


*Experience the wonder of the many
other trails & outdoor
recreation opportunities in
VA's Western Highlands.
Adventure Awaits!*

National Forest Scenic By-way "Highland Scenic Tour"

Tour Stop #3 Rhododendron Trail 

Tour Stop #6 North Mountain Overlook Trail 

Eastern National Children's Forest Trail 

Lake Moomaw & Gathright Wildlife Management Area

Bath County Pumped Storage Recreation Area

The Allegheny Trail

Longdale Recreation Day Use Area


Historic district Walking Tours for Clifton Forge,
Covington, McDowell, Monterey and Warm Springs

Bath County & Highland County Driving Tours

Staunton-Parkersburg Turnpike

Roaring Run Recreation Area

Goshen Pass

Augusta Springs Wetlands Trail Loop 

Wild Oak National Recreation Trail

We invite the less adventuresome too!

At the southern tip of the Shenandoah Valley & west of the
Blue Ridge Parkway, the area is easily accessible via
Interstate 64, US Primary Rts. 220 & 250, & Rts. 39 & 311.



VIRGINIA'S
Western Highlands



TRAIL GUIDE

Experience The Wonder...

*...a land of rugged mountains, quiet valleys,
sparkling streams & endless skies*



Alleghany ~ Bath ~ Highland Counties



Virginia Accredited
Tourism Community



DCR

Department of Conservation & Recreation
CONSERVING VIRGINIA'S NATURAL AND RECREATIONAL RESOURCES



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

Alleghany Highlands Chamber of Commerce

www.alleghanyhighlands.com • ahchamber@aol.com

241 W. Main St. • Covington VA 24426

540/962-2178 • Fax 962/2179

501 E. Ridgeway St. • Clifton Forge VA 24422

540/862-4969

Bath County Chamber of Commerce & the Forest Place Visitors Ctr.

P.O. Box 718 • Hot Springs VA 24445 • bathco@va.tds.net

1-800-628-8092 • 540/839-5281 • Fax 540/839-5409

Highland County Chamber of Commerce

www.highlandcounty.org • highcc@cfw.com

P.O. Box 223 • Monterey VA 24465

540/468-2550 • Fax 540/468-2551

Douthat State Park

Rt. 1 Box 212 • Millboro VA 24460

540/862-8100 • Fax 540/862-8104 • douthat@cfw.com

George Washington & Jefferson National Forests

James River Ranger District

810A Madison Ave. • Covington VA 24426

540/962-2214 • Fax 540/965-0409

e-mail: mailroomr8_gwjeff_jamesriver@fs.fed.us

Warm Springs Ranger District

Rt. 2 Box 30 • Hot Springs VA 24445

540/839-2521 Fax 540/839-2496

Emergency Service

Alleghany Regional Hospital 540/862-6295

Bath County Community Hospital 540/839-7000

Highland Medical Center 540/468-3300

Virginia State Police 1-800-542-5959 or #77

First Aid and Other Assistance Call:

Alleghany County Sheriff's Dept. 540/965-1770

Bath County Sheriff's Dept. 540/839-2375

Highland County Sheriff's Dept. 540/468-2210

911 in portions of the area

Publication Acknowledgements

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cspdc@cfw.com

VA Department of Conservation &

Recreation Division of State Parks

Allegheny Outdoor Center: 1-888-PLAYWA

Virginia Tourism Corporation • www.virginia.org

Safety First!

- ⚠ Let someone else know you are hiking, riding & when you expect to return. Avoid solo outings.
- ⚠ When in a group have a predetermined route & meeting plan.
- ⚠ Always allow extra time, more than projected for the trail & your pace.
- ⚠ Drink plenty of healthy fluids; water only from home or bottled.
- ⚠ Stay on the trails. Protect the forest. Never trespass on private land.
- ⚠ Have highway maps & detailed trail guides.
- ⚠ Trail conditions are quickly impacted by weather changes.
- ⚠ Higher elevations result in early & extended winter conditions.
- ⚠ Expect to share the forest with other users including hikers, bikers, horsefolks, wildlife watchers, campers, & hunters. I.M.B.A Yield right-of-way rules.
- ⚠ You will see a variety of wildlife and reptiles.
- ⚠ Blaze orange apparel is suggested October through December
- ⚠ Select layered clothing suitable for the season; temperatures are lower in higher elevations.
- ⚠ A day pack with first aid supplies is recommended even for the shortest hikes/rides.
- ⚠ Proper safety equipment is essential.
- ⚠ For your pet's safety, keep them on a leash. Do not leave pets in a vehicle unattended.
- ⚠ Secure all valuables in your vehicle & out of sight.
- ⚠ Notify the proper authority when a trail needs attention.
- ⚠ The National Forest & State Park have parking fees.
- ⚠ "Pack It In Pack It Out"

