



## HIKING TRAILS

### Appalachian Trail

45 miles of the Appalachian Trail lie in Nelson County with moderately challenging to rugged terrain. It is accessible from Route 56 in Tyro and at trail crossings along the Blue Ridge Parkway: Reids Gap/Route 664, and Rockfish Gap/Afton Mountain (exit 99 off Interstate 64).

### Mau-Har Trail– Blue Ridge Parkway Milepost 13.7

The blue-blazed Mau-Har trail provides an excellent circuit hike in conjunction with the Appalachian Trail through the Three Ridges Wilderness area. The trail begins on the AT 1.8 miles from Reids Gap/Route 664. It continues for 3.3 miles through steep terrain passing near the 50 foot Campbell's Creek waterfall. The trail ends on the AT, 1.5 miles from the junction of the AT and Route 56.

### Appalachian Trail from State Route 56 (Swinging Bridge) to Harpers Creek

A 2.6-mile hike along the Appalachian Trail to Harpers Creek, where the water gurgles through the large rocks. Directions from SR 56 at Crabtree Falls: Take SR 56 east for approximately 3-4 miles. The Appalachian Trail crosses SR 56 and a parking lot is available to the left of SR 56.

### Appalachian Trail to Spy Rock

An approximate 2 mile moderately strenuous hike from the Montebello Fish Hatchery up to the Appalachian Trail and to Spy Rock, probably the best viewpoint in the central Blue Ridge. The rock outcrop, at 3,980 feet elevation, provides a 360 degree panoramic view of numerous mountain summits. Directions from State Route 56 at Crabtree Falls: Take 56 west towards Montebello. Turn left onto 690 to Montebello Fish Hatchery. A small parking lot for hikers is available beyond the hatchery buildings to the right (follow the sign). Follow the trail for approximately .9 miles until it intersects the Appalachian Trail (white blazed). Turn left (north) on the AT and follow it about .7 miles to the small side trail to Spy Rock. A rock scramble will lead to the top of Spy Rock.

### Blue Ridge Parkway

Milepost 6.0 Humpback Rock; Milepost 18.5 White Rock Falls at Slacks Overlook

### Crabtree Falls

Visit the highest cascading waterfall east of the Mississippi – a series of five major cascades and a number of smaller ones that fall a total distance of 1,200 feet. The first overlook is just 700 feet from the new lower parking lot. The more adventurous hiker may continue to other overlooks, to the top at Crabtree Meadows, where the trail ends, or to the Appalachian Trail, just one half mile beyond Crabtree Meadows.

DelFosse Trail at Deer Rock- November 19, 2011 through January 7, 2012 CLOSED Monday through Saturday, Open Sunday. This 5.5 mile loop trail is open to hikers, mountain bikers and scheduled ATV rides. The trail was built by Nelson County at the DelFosse Winery, with funds from the Virginia Department of Conservation and Recreation. The trail winds through a mountainside of massive rocks and new and old growth forest, interesting flora and fauna. Views of the winery and surrounding mountains are spectacular. After your hike or ride, stop in for a wine tasting or pack your picnic and enjoy the scenery.

Open 9 am until dusk. Children are welcome. Pets are welcome on a leash. For more information and directions, contact the Nelson County Department of Parks and Recreation – 434-263-7130

[DelFosse Winery](#)

500 DelFosse Winery Lane  
Faber, Virginia 22938

Fortune's Cove Nature Preserve

The Preserve contains a 5.3 mile hiking trail within the mountainous property. Other features are 7 viewpoints and a stream. A parking area and informational kiosk at the base of the cove will help orient visitors. From Route 29, Route 718 to Route 651.

Henry Lanum Memorial Trail and the Mt. Pleasant Spur

A 4.8 mile circuit hike through the Mt. Pleasant National Scenic Area that encompasses two 4,000 foot mountains ñ Mt. Pleasant and Pompey Mountain. Take a short spur trail (.3 miles) to see the spectacular views from Mt. Pleasant. Directions from SR 56 at Crabtree Falls: Take SR west to the Blue Ridge Parkway. Follow the BRPW south to US Rt 60. Take RT 60 east to SR 634 (Davis Mill Creek Road). Continue on SR 634 to intersection with SR 755 (Wiggins Springs Road). Follow SR 755 to the end of state maintenance and continue on forest Development Road 48. Moderate + hike – last mile is Moderate ++

James River State Park and Wildlife Management Area

751 Park Road, Gladstone 434-525-7522

[Kids in Parks TRACK Trail](#) at the [Virginia Blue Ridge Railway Trail](#)

Opens June 18, 2012. This Blue Ridge Parkway Foundation program helps get kids and families “un-plugged”, outdoors and actively engaged in nature, for their health and the health of our parks. Each TRACK Trail provides a series of self-guided, brochure led adventures designed to turn an ordinary hike into a fun-filled adventure. Kids who register their TRACK Trail adventures on the Kids in Parks website [www.kidsinparks.com](http://www.kidsinparks.com) become members of the program's Trail TRACKer Team and earn prizes designed to make their next adventure more fun. The Kids in Parks TRACK Trail is a kid friendly adventure along 1.8 miles of the generally level Virginia Blue Ridge Railway Trail. Walk along the rushing mountain waters of the Piney River and observe wildlife in their natural habitat. The trail is available for hiking, bicycling, and horseback riding from dawn to dusk. Free. 3124 Patrick Henry Highway, Piney River, Virginia, 22964. 434-263-7130 or 434-263-7015.

Mar-Har Trail – Blue Ridge Parkway milepost 13.7

The blue blazed Mau-Har trail provides an excellent circuit hike in conjunction with the Appalachian Trail through the Three Ridges Wilderness area in Nelson County. The trail begins on the AT 1.8 miles from Reeds Gap/route 664. It continues for 3.3 miles through steep terrain passing near the 50 foot Campbell's Creek waterfall. The trail ends on the AT, 1.5 miles from the junction of the AT and Route 56.

Montebello Nature Trail

359 Fish Hatchery Lane, Montebello

Montreal Park

James River Road, Shipman 434-263-7130

Nelson County Wayside

Route 29 north of Lovingston

[Rockfish Valley Loop Trails](#)

Experience the Rockfish River and Reid's Creek on approximately 4 miles of trails on a farm surrounding the confluence. Part of the VA Birding and Wildlife Trail, these paths offer recreation and interaction with nature and history. Currently open for hiking only, these are mowed grass and dirt trails, and have a nearly

flat grade throughout, although surrounded by spectacular mountain views. Parking is located at Spruce Creek Park at old Wintergreen, and on the southwest side of the Route 151 bridge over the Rockfish River. Open sunrise to sunset.

Rockfish Gap Hawk Watch  
185 Afton Circle, Afton 540-942-5201

Rockfish Ruritan Park  
74 Rockfish School Lane, Afton 434-361-9349

Lower Rockfish