

Elk Garden (Rt 600) to Rt 58

6.9 miles, Moderate, \$11.00 carpool fee

122 miles from Roanoke

This hike will start at the Elk Garden A.T. crossing in the Mt. Rogers National Recreation Area and head south on the A.T. The hike will climb 800 feet to near the summit of Whitetop Mountain, the second highest peak in Virginia at over 5,500 feet. From there it will pass through a scenic mountain bald to Buzzard Rock, with magnificent views of southwest Virginia and eastern Tennessee. The hike will then descend some 2,100 feet to route 58, near Damascus.



Elliott Knob

10.0 miles, Strenuous, \$6.00 carpool fee

77 miles from Roanoke

This hike is in Augusta County west of Staunton near Buffalo Gap. It is the site of an old radio tower and will be an up and back hike. Elliott's Knob is at an elevation of 4,458 feet. Although there are good views all along the trail, the summit provides stunning views, and there are two old growth groves of red spruce trees which is not common in our area.

Trail Map



Fallingwater Cascades

2.1 miles, Easy, \$2.50 carpool fee

27 miles from Roanoke

Located in Botetourt County, this loop hike goes down a short, scenic trail to Fallingwater Cascades. This is a scenic stream just off of the Blue Ridge Parkway. The trail will follow the stream for a short distance before ascending back to the trail head.

Trail Map

Falls Ridge

5.0 miles, Moderate, \$3.00 carpool fee

30 miles from Roanoke

The hike is located in Montgomery County, southeast of Blacksburg in Falls Ridge Preserve. Part of a steep, rugged ridge that rises from the valley of the North Fork of the Roanoke River, Falls Ridge Preserve boasts a spring-fed travertine waterfall approximately 80 feet in height. Salem Fault runs through the preserve, dividing it into two different rock types: Precambrian limestone and shale/sandstone. The corresponding difference in soil types generates a diversity of vegetation, particularly wildflowers and smaller flora. Dogs are not permitted on this hike, in compliance with Nature Conservancy policy.

Trail Map

Ferrier – Lick Branch – North Mountain Trails

7.6 miles, Strenuous, \$2.50 carpool fee

26 miles from Roanoke

Located in Craig County east of New Castle on the border of Botetourt County, this lollypop hike will begin at the far end of North Mountain trail and ascend Broad Run Mountain. From there we will head southeast going down the Lick Branch Trail and continue on a gravel road connecting to Ferrier Trail returning us back to Broad Run Mountain and finally accessing the North Mountain Trail to complete the hike.

Flat Top Mountain

4.3 miles, Moderate , \$2.50 carpool fee

27 miles from Roanoke

Located at the very scenic Peaks of Otter along the Blue Ridge Parkway in Botetourt County. At one point a side trail descends a short distance to an unusual formation known as Cross Rock. At the summit of Flat Top nice views may be obtained by easy scrambles onto projecting rocks.

Trail Map

Floyd Mountain/Glenwood Horse Trail

11.0 miles, Strenuous , \$2.00 carpool fee

22 miles from Roanoke

This hike will start on the Blue Blaze Trail (old AT) off of Middle Creek Road and proceed to the AT just north of the Bryant Ridge Shelter. We will then follow the AT north over Floyd Mountain to the Cornelius Creek Shelter. From there we will pick up the Glenwood Horse Trail and head south to its junction with Jennings Creek Road. This section of the horse trail is quite beautiful. This will require a short shuttle of about 15 minutes or so.

Fox Creek (Rt 603) to Elk Garden (Rt 600)

16.8 miles, Strenuous , \$7.00 carpool fee

71 miles from Roanoke

Join us a long hike on one of the most scenic parts of the entire A.T. We will be hiking in the high country of the Mount Rogers Scenic Area. Much of this hike will be in open meadows at over 5,000 feet. The trail will pass near the wooded summit of Mount Rogers, at 5,729 feet, the highest point in Virginia. There are many semi-wild ponies in the open meadows along the trail. In addition, a profusion of rhododendron can also be seen. These should be in bloom in June. There will be about 2,000 of elevation gain on this hike.

