

Pandapas Pond Trails

6.0 miles, Moderate, \$3.50 carpool fee
39 miles from Roanoke

The hike is located in Montgomery County north of Blacksburg. It starts at Pandapas and uses some of the trails along Poverty Creek and Gap Mountain.

Trail Map

Patterson Creek

11 miles, Strenuous, \$3.00 carpool fee
30 miles from Roanoke

This is a loop hike in Botetourt and Craig Counties. We will be hiking in Patterson Creek area. The trails are mostly faint in this section but should have some nice views from both Patterson and Price mountains.

Petites Gap/Hunting Creek Trail Loop

10.2 miles, Strenuous, \$4.00 carpool fee
42 miles from Roanoke

This hike will start at Petites Gap on the AT and head south to its junction with the [Hunting Creek Trail](#). We will follow the Hunting Creek Trail down to Forest Road 45 (doubles as Glenwood Horse Trail) and walk the road north to where the Glenwood Horse Trail veers off the road. We will continue on the Horse Trail until it reaches Petites Gap. The hike will pass by the Thunder Ridge Overlook with nice views of Arnolds Valley and mountains to the west and north. The Hunting Creek Trail follows the beautiful [Hunting Creek](#) during the later part of that trail and offers some cascading falls along the way.

Petites Gap to James River

9.9 miles, Strenuous, \$5.00 carpool fee
39 miles from Roanoke

The hike is on the A.T. in the James River Face Wilderness located in Bedford and Rockbridge County. It roughly parallels the Blue Ridge Parkway. After a stiff climb to Highcock Knob (3073') it's a pleasant downward trending hike to James River (678') with occasional views to the west and grand finale on the James River Foot Bridge, longest foot-travel-only bridge on the AT. Because this hike is through a designated wilderness area it will be limited to 10 hikers.

Trail Map

Pine Swamp (Rt.635) to Johns Creek (Rt. 632) 113-Mile Hike # 10

13.2 miles, Strenuous, \$7.00 carpool fee
62 miles from Roanoke

The hike is located in Giles County. From Stony Creek Valley we will climb 1,100 feet in one mile to the heavily wooded northern slope of Big Mountain. The trail winds through the 11,172-acre Mountain Lake Wilderness between Salt Sulphur Turnpike and the War Spur Shelter. Wind Rock on Potts Mountain provides the best viewpoint of the hike.

Pine Swamp (Rt. 635) to New River (Rt. 460)

19.5 miles, Strenuous, \$7.00 carpool fee
62 miles from Roanoke

Locted in Giles County Virginia and Monroe County West Virginia, this is a lengthy hike on the Appalachian Trail, which traverses a portion of the long ridge of Peters Mountain. Along the ridge top, which roughly forms the Virginia-West Virginia border, there is little change in elevation. Both the ascent and the descent, however, are rather steep. Two open areas along the ridge – Symms Gap and, especially, Rice Field – offer views and excellent spots for breaks or lunch.

Trail Map

Poor Mountain Nature Preserve

5.0 miles, Moderate, \$1.00 carpool fee
10 miles from Roanoke

This will be a hike on Poor Mountain. It consists of the Overlook Trail, Canyon and Cascades Trails. There are nice view points on the Overlook Trail affording views to the west encompassing Ft. Lewis Mtn. There are over 130 rock steps on the Overlook Trail, then the descent down the Canyon Trail and a climb back on the Cascade Trail.

Trail Map

Price Mountain, Sulphur Ridge Loop

4.9 miles, Moderate, \$2.50 carpool fee
15 miles from Roanoke

Located along the border of Craig and Botetourt County, about 15 miles north of Roanoke, this loop hike offers a great sense of isolation for being so close to Roanoke. The trailhead begins on VA 606 and descends for one mile into a quiet valley. After a creek crossing, the route climbs to the top of Price Mountain on the Sulphur Ridge Trail. At the crest of the mountain, the route turns right onto the Price Mountain Trail. The trail then descends along the ridgeline, with views into the Craig Creek valley, to return to the trailhead.

Trail Map

Punchbowl (BRP) to James River (Rt 501)

10.9 miles, Strenuous, \$4.00 carpool fee
45 miles from Roanoke

We will start this hike on an A.T. crossing on the Blue Ridge Parkway. Heading south, we will climb Punch Bowl Mountain. We will then climb to the summit of Big Rocky Row, which offers great views of the James River. We will also pass Fuller's Rocks, before descending to Route 501, along the James River.

