

## Cobbler Mountain Trail

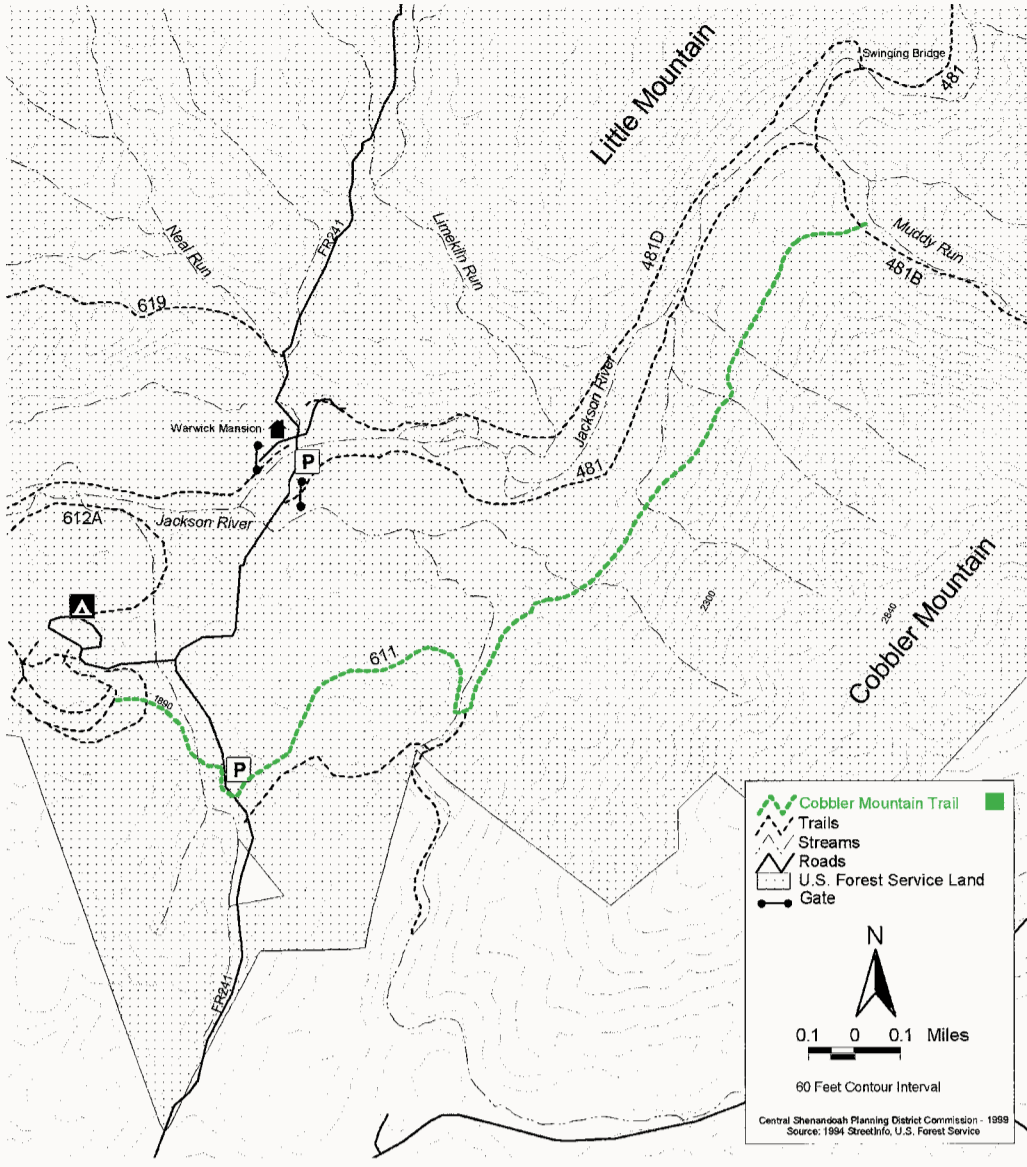
### BATH COUNTY

Cobbler Mountain Trail #611 is 2.67 miles providing an excellent hiking experience in the Hidden Valley Recreation Area. Look for upland oaks with cove hardwoods &

limestone outcrops found near Chimney Run. The trail passes near hayfields, & a bench under gigantic white oaks overlooks the valley & a wildlife pond. Other trails in the Hidden Valley Recreation Area form loops & some are along the Jackson River in the vicinity of Hidden Valley B&B.

Elevation 1800-2000 ft.

➔ From Warm Springs west on Rt. 39 one mile, turn right onto State Rt. 621. Travel one mile to Hidden Valley then left onto Forest Service Rd. #241 towards signed trail head parking area on the right. Blazes mark the trail.