Fuller Rocks, Big Rocky Row

8.8 miles, Strenuous, \$3.00 carpool fee

39 miles from Roanoke

This hike will start on the A.T. crossing on Hercules Road. The hike goes through an old slate mine and follows an old roadway that offers very good views. The trail connects with the AT and then we would hike south back toward the James River. The trail will cross Rocky Row and

Fullers Rocks, both of which have magnificent views of the James River and the surrounding mountains. The trail will descend back to Hercules Road passing an A.T. shelter along the way.

Trail Map

Fort Lewis Mountain

4.2 miles, Moderate, \$1.00 carpool fee

9 miles from Roanoke

This out and back hike crosses Mason’s Creek before ascending Fort Lewis Mountain. There are limited views from the summit.

Trail Map

Garden Mountain (Rt 623) to Chestnut Knob Shelter

7.5 miles, Moderate, \$.00 carpool fee

81 miles from Roanoke

We will be starting out at the A.T. crossing on the top of Garden Mountain in scenic Burkes Garden, Tazewell County (elevation 4,000 feet). The hike will go south on the A.T., for 6.2 miles to Chestnut Knob shelter. It will then backtrack to Walker’s Gap. There are good views of

Burkes Garden along the trail. There will be an option to drive through Burke's Garden on the way home, which is a very beautiful part of the state.

There is 1,000 feet of elevation gain on this hike

Trail Map

Garden Mountain (Rt 623) to Rich Valley (Rt 42)

17.3 miles, Strenuous, \$7.00 carpool fee

71 miles from Roanoke

We will be starting out at the A.T. crossing on the top of Garden Mountain in Burkes Garden, Tazewell County (elevation 4,000 feet). The hike will go south on the A.T., passing the Beartown Wilderness Area. There are good views of Burkes Garden at two points along the trail. The hike will generally be downhill, ending in Wythe County.

Trail Map

Garden Mountain (Rt 623) to Poor Valley (FS222)

10.8 miles, Strenuous, \$9.00 carpool fee

97 miles from Roanoke

Located in Bland County, this hike offers spectacular views of Burke's Garden.

Green Hill Park and Environs

4 mile, Easy, \$.00 carpool fee

0 miles from Salem

We'll walk various routes in Green Hill Park including the westernmost segment of the Roanoke River Greenway.

Grassy Hill Nature Preserve

6 miles, Moderate , \$4.00 carpool fee

30 miles from Roanoke

The hike is located in Franklin County, just outside the town of Rocky Mount at the Grassy Hill Natural Area Preserve, owned and managed by the Virginia Department of Conservation & Recreation. This hike will traverse Grassy Hill which is a formation composed of ancient volcanic rocks rich in magnesium. Hikers will get to see a mixture of habitats including areas that support rare plants.

Trail Map

Harkening Hill

3.3 miles, Easy, \$2.00 carpool fee

24 miles from Roanoke

Join us for a leisurely hike up Harkening Hill, at the scenic Peaks of Otter on the Blue Ridge Parkway. We will be passing Balance Rock along the way. There are limited views from the summit of Harkening Hill.

Trail Map

Hoop Hole, Lower Loop

4.0 miles, Easy, \$2.50 carpool fee

28 miles from Roanoke

Located Botetourt County, the hike makes a loop by following two delightfully wild streams: Hipes Branch and Stony Run. Both of these pass through steep-sided canyons and have plenty of cascades and deep pools. While there is little change in elevation, there are many stream crossings – some of which may be tricky if the water is high.

Trail Map

Hoop Hole, Upper Loop

7.3 miles, Moderate, \$3.00 carpool fee

28 miles from Roanoke

The hike is located in Botetourt County between Eagle Rock and Oriskany – some 45 minutes from Roanoke. This hike uses part of the lower loop to get to the upper loop which includes a steep climb to the top of Montgomery Knob in the Jefferson National Forest.

Trail Map

House Mountains, Big and Little

9.1 miles, Strenuous , \$4.50 carpool fee

48 miles from Roanoke

Located in Rockbridge County west of Lexington. Purchased for preservation by the Rockbridge Area Conservation Council (RACC) in 1989, the 800+ acres including the tops of Big House and Little House Mountain, and the saddle between them, contain numerous species of plants and provide views of the Rockbridge County countryside. We will follow the 2-mile woods road to the saddle, hike another mile to the cliffs of Big House Mountain, then return to the saddle and take the Little House Mountain trail which involves a climb followed by a lovely ridge walk.