Trail Map

Punchbowl Overlook (BRP) to Long Mountain Wayside (Route 60)

10.6 miles, Strenuous, \$5.00 carpool fee
43 miles from Roanoke

The hike will start on the Blue Ridge Parkway and will go north on the A.T., passing the Lynchburg Reservoir near the halfway point. The last three miles of the hike will be along Brown Creek. There used to be a pioneer community along the creek and several foundations can still be seen.

Trail Map

Read Mountain Trail

4.5 miles, Moderate, \$1.00 carpool fee
7 miles from Roanoke

Join us for a hike up the trail to the summit of Read Mountain. The trail was built by the mid-week work crew and was opened last year. There are good views of McAfee Knob from the summit of the mountain.

Trail Map

Ribble Trail, A. T. Loop, Hike #12

9.9 mile, Strenuous, \$6.00 carpool fee
71 miles from Roanoke

Located in Giles County, this hike follows Dismal Creek before a starting a steep climb up Sugar Run Mountain. The hike then follows the ridge line for several miles, offering views of the Wilburn and New River Valleys. The hike starts on the Ribble Trail for .4 miles to the A.T. At the A.T. intersection, turn left (north). The trail crosses Dismal Creek on footbridges several times in the next mile. At 1.9 miles the trail passes the Wapiti Shelter and then begins ascending Sugar Run Mountain. At 4.3 miles a rock outcrop provides excellent views of the valley below. At 6.5 miles, reach northern end of blue-blazed Ribble Trail. Make left onto the Ribble Trail and begin steep descent of the Ribble Trail, passing the old Honey Springs Cabin. The trail will cross FS 201 several times before reaching the parking area at 9.9 miles, where car is located.

Trail Map

A.T., Ribble Trail to Dismal Falls

4.2 miles, Easy, \$6.00 carpool fee
69 miles from Roanoke

We will hike on the A.T. along Dismal Creek in Giles County, ending at Dismal Falls, a scenic water fall.

Ribble Trail to Kimberling Creek (Rt. 606) Hike #13, plus Dismal Falls

7.8 miles, Strenuous, \$6.00 carpool fee
71 miles from Roanoke

Located in Giles County, this hike follows Dismal Creek for several miles. Much of the trail is lined with rhododendron. At 3.9 miles, blue-blazed trail on right goes .3 miles to Dismal Falls. We will be hiking down and around Dismal Falls and back up to the A.T. This part of the creek is very scenic. The hike ends at Route 606 and Kimberling Creek. The A.T. goes over the creek on a footbridge.

A.T., Ribble Trail to Licksillet Hollow

9.9 mile, Strenuous, \$6.00 carpool fee
71 miles from Roanoke

Located in Giles County, this hike follows scenic Dismal Creek for several miles, passing Dismal Falls. After crossing a footbridge over Kimberling Creek, the trail goes up and over Brushy Mountain, with a 1,000 foot gain in elevation.

A.T., Ribble Trail to New River, 113 Mile Hikes 11 and 12

16.1 miles, Strenuous, \$5.00 carpool fee
57 miles from Roanoke

Located in Giles County, this hike follows scenic Dismal Creek before starting a steep climb up Sugar Run Mountain. The hike then follows the ridgeline for several miles, offering views of the Wilburn and New River Valleys. The hike will then continue along the ridge line of Pearis Mountain, passing Doc's Knob shelter along the way. There will be several view points on Pearis Mountain, including Angel's Rest.

Roanoke River Greenway –Eastern End

6.0 miles, Easy, \$.00 carpool fee
0 miles from Roanoke

Walk the popular Roanoke River Greenway from its eastern Roanoke City terminus to Rivers Edge Park, with a side trip for lunch at Fork in the Alley, then return to the starting point (parking area near Brownlee & Bennington).

Roanoke River Greenway (Roanoke western section)

6.0 miles, Easy, \$.00 carpool fee
0 miles from Roanoke

We will walk the Roanoke River Greenway from Franklin Road (Ramada) to the western terminus and returning to Franklin. This (hopefully) will include the newest section of the Greenway (Memorial Ave. to Bridge St.) plus Smith/Wasena/Vic Thomas Park sections.

Roaring Run

2.0 miles, Easy, \$2.50 carpool fee
27 miles from Roanoke

Located in Botetourt County. The hike visits a cascading stream and scenic waterfalls, standing pre-civil war iron ore furnace, used for making iron ingots, stoves, and other iron products for the building of America.

