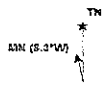


Data use subject to license.

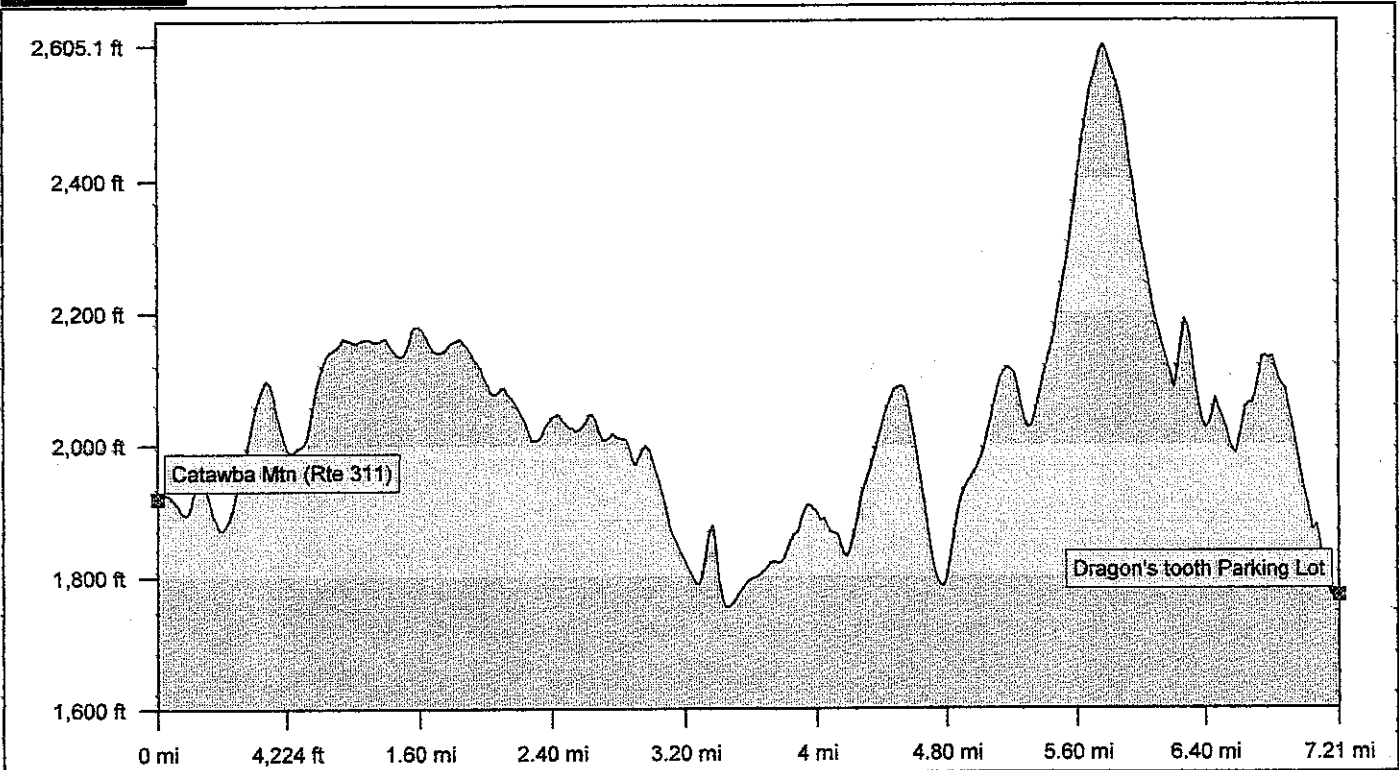
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Scale 1 : 40,625

1" = 3,385.4 ft Data Zoom 12-0



Lin Dist: 7.1 mi	Terr Dist: 7.2 mi	Elev Gain: -148.9 ft	Avg Grade: 13
Climb Elev: 2,368.2 ft	Desc Elev: 2,517.0 ft	Max. Elev: 2,605.1 ft	Min. Elev: 1,753.8 ft
Climb Dist: 3.7 mi	Desc Dist: 3.5 mi		

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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.