Trail Map

Jennings Creek (Rt 614) to Bryant Ridge Shelter

59 miles, Moderate , \$2.00 carpool fee

23 miles from Roanoke

Located in Botetourt County not far from Arcadia and Buchanan. This will be an out and back hike to the Bryant Ridge Shelter on the A.T. This shelter is located on a scenic part of the creek. The shelter has three levels and is well-worth seeing.

Trail Map

Jenny Knob to Lickskillet Hollow

4.3 miles, Moderate, \$6.00 carpool fee

70 miles from Roanoke

This hike is located in Bland County. It starts on Jenny Knob, the southern terminus of the section of the A.T. maintained by the RATC. It passes Jenny Knob Shelter on Brushy Mountain before reaching Route 608.

Trail Map

Johns Creek (Rt. 632) to Sinking Creek (Rt. 630) 113-Mile Hike # 9

8.3 miles, Strenuous, \$3.00 carpool fee

30 miles from Roanoke

The hike is located in Craig and Giles counties. From Johns Creek Valley, the trail climbs steeply. At 2.0 miles it crosses route 601 at Rocky Gap. At 3.8 miles a blue blazed trail on right leads to White Rock, with great views of the New River Valley. The trail then descends, passing Laurel Creek Shelter at 5.1 miles. At 7.5 miles the trail crosses Route 42 in Sinking Creek Valley.

Kimberling Creek (Rt. 606) to Jenny Knob (Rt.611) 113 Mile Hike #14

9.8 miles, Strenuous, \$6.00 carpool fee

70 miles from Roanoke

This hike is located in Bland County. It starts by crossing Kimberling Creek on a suspension footbridge. This is one of the longest footbridges on the A.T. The trail then ascends steeply to the wooded summit of Brushy Mountain, before descending to Licksillet Hollow. It then crosses Route 608 and again ascends Brushy Mountain. It passes Jenny Knob Shelter before reaching Route 611, the southern terminus of the section of the A.T. maintained by the RATC.

Trail Map

Lee Hollow (RT 621) to Dragon’s Tooth Parking, 113 Mile Hikes 6 and 7

15.4 miles, Strenuous, \$1.50 carpool fee

16 miles from Roanoke

The hike is in Craig and Roanoke County west of Salem. The hike starts with a 1,000 foot ascent of Brush Mountain via a series of switchbacks. At 3.0 miles the top of the mountain is reached and the trail continues along the crest of the mountain. At 3.8 miles, a short blue-blazed trail on left leads to the Audey Murphy monument. There are good views of the Craig Creek Valley from here. At 5.9 miles the trail starts a steep descent to Trout Creek and Route 620.

After crossing Trout Creek, we will ascend through a fire recovery area, pass by the Pickle Branch shelter, then ascend to the ridge, which we will follow around the crescent-shaped top of Cove Mountain to Dragon's Tooth with its great views and rock-scrambling opportunities. We will descend on the A.T. over Rawie's Rest (more rocks and great views) to the intersection with the blue-blazed Boy Scout Trail which will take us to the Dragon's Tooth parking lot.

Trail Map

Lee Hollow (Rt 621) to Sarver's Cabin Trail

8.8 miles, Strenuous, \$1.75 carpool fee

18 miles from Roanoke

Located in Craig County, this hike will go south on the A.T. for 7.5 miles, ascending Sinking Creek Mountain. Total elevation gain is 1,300 feet. We will pass the Niday Shelter along the way. The hike will then descend back to route 621 via the Sarver's Cabin Trail. Sarver's Cabin is another shelter along the A.T. There are good views along the ridgeline of Sinking Creek Mountain.

Trail Map

Lee Hollow (Rt. 621) to Trout Creek (Rt. 620) 113-Mile Hike # 7

9.2 miles, Strenuous, \$1.00 carpool fee

14 miles from Roanoke

AT hike located in Craig and a little bit of Roanoke County, the hike on Brush Mt. includes the Audie Murphy Monument, a tribute to the most decorated soldier of WWII, who died in a plane crash on the mountain in 1971. This hike has a mile of road walk added because the bridge may be out on Rt. 620.

