

Allegheny Trail to Pine Swamp

16.5 miles, Strenuous, \$5.00 carpool fee

62 miles from Roanoke

The hike will start in Monroe County, West Virginia. It begins on WV CR15 at the parking lot for the Hanging Rock Raptor Migration Observatory, and follows the Allegheny Trail south along the crest of Peters Mountain mostly on old logging and forest service roads. We will camp near the halfway point of the hike, on the ridgetop. At 12.5 miles this hike joins the AT, and we will continue south to Dickinson Gap, where we'll follow a blue-blaze trail down to route 635.

Trail Map

Andy Layne Trail to Daleville, 113 Mile Hike #3

13.0 miles, Strenuous, \$1.00 carpool fee

8 miles from Roanoke

The hike is just north of Roanoke, starting in the Catawba Valley and ending in Daleville. The hike is a stiff uphill on the relocated Andy Layne Trail and then a scenic ridge walk overlooking Carvins Cove, before descending Tinker Mountain.

Apple Orchard Falls, Cornelius Creek Loop

5.7 miles, Moderate, \$2.50 carpool fee

26 miles from Roanoke

This is a popular hike located in the North Creek camping area, near Arcadia. A blue-blazed trail, steep in places, leads uphill to Apple Orchard Falls. The falls are impressive and the trail has been greatly improved in recent years. Beyond the falls, a crossover path leads to the Cornelius Creek Trail which follows the creek downhill - back to the parking lot.

Trail Map

A.T., Bearwallow Gap to Black Horse Gap

8.1 miles, Moderate, \$2.50 carpool fee

27 miles from Roanoke

We will be doing a long hike south on the A.T. from Bearwallow Gap, near the town of Buchanan in Botetourt County to Black Horse Gap on the Blue Ridge Parkway.

Trail Map

Bearwallow Gap (Rt 43) to Troutville (Rt 11)

19.5 miles, Strenuous , \$2.50 carpool fee

27 miles from Roanoke

We will be doing a long hike south on the A.T. from Bearwallow Gap, near the town of Buchanan in Botetourt County to Route 11 in Troutville. This will be mainly level ridgeline hiking with one long ascent of Fullhardt Knob, near the end of the hike.

Trail Map

Bearwallow Gap Loop

10.5 miles, Strenuous, \$100 carpool fee

12 miles from Roanoke

This hike will begin at the Bearwallow Gap Horse Trail Parking and will follow the Glenwood Horse Trail north to its junction with the Buchanan Trail. We will then follow the Buchanan Trail to its junction with the AT. Heading south on the AT, we will hike to Bearwallow Gap, cross Route 43 and hike the AT to the top of the mountain. We will then detour off trail and head to a rock outcropping with great views north and west and then bushwhack down the mountain to intersect with the Horse Trail once again. We will then follow the Horse Trail north to where we parked.

Belfast Trail to the Devil's Marblyard

3.0 miles, Easy, \$3.00 carpool fee

35 miles from Roanoke

Located a few miles beyond Natural Bridge Station, this popular hike starts about an hour's drive from Roanoke. The route follows the Belfast Trail in the Jefferson National Forest and heads steeply uphill for a little over two miles. At this point the Devil's Marbleyard appears just to the left of the trail. This is an eight-acre field of quartzite boulders which affords endless scrambling opportunities (watch out for snakes, though) and great views. The return is along the same route.

Trail Map

Bennett Springs Loop

6.0 miles, Moderate , \$.00 carpool fee

0 miles from Roanoke

Come join us on a new hike that begins at Carvins Cove Parking Lot (off Rt. 311, NOT Williamson Rd.) The one mile ascent to the top of Brushy Mountain is quite steep, while the rest is moderate. Good views of McAfee's Knob and the valley are beautiful, while on the descent we will cross a stream several times. It's a pretty loop trail.

Trail Map

Big Horse Gap to New River (Rt 460) 113 Mile Hike #11

12.0 miles, Strenuous, \$6.00 carpool fee

60 miles from Roanoke

This hike will follow the A.T. north from Big Horse Gap near Dismal Falls in Giles County. It will go along the ridge line of Pearis Mountain, passing Doc's Knob shelter along the way. There will be several view points along the way, including Angel's Rest.

