so you'll see some wonderful colors

## Leave No Trace

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.



2/2018



## Overall Run Falls Hike

- 5.1-mile round trip
- 4-hours hiking time
- Moderately Strenuous
- 1,291-foot elevation gain

From the Mathews Arm Campground registration parking area at mile 22.2, take Traces Trail to the yellow-blazed Mathews Arm Road. The road becomes Mathews Arm Trail. Stay on the right at its intersection with Beecher Ridge Trail and continue on Mathews Arm Trail following it to the intersection with Tuscarora-Overall Run Trail. Go left and follow it about a tenth of a mile to a side trail. From here you can see the upper falls. Continue downhill on the main trail another 1,300 feet for views of the biggest falls in Shenandoah at 93 feet. Retrace your steps back to your starting point. **Unless rain is plentiful, Overall Run Falls may have minimal to no water flow.**

NOTE: If the campground is closed, you can park at mile 21 and take the Appalachian Trail to the Tuscarora-Overall Run Trail. This route adds another mile to your hike. If you are already in the campground, you can take the yellow-blazed Mathews Arm Road from the B-loop.

## Traces Trail Hike

- 1.7-mile circuit
- 1.25-hours hiking time
- Easiest
- 333-foot elevation gain

From the registration parking area at mile 22.2, take the blue-blazed Traces Nature Trail around the campground.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

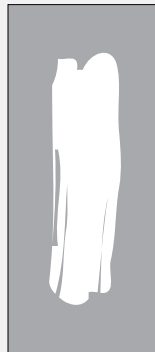
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**Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

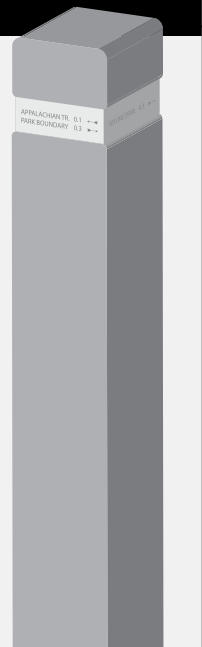
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- Blue - Hiking trail
- White - Appalachian Trail
- Yellow - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Do not attempt to cross streams during icy conditions or flooding.
- It's dangerous and potentially deadly to climb on the rocks near waterfalls.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Filter or treat water from streams before drinking.
- Cell and GPS services are unreliable.

## Good to Know

Traces Trail is a fairly smooth walk with a few moderately steep places through a former homesite. Look for rock walls and old road beds. Shenandoah was created from over 1,000 privately owned tracts of land. Throughout the Park you can find traces of those who lived and worked in these mountains and sacrificed their land and homes for this national park. Please show your respect by not disturbing artifacts.

## Leave No Trace

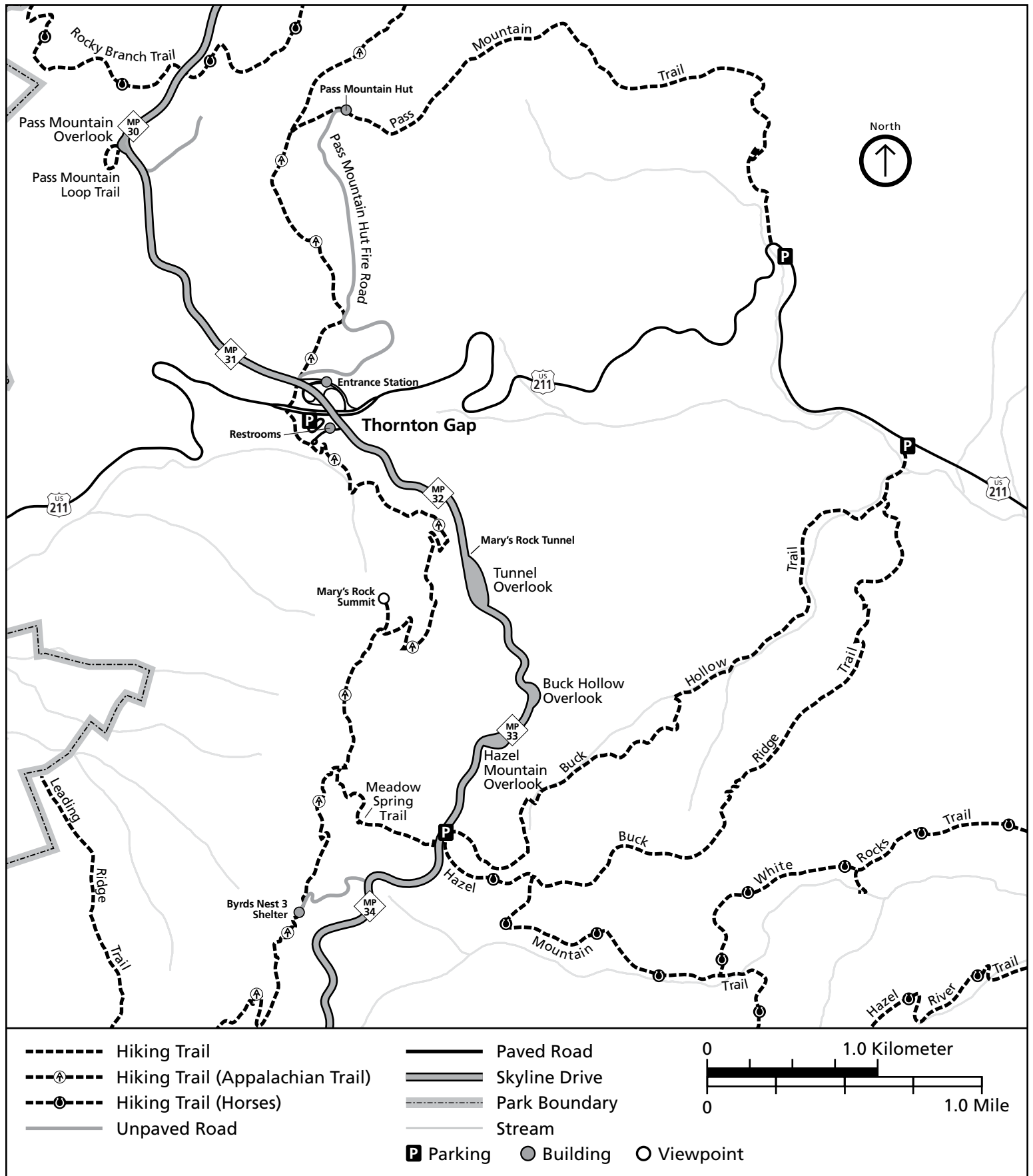
- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.

# Thornton Gap Area - Shenandoah National Park

National Park Service  
U.S. Department of the Interior



2/2020



## Marys Rock Summit Hike

- 3.7-mile round trip      3.5-hours hiking time  
Moderate      1,210-foot elevation gain

From the trailhead at the back of the Panorama parking area at mile 31.6, take the short connector trail to the Appalachian Trail and go left (south). At the trailpost take a right to the viewpoint. Retrace your steps.

## Marys Rock Summit Hike – Alternate

- 2.9-mile round trip      3-hours hiking time  
Moderate      830-foot elevation gain

From Meadow Spring parking area at mile 33.5, cross Skyline Drive and take the Meadow Spring Trail to its intersection with the Appalachian Trail (A.T.). Go right onto the A.T. and follow it to the next trailpost. Go left to the viewpoint. Retrace your steps.

## Pass Mountain Loop Hike

- 3.4-mile round trip      2.5-hours hiking time  
Moderate      670-foot elevation gain

From the trailhead at the back of the Panorama parking area at mile 31.6, take the short connector trail to the Appalachian Trail (A.T.) and go right (north). Cross Route 211 and Skyline Drive. Go right onto the fire road and follow it to the hut. There, look for the blue-blazed Pass Mountain Trail and take that back to the A.T. south which will take you back to your starting point.

## Hazel River Falls Hike

- 5.3-mile round trip      5-hours hiking time  
Moderate      1,070-foot elevation gain

From Meadow Spring parking area at mile 33.5, take the yellow-blazed Hazel Mountain Trail past the Buck Ridge Trail. At the fork, go left onto the yellow-blazed White Rocks Trail. At the next trailpost, go right and continue to see two small waterfalls. Retrace your steps back to the parking area.

## Hiking Difficulty Scale

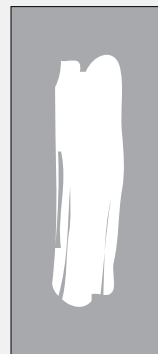
**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** A moderate hike generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

## Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
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- Yellow** - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Stay on the trail and avoid trampling sensitive vegetation
- Cell and GPS services are unreliable.

## Good to Know

When hiking in Shenandoah, it's always good to stay on the trail for your safety and for the protection of the natural and cultural resources. On Marys Rock, it's particularly important! Fragile plants and lichens thrive in these rocky places. Take in the expansive views, but don't forget to notice what's underfoot to avoid crushing fragile plants and lichen!