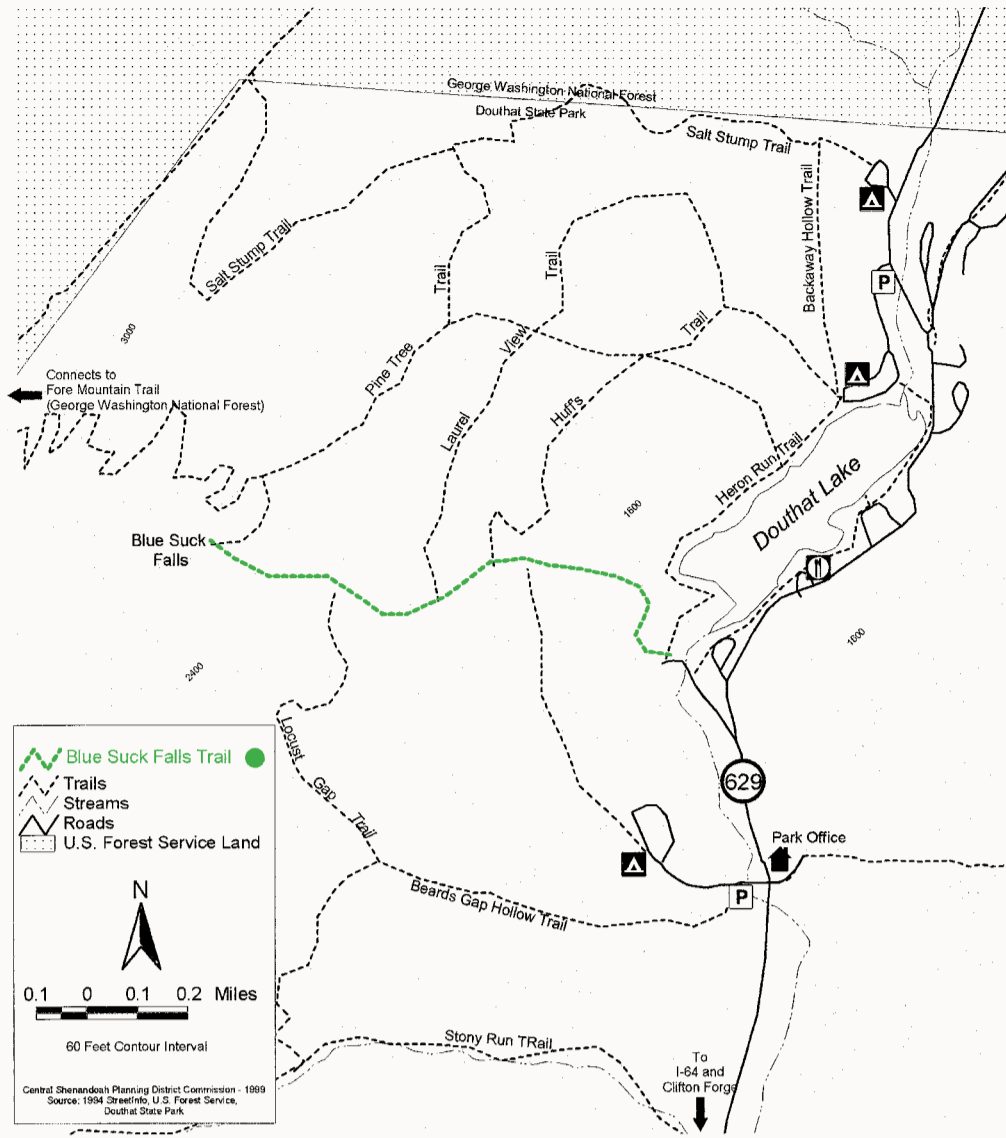
## Blue Suck Falls Trail

### BATH COUNTY

Heron Run and Blue Suck Falls trails are among more than 40 miles of trails scattered through Douthat State Park's 4,545 acres. With a variety of trails from which to choose in terms

of difficulty and lengths, hikes can be planned to meet the interests of all hikers. Trail head access is located at the park's Discovery Center. Hikers will be able to stock up on supplies before heading out into the wild. Elevation 1300-3000 ft. For park trail mapping & other info contact the office 540-862-8100 or e-mail douthat@dcr.virginia.gov

➔ Interstate 64 Exit 27 to Rt. 629/ Douthat Road north approximately 6 miles to the trail head at the Discovery Center. On Rt. 39 east to St. Rt. 629/ Douthat Rd.



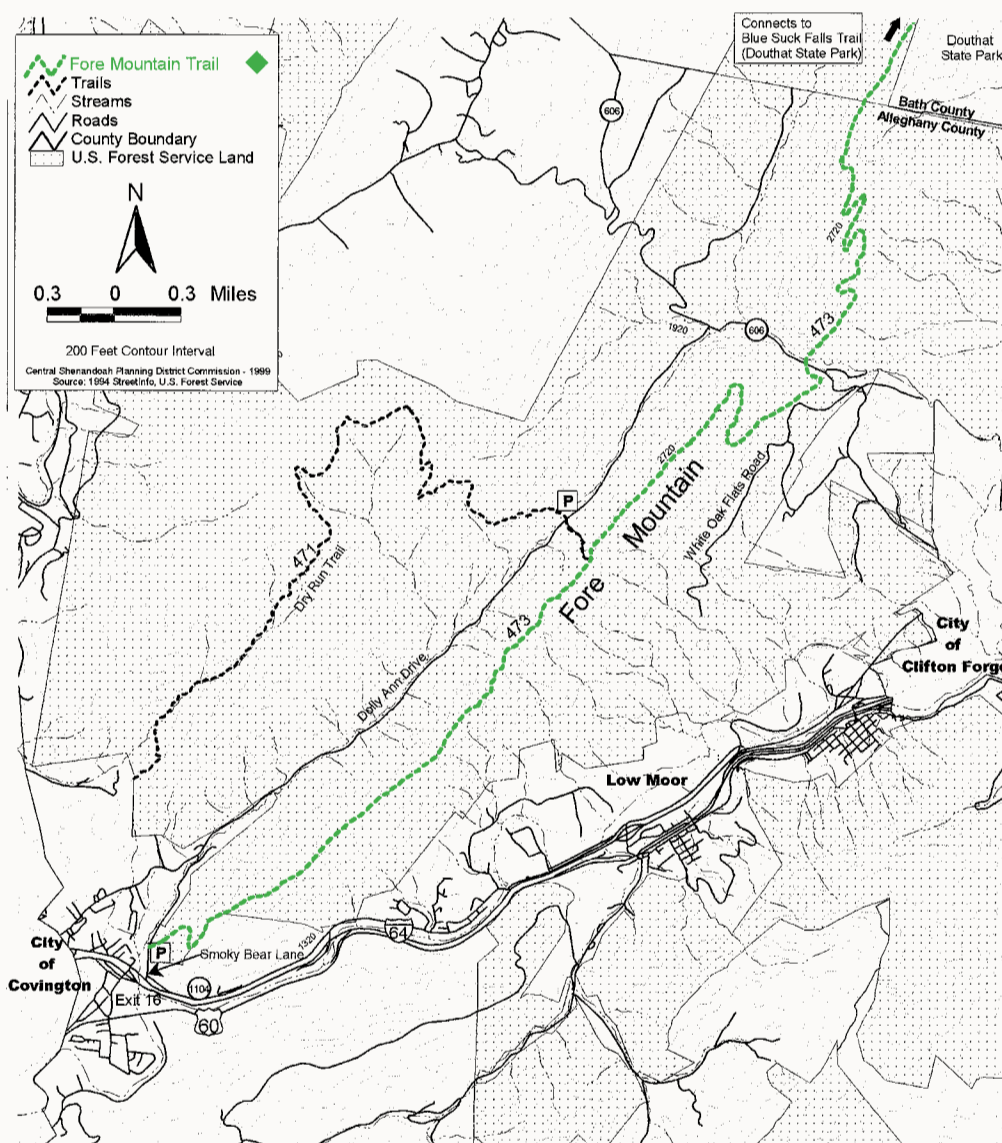
## Fore Mountain Trail

### ALLEGHANY HIGHLANDS

Fore Mountain Trail travels near the highest point in the Allegheny Mountains, passing through upland hardwoods & pines that are typical of high elevation forests.