Lick Run Greenway

7.0 miles, Moderate, \$.00 carpool fee

0 miles from Roanoke

Walk the Lick Run Greenway from Valley View Boulevard (Target) to downtown Roanoke and returning. This paved greenway trail runs along scenic Lick Run, through neighborhoods and city parks with little elevation change.

Lipes Branch Trail

6.4 miles, Moderate, \$2.50 carpool fee

32 miles from Roanoke

The trail for the hike is located in the Potts Mountain area of Craig County in Barbour's Creek Wilderness. The trail ascends Potts Mountain along Lipes Branch and provides access into the heart of Barbour's Creek Wilderness. The first .5 mile climbs gently up the southeastern lower slope of Potts Mountain, and then it becomes steeper, using switchbacks to reach a partially cleared area at the summit with views into Alleghany County and the George Washington National Forest to the northwest.

Trail Map

Mau-Har Trail and Three Ridges Loop

13.5 miles, Strenuous, \$7.00 carpool fee

70 miles from Roanoke

Located in Virginia's newest Wilderness Area, the hike takes us on trails built and maintained by the Tidewater AT Club. It's a "balloon hike", starting and ending where the AT crosses Route 56 and the Tye River. After 1.7 miles on the A.T., we branch off onto the Mau-Har Trail, which takes us past a lovely waterfall and along a creek up to the Maupin Fields Shelter. Then we continue climbing on the A.T. to the summit of Three Ridges, with lots of great views, then down past the Harpers Creek shelter, up to the ridge, and back down to the Tye River.

Trail Map

Mill Creek Trail to Angel's Rest via AT

8.4 miles, Strenuous, \$6.00 carpool fee

66 miles from Roanoke

This hike begins near the town of Narrows in Giles County. It starts by following Mill Creek to a scenic waterfall. It then follows a fire road to the intersection with the A.T. It will then head north on the A.T. to Angel’s Rest, then descend to Pearisburg.

Mill Mountain Greenway and Trails

4 miles, Easy, \$.00 carpool fee

0 miles from Roanoke

Starting at Piedmont Park, we'll walk up Mill Mountain via the Greenway (800-foot elevation gain on paved walkway), then return via another trail.

Mill Mountain Loop

5.5 miles, Moderate, \$.00 carpool fee

0 miles from Roanoke

We will use a series of trails to do a loop hike on Mill Mountain. We will hike the Star Trail to the Roanoke star, then take the Watchtower trail to the Mill Mountain Greenway. From there we will take the Monument trail to the Star Trail back to trail head on Riverland Road.

Trail Map

Montebello Fish Hatchery to Crabtree Falls.

8.1 miles, Strenuous , \$6.00 carpool fee

64 miles from Roanoke

This hike starts at the Montebello Fish hatchery in Nelson County. The hike starts with a steady climb up an old fire road. At 1.0 miles it intersects the A.T. The hike will then head north on the A.T. After a half mile we will reach Spy Rock. Spy Rock is a granite dome with great, 360 degree, views of the Priest Wilderness area and other surrounding mountains. It requires some rock scrambling to get to the top. The hike will continue on the A.T. for another three miles to the intersection with the Crab Tree Falls trail. At 1,200 feet this falls is the highest east of the Mississippi. We will descend along the falls trail back to the parking lot.

Trail Map

Montebello Fish Hatchery to Route 56

9.4 miles, Strenuous , \$6.00 carpool fee

64 miles from Roanoke

This hike starts at the Montebello Fish hatchery in Nelson County. The hike starts with a steady climb up an old fire road. At 1.0 miles it intersects the A.T. The hike will then head north on the A.T. After a half mile we will reach Spy Rock. Spy Rock is a granite dome with great, 360 degree, views of the Priest Mountain and other surrounding mountains. It requires some rock scrambling to get to the top. The hike will continue on the A.T., passing the Priest Mountain

shelter, before starting a 3,000 foot descent to route 56. There are outstanding views from the summit of Priest Mountain. Because this hike is through a designated wilderness area it will be limited to 10 hikers.