Rating Symbols: ♦ Difficult ● Moderate ■ Easy

Symbols:



Hiking



Biking



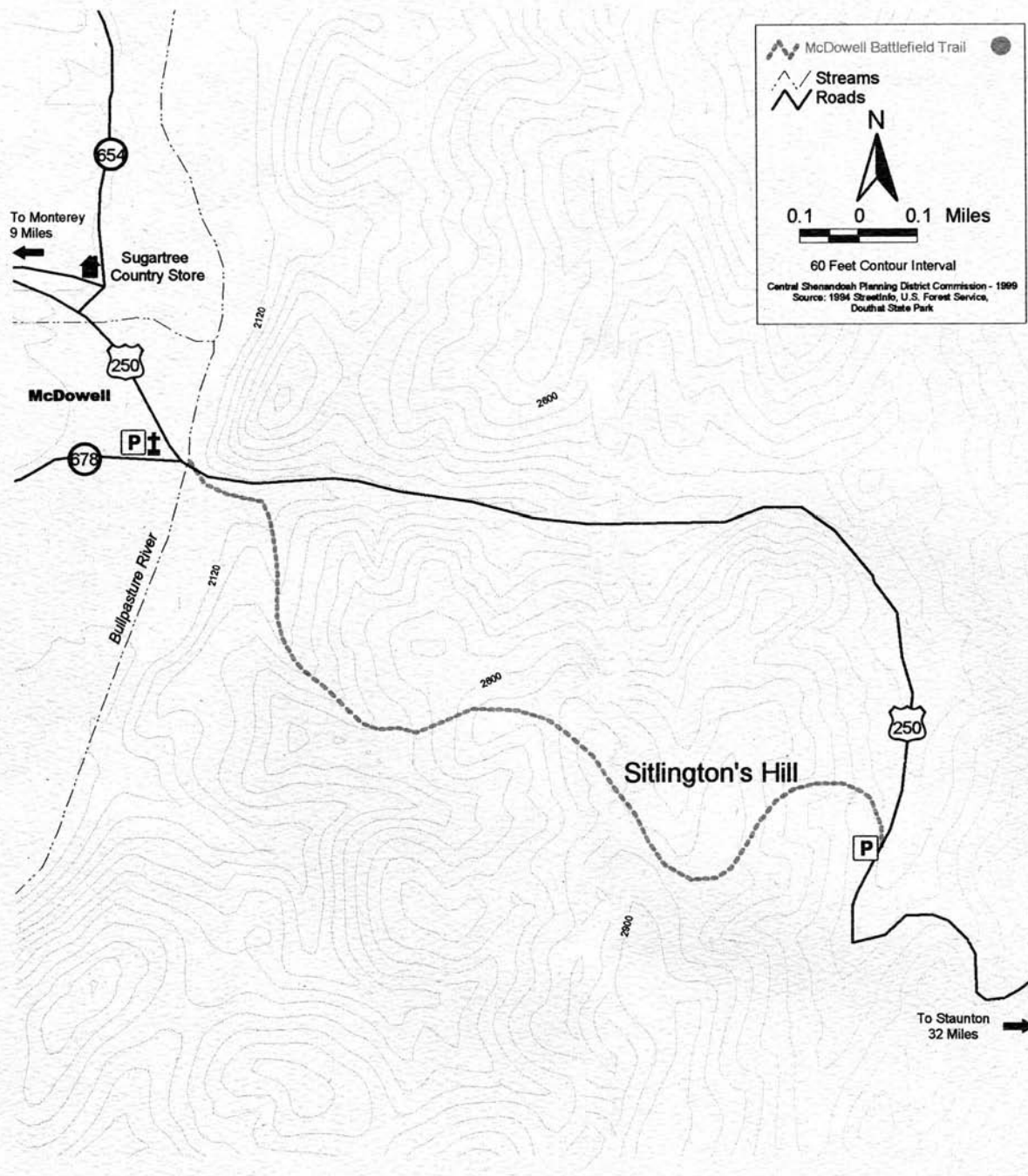
Horseback Riding

Not responsible for errors, omissions or changing conditions.