The trail head is conveniently located within a mile of the James River Ranger District Office for the George Washington & Jefferson National Forests. This remote 13 mile trail features a variety of wildlife, & ties into Middle Mountain Trail in Douthat State Park. Elevation 1200-3000 ft

➔ Interstate 64 Exit 16 Covington to Valley Ridge Rd., left on Smokey Bear Lane at Western Sizzlin Restaurant & Knight's Court Motel. Watch for designated parking. National Forest Maps available at the District Office \$. 540/962-2214



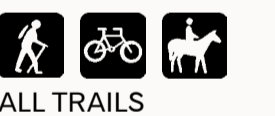
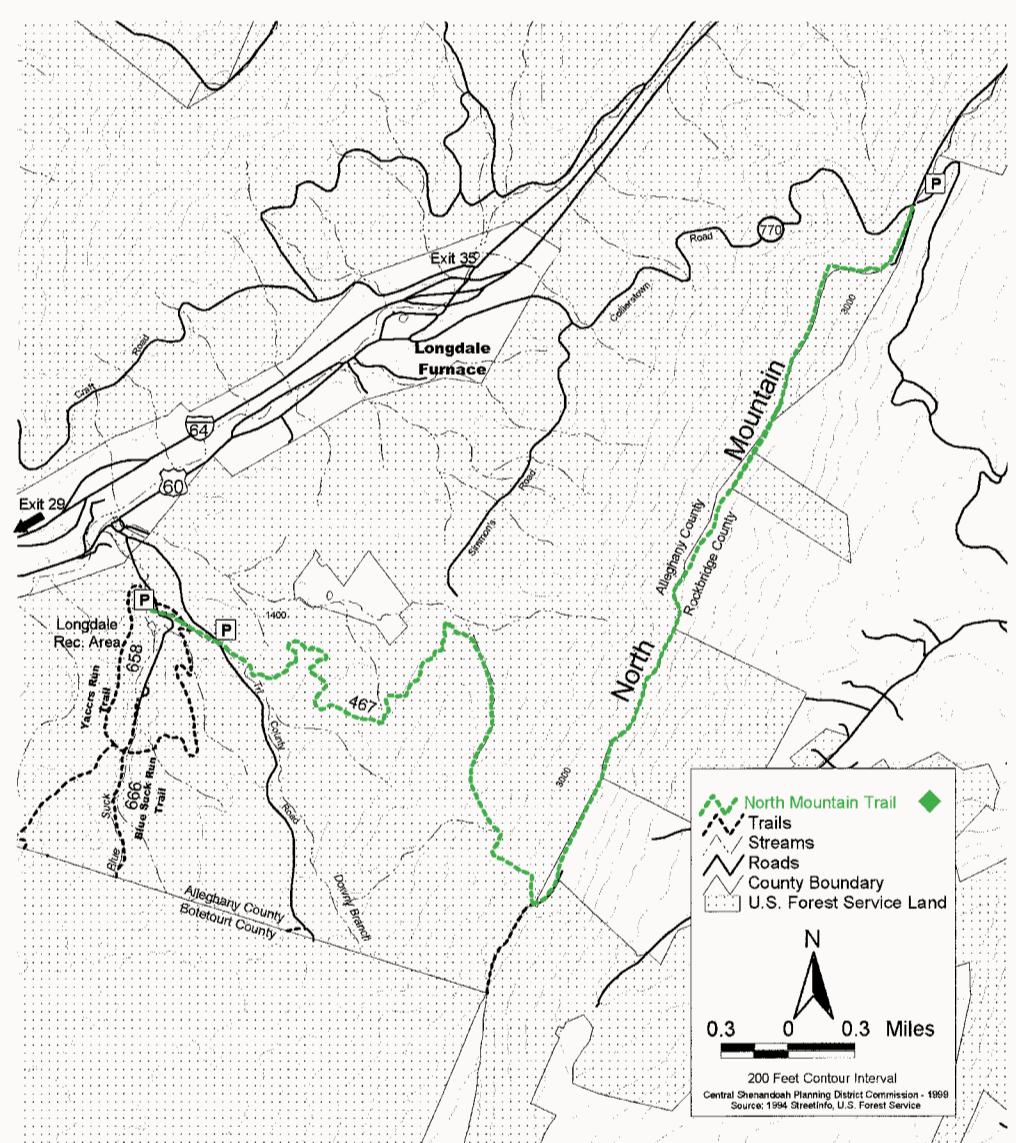
## North Mountain Trail

### ALLEGHANY HIGHLANDS

North Mountain Trail from the beginning at Longdale Recreation Area travels about 9.5 miles through terrain that varies in elevation from 1,700 to 3,200 feet. The

trail winds by streams, around rocky ledges & through dense forests. A panoramic view of Lake Robertson & the Lexington area, appears about 8 miles from the trail head. Elevation 1700-3200 ft

➔ Interstate 64 Exit 35 west on Rt. 60 to Tri-County Rd. & the Longdale Recreation Area. A second entrance to North Mt. Trail: I-64 Exit 35 west on Rt. 60 to Rt. 770. Parking & trail access at the intersection of Rt. 770 & FDR