## Fun to Know

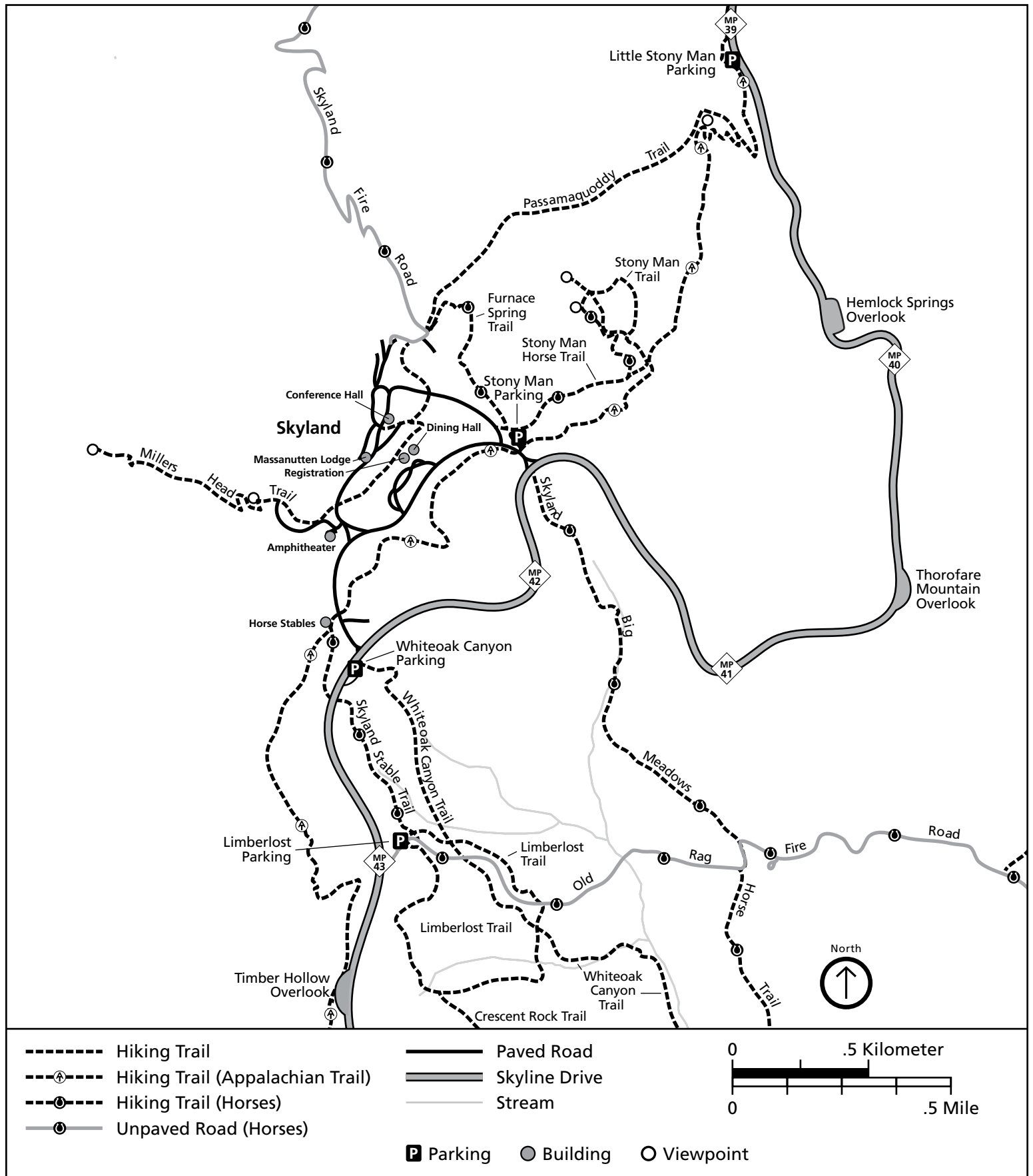
Like many of the Park trails, Marys Rock Trail was built by the "boys" of the Civilian Conservation Corps (CCC). While you're at the Park stop by Byrd Visitor Center (mile 51) to learn more about these young men who made Shenandoah what it is today!

**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

**Very Strenuous:** Only well conditioned and well prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.



2/2020



## Limberlost Hike

- 🔄 1.3-mile circuit      ⌚ 1.5-hours hiking time  
⚠️ Easiest      📈 130-foot elevation gain

Take the trail to the right of the trailhead and follow the greenstone path back to your starting point. Detailed accessibility information at the trailhead. NO PETS.

## Millers Head Hike

- 🔄 1.6-mile round trip      ⌚ 2-hours hiking time  
⚠️ Easiest      📈 450-foot elevation gain

From the trailhead just up the hill from the amphitheater, take the Millers Head Trail to a spectacular viewpoint and site of a former fire tower. The trail is rocky and the return is a bit steep.

## Stony Man Hike

- 🔄 1.6-mile circuit      ⌚ 1-hour hiking time  
⚠️ Easiest      📈 340-foot elevation gain

Take the Appalachian Trail (A.T.) to the trail post. Continue on the blue-blazed Stony Man Trail to the viewpoint. Then continue on the Stony Man Trail to its intersection with the A.T. and retrace your steps to your starting point. NO PETS.

## Passamaquoddy Loop Hike

- 🔄 3.4-mile circuit      ⌚ 3-hours hiking time  
⚠️ Moderate      📈 770-foot elevation gain

From the north end of the Stony Man parking area, look for the trail post and the yellow-blazed Furnace Spring Horse Trail. Take it to the blue-blazed Passamaquoddy Trail where you will turn right. Follow the Passamaquoddy Trail to its junction with the A.T., turn right and follow it back to the parking area.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** A moderate hike generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

## Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

**Pets are not allowed on Limberlost and Stony Man Trails.** Where allowed, pets must be on a leash no longer than 6 feet at all times.

- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Stay on the trail and avoid trampling sensitive vegetation.
- Be sure someone knows where you are and when to expect your return.
- Cell and GPS services are unreliable.

## Fun to Know

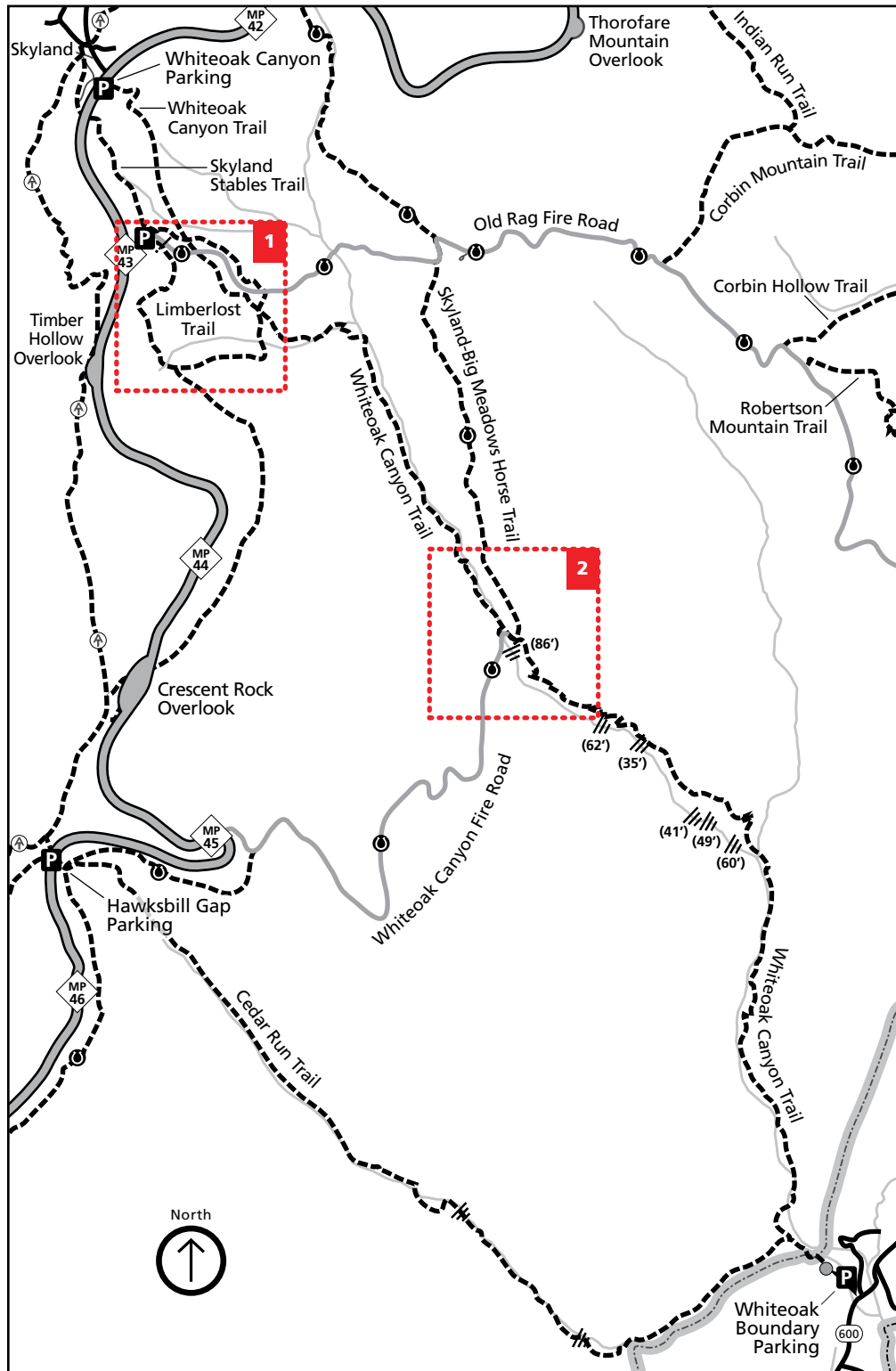
When you hike in the Skyland area you are carrying on a long tradition. Before Shenandoah National Park was established, and even before we used the word “hike,” vacationers to Skyland Resort in the late 1800s and early 1900s “tramped” these same trails and enjoyed these same spectacular views. Stop by Massanutten Lodge to learn more about the history of Skyland.