Trail Map

A.T., Black Horse Gap to Bearwallow Gap

8.5 miles, Strenuous, \$1.00 carpool fee

9 miles from Roanoke

This hike starts at the northernmost part of our section of the A.T. The trail parallels the Blue Ridge Parkway and has great views. There are plenty of mountain laurel, rhododendron, and azalea along this section of trail.

A.T., Black Horse Gap to Curry Gap, 113 Mile Hike #1

6.9 miles, Moderate, \$1.500 carpool fee

16 miles from Roanoke

This hike is located in Botetourt County. From Black Horse Gap on the Blue Ridge Parkway, elevation 2,400 feet, the trail heads south. There are limited views on this section of trail. In 2.4 miles a blue blaze trail on right leads to the Wilson Creek Shelter. After crossing Wilson Creek, the trail ascends steeply. It then descends steadily and crosses Curry Creek. From there it

ascends steeply on switchbacks to the Salt Pond Road road crossing. Go left on Salt Pond Road for .9 miles back to BRP.

Black Horse Gap (BRP) to Daleville (Rt. 220) 113-Hikes # 1 & 2

13.6 miles, Strenuous, \$1.50 carpool fee

17 miles from Roanoke

The hike starts at Black Horse Gap on the Blue Ridge Parkway in Botetourt County. This is the northern terminus of the 113 mile long section of trail maintained by the RATC. The AT parallels the parkway heading south. It passes the Wilson Creek shelter and then crosses Salt Pond Road at Curry Gap. The trail then climbs Fullhardt Knob, where there are limited views. The trail then descends, crosses route 11 and ends on route 220 in Daleville.

A.T., Black Horse Gap to Troutville (Route 11)

12 miles, Strenuous, \$1.00 carpool fee

13 miles from Roanoke

The hike will begin at Black Horse Gap. We will pass Wilson Creek, Curry Creek, Salt Pond Road, Tollhouse Gap, Fullhardt Knob along the way. The hike will finish on Route 11 at Troutville

Trail Map

Black Ridge to Blue Ridge Parkway

3.0 miles, Easy, \$6.00 carpool fee

58 miles from Roanoke

This is a loop hike that starts at the Rocky Knob Visitor Center on the Blue Ridge Parkway at milepost 169. We will hike to Black Ridge, then to Grassy Knoll and back to Visitor Center.

Bluff City to Rice Field

12.7 miles, Strenuous, \$6.00 carpool fee

60 miles from Roanoke

The hike is on Peters Mountain in Giles County near Pearisburg , SR 460 & The New River. It goes up Peters Mountain to the Rice Fields Shelter and returns. There are gret aviews in the open area of Rice Fields on top of the mountain.

Trail Map

Bottom Creek Gorge

5.3 miles, Moderate , \$2.00 carpool fee

17 miles from Roanoke

Hidden away at the corner of Montgomery, Roanoke, and Floyd counties is the Bottom Creek Gorge Preserve on top of Bent Mountain. The Nature Conservancy has developed a network of trails that pass ponds, streams and meadows and follow tunnels of rhododendron that lead you around and down to the Bottom Creek George, then up to a vantage point to see Bent Mountain Falls flow from a mountain side. Dogs are not permitted on this hike, in compliance with Nature Conservancy policy.

Brushy Mountain

6.0 miles, Moderate, \$.50 carpool fee

5 miles from Roanoke

This is a 6-mile loop hike near Hanging Rock, at the end of Timberview Road. The two mile ascent to Brushy Mountain is rather steep but the reward comes on the return. The hike offers glimpses of Carvin's Cove Reservoir, McAfee's Knob.

Buffalo Mountain

4.3 miles, Moderate , \$4.00 carpool fee

44 miles from Roanoke

Located in Floyd County in the vicinity of Mabry Mill, the hike goes to the summit of Buffalo Mountain with extraordinary views in all directions. The distinctive shape of Pilot Mountain in North Carolina is visible in the distance on a clear day. A network of unofficial trails lead to various points on the edge of the mountain's massive rock face.

Carvins Cove Trails

10.5 miles, Strenuous, \$.50 carpool fee

6 miles from Roanoke

We will be hiking on several trails in the Carvins Cove area. We'll start with Songbird and include a short detour to the Catawba Creek Tunnel followed by Arrowhead and then Sawmill Branch to intersect with the AT. Return will be via Happy Valley, Riley's Loop, Enchanted Forrest and Comet.