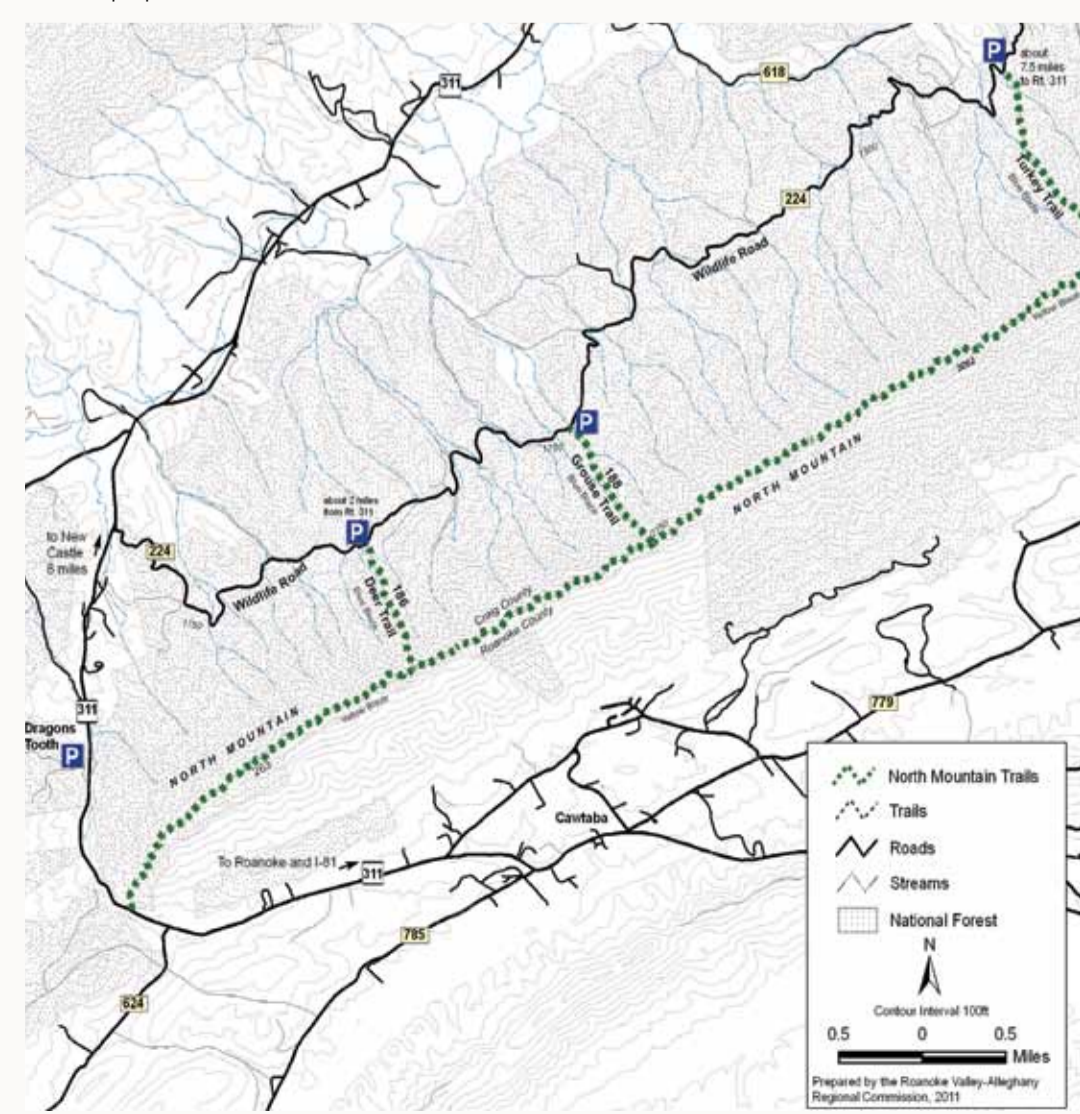
## North Mountain Trail

### CRAIG COUNTY

The North Mountain Trail System includes a 4-mile trail on the ridge top of North Mountain plus three 1 1/2-mile trails that climb the north face of the mountain to the ridge. Trails are rocky, steep and difficult, making them popular with mountain bikers. Hikers

and bikers can combine any of the three ascending trails with Wildlife Road and North Mountain Trail to create different sized loops to suit their abilities. The largest loop is 11 miles. The trail system is well-signed and blazed.

➔ Follow U.S. Rt. 311 North from Roanoke/Salem (off exit 141 of I-81) for approximately 13 miles. Shortly after passing Dragon's Tooth trailhead on the left, turn right onto Forest Service Road #224 (Wildlife Road). Follow for about 2 miles to Deer Trail on right. Parking is available at both the Grouse and Turkey Trailheads. National Forest Maps available at the District office \$. 540-552-4641



## Fenwick Mines Trails

### CRAIG COUNTY

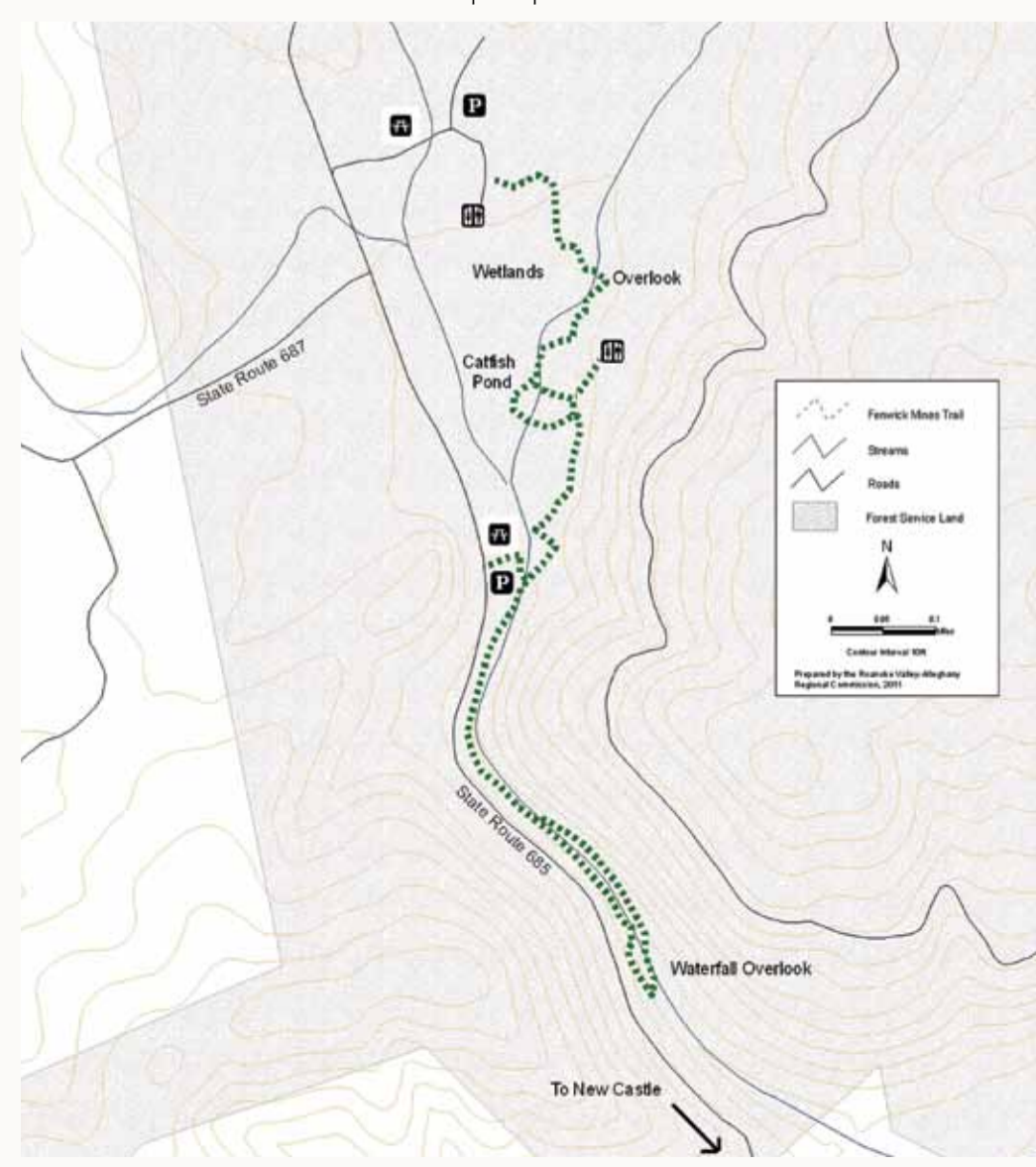
Two short hiking trails are available at the Fenwick Mines Day Use Area in Jefferson National Forest. The recreation area is located on the former site of Fenwick, a prosperous