McDowell Battlefield Trail

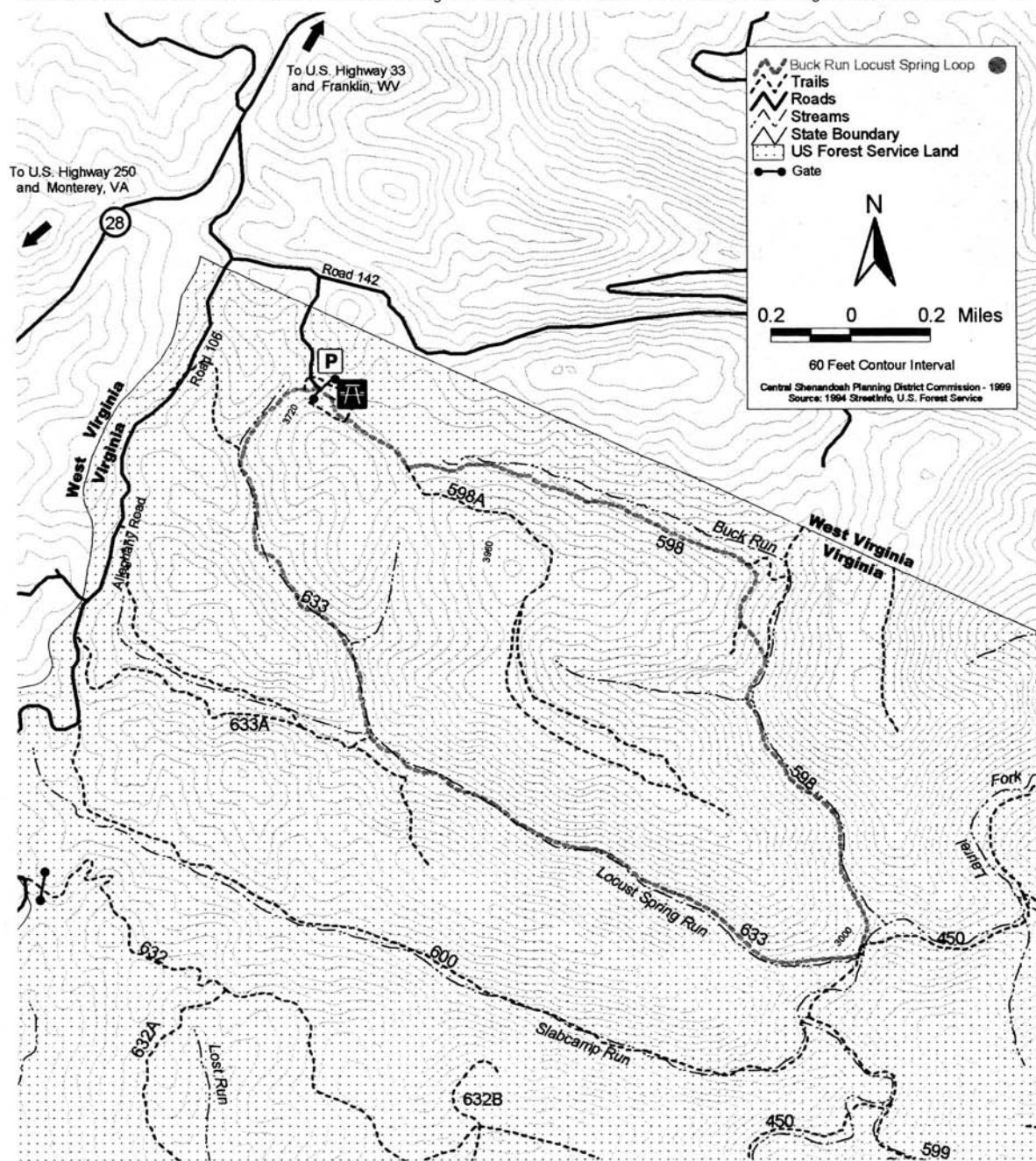
McDowell Battlefield Trail leads to the top of Sittlington Hill & the core of the McDowell Battlefield. This battle, fought on the afternoon of May 8, 1862, was the first victory of Jackson's Valley Campaign. A marker here will direct you either east returning to the parking area or west to continue to the western end of the trail. (Elevation 2000-2500 ft.) 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 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 Sugar Tree Country Store in McDowell for interpretive info & details of the Civil War Trail. 1-800-396-2445



Buck Run and Locust Spring Run Trail

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 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 & the elevation range is 2920-3678 ft. ➡ 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. CAUTION. This is a remote wooded area requiring a lengthy scenic drive with the last 21 miles graveled road.