Cascades National Scenic Trail

4.0 miles, Easy, \$5.00 carpool fee

54 miles from Roanoke

Located in Giles County near Pembroke, the hike uses trails, which run, along both sides of Little Stony Creek, which ends near the Cascades – an impressive waterfall. Usually the hike will go up one side of the creek and come back on the other. The Forest Service charges a nominal fee (\$3.00) to park at the trailhead.

Trail Map

Cascade's/Barney's Wall

7.9 miles, Moderate, \$5.00 carpool fee

54 miles from Roanoke

Located in Giles County near Pembroke, the hike will first go along Little Stony Creek, to the Cascades – an impressive waterfall. It will then go up the nature Conservancy Trail to Barney's Wall, a cliff that features a 700 foot drop. There is a great view of the New River Valley from Barney's Wall. The Forest Service charges a nominal fee (\$3.00) to park at the trailhead.

Trail Map

Cascades to Butt Mountain

10.8 miles, Strenuous, \$5.50 carpool fee

54 miles from Roanoke

Located in Giles County near Pembroke, the hike will first go along Little Stony Creek, to the Cascades – an impressive waterfall. It will then go up the nature Conservancy Trail to Barney's Wall, a cliff that features a 700 foot drop. There is a great view of the New River Valley from Barney's Wall. From there it will continue on along the ridgetop of Butt Mountain to the location of an old fire lookout tower. The Forest Service charges a nominal fee (\$3.00) to park at the trailhead.

Trail Map

Catawba Mountain (Rt. 311) to Andy Layne Trail (Rt. 779) 113-Mile Hike # 4

12.8 miles, Strenuous, \$.50 carpool fee

6 miles from Roanoke

This hike offers the opportunity to see two of the prime vistas on the Appalachian Trail, McAfee Knob and Tinker Cliffs, in one day. The hike starts across from the large gravel A.T. crossing parking lot on Route 311. Be extremely careful crossing route 311, visibility for cars is limited and they are moving very fast. The trail climbs gradually to McAfee's Knob, passing John's Spring Shelter at 1.0 mile and Catawba Mountain shelter at 3.0 miles. At 3.7 miles reach short blue-blazed trail on left to McAfee Knob. The cliffs there offer magnificent views of the Catawba Valley and the city of Roanoke. The trail then follows the the ridge line to Tinker Cliffs at 8.6 miles, with views of McAfee Knob and North Mountain. Continue north on the A.T. for another half mile to Scorched Earth Gap. Go left on the Andy Layne Trail for descent to Rt. 779.

Catawba Mountain (Rt. 311) to Daleville (Rt. 220) 113-Mile Hikes 3 & 4

19.2 miles, Very Strenuous, \$1.00 carpool fee

6 miles from Roanoke

Starts from the 311 parking lot on Catawba Mountain – only 15 minutes from Roanoke. Certainly one of our most challenging hikes and it is recommended only for those in excellent physical condition. Almost 20 miles of the Appalachian Trail leads over varied terrain with several steep climbs and tricky footing in places. Highlights include McAfee Knob, Tinker Cliffs and Hay Rock. There are also numerous unnamed overlooks providing nice views of both the Catawba Valley and Carvins Cove

Catawba Mountain (Rt. 311) to Dragon's Tooth Parking 113-Mile Hike # 5

8.9 miles, Strenuous, \$.50 carpool fee

6 miles from Roanoke

The hike begins at the 311 A.T. parking lot – just 15 minutes from Roanoke. The Appalachian Trail is followed south over the many humps of Catawba Mountain before dropping down to the open fields of Beckner’s Gap. Between Routes 785 and 624, the trail crosses Sandstone Ridge. Beyond 624 the trail heads uphill past the Boy Scout Trail. It then reaches Rawie’s Rest, a knife-like rocky outcrop, with good views. Continue on to Lost Spectacles Gap, where a blue-blazed trail on right leads down to the Dragon’s Tooth parking lot.

Catawba Mountain (Rt 311) to McAfee Knob

7.8 mile, Moderate, \$0.50 carpool fee

6 miles from Roanoke

Located west of Salem in Roanoke County, the hike follows the Appalachian Trail up and back. Extensive cliffs at the top afford unparalleled views of both the Catawba Valley and the city of Roanoke.