mining town which played an important role in early Craig County history. In addition to hiking trails, there are picnic tables, horse shoe pits and a fine fishing hole. **Fenwick Wetlands Trail** is an easy one-mile hike through a hardwood forest and an Appalachian swamp, and ends at a picnic area. **Fenwick Nature Trail**,

also one mile long, passes through forest, crosses Mill Creek, and ends at the overlook of a waterfall. Both trails are wheelchair accessible.

➔ From New Castle, VA follow Rt. 615 for 5 miles. Turn left on Rt. 611 (Peaceful Valley Rd) and after 1/2 mile, turn right on Rt. 685. Follow signs to Fenwick Mines Recreation Area. Driving distance from New Castle is 6 miles and takes approximately 15 minutes.

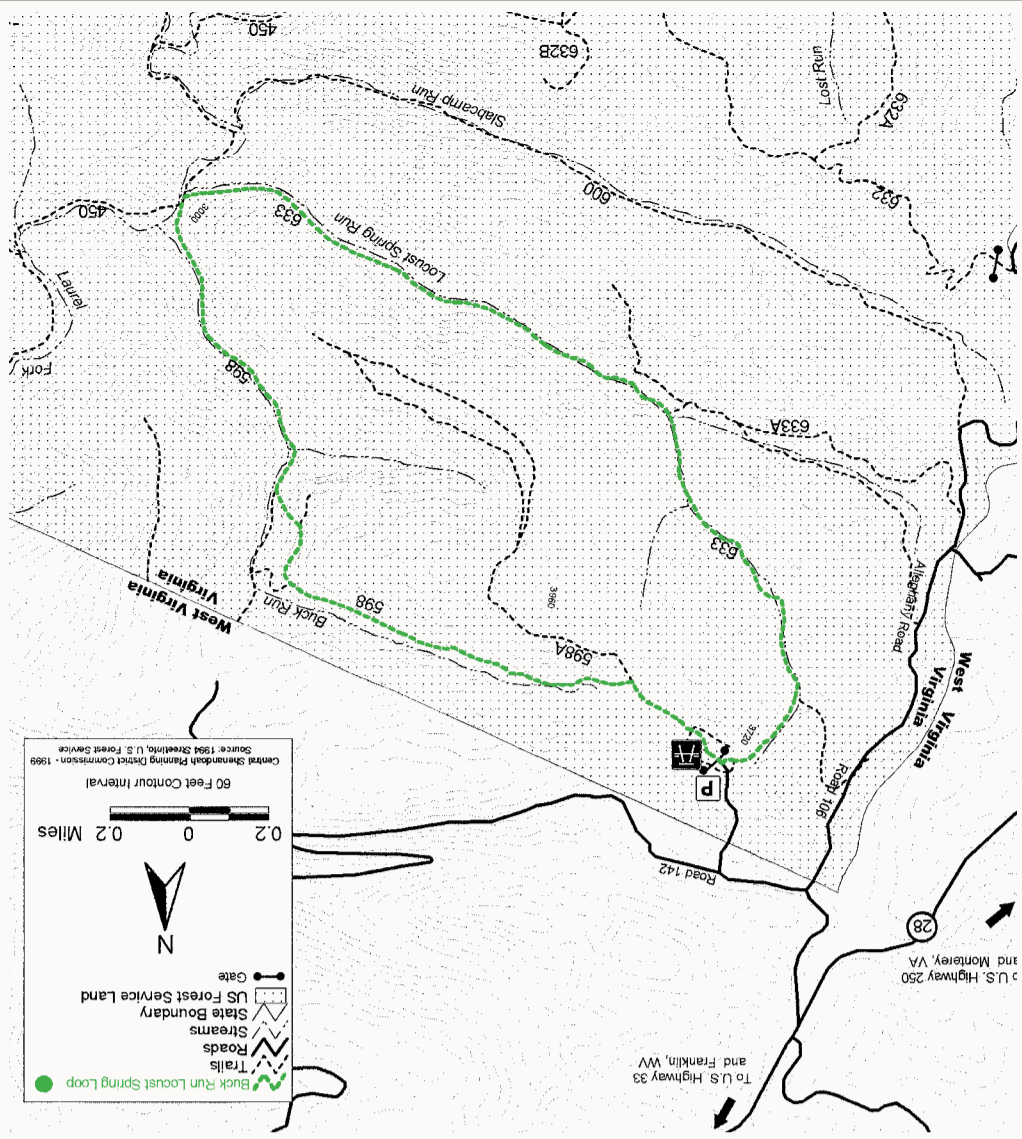
National Forest Maps available at the Eastern Divide Ranger District Office. 540-552-4641





ALL TRAILS

CAUTION. This is a remote wooded area requiring a lengthy scenic drive with the last 21 miles gravelled road.