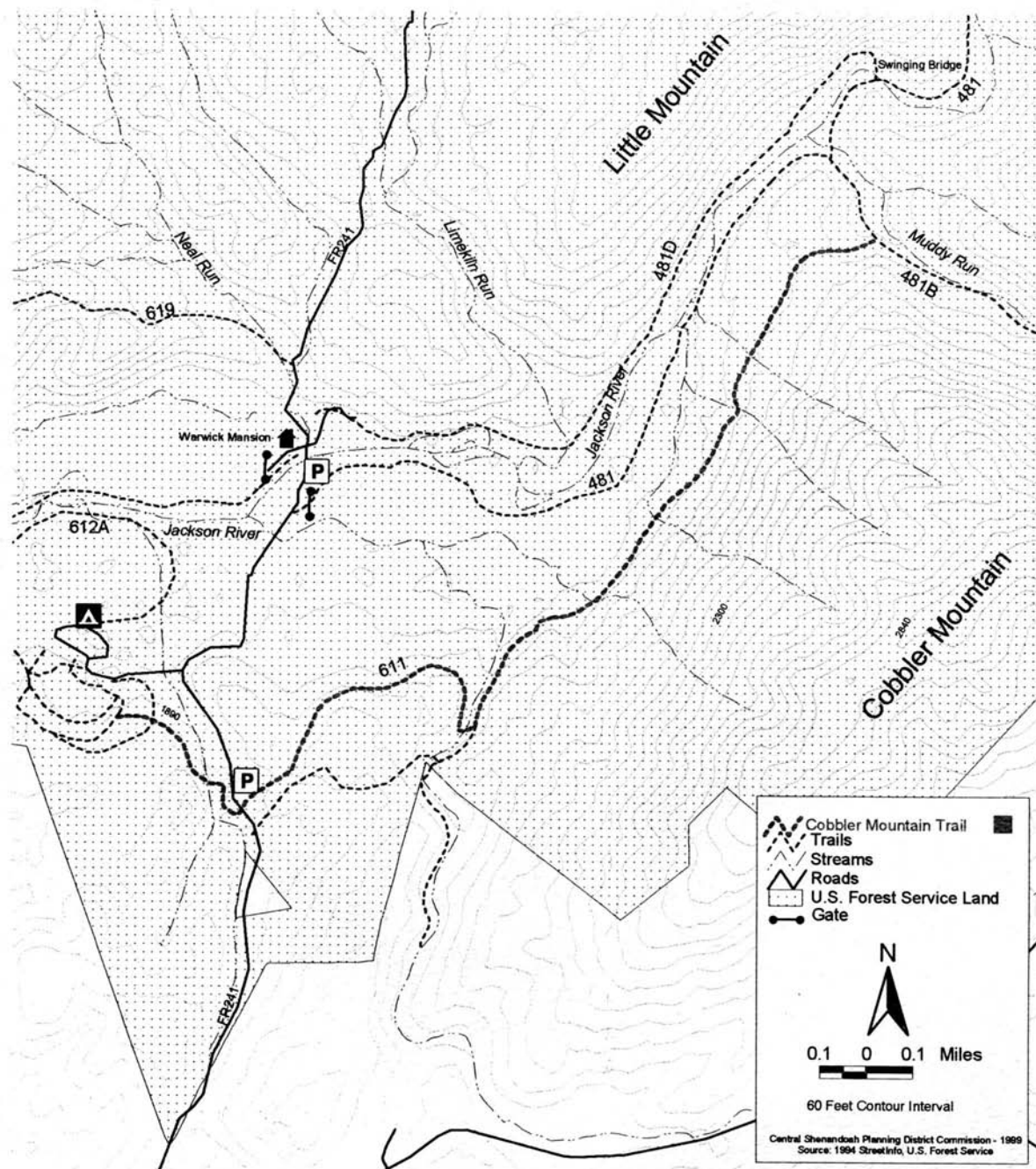


Cobbler Mountain Trail

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.

