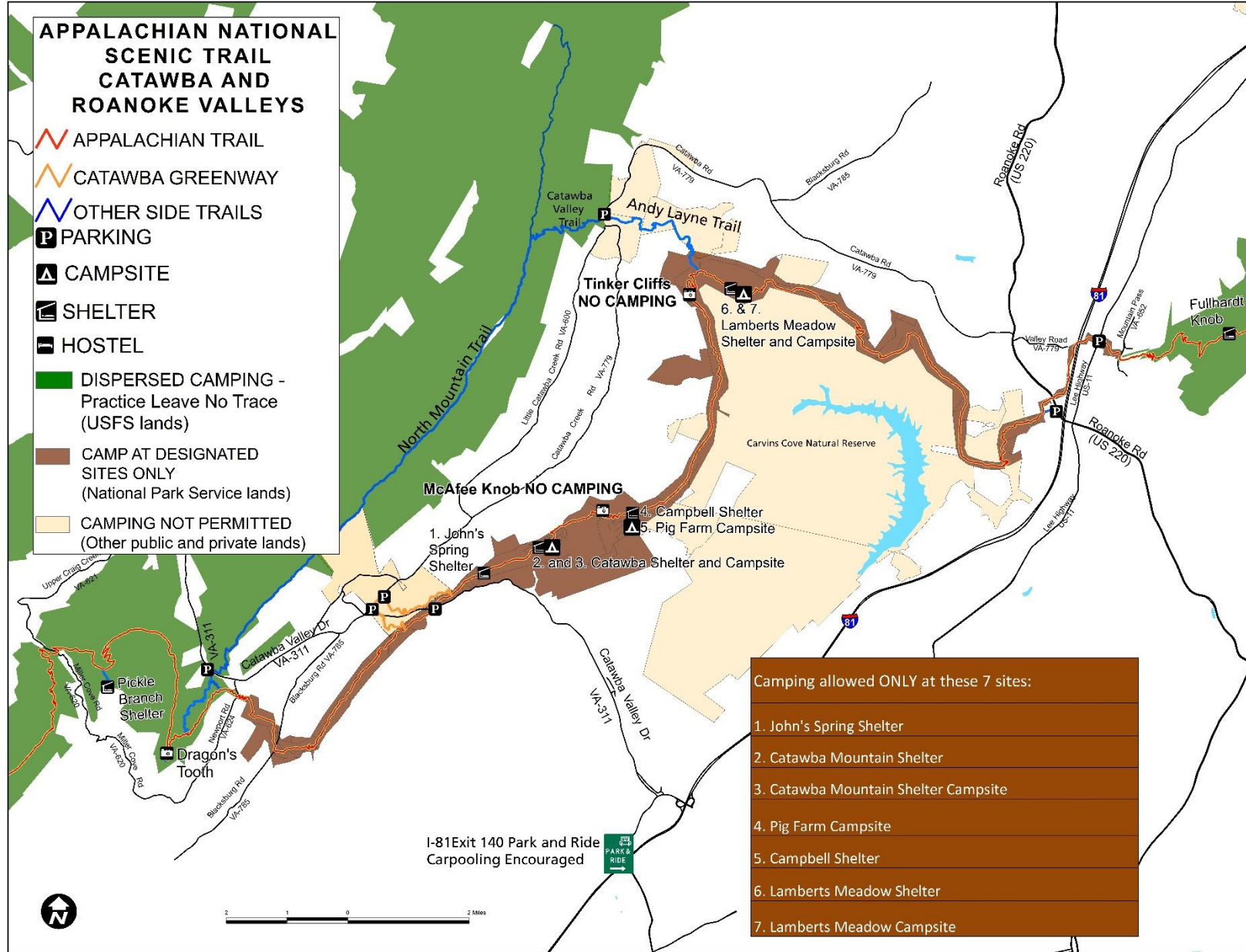


NOTICE: CAMPING IS RESTRICTED IN THIS AREA



Along 28 miles of the AT camping is only permitted at 7 designated sites.

- Hikers wishing to camp near **McAfee Knob** may camp at Pig Farm Campsite or Campbell Shelter.
- Hikers wishing to camp near **Tinker Cliffs** may camp at Lamberts Meadow Shelter or Campsite.