Monterey VA travel north on Rt. 220 for 7 miles, turning left/ west onto State Rt. 642. Rt. 642 turns right one-half mile after passing through the community of Blue Grass. Stay on Rt. 642 as it becomes a gravel road & travel approximately 13 miles, turning onto Forest Rd. #106. Travel 7 miles & turn right onto Forest Rd. #60. Travel 1/2 mile & turn right onto Forest Rd. #142. Drive 1/2 mile to Locust Springs. The two trails form a loop & there are other trails in the Laurel Fork area.

View of beaver ponds, open glades, & vegetation such as ferns, cranberry bogs, & northern hardwoods that you would expect to view in Canada. The 3.1 mile Locust Spring Run Trail, #633, provides views of northern hardwoods, & is an ideal trail for viewing whitetail deer & wild turkey. Locust Spring Run & other connecting waterways contain native brook trout. Both trails are designated with blue blazes

Buck Run and Locust Spring Run Trails are located on turn of the century railroad tram grades used by the previous landowner to log virgin timber. The 2.9 mile Buck Run Trail, #598, provides a spectacular

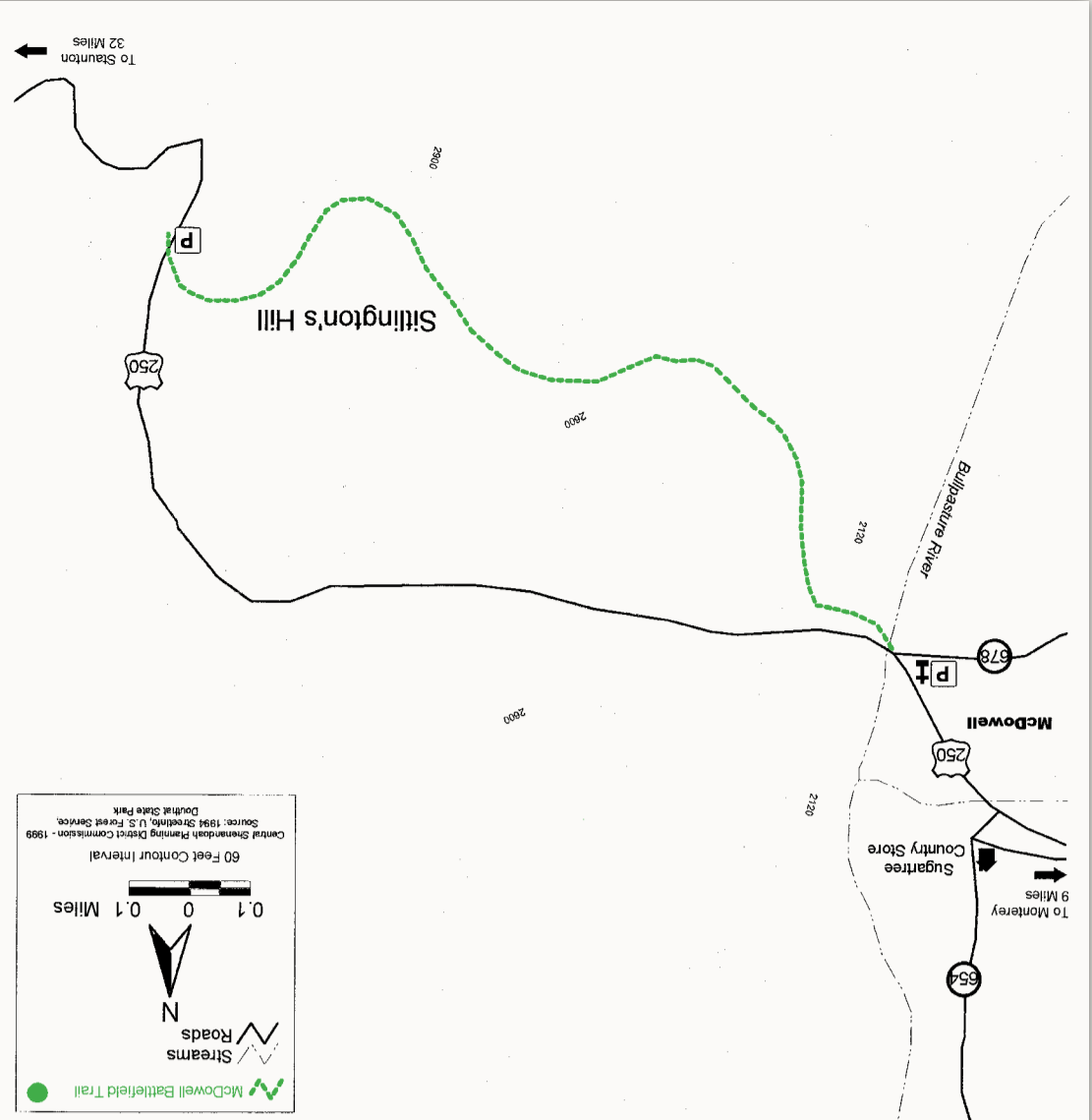
### Buck Run and Locust Spring Run Trail

HIGHLAND COUNTY



ALL TRAILS

direct you either east returning to the parking area or west to continue to the western end of the trail. Elevation 2000-2500 ft.



trail starts on the south side of Rt. 250, directly across the road from the old mill on the Bullpasture River. Parking is available at the Presbyterian Church at the junction of Route 678. You are encouraged to visit the Highland County Museum or Sugar Tree Country Store in McDowell for interpretive information and details on the McDowell Battlefield. 540-396-4478

The eastern end of the trail starts on the south side of Rt. 250 at the Battlefield parking area approximately one mile from the top of Bullpasture Mountain. The western end of the

area or west to continue to the western end of the trail. Elevation 2000-2500 ft.

### McDowell Battlefield Trail

HIGHLAND COUNTY

## Highland County

Formed in 1847, Highland County is often referred to as "Virginia's Switzerland". This land of high mountain valleys, sheep and cattle farms, and vast woodlands is known for its pristine scenic beauty and rural charm. It is one of the least populated counties in the east and boasts one of the highest mean elevations of any county east of the Mississippi River. Originally settled by Scotch/Irish highlanders and German immigrants, Highland County is now an eclectic mix of native farm families and new residents drawn to the high quality of life. Picturesque villages with antiques, fine arts and crafts shops and timeless country stores contribute to the charm that makes Highland special. Take a step back in time and follow the historic Staunton-to-Parkersburg Turnpike (US Route 250) where little has changed since its completion in the 1840s. Built as a network of roads, the turnpike offered limitless possibilities for new settlement, development and commerce. In May 1862, union soldiers followed the turnpike and collided with confederate troops in the town of McDowell. Stonewall Jackson's victory at the Battle of McDowell was a turning point in the Shenandoah Valley Campaign.