Trail Map

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Catawba Mountain (Rt. 311) to Sandstone Ridge (Rt. 624)

6.0 miles, Moderate, \$1.00 carpool fee

9 miles from Roanoke

This hike is Roanoke County. Heading south on the A.T., we will go along Sawtooth Ridge, with a few ups and downs and occasional good views. It will then pass through open meadows in the Catawba Valley.

Trail Map

Catawba Mountain (Rt. 311) to Sawtooth (Rt. 785)

4.3 miles, Easy, \$.50 carpool fee

6 miles from Roanoke

Located in Roanoke County just west of Salem and I-81 near the Catawba Valley. This is up and down ridge walk through the forest coming out on pasture near the end. There are great views of the surrounding valleys off both sides of the ridge.

Trail Map

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Catawba Mountain (Rt. 311) to Trout Creek (Rt. 620)

12.9 miles, Strenuous, \$.50 carpool fee

6 miles from Roanoke

Located in Roanoke and Craig County, the hike follows the roller coaster Sawtooth Ridge, with views of Fort Lewis Mountain on the left and Cove Mountain and North Mountain on the right. The hike continues over Sandstone Ridge and then begins the strenuous climb to Dragon's Tooth, which offers great, near 360 degree views. The hike will then descend Cove Mountain to Trout Creek.

Trail Map

Catawba Valley Trail up to North Mountain & return

6.0 miles, Moderate , \$1.00 carpool fee

12 miles from Roanoke

We will be hiking up the Catawba Valley Trail to the summit of North Mountain. There are limited views from the summit of the Catawba Valley and Craig County.

Chestnut Ridge Trail

5.4 miles, Moderate , \$.00 carpool fee

0 miles from Roanoke

The hike is located 4 miles from Roanoke and 1 mile from the Blue Ridge Parkway. It is a 5.4-mile loop around the Roanoke Campground behind Mill Mountain. The trail is well graded and surrounded by woods.

Cove Mountain/Cove Creek Basin

10 miles, Strenuous, \$2.00 carpool fee

22 miles from Roanoke

This hike will begin on the Cove Mountain Trail at Arcadia, VA, and will take in portions of the Buchanan Trail, Glenwood Horse Trail, and Little Cove Mountain Trail. Good views of surrounding mountains, along with a waterfall, are visible on this hike.

Cove Mountain and Little Cove Mountain Circuit

8.2 miles, Strenuous, \$2.00 carpool fee

23 miles from Roanoke

Located in Botetourt County, this hike offers creek side walking along a branch of Cove Creek, a stop at Little Cove Mountain Shelter and a view from a rock formation just a few hundred feet north of shelter.

Trail Map

Cove Mountain/Little Cove Mountain Lollipop Loop

12 miles, Strenuous, \$2.00 carpool fee

22 miles from Roanoke

This hike will encompass the Cove Mountain Trail, a portion of the Buchanan Trail, a portion of the AT, the Glenwood Horse Trail and the Little Cove Mountain Trail with a return to the starting point on the Cove Mountain Trail. It will offer a variety of views of mountain peaks in just about every direction.

Crabtree Falls

5.8 miles, Moderate, \$5.00 carpool fee

68 miles from Roanoke

The hike is located in Nelson County, and follows Crabtree Creek, with scenic overlooks at the five major cascades, which, with a number of smaller ones, have a total fall of 1,200 feet. Crabtree Falls is the highest waterfall east of the Mississippi.

Crab Tree Falls, Priest Loop

9.0 miles, Strenuous, \$5.50 carpool fee

68 miles from Roanoke

The hike is located in Nelson County, and follows Crabtree Creek, with scenic overlooks at the five major cascades, which have a total fall of 1,200 feet. After reaching the top of the falls, we will take a side trail to connect to the A.T. near the Priest shelter. We will then began a 3,000 foot descent from the summit of the Priest back to Route 56 on the Tye River.