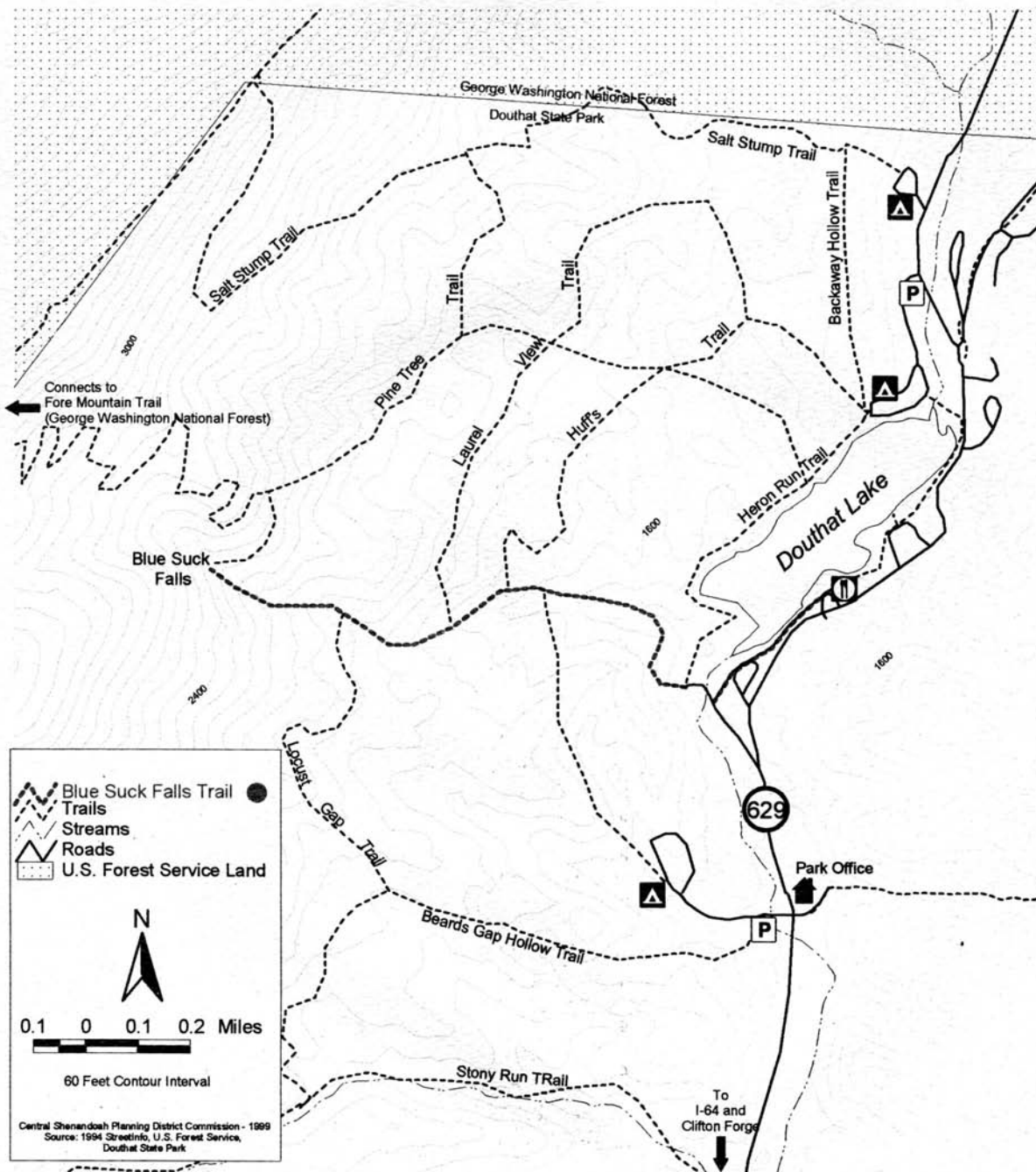


Blue Suck Falls Trail

Heron Run and Blue Suck Falls trails are among more than 40 miles of trails scattered through Douthat State Park's 4,493 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 Lakeview Restaurant and Country Store. 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 862-8100 or e-mail douthat@cfw.com

➡ Interstate 64 Exit 27 to Douthat Rd north approximately 6 Miles to the trail head at the Country Store. On Rt. 39 east to St. Rt. 629/ Douthat Rd.