# Whiteoak Canyon Area - Shenandoah National Park

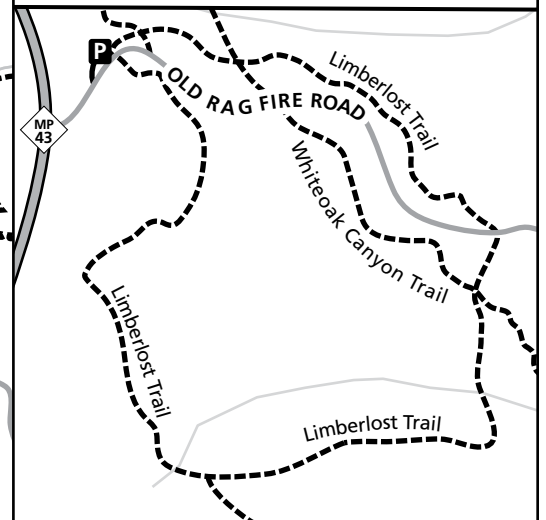
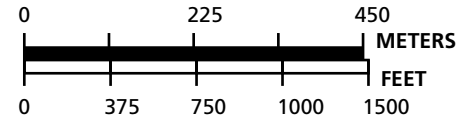
National Park Service  
U.S. Department of the Interior



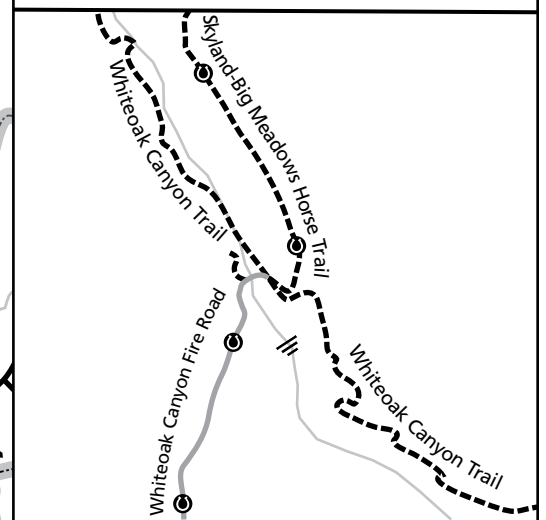
6/2021



## Limberlost Trail (no pets) 1 Map Inset



## Whiteoak Crossing 2 Map Inset



- |  |                     |                     |
|--|---------------------|---------------------|
| ----- Hiking Trail                         | ———— Paved Road     | 0 ————— 1 Kilometer |
| - - - - - Hiking Trail (Appalachian Trail) | ==== Skyline Drive  | 0 ————— 1 Mile      |
| - - - - - Hiking Trail (Horses)            | ----- Park Boundary |                     |
| —— Unpaved Road                            | —— Stream           |                     |
| —— Unpaved Road (Horses)                   | Ⓟ Parking           |                     |
|  | ● Building          |                     |
|  | Waterfall           |                     |



## Skyline Drive to Upper Whiteoak Falls Hike

- ⌚ 4.6-mile round trip      ⌚ 3.5-hours hiking time  
⚠ Moderate      ⚡ 1,040-foot elevation gain

From the Whiteoak Canyon parking area (mile 42.6), take the Whiteoak Canyon Trail. Pass the junctions for the Old Rag Fire Road and the Limberlost Trail. About 2.3 miles from the start you will come to a rocky ledge with a view of the upper falls. Retrace your steps to return to the parking lot. The return trip will be very steep! Hiking to the other five falls adds a strenuous 2.7 miles.

## Cedar Run - Whiteoak Circuit Hike

- ⌚ 8.1-mile circuit      ⌚ 7.0-hours hiking time  
⚠ Very strenuous      ⚡ 2,794-foot elevation gain

From Hawksbill Gap parking (mile 45.6), descend on Cedar Run Trail. At bottom of drainage, go left on Whiteoak Canyon Trail. Just after the upper falls, go left on the Whiteoak Canyon Fire Road/Horse Trail (see inset #2). If the water is high, use the pedestrian bridge above the falls. Be prepared for several stream crossings.

## Boundary to Lower Falls Hike

- ⌚ 2-mile round trip      ⌚ 1.5-hours hiking time  
⚠ Easiest      ⚡ 500-foot elevation gain

From the parking area at the Park boundary (directions below), begin at Whiteoak Canyon Trail and keep right at the intersection with Cedar Run Trail. Cross a small stream and continue to the base of the lower falls. Return by the same route.

## Directions to Boundary Trailhead

**From Sperryville** - Follow Route 211 to Route 522 south for 0.8-mile. Turn right on Route 231, follow 10.2 miles to Etlan, turn right on Route 643. Follow for 4.5 miles and turn right onto Route 600. Proceed 3.5 miles to the parking area.

**From Madison** - Route 29 Business, take 231 north for 5.6 miles to Route 670 at Banco. Continue 3.6 miles to Route 643 in Syria. Follow 0.8 mile on Route 643 to Route 600. Continue on Route 600 to the parking area.

## Hiking Difficulty Scale

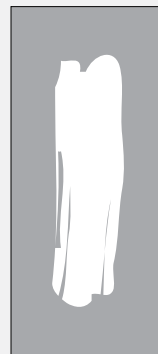
**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** A moderate hike generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

## Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

- It's dangerous and potentially deadly to climb on the rocks near waterfalls.
- Pets must be on a leash no longer than 6 feet at all times. No pets on Limberlost Trail.
- Do not cross streams during icy conditions or flooding.
- Be sure you're physically able to complete your hike.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- There is no public transportation on Skyline Drive or at the Whiteoak boundary trailhead.
- Cell and GPS services are unreliable.

## Good to Know

Even if you are hiking from the boundary, you must have an entrance permit or annual pass. Please be prepared to self-pay (correct change or credit card) at the boundary trailhead.