Trail Map

Curry Gap (BRP) to Daleville (RT 220) 113-Mile Hike # 2

9.4 miles, Stenuous, \$1.00 carpool fee

9 miles from Roanoke

The hike is located in Botetourt County From Curry Gap on the Blue Ridge Parkway, the trail ascends on Salt Pond Road for .9 miles to the A.T. crossing. Turn left on the A.T. (south). The trail follows the ridge line, with limited views to the valley below. At 3.7 miles the blue-blazed trail on left leads to Fullhardt Knob Shelter and the wooded summit of Fullhardt Knob. The trail then descends from Fullhardt Knob. There are a series of switchbacks near the bottom. At 6.7 miles the trail crosses Mountain Pass Road (Route 652). It then ascends an open knoll, with good views of McAfee Knob and Tinker Mountain, before descending and crossing Va. Route 11. The trail continues through mainly old orchards to Route 220.

Curry Gap (BRP) to Fullhardt Knob

7.3 miles, Moderate, \$1.00 carpool fee

9 miles from Roanoke

The hike starts on Curry Gap on the Blue Ridge Parkway. It follows Salt Pond Road to the intersection with the A.T., then goes up the A.T. to Fullhardt Knob. There are limited views along the trail and at the summit of Fullhardt Knob.

Trail Map

Daleville (Rt 220) to Hay Rock

8.0 miles, Moderate, \$.00 carpool fee

0 miles from Roanoke

Located in Botetourt County, north of Roanoke. Except for a short feeder trail, the route follows the Appalachian Trail to Hay Rock and back again. There are several good overlooks along the way, but the best one is Hay Rock. This overhanging chunk of sandstone provides shelter on one side and great views on the other – for those willing to scramble to the top.

Trail Map

Daleville (Rt 220) to Andy Layne Trail (Rt 779) 113-Mile Hike #3

11.0 miles, Strenuous , \$.00 carpool fee

0 miles from Roanoke

The hike is just north of Roanoke, starting in Daleville. It begins with an 800 foot climb up Tinker Mountain and then goes along a scenic ridge overlooking Carvins Cove.

Daleville (Rt 220) to Mountain Pass Road (Rt 652)

3.2 miles, Easy, \$.00 carpool fee

0 miles from Roanoke

This hike will head north on the A.T., passing through woods and crossing Virginia Route 11 near Troutville. It will then ascend a hill to an open field which provides good views of the surrounding mountains.

Trail Map

Devil's Marbleyard/Gunter Ridge Trail Circuit

8.1 miles, Strenuous , \$4.00 carpool fee

35 miles from Roanoke

Located a few miles beyond Natural Bridge Station, this hike will ascend the steep Gunter Ridge Trail to it's intersection with the Belfast Trail in the Jefferson National Forest. The hike will then descend on the belfast trail passing the Devil's Marbleyard. This is an eight-acre field of quartzite boulders which affords endless scrambling opportunities (watch out for snakes!) and great views.

Dickey Gap (Rt 16) to Fox Creek (Rt 603)

8.5 miles, Strenuous, \$7.00 carpool fee

87 miles from Roanoke

The hike is along the A.T. in Grayson County. Starting near Hurricane Campground, the trail crosses Comers Creek, which has a small waterfall. Heading south, the hike concludes with a 1,400 foot climb up Iron Mountain.

Dolly Sods Backpack

11 miles, Strenuous, \$18.00 carpool fee

180 miles from Roanoke

The Dolly Sods Wilderness Area is in northern West Virginia near Canaan Valley. The entire hike will be at an elevation of 4,000 feet or higher in mostly balds caused by early timber operations. The whole area is diverse in vegetation with spruce, firs, aspen trees. The daily hike should not be over 5 miles, but you will have a backpack that can slow you. Expect cool nights and dress according. We should be out of the woods around 3:00 PM on Sunday and expect a 3.5 hour drive back to Roanoke.

Douthat State Park

10.0 miles, Strenuous , \$2.00 carpool fee

23 miles from Roanoke

This hike is located in Bath County. It combines six trails to form a loop of about 10 miles. The hike provides lake side walking before entering the woods and the climb to the top of the mountain. It provides views from Tuscarora Overlook and Lookout Rock. It also passes by Blue Suck Falls and follows the creek back to the starting point.

Trail Map

Dragon's Tooth Parking to Dragon's Tooth

5.2 miles, Moderate, \$1.50 carpool fee

9 miles from Roanoke

Located on Cove Mountain near the Craig and Roanoke County line, the hike to Dragon's Tooth ascends steep, rugged outcrops of quartzite which form the spine of Cove Mountain. A difficult hike, Dragon's Tooth summit offers magnificent views of nearby and distant peaks year-round.

Trail Map