Trail Map

Rock Castle Gorge

11.0 miles, Strenuous, \$5.50 carpool fee
57 miles from Roanoke

Located in Patrick County, on Blue Ridge Parkway land. After a steep 2,000-foot ascent, the hike parallels the Parkway – passing alternately through woods and open fields with extraordinary views. On the descent down the other side of the gorge, the hike passes some old cabin sites and a series of interesting rock formations. The last few miles are along Rock Castle Creek – a wild stream with many cataracts.

Trail Map

Rocky Gap (Rt. 601) to Sinking Creek (Rt. 42) on A.T.

5.5 miles, Moderate, \$3.00 carpool fee
30 miles from Roanoke

This AT hike begins from Rocky Gap with a short climb to the John’s Creek Mountain trail. We then ridge walk over Kelly’s Knob, pass a trail to a large bog known as Big Pond. At the top of Kelly’s Knob there is a view from a large rock formation. We will pass the Laurel Creek Shelter and Laurel Creek and finally descend through open meadows to Va. 42.

Trail Map

A.T., Route 611 to U.S. Route 52

9.1 miles, Strenuous, \$6.00 carpool fee
74 miles from Roanoke

This hike is located in Bland County. We will be hiking south on the A.T. The hike is along the ridgeline, with little elevation gain or loss. We will be passing Helvey’s Mill Shelter along the way.

Trail Map

Salt Log Gap to Long Mountain Wayside

11.0. miles, Strenuous, \$6.00 carpool fee

60 miles from Roanoke

Located in Amherst County some 20 miles northeast of Buena Vista, this hike offers some outstanding views. The trailhead is on the Appalachian Trail at Salt Log Gap roughly 8 miles from route 60 on a gravel road. Following the A.T. south, the route climbs Tar Jacket Ridge and then Cold Mountain. Both of these summits are open and offer extraordinary views in all directions – Cold Mountain especially. From Cold Mountain we will descend to Cow Camp Gap (during the stagecoach days there was an inn in this area, but nothing remains of it today). The trail then makes a short ascent before a long 2,500 foot descent to Long Mountain Wayside.

Salt Log Gap to Montebello Fish Hatchery

8.8 miles, Strenuous, \$5.50 carpool fee
57 miles from Roanoke

This hike is on the A.T. The hike starts at Salt Log Gap, near the Mount Pleasant Scenic Area in Amherst County. The hike will follow the trail north, passing a scenic overlook along the way. There is little elevation gain during the hike.

Salt Log Gap to Sheeley/Woodworth Shelter via Livingston Spring Trail

10.5 miles, Strenuous, \$5.00 carpool fee
57 miles from Roanoke

This is a lozenge shaped lollypop hike. Only one steep section with many level stretches and moderate ups and downs. Most of hike is wooded with glimpses of the next ridgeline through the trees. There is an outstanding scenic view from the top of an unnamed hill on the trail. A "top ten" tree oddity is on this hike, there is a mature tree perched on a 15' high boulder.

Seven Mile Mountain

5.1 miles, Moderate, \$3.00 carpool fee
34 miles from Roanoke

Located in Craig County on Forest Service land, this hike is a nice ridge walk.

Trail Map

Sharp Top Mountain

3.8 miles, Moderate , \$3.00 carpool fee

30 miles from Roanoke

We will be hiking to the top of Sharp Top, at the Peaks of Otter on the Blue Ridge Parkway in Bedford County. The first half of hike is a steep ascent with many stone steps. There is a spectacular 360 degree view from the summit.

Trail Map

Sinking Creek (Rt 42 to John's Creek (Rt 632)

7.4 miles, Moderate, \$4.00 carpool fee
41 miles from Roanoke

This hike is located in Craig County. Starting in Sinking Creek Valley it will head south on the A.T., climbing John's Creek Mountain to Kelly Knob. It will pass Laurel Creek shelter along the way. There are great views of the New River Valley from the top of Kelly Knob. It will descend the mountain into scenic John's Creek's Valley. There is 1,600 feet of elevation gain on this hike.

Trail Map

Sinking Creek to Lee Hollow, 113 Mile Hike #8

10.4 miles, Strenuous, \$2.00 carpool fee
18 miles from Roanoke

Located in Craig County, the hike climbs up Sinking Creek Mountain, then follows the ridge where rock piles and old apple trees remain from the days when even the top of the mountain was farms. Several slanted rocks offer views of Craig Creek Valley and the mountains beyond.

Smart View Loop Trail (BRP) Beginner Hike

3.0 miles, Easy, \$5.00 carpool fee
37 miles from Roanoke

This is one of the trails off the Blue Ridge Parkway. There are wildflowers, an old mountain cabin built in the 1890's, wonderful views and a creek with a stone bridge. There is a picnic area with a water fountain and restrooms. There are also benches along the trail.