### GEORGE WASHINGTON & JEFFERSON NATIONAL FOREST LAUREL FORK

Buck Springs Run Trail • Locust Springs Run Trail  
Lost Run Trail • Slab Camp Run  
Bear Willow Run • Middle Mountain Trail  
Christian Run • Cold Springs Run

### CONFEDERATE BREASTWORKS (SHENANDOAH MOUNTAIN)

Shenandoah Mountain Trail • Nelson Draft Trail  
Marshall Draft Trail

## Craig County

Craig County offers a rich historical heritage, a small-town country atmosphere, and rolling mountain vistas. Created in 1851 from parts of five counties, the frontier village of New Castle became the county seat to accommodate and civilize the Great Westward Expansion. Agriculture, timber, mining, CCC camps, and hot spring resorts contributed to prosperity and eventual decline. With over 112,000 acres of National Forest land, recreational opportunities include hunting, birding, fishing, primitive camping and world-class hiking. Macafee Knob and Dragon's Tooth are right across the Roanoke county line and thirteen miles of the AT snake through our southeast corner. Virginia Scenic Byways Rt. 42, Rt. 311 and Rt. 615 are some of the prettiest roads in the Highlands. Conveniently located between the Roanoke Valley and the West Virginia border, Craig County is a short distance from I-81 and only hours from Washington D.C., Tennessee, and North Carolina. We invite you to experience Craig County. Check out Wilderness Adventure retreat center. Relax in unique B&Bs, tour Historic Downtown New Castle, and dine on farm-raised bison in Paint Bank. Our Fall Festival is the 2nd Saturday of every October and in June we commemorate Union General David Hunter's infamous trip through the county in 1864. Our Visitor's Center is located in the Craig County Public Library, corner of Rt. 311 and Main Street.

### GEORGE WASHINGTON & JEFFERSON NATIONAL FOREST

Sulphur Ridge Trail • Ferrier/Lick Branch  
Seven Mile Mountain • Hanging Rock Trail  
Broad Run Road • Wildlife Road

## Bath County

Bath County Virginia is named for the English resort city of Bath. Both communities are known for the abundance of healing springs that have attracted visitors to their locales. For over 270 years Bath has been defined by its natural beauty and hospitality. Located along the western, central border with West Virginia, Bath County encompasses 540 square miles. 88% of Bath County is comprised of forest (51% national forest, 6% state park). The Nature Conservancy also owns more than 9,000 acres of critical forest habitat. Bath County is unique. There are no stop lights in the entire county, no Starbucks, no McDonalds. Yet it has world-class properties such as the Homestead, Jefferson Pools and Garth Newel a renowned music conservatory. A four season resort you can enjoy skiing, fishing, biking and hiking. Bath County has something for everyone. Please enjoy these additional trails when you visit our area:

### HIDDEN VALLEY TRAIL SYSTEM

Hidden Valley • Muddy Run  
Jackson River Gorge • Hidden Valley West  
Cobbler Mountain • Cobbler Mountain Access  
Lost Women Lower • Lost Women Upper  
Bogan Run • Neal Run  
Neal Run Spur • Riverside

### BOLAR MOUNTAIN TRAIL COMPLEX

Greenwood Point • Sugar Hollow  
Loop • Fee Booth Spur  
Roadside • Picnic Area Spur  
Islands Overlook Spur

## Allegheny Highlands

The Allegheny Highlands was settled in 1746. The name "Allegheny" was derived from the chain of mountains which borders it and it comes from the Indian word meaning "endless." The Midland Trail, now known as U.S. Highway 60, runs through the Highlands from east to west and connects the eastern part of Virginia with the states of the Ohio Valley. It was originally the stage coach road built along the old emigrant trail by which hundreds of wagons poured into the basin of the Mississippi. The Jackson River flows through the Allegheny Highlands joining the Cowpasture River to form the James. The Highlands is a natural paradise nestled in the Allegheny Mountains of western Virginia and has numerous recreational opportunities for all. The area has a rich natural resource base of water, forests and minerals. Four-fifths of the area is forested with hardwood species dominating. The George Washington and Jefferson National Forests, Gathright Wildlife Management Area, Lake Moomaw, Douthat State Park and many clear mountain streams provide some of the best hunting, fishing, hiking, biking and wildlife viewing in the eastern United States. Try out some of these trails to see for yourself the beauty of the Allegheny Highlands:

- Allegheny Trail • Anthony Knobs Trail  
Batlick Trail • Blue Suck Run Trail  
Bushy Lick Loop Trail • Cock's Comb Trail  
Coles Trail • Dry Run Trail  
Eastern National Children's Forest Trail  
Fore Mountain Trail • Fortney Branch Trail  
Jackson Trail • Jackson River Scenic Trail  
Jerry's Run Trail • Kelly Bridge Trail  
McAllister Fields Trail • Medden Hollow Trail  
Morning Knob Trail • Morris Hill Trail  
North Mountain Trail • Oliver Mountain Trail  
Rich Hole Wilderness Trail  
White Rock Tower • Yaccr's Run Trail



To Request Additional Trail Maps, Area Road Maps and Community Hospitality Information Contact:

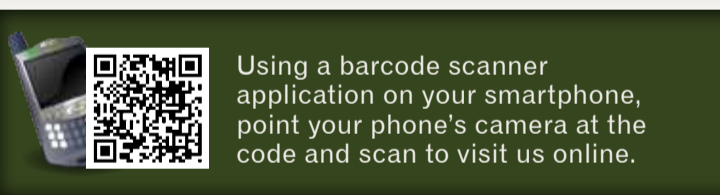
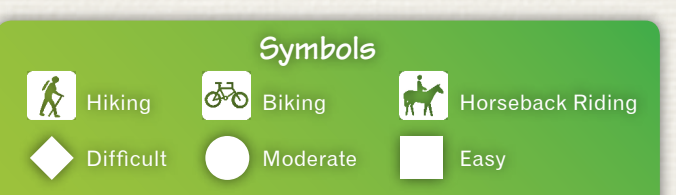
- Allegheny Highlands Chamber of Commerce and Tourism**  
www.visitalleghenyhighlands.com  
info@visitalleghenyhighlands.com  
Covington VA 24426  
540-962-2178  
540-962-2179 fax
- Bath County Chamber of Commerce and Visitor Center**  
www.DiscoverBath.com  
bathco@tds.net  
2696 Main St. Suite 4  
Hot Springs VA 24445  
800-628-8092  
540-839-5409 fax
- Craig County Tourism Commission**  
www.craigcountyva.info  
craigcountytourism@gmail.com  
303 Main Street  
P.O. Box 308  
New Castle VA 24127  
540-864-5010  
540-864-5590 fax
- Highland County Chamber of Commerce**  
www.highlandcounty.org  
highcc@cfw.com  
61 Highland Center Drive  
P.O. Box 223  
Monterey VA 24465  
540-468-2550  
540-468-2551 fax
- Douthat State Park**  
douthat@dcv.virginia.gov  
14239 Douthat State Park Road  
Millboro VA 24460  
540-862-8100  
540-862-8104 fax
- The Nature Conservancy**  
nature.org/Virginia  
12181-A Courthouse Hill Road  
Warm Springs VA 24484  
540-839-3599  
540-839-3598 fax
- George Washington and Jefferson National Forests**  
www.fs.fed.us/r8/gwj
- James River District**  
810A Madison Ave  
Covington VA 24426  
540-962-2214  
540-965-0409 fax  
mailroom8\_gwjefr\_jamesriver@fs.fed.us
- Warm Springs District**  
422 Forestry Rd  
Hot Springs VA 24445  
540-839-2521  
540-839-2496 fax
- Eastern Divide District**  
110 Southpark Drive  
Blacksburg VA 24060  
540-552-4641  
540-552-4376 fax
- Shenandoah Valley Battlefields Foundation**  
www.ShenandoahAtWar.org  
info@svbf.net  
PO Box 897  
New Market VA 22844  
540-740-4545

## Virginia's Western Highlands

Located in the Central Appalachians, Virginia's Western Highlands are home to one of the healthiest, most biologically diverse forests in the world. These forests shelter cool headwater streams that deliver clean water to larger rivers, and eventually to millions of people in the East. Black bear, bobcat, brook trout, and neotropical migratory songbirds thrive here, along with rare and unusual plants. For generations, people have forged deep connections with these lands and waters, whether seeking outdoor recreation and spiritual rejuvenation, or livelihoods from forestry and agriculture. Help us preserve this special place - take only photographs and leave only footprints.

## Trail Safety and Etiquette

- Always carry and drink plenty of water. Don't assume water from streams and springs is clean for drinking.
- Wear layered clothing suitable for the season. Higher elevations result in lower temperatures and often extended winter conditions.
- Blaze orange apparel is suggested during hunting season, mainly October through December.
- For your pet's safety, keep them on a leash. Do not leave pets in a vehicle unattended.
- Pack it in, pack it out. Carry out what you bring in.
- Stay on the trail. Do not cut switchbacks or take shortcuts.
- Expect to share trails with other users. Hikers yield to horseback riders. Bikers yield to hikers and horseback riders. Downhill hikers yield to those hiking uphill.



Using a barcode scanner application on your smartphone, point your phone's camera at the code and scan to visit us online.

Experience the wonder of the many other trails & outdoor recreation opportunities in Virginia's Western Highlands.

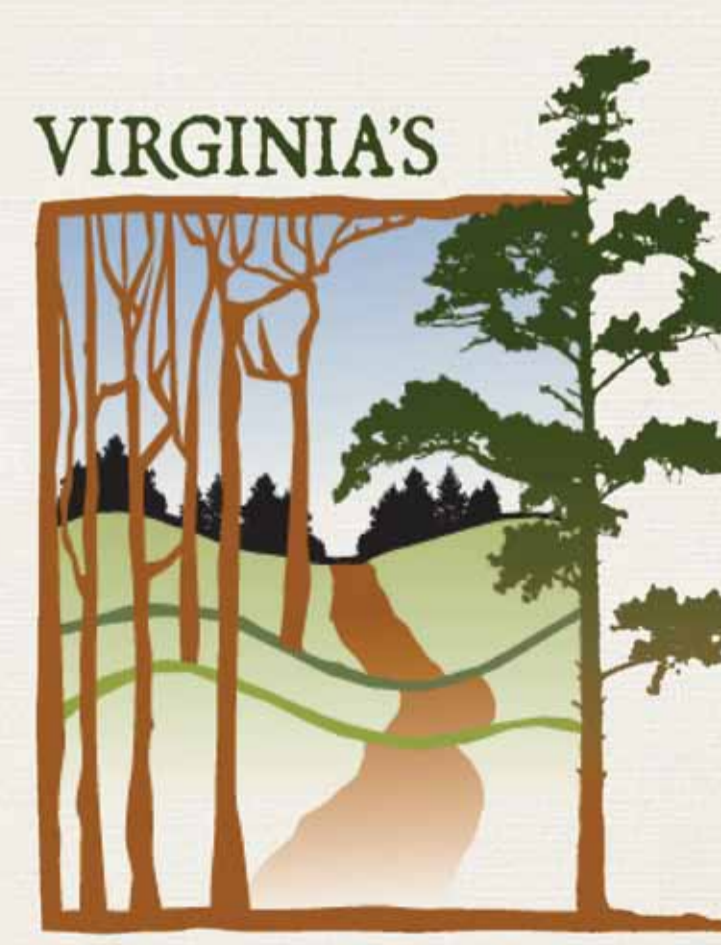
### Adventure Awaits!

- DOUTHAT STATE PARK**  
Stony Run • Blue Suck Falls • Tuscarora Overlook  
Heron Run • Locust Gap • Beards Gap Hollow  
Tobacco House Ridge • Huffs • Laurel View  
Middle Hollow • Salt Stump • Middle Mountain  
Pine Tree • Backway Hollow • Guest Lodge  
Ross Camp • Wilson Creek • Buck Hollow • Buck Lick  
Beard's Gap • Brushy Hollow • Mountain Side  
Mountain Top • YCC Trail • Flat Run Trail
- WARM SPRINGS MOUNTAIN PRESERVE**  
Ingalls Overlook • Sandy Gap

We invite the less adventuresome too!



## ALLEGHANY • BATH • CRAIG • HIGHLAND COUNTIES TRAIL GUIDE



## Western Highlands



FOR EMERGENCY SERVICES CALL 911