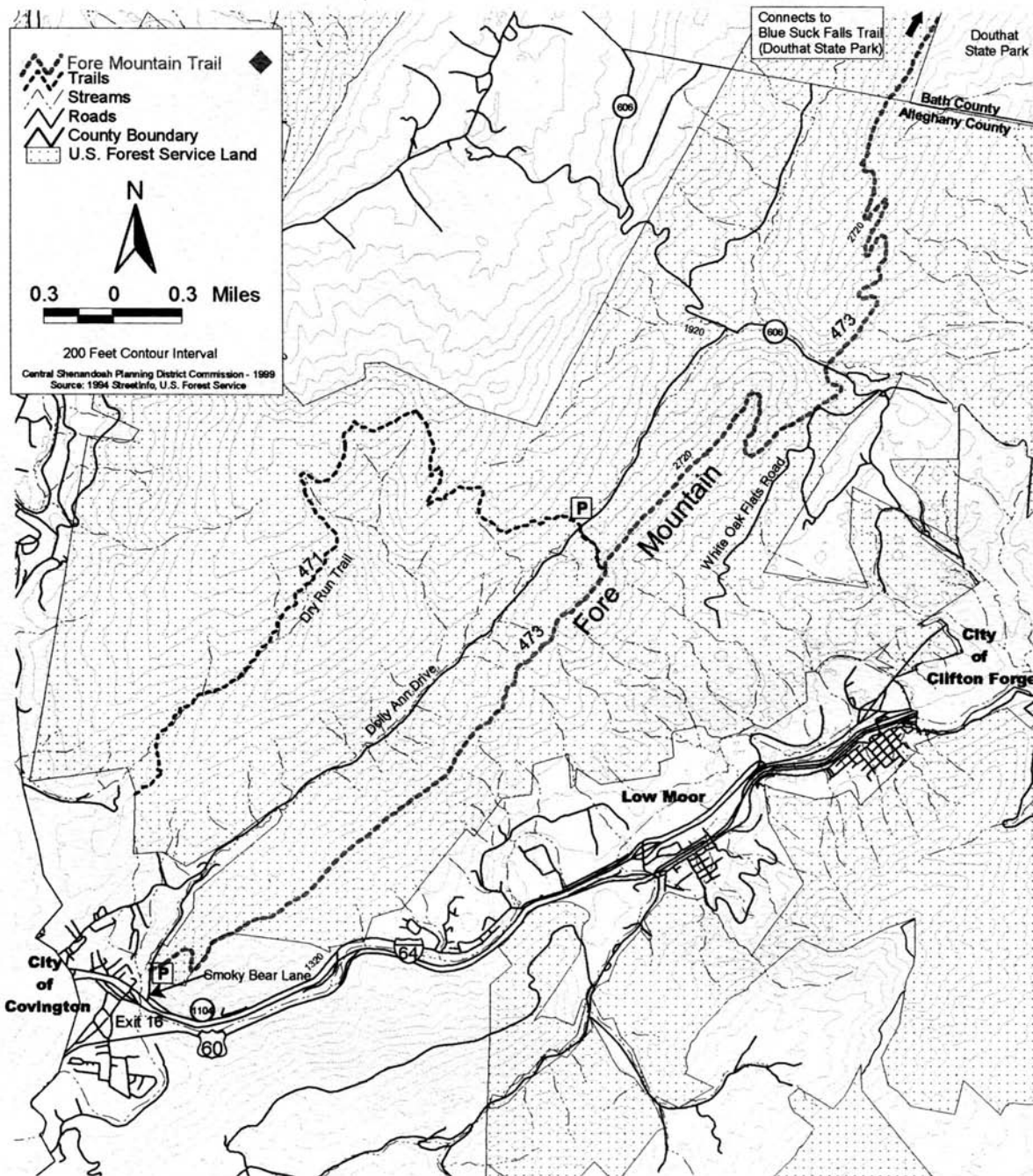
Heron Run only



Blue Suck Falls:

Fore Mountain Trail

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

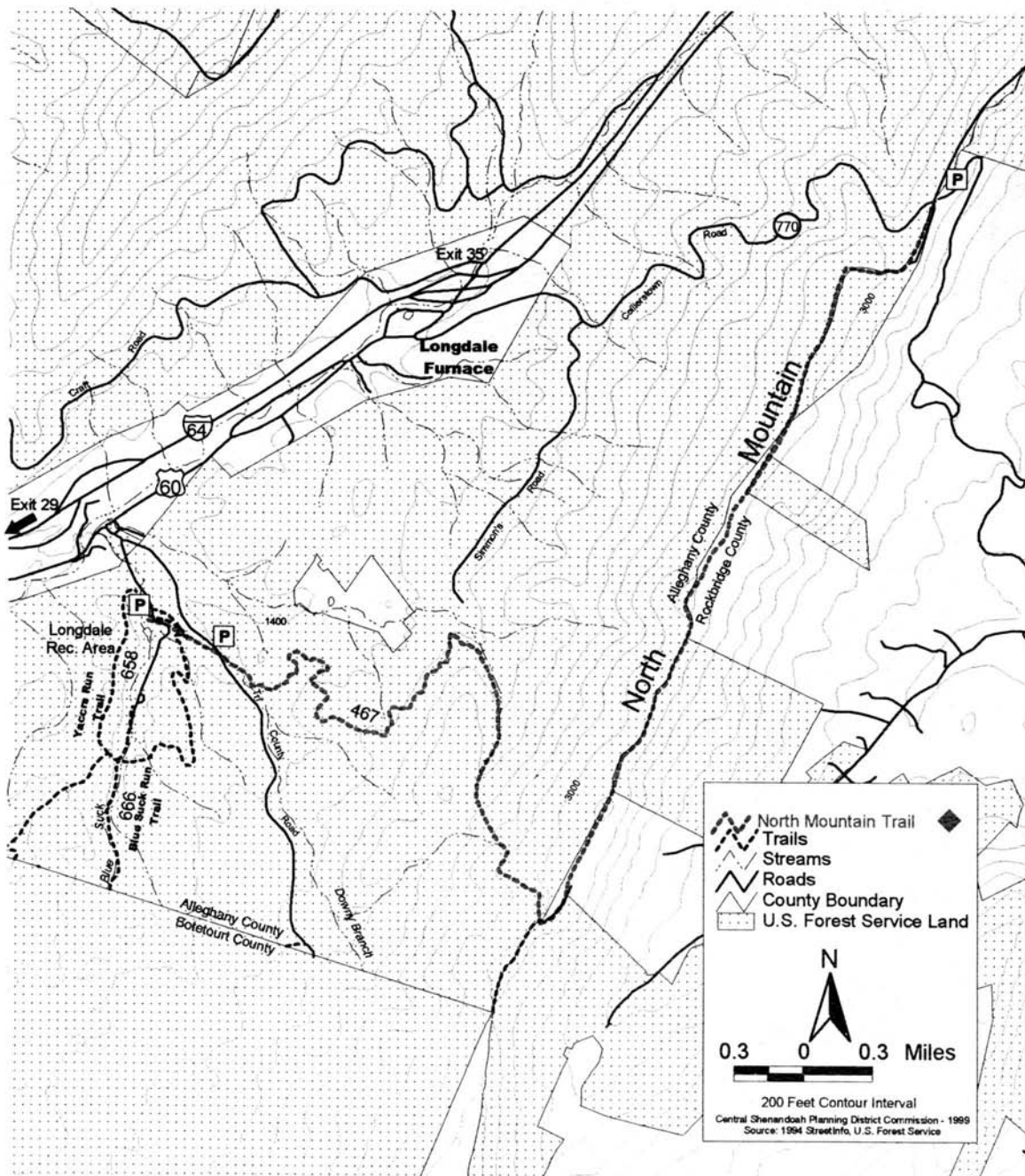


wildlife, & ties into Middle Mountain Trail in Douthat State Park. (Elevation 1200-3000 ft.) ➡ Interstate 64 Exit 16 Covington. Right onto Rt. 220/Valley Ridge Rd. to 1st left Smokey Bear Lane at Western Sizzlin Restaurant & Knight's Court Motel. Watch for designated parking. National Forest Maps available at the District Office \$. 540/962-2214



North Mountain Trail

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. ➡ Interstate 64 Exit 35 west on



Rt. 60 past Longdale Inn B&B 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 447.