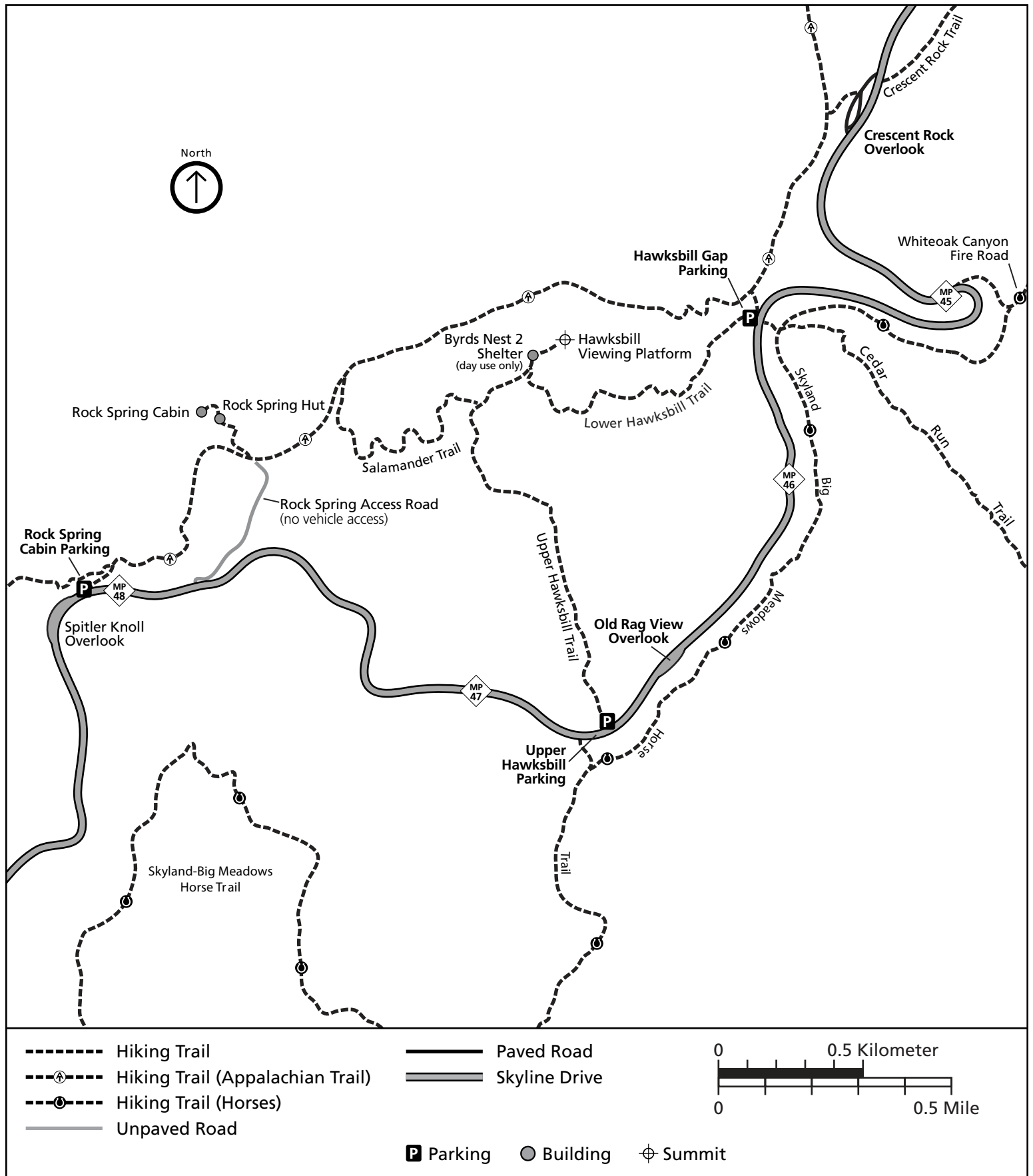
Backcountry camping sites are very limited in this area, so be prepared to go to a different area in the Park to camp, especially on weekends. Be sure you have a backcountry camping permit and that you understand the regulations, particularly those pertaining to site choice.

**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

**Very Strenuous:** Only well conditioned and well prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.



10/2020



## Hawksbill Loop Hike

- 🔄 2.9-mile circuit      ⌚ 2-hours hiking time  
⚠️ Moderate      ⚡ 860-foot elevation gain

From the north end of the Hawksbill Gap parking area at mile 45.5, take the short connector trail to the Appalachian Trail (A.T.). At the trail post, turn left onto the A.T. south. Continue on the A.T. south to the trail post indicating the Salamander Trail. Go left onto the blue-blazed Salamander Trail. At the next trail junction, turn left onto the Upper Hawksbill Trail. Be sure to take the short trail past the shelter to the viewing platform. To return to the parking area be sure to take the blue-blazed Lower (NOT the Upper) Hawksbill Trail.

## Hawksbill Summit Hike

- 🔄 1.7-mile round trip      ⌚ 1.25-hours hiking time  
⚠️ Moderate      ⚡ 690-foot elevation gain

For a shorter, but steeper, rockier route, from the Hawksbill Gap parking area at mile 45.5, take the Lower Hawksbill Trail to Byrds Nest 2 Shelter and then follow the trail to the viewing platform. Retrace your steps to return to starting point.

## Upper Hawksbill to Hawksbill Summit Hike

- 🔄 2.1-mile round trip      ⌚ 1.5-hours hiking time  
⚠️ Easiest      ⚡ 520-foot elevation gain

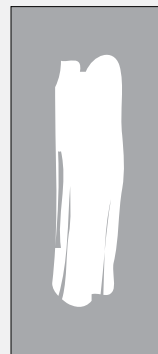
From the Upper Hawksbill parking area at mile 46.5, take the Upper Hawksbill Trail to Byrds Nest 2 Shelter and then follow the trail to the viewing platform. Retrace your steps to return.

## Hiking Difficulty Scale

- Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.
- Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.
- Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.
- Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.
- Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

## Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be aware that you are in snake habitat.
- Be sure someone knows where you are and when to expect your return.
- Cell and GPS services are unreliable.

## Good to Know

Many of Shenandoah's most popular views are from rocky outcrops like Hawksbill. Did you know that these popular spots are also home to some of the Park's most rare and sensitive vegetation? Look closely to see these tough, yet fragile plants—they look like they are growing right out of the rocks! Constant trampling puts this rare vegetation at risk, so please be aware of these special plants we are working to protect.

## Fun to Know

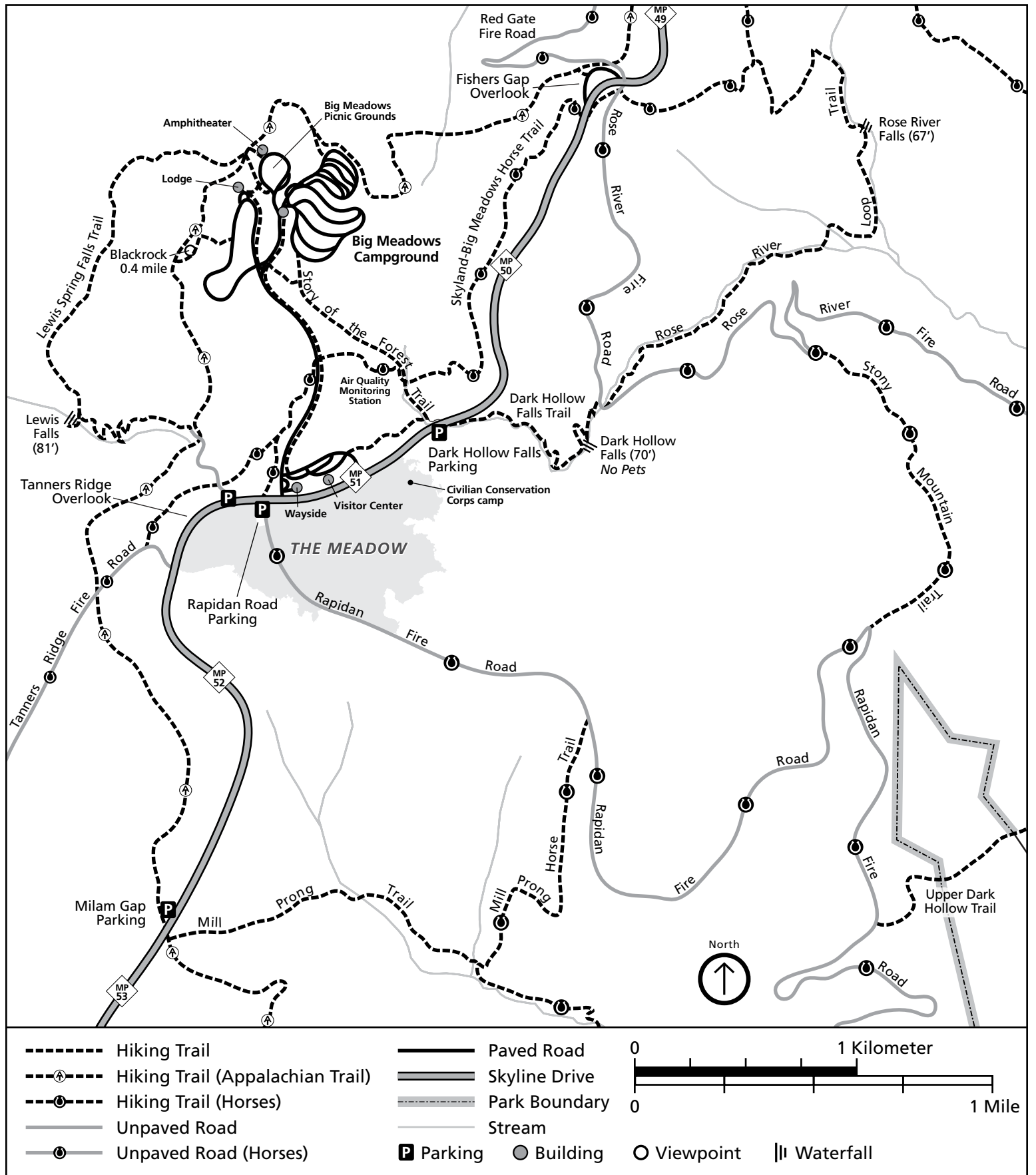
Hawksbill is Shenandoah's highest peak at 4,051 ft. Be sure to see the view from the observation platform just a few feet up the trail from the shelter. How far you can see will depend on a number of factors including the current air quality. It's a great reminder of the simple things we can all do to reduce emissions and improve air quality—not just for the views, but also for our health!

## Leave No Trace

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.