Trail Map

Mount Rogers

11.0 miles, Strenuous, \$10.00 carpool fee

102 miles from Roanoke

Join us for one of the premiere hikes in the U.S. and one that the club does not often offer. Most of this hike will be on trails at over 5,000 of elevation. This hike will start at Massie Gap in Grayson Highlands State Park. The trail will follow the open mountain bald of Wilburn Ridge to the heavily wooded summit of Mount Rogers, at 5,729 feet, the highest point in Virginia. There are many semi-wild ponies in the open meadows along the trail. We will camp near the trail in the Rhododendron Gap area.

Trail Map

Mt. Rogers Headquarters to Groseclose (I-81)

11.5 miles, Strenuous, \$8.00 carpool fee

87 miles from Roanoke

This hike is located in Smyth County, near Marion. It is mainly a downhill hike, starting from the ranger station on Route 16 to route 11, near Atkins. On the way to Atkins we'll pass by an old school house that has been turned into a museum.

Trail Map

Mount Pleasant

6.9 miles, Moderate, \$5.00 carpool fee

57 miles from Roanoke

This hike is located in the Mount Pleasant scenic area near route 60 in Amherst County. This loop hike goes to the summit of Mount Pleasant via the Henry Lanum Trail. There are sweeping views to the east and west from two rock outcrops at the summit. The hike will return to the starting point via the Pompey Trail.

Trail Map

Murray Run Greenway

6 miles, Easy, \$.00 carpool fee

0 miles from Roanoke

We will walk the Murray Run Greenway from VWCC to Grandin Road, and return. This is the most natural trail of the Roanoke Valley Greenway system and will include the beautiful Murray Run Trail in Fishburn Park. There are some ups and downs but no long climbs.

North Mountain Trail

10.4 miles, Strenuous, \$1.00 carpool fee

9 miles from Roanoke

The hike starts in Botetourt County and follows the border of Botetourt, Craig, and Roanoke counties; it climbs North Mountain on the gently graded Catawba Valley Trail, which begins just opposite the Andy Layne Trail on Route 779. The rest of the hike is an up-and-down ridge walk, with views on both sides visible through the trees.

Trail Map

Old Rag Mountain

7.2 miles, Strenuous, \$13.00 carpool fee

149 miles from Roanoke

Old Rag Mountain is in Shenandoah National Park, north of Charlottesville. It is one of the premier day hikes in the U.S., with spectacular 360-degree views from its massive granite summit. This is a difficult hike, with a great deal of rock scrambling, some hand over hand climbing, and 2,500 feet of elevation gain.

Trail Map

Old Hotel Trail, Cold Mountain Loop

6.2 miles, Moderate, \$7.50 carpool fee

57 miles from Roanoke

Located in Amherst County some 20 miles northeast of Buena Vista, this loop hike offers some of the most outstanding views anywhere in the area. The Old Hotel Trail trailhead is at Hog Camp Gap, roughly 8 miles from route 60 on a dirt and gravel road. The trail climb steadily through woods and an open area, passing an A.T. shelter (during the stagecoach days there was an inn in this area, but nothing remains of it today). The trail intersects the A.T. at Cow Camp Gap. Following the A.T. north, the route climbs Cold Mountain. The summit of Cold Mountain is an open mountain bald and offers extraordinary views in all direction.

Trail Map

Old Hotel Trail/Cold Mountain/Mt. Pleasant

12.6 miles, Strenuous, \$5.00 carpool fee

57 miles from Roanoke

The hike is located in the Mount Pleasant scenic area near route 60 in Amherst County this double loop hike offers some of the most outstanding views anywhere in the area. The Old Hotel Trail trailhead is at Hog Camp Gap, roughly 8 miles from route 60 on a dirt and gravel road. The trail climb steadily through woods and an open area, passing an A.T. shelter (during the stagecoach days there was an inn in this area, but nothing remains of it today). The trail intersects the A.T. at Cow Camp Gap. Following the A.T. north, the route climbs Cold Mountain. The summit of Cold Mountain is an open mountain bald and offers extraordinary views in all directions. Back at the trail head we will then go to the summit of Mount Pleasant via the Henry Lanum Trail. There are sweeping views to the east and west from two rock outcrops at the summit. The hike will return to the starting point via the Pompey Trail.

Otter Creek Trail

3.4 miles, Easy, \$4.00 carpool fee

44 miles from Roanoke

Located in Amherst County just off the Blue Ridge Parkway and a little way from James River. The trail follows Otter Creek from the Otter Creek campground to the James River.

Trail Map