Trail Map

Sprouts Run/Pine Mountain Loop

10 miles, Strenuous, \$2.00 carpool fee
23 miles from Roanoke

Celebrate the first day of 2012 with a good hike! This hike will combine most of the Sprouts Run Trail (approximately 3 miles), a sort of bushwhack from Sprouts Run to the Pine Mountain Trail (unmaintained) and about 1 mile on a gravel road back to the starting point. Pine Mountain is the mountain opposite Wilson Mountain which we usually do as part of a loop when hiking Sprouts Run. In addition to the normal creekside walking on the Sprouts Run Trail, the Pine Mountain Trail is actually a closed Forest Service Road which is grassy in places and wooded in others. It contains some good views of mountains to the east and west and also has about four game ponds built by the Forest Service. The bushwhack portion of this hike entails walking on an old logging road for a little way, then climbing up the mountainside a little way and then hitting a grassy road which will then lead to the Pine Mountain Trail.

Sprouts Run/Wilson Mountain Loop

8.0 miles, Moderately strenuous, \$2.00 carpool fee
23 miles from Roanoke

This hike will combine the Sprouts Run Trail and the Wilson Mountain Trail in a loop with a connection of a .9 mile Forest Service Road. Sprouts Run offers creek-side walking with some beautiful pools of water and cascading waterfalls. It also has some very large trees along the way. Wilson Mountain is mostly ridge walking with views of the James River and the Solitude Valley.

Trail Map

Stiles Falls

4.0 miles, Easy, \$2.00 carpool fee
22 miles from Roanoke

We'll drive to Camp Alta Mons, leave our cars there and go up a dirt road along the camp to the trail head. The trail crosses a creek several times before arriving at the falls. We will return the same way.

Trail Map

St. Mary's River

8.8 miles, Strenuous, \$8.00 carpool fee
63 miles from Roanoke

This hike will be along the St. Mary River in the St. Mary's Wilderness Area in Augusta County, north of Roanoke. We will be passing several swimming holes, so bring your bathing suit and a towel so you can take a dip in the river.

Trail Map

Stony Creek (Rt 635) to Bailey Gap Shelter

4.1 miles, Moderate, \$6.00 carpool fee
60 miles from Roanoke

Located in Giles County, this hike will climb up Butt Mountain to Bailey Gap Shelter. Total elevation gain is 1,200 feet.

Sugar Run Gap to New River (Rt 460)

10.95 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.

Sunset Field to Petites Gap

7.3 miles, Moderate, \$2.50 carpool fee
23 miles from Roanoke

This hike will be on the A.T. from the Sunset Field overlook on the Blue Ridge Parkway to Petites Gap on the BRP. This hike has wonderful views from Thunder Ridge Overlook and Apple Orchard Mountain, which has a large grassy bald at its summit. This route is also known for the Guillotine, a rock formation, where the trail passes under a suspended rock. There is also a beautiful series of over 100 rock steps installed by the Natural Bridge Appalachian Trail Club along the trail immediately past the Guillotine.

Tar Jacket Ridge, Cole Mtn - Old Hotel Trail loop

11.0 miles, Strenuous, \$5.50 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 trailhead is on the Appalachian Trail at Salt Log Gap roughly 8 miles from route 60 on a dirt and gravel road. Following the A.T. south, the route climbs Tar Jacket Ridge and then Cole (a.k.a. Cold) Mountain. Both of these summits are open and offer extraordinary views in all directions – Cole Mountain especially. Less than a mile south of Cole, the route turns left onto the Old Hotel Trail at Cow Camp Gap (during the stagecoach days there was an inn in this area, but nothing remains of it today). After passing a shelter, the trail climbs a hill and then passes some old rock fences on its way to a beautiful, open park-like area (a great camp site). The last part of the hike is along a Forest Service road back to Salt Log Gap.

Trail Map

Thunder Ridge Overlook to Cornelius Creek Shelter

6.9 miles, Moderate, \$2.50 carpool fee
23 miles from Roanoke

Located in Bedford County, this hike has wonderful views from Thunder Ridge Overlook and Apple Orchard Mountain. This route is also known for the Guillotine, a rock formation, where the trail passes under a suspended rock.

Trail Map

Thunder Ridge Overlook to Sunset Fields Overlook

4.2 miles, Easy, \$2.25 carpool fee
23 miles from Roanoke

Located in Bedford County, this hike has wonderful views from Thunder Ridge Overlook and Apple Orchard Mountain, which has a large grassy bald at its summit. This route is also known for the Guillotine, an interesting rock formation, where the trail passes under a suspended rock. There are also a beautiful series of over 100 rock steps installed by the Natural Bridge Appalachian Trail Club along the trail immediately past the Guillotine.

Trail Map

Tinker Cliffs

10.0 miles, Moderate, \$1.00 carpool fee
12 miles from Roanoke

Located in Botetourt County, the trailhead for this hike is on Route 779 roughly halfway between Catawba and Daleville. The hike crosses meadows and Catawba Creek and then starts the ascent to Scorched Earth Gap where it continues on the AT to Tinker Cliffs. Several spots along the cliffs offer excellent views of McAfee Knob and the Catawba Valley.

Trail Map

Trout Creek (RT 620) to Dragon's Tooth Parking, 113 Mile Hike #6
7.2 miles, Strenuous, \$1.00 carpool fee
11 miles from Roanoke

The hike is in Craig and Roanoke County west of Salem. 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. to the Dragon's Tooth trail to the Dragon's Tooth parking lot.

Trout Creek (Rt. 620) to Pickle Branch Shelter
2.4 miles, Easy, \$1.50 carpool fee
15 miles from Roanoke

Located in in Millers Cove in Craig County. This short hike goes north on the AT to the Pickle Branch Shelter.

Trail Map

Trout Creek (Rt 620) to Sandstone Ridge (Rt 624)
7.0 miles, Strenuous, \$1.00 carpool fee
9 miles from Roanoke

The hike is in Craig and Roanoke County west of Salem. 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 Route 624 near the Dragon's Tooth parking lot.

Troutville (Rt 11) to Fullhardt Knob
7.0 miles, Moderate, \$.00 carpool fee
0 miles from Roanoke

The hike is located in Botetourt County. This up-and-back Appalachian Trail hike begins at a small parking lot on Route 11 at the Troutville town limits. After crossing railroad tracks, hikers ascend a grassy hill with excellent views. The trail then crosses a road and begins the climb to Fulhardt Knob. We will return the same way.

Trail Map

War Spur Trail/A.T. Loop

7.4 miles, Moderate, \$6.50 carpool fee
62 miles from Roanoke

The hike is located in the Mountain Lake Wilderness area in Giles County. The hike starts on the Chestnut Trail, reaching the War Spur Branch Trail after one mile. The trail follows the stream, passing beneath old-growth hemlocks. It then connects with the A.T., passing several fern-ringed upland bogs. Near the end of the hike, the trail passes Wind Rock, which offers sweeping views across to Fork Mountain and West Virginia.

Trail Map

Whetstone Ridge

11.1 miles, Strenuous , \$6.00 carpool fee
65 miles from Roanoke

This hike begins on the BRP near MP 29 and Montebello. Primarily a ridge walk along Whetstone Ridge, but the South Mountain section has a series of hilltops in its section. Trail comes out onto Irish Creek Road (SR 603). There will be a 15 mile shuttle between trailheads.

Wind Rock (Rt.613) to Pine Swamp Shelter and return.

14.6 miles, Strenuous, \$7.00 carpool fee
62 miles from Roanoke

We will start where the AT crosses Rt.613 near Wind Rock and head west passing by the Bailey Gap Shelter at 3.7 miles and then down 1,100 feet to Stony Creek Valley reaching the Pine Swamp shelter at 6.8 miles and stop for lunch. Of course now we need to climb back up 1,100 feet to reach the top of Big Mountain and back to our start point. If desired it is just another .2 miles to the Wind Rock view point on Potts Mountain.

A.T., Wind Rock to Sinking Creek (Rt 630)

13.8 miles, strenuous, \$6.00 carpool fee
60 miles from Roanoke

The hike is located in Craig and Giles County. It starts near Wind Rock in the 11,172-acre Mountain Lake Wilderness Area. Wind Rock is on Potts Mountain, and has outstanding views. The trail passes War Spur Shelter at 5.0 miles. From Johns Creek Valley, the trail climbs steeply. At 7.0 miles it crosses route 601 at Rocky Gap. At 8.8 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 10.1 miles. At 12.5 miles the trail crosses Route 42 in Sinking Creek Valley.

Trail Map

Wolf Creek Greenway

5 miles, Easy, \$.00 carpool fee

0 miles from Vinton

Walk the Wolf Creek Greenway, starting at the Blue Ridge Parkway trailhead in Roanoke County, stopping for brunch at a local eatery en route to the Hardy Road trailhead, then returning. This is a mostly gravel trail with little elevation change that traverses several parks, schools, and neighborhoods, connecting Vinton to the Blue Ridge Parkway.