Why is there a camping restriction?
Between VA-624 (Newport Road) near Catawba and VA-652 (Mountain Pass Road) near Troutville, the A.T. is located in a narrow corridor of land belonging to the National Park Service. This area includes the beloved landmarks of McAfee Knob and Tinker Cliffs, and is heavily visited by both day and overnight hikers. The camping restriction is designed to concentrate the environmental impacts of overnight camping and protect the natural beauty of this area.

What about other trails?
On either side of this 27.7-mile section, the A.T. is located on the George Washington and Jefferson National Forests. Dispersed camping is permitted on the Forest Service lands highlighted on this map. For more info, visit: <http://www.fs.usda.gov/goto/dispersed-camping>

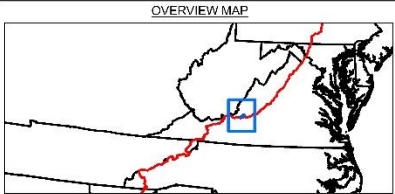
The **North Mountain Trail** is also located on the National Forest.

The **Andy Layne Trail** is located on private property. Camping is not allowed along the Andy Layne Trail.

The **Catawba Greenway** is located on Virginia Tech and Roanoke County property. Camping is not permitted, and parking is for day users only.

Camping is not permitted anywhere within **Carvins Cove**.

- Camping allowed **ONLY** at these 7 sites:
1. John's Spring Shelter
 2. Catawba Mountain Shelter
 3. Catawba Mountain Shelter Campsite
 4. Pig Farm Campsite
 5. Campbell Shelter
 6. Lamberts Meadow Shelter
 7. Lamberts Meadow Campsite



Produced by the Appalachian Trail GIS Program





The Triple Crown



McAfee Knob



Starting elevation: 1,951', Ending: 3,176'
Elevation gain: 1,225'

Round Trip: 8.0 miles, Time: 5 hours

Visit the most photographed overlook on the Appalachian Trail! A strenuous hike up Catawba Mountain from route 311. Take the Appalachian Trail (white blaze) up to the overlook OR take the easier fire road. The AT crosses the fire road at the halfway point. You must turn left onto the AT at the fire road intersection to hike to the Knob. Please read all signs and maps at the trail intersections. The overlook is a surfboard shaped, sandstone cliff jutting out over the beautiful Catawba Valley. A shuttle is available to the parking lot, info at: mcafeeshuttle.com

Dragon's Tooth



Starting elevation: 1,728', Ending: 2,990'
Elevation gain 1,262'

Round Trip: 5.2 miles, Time: 3.5 hours

From the parking lot take the Dragon's Tooth trail (blue blaze) up to the intersection with the AT (white blaze) at Lost Spectacles Gap. Turn right and continue southbound on the AT. The trail gets very difficult, with many steep rock scrambles and steps. Follow the white blazes exactly. At the top, marked by a sign, turn left and head down to the two-giant sandstone monolith rocks. On the way back, you may choose to go back on the Dragon's Tooth trail or continue on the AT to the Boy Scout Trail (orange blaze) back to the parking lot.

Tinker Cliffs



Starting elevation: 1,483', Ending: 2,952'
Elevation gain 1,469'

Round Trip: 8.0 miles, Time: 5 hours

Head up the Andy Layne trail (blue blaze) through pastures, over creeks, and up the Stairway to Heaven. This stairway has over 200 steps in total. After 2.7 miles, you'll reach the intersection with the AT (white blaze) at Scorched Earth Gap, marked by a large boulder. Turn right and continue southbound on the AT. On the cliffs, you'll be greeted by views of the entire Catawba Valley including McAfee Knob, Dragon's Tooth, and North Mountain. Be sure to walk the whole cliff line!

The 10 Hiking Essentials:

- | | | |
|---|---|--|
| 1. Navigation: map, map app, GPS device | 5. Extra water: beyond the minimum expectation | 9. Extra food: beyond the minimum expectation |
| 2. Headlamp: plus extra batteries | 6. Knife: plus, a gear repair kit | 10. Extra clothes: beyond the minimum expectation |
| 3. Sun protection: sunglasses, sun-protective | 7. Fire: matches, lighter | Prepared by the Roanoke Appalachian Trail Club |
| 4. First aid: foot care and insect repellent (as needed) | 8. Shelter: light emergency bivy | ratc.org |