11/2020



## Dark Hollow Falls Hike

- 🕒 1.4-mile round trip      ⌚ 1.25-hours hiking time  
⚠️ Moderate      📈 440-foot elevation gain

From the trailhead, follow the trail 0.75-mile to the falls and return by the same route. **This trail is short, but very steep and rocky. The return climb is challenging! No pets.**

## Story of the Forest Hike

- 🕒 1.8-mile circuit      ⌚ 1.5-hours hiking time  
⚠️ Easiest      📈 290-foot elevation gain

From the front of Byrd Visitor Center, turn right and follow the sidewalk to the trail. After crossing the bridge, turn left and follow the trail to its intersection with a paved walkway near the Campground Office. Turn left and follow the walkway back to your starting point. **No pets.**

## Rose River Loop Hike

- 🕒 4-mile round circuit      ⌚ 4.5-hours hiking time  
⚠️ Moderate      📈 910-foot elevation gain

From the north end of Fishers Gap parking at mile 49.4, cross Skyline Drive and start down the fire road. Just after the chain, take a left onto the Skyland-Big Meadows Horse Trail (yellow blazed). In about 0.6-mile take the blue-blazed Rose River Loop Trail. Follow it past the 67-foot falls. Continue to the bridge, where you begin hiking up a steep, rocky section past beautiful cascades. At the fire road (yellow-blazed), turn right across bridge. For an added treat (and about .25-mile more hiking), you can take the Dark Hollow Falls Trail to the base of the falls and back. Then continue uphill about one mile back to Skyline Drive.

## Lewis Falls Trail Hike

- 🕒 3.3-mile circuit      ⌚ 4-hours hiking time  
⚠️ Moderate      📈 990-foot elevation gain

From the Big Meadows amphitheater parking area, walk downhill at the concrete marker post and turn left on the Appalachian Trail. Stay right onto the blue-blazed Lewis Falls Trail. It's a steep, rocky descent to the falls viewing platform. Take the trail up to its intersection with a fire road. Turn right and in a few yards turn left onto the Appalachian Trail. Follow uphill to starting point.

## Hiking Difficulty Scale

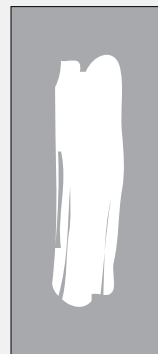
**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** A moderate hike generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

## Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

**Pets are not allowed on Dark Hollow and Story of the Forest Trails.** Where allowed, pets must be on a leash no longer than 6 feet at all times.

- Be sure you are physically able to complete your hike.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Stay on the trail and avoid trampling sensitive vegetation.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts and wildflowers are protected.
- It's dangerous and potentially deadly to climb on the rocks near waterfalls.
- Cell and GPS services are unreliable.

## Good to Know

The Big Meadow is a great place to wander. There's no right or wrong way to do it; just follow the animals' paths. Every season will reveal something special: wildflowers, fawns, butterflies, tracks in the snow—you never know what you might find.

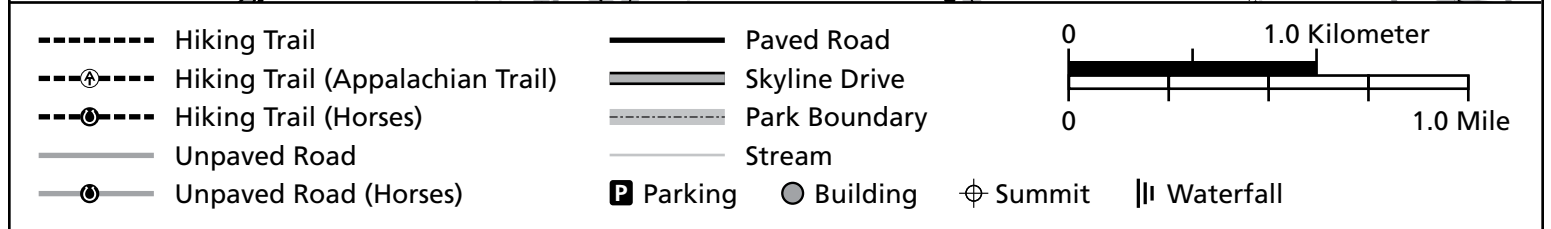
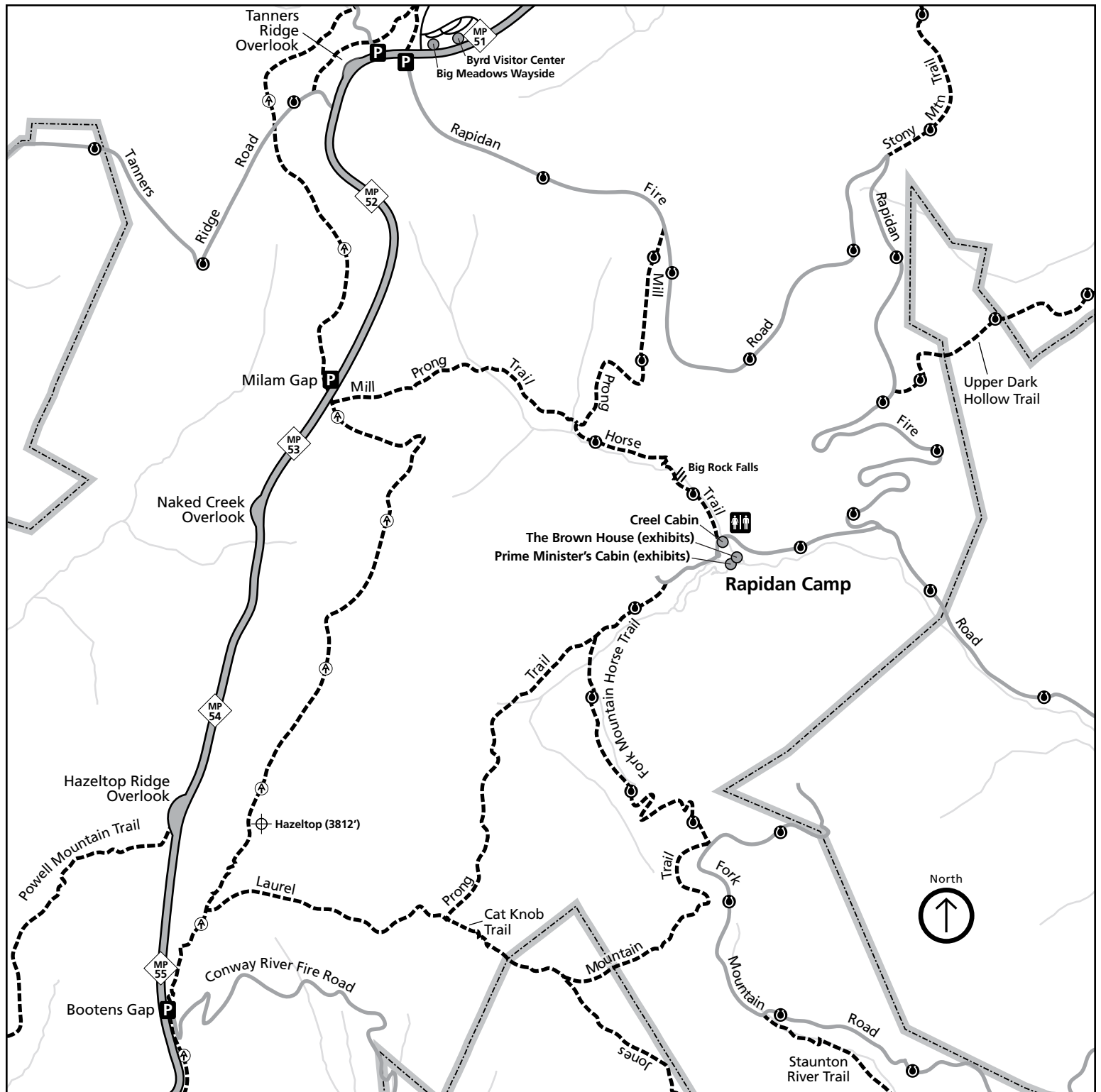
The Story of the Forest Trail takes you past the Park's Air Quality Monitoring Station. Look to your left along the fence for a sign that explains what we monitor and why.

**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

**Very Strenuous:** Only well conditioned and well prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.



2/2020



## Rapidan Camp Hike

- ⦿ 4-mile round trip      ⌚ 2.75-hours hiking time  
⚠ Moderate      ⚡ 870-foot elevation gain

From the Milam Gap parking area at mile 52.4, cross Skyline Drive and take the Appalachian Trail a few feet to the trailpost. Go left onto the blue-blazed Mill Prong Trail. At the second stream crossing, stay right on the yellow-blazed Mill Prong Horse Trail and follow it downhill to the camp. Return by the same route. Contains three stream crossings.

## Appalachian Trail – Tanners Ridge Road Hike

- ⦿ 2.1-mile round trip      ⌚ 1.5-hours hiking time  
⚠ Easiest      ⚡ 175-foot elevation gain

From the Milam Gap parking area at mile 52.4, follow the Appalachian Trail (A.T.) north. This fairly level hike takes you through a former homestead. In about a mile the A.T. intersects with the Tanners Ridge Road. Retrace your steps.

## Mill Prong – Laurel Prong Loop Hike

- ⦿ 7.4-mile circuit      ⌚ 8-hours hiking time  
⚠ Moderately Strenuous      ⚡ 1,520-foot elevation gain

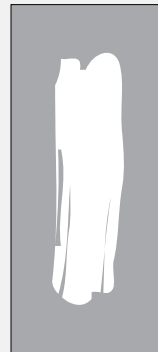
From the Milam Gap parking area at mile 52.4, cross Skyline Drive and take the Appalachian Trail (A.T.) a few feet to the trailpost. Go left onto the blue-blazed Mill Prong Trail. Take a slight right onto the yellow-blazed Mill Prong Horse Trail and follow it to Rapidan Camp. After exploring the camp, take the Laurel Prong Trail (an old road trace) which is yellow-blazed for about a half mile. Continue straight on Laurel Prong when it becomes blue-blazed and stay on it past the junction with Cat Knob Trail. At the junction with the A.T. turn right and follow it north across Hazeltop, the third highest peak in Shenandoah. The A.T. will take you back to Milam Gap. Contains three stream crossings.

## Hiking Difficulty Scale

- Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.
- Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.
- Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.
- Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.
- Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

## Markers & Blazes

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**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Do not attempt to cross streams during icy conditions or flooding.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Filter or treat water from streams before drinking.
- Please respect family cemeteries
- Cell and GPS services are unreliable.

## Good to Know

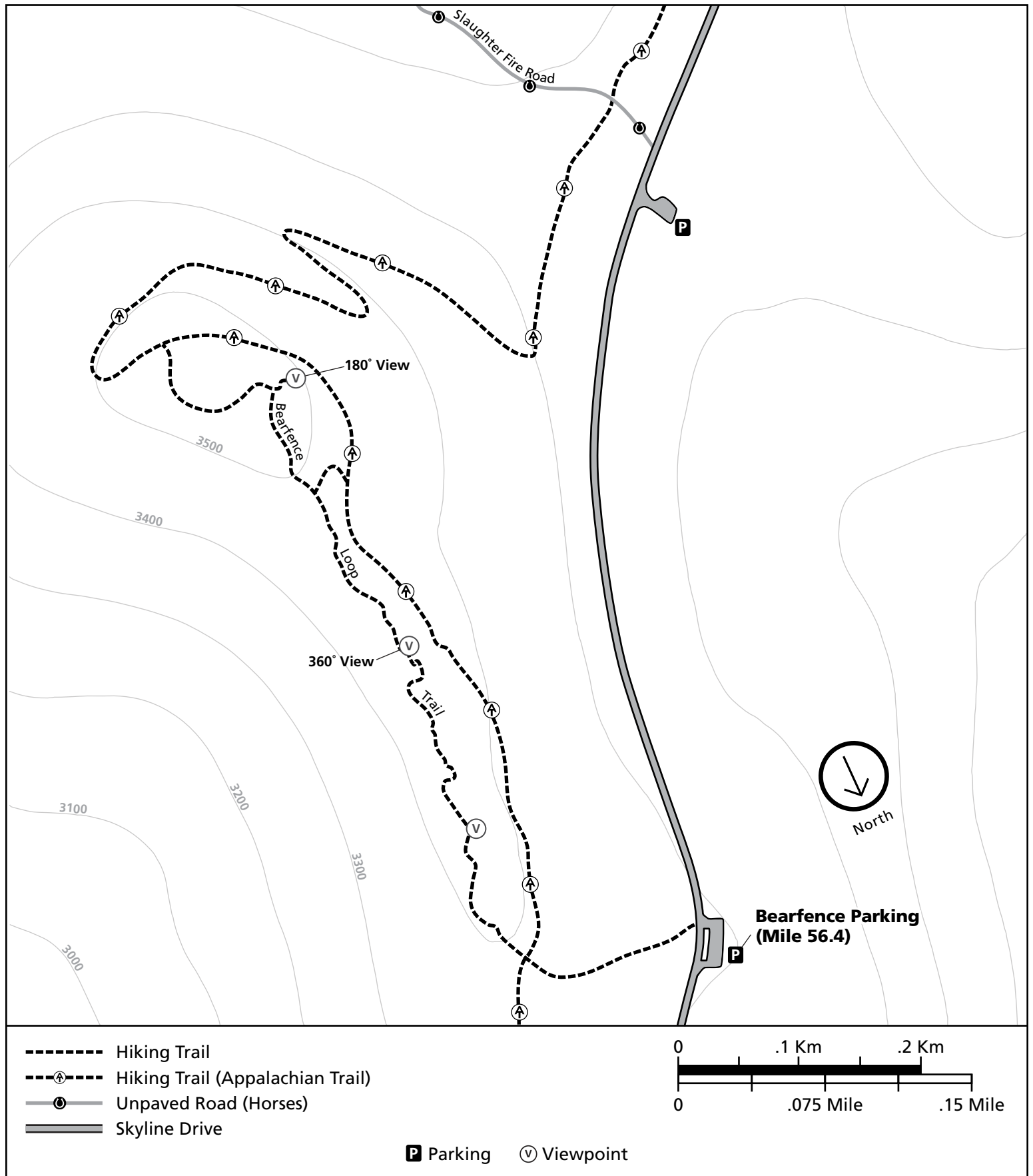
The A.T. to Tanners Ridge Road takes you through a former farm. Look for rock walls and old road traces. When you get to Tanners Ridge Road, you will see the Thomas-Meadows family cemetery, one of over 100 cemeteries in the Park. Former residents still maintain and bury family in some of the cemeteries. Please respect both the cemeteries and any artifacts you may encounter.

## Fun to Know

Rapidan Camp was the “summer white house” of President Herbert Hoover and the First Lady, Lou Henry Hoover. The President’s cabin, The Brown House, has been restored and historically refurnished. An adjacent building, the Prime Minister’s Cabin, houses an exhibit about the Hoovers and the camp. Check at the visitor center to find out when the buildings are open. There are also informational signs throughout the camp.



11/2020





## Bearfence Rock Scramble Hike

- 1.4-mile round trip
- 1-hour hiking time
- Moderate
- 311-foot elevation gain

This hike includes a rock scramble to a 360 degree view. (If you have a fear of heights, it's not for you. And if it's wet or icy, it's not safe!) To begin from the parking lot, cross Skyline Drive and climb the stairs up the bank. At the trail post, continue straight ahead on Bearfence Loop Trail. After the rock scramble, turn right onto the connector trail and then go right on the Appalachian Trail north. At the intersection, turn left and return to the parking lot.

## Bearfence Viewpoint Hike

- 1.1-mile round trip
- .75-hour hiking time
- Easiest
- 305-foot elevation gain

This route takes you to a viewpoint without the rock scramble. To begin from the parking lot, cross Skyline Drive and climb the stairs up the bank. At the trail post, turn right onto the Appalachian Trail south. Go left on the connector trail, then right onto Bearfence Loop Trail. You'll see the viewpoint on your right. Retrace your steps to your starting point.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

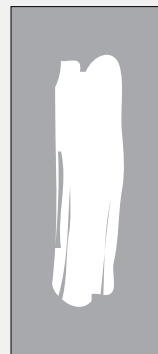
**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

**Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

## Markers & Blazes

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- Yellow - Open to horses



## Need to Know

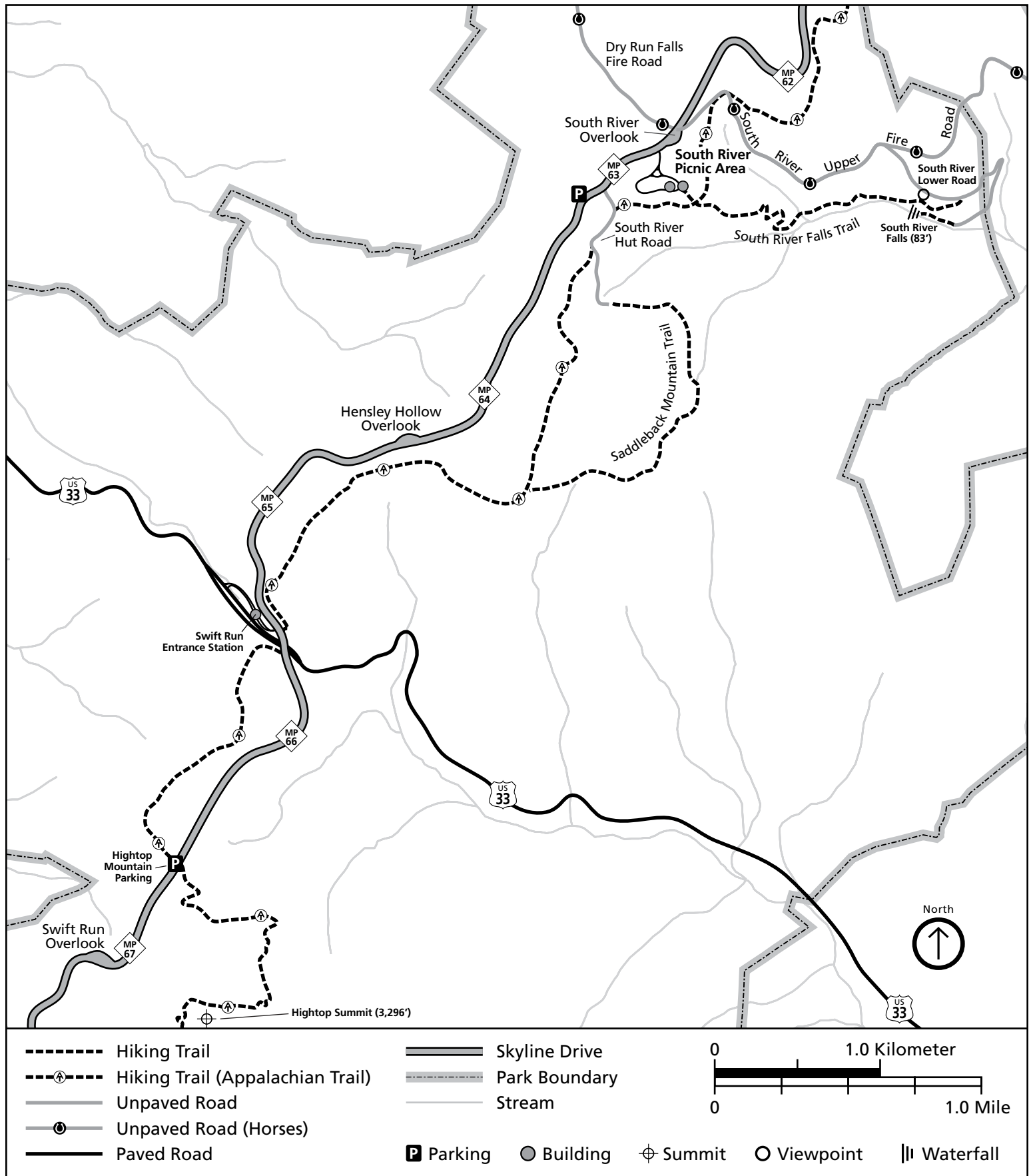
- Pets are not allowed on Bearfence Loop Trail.
- Bearfence Rock Scramble may not be suitable for those with a fear of heights.
- Do not attempt the rock scramble in wet or icy conditions.
- Please stay on the trail and avoid trampling sensitive vegetation.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.

## Good to Know

The rocky terrain around Bearfence makes for a fun hike with plenty of climbing and a great view for your efforts. Blue blazes will guide you along the best route to navigate this tricky hike. But the recommended route is not just for your safety, it's also critical to the plants that grow here. The fungus and lichens that grow on these rocks, as well as the mosses, saxifrage, and stonecrop that somehow take root in and between the rocks are important members of the ecosystem. You can help protect them by staying on the recommended route and by paying attention to what's underfoot! Please tread lightly as you enjoy Bearfence!

## Leave No Trace

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.



## South River Falls Observation Point Hike

- 2.6-mile round trip      1.25-hours hiking time  
Moderate      850-foot elevation gain

Access this trail from South River Picnic Grounds (at mile 62.7). Just below the comfort station, take the blue-blazed South River Falls Trail. You'll cross the Appalachian Trail, but stay on the South River Falls Trail to the stone-walled observation point. You can continue to the base of the falls from here, adding a steep and rocky 1.5 miles to your hike. Retrace your steps to return. Contains one stream crossing.

## South River Falls Hike

- 3.3-mile circuit      2.25-hours hiking time  
Moderate      910-foot elevation gain

Follow the directions to the observation point (above). From the observation point, continue on the South River Falls Trail to the trailpost. Go left onto the yellow-blazed South River Falls Road. The trail joins the South River Fire Road. Continue on the fire road to its intersection with the Appalachian Trail. Turn left and follow it (white-blazed) to its intersection with the South River Falls Trail and go right to return to your starting point. Contains one stream crossing.

## Hightop Summit Hike

- 3-mile round trip      3-hours hiking time  
Moderate      935-foot elevation gain

From the Hightop Mountain parking area at mile 66.7, cross Skyline Drive and take the white-blazed Appalachian Trail (A.T.) As you climb, the trail winds its way up the ridge and then right. You'll swing left around the summit, then look for a side trail on your right that leads to a rocky viewpoint. Retrace your steps to return.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.  
**Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.  
**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.  
**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.  
**Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

## Markers & Blazes

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**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Do not attempt to cross streams during icy conditions or flooding.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Filter or treat water from streams before drinking.
- Be aware that you are in snake habitat.
- Cell and GPS services are unreliable.

## Good to Know

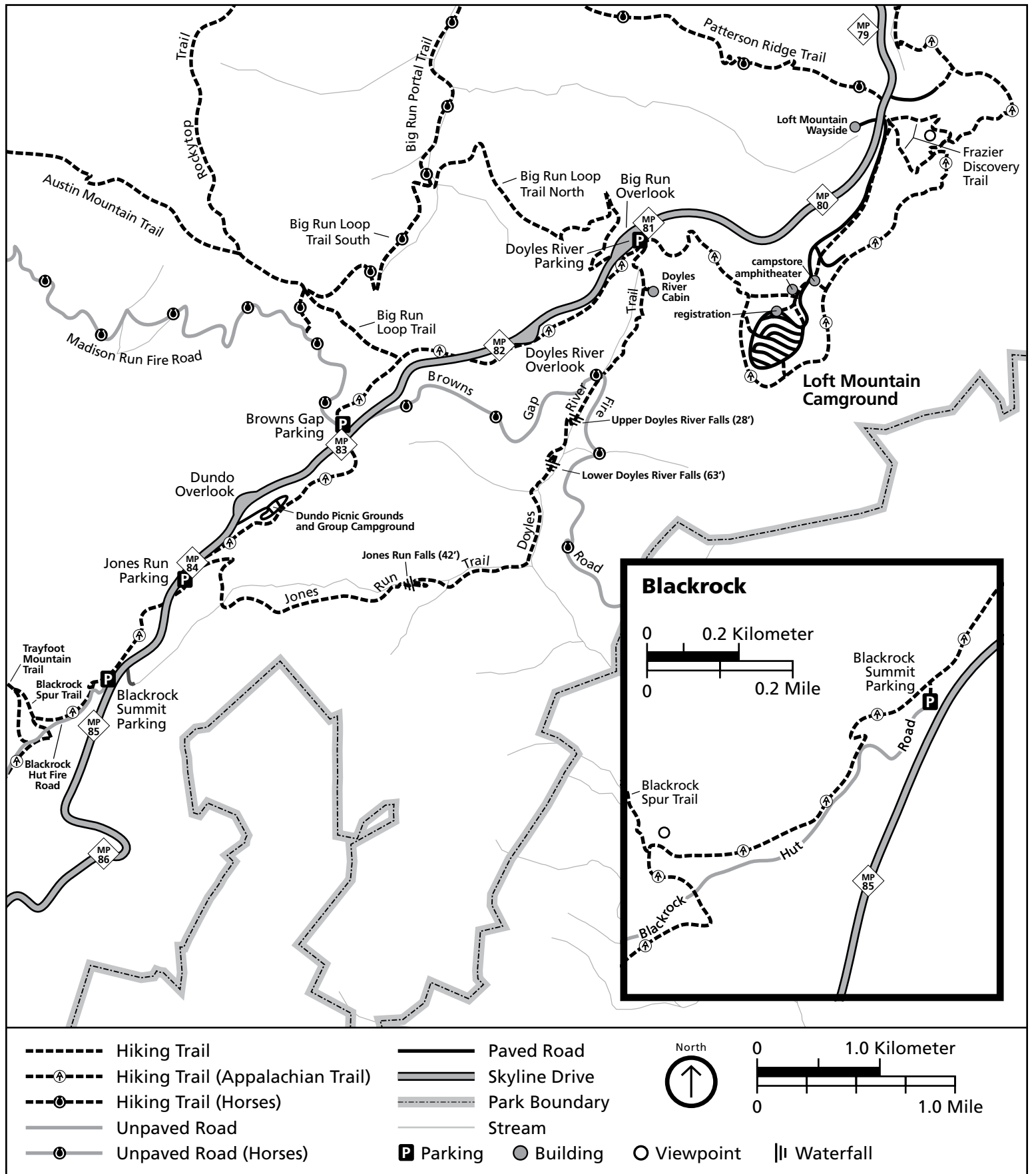
South River is a hike for all seasons, but especially spring! Look for a profusion of wildflowers, especially trillium. Returning migrant songbirds are a treat then as well! When we've had plenty of rain, the falls are impressive, but be careful on the stream crossing. It's also particularly important to stay on the trail—there's quite a bit of poison ivy in the area

## Leave No Trace

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.



2/2020



### Frazier Discovery Trail Hike

- 🔄 1.2-mile circuit      ⌚ 1-hour hiking time  
⚠️ Easiest      ⚡ 429-foot elevation gain

From the north end of the Loft Mountain Wayside parking area at mile 79.5, cross Skyline Drive and follow the blue-blazed Frazier Discovery Trail. Go right at the intersection and follow the steep uphill grade to where the trail joins the Appalachian Trail. Turn left, staying on the blue-blazed trail and left again at the next trail post to descend to your starting point. **No pets.**

### Doyles River Falls Hike

- 🔄 3.3-mile round trip      ⌚ 2.25-hours hiking time  
⚠️ Moderate      ⚡ 1,189-foot elevation gain

From the trailhead at mile 81.1, take the blue-blazed Doyles River Trail. Cross the Appalachian Trail and pass the access trails to Doyles River Cabin and Browns Gap Road. Trail posts mark the locations of Upper (2.7 miles) and Lower Doyles River Falls. 1 stream crossing. Retrace your steps to return.

### Jones Run Falls Hike

- 🔄 3.2-mile round trip      ⌚ 2.5-hours hiking time  
⚠️ Moderate      ⚡ 1,045-foot elevation gain

From the trailhead at mile 84.1, cross the Appalachian Trail and follow the blue-blazed Jones Run Trail to Jones Run Falls and return by the same route. 1 stream crossing.

### Browns Gap Hike

- 🔄 6.5-mile circuit      ⌚ 7-hours hiking time  
⚠️ Moderately Strenuous      ⚡ 1,400-foot elevation gain

From Browns Gap Parking at mile 83, cross Skyline Drive and take Browns Gap Fire Road to its intersection with Doyles River Trail. Turn right and connect with Jones Run Trail. At the Jones Run parking area take a right onto the Appalachian Trail and follow it back to your starting point.

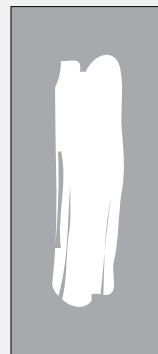
### Blackrock Summit Hike

- 🔄 1-mile circuit      ⌚ .75-hour hiking time  
⚠️ Easiest      ⚡ 175-foot elevation gain

From the Blackrock parking area at mile 84.4, follow the Appalachian Trail (A.T.) south. At the trail post, turn right and continue to the boulder field where you can see the layers and quartzite patterns on the rocks and a beautiful view. Continue south on the A.T. around the slope. At the intersection, turn left onto the Blackrock Hut Road-Trayfoot Mountain Trail and follow to the parking lot.

### Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses

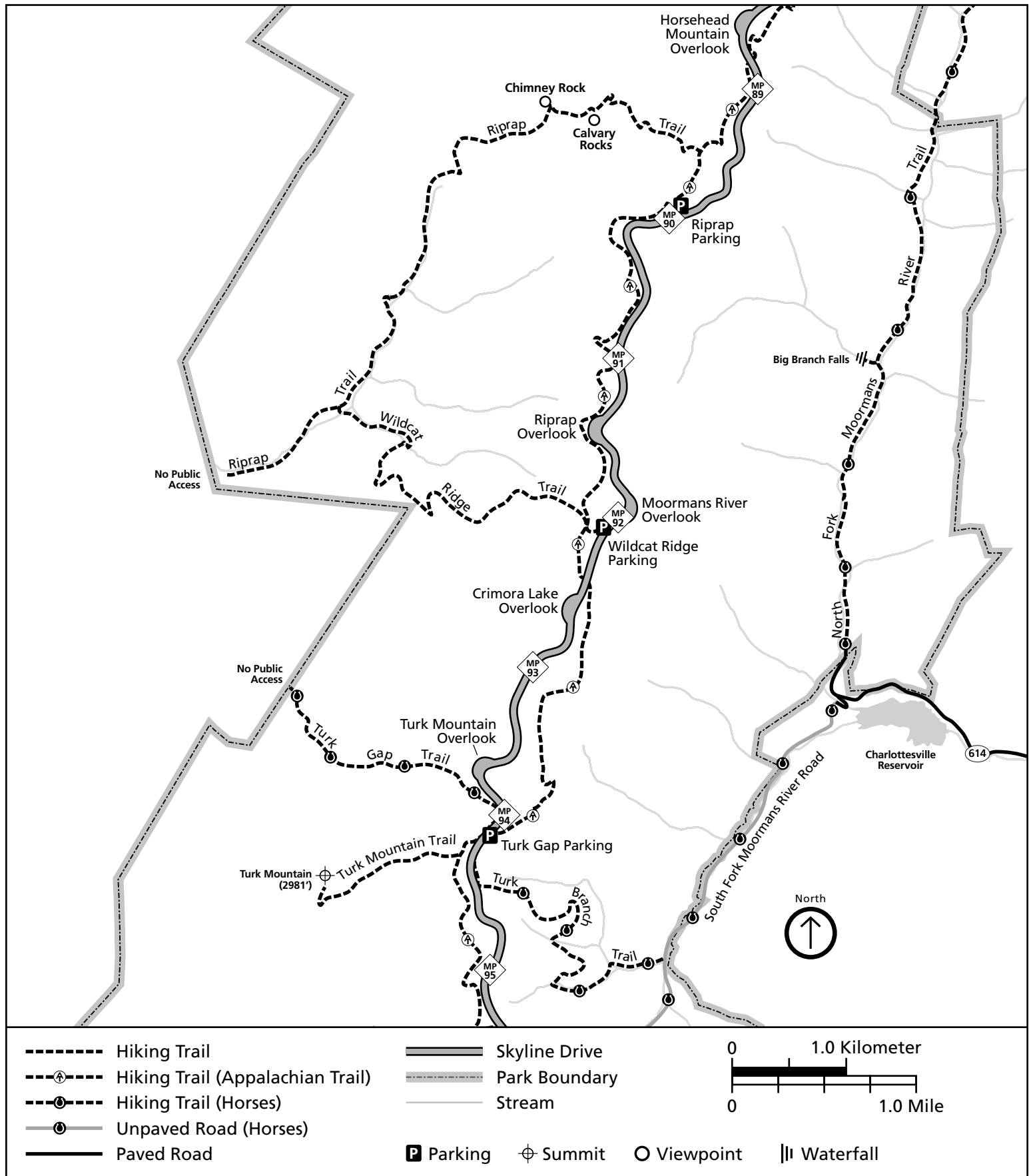


### Need to Know

- Pets are not allowed on Frazier Discovery Trail. Where allowed, pets must be on a leash no longer than 6 feet at all times.
- Do not attempt to cross streams during icy conditions or flooding.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Stay on the trail and avoid trampling sensitive vegetation.
- Be sure someone knows where you are and when to expect your return.
- It's dangerous and potentially deadly to climb on the rocks near waterfalls.
- Cell and GPS services are unreliable.
- Filter or treat water from streams before drinking.

### Hiking Difficulty Scale

- Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.
- Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.
- Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.
- Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.
- Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.



## Riprap – Wildcat Ridge Hike

- 🔄 9.8-mile circuit      ⌚ 8.25-hours hiking time  
⚠️ Very Strenuous      ⚡ 2,365-foot elevation gain

You can hike this loop from Riprap Parking at mile 90 or from Wildcat Ridge Parking at mile 92.1 using a combination of the Appalachian Trail, Riprap Trail, and Wildcat Ridge Trail. There are several stream crossings and a small waterfall. Follow the map in whichever direction you choose, being careful at the intersections to take the appropriate trail.

## Chimney Rock Hike

- 🔄 3.4-mile round trip      ⌚ 2.5-hours hiking time  
⚠️ Moderate      ⚡ 830-foot elevation gain

From the Riprap parking area at mile 90, take the Appalachian Trail north. Turn left onto Riprap Trail. After a series of switchbacks, you'll see a viewpoint on your right. Further on, you'll see Calvary Rocks on left, and then, where the trail makes a sharp left Chimney Rock stands alone on the right across a gorge. Retrace your steps.

## Turk Mountain Hike

- 🔄 2.2-mile round trip      ⌚ 2.25-hours hiking time  
⚠️ Easiest      ⚡ 690-foot elevation gain

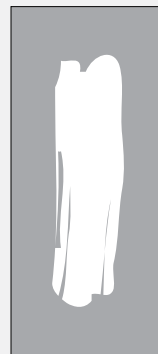
From the Turk Mountain parking area at mile 94.1, cross Skyline Drive and take the Appalachian Trail south to the trailpost. Go right onto the Turk Mountain Trail and follow it to the summit for a wonderful view to the west.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.  
**Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.  
**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.  
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**Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

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- Yellow** - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Do not attempt to cross streams during icy conditions or flooding.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Filter or treat water from streams before drinking.
- Be aware that you are in snake habitat.
- Cell and GPS services are unreliable.

## Good to Know

These hikes all take you to a very special place in Shenandoah: federally designated Wilderness. About 40% of the Park has been given this extra protection by Congress. What makes it special is what's not there: mechanized equipment and development. What you should find is solitude and wildness. To learn more about this designation visit Shenandoah's webpage.

## Leave No Trace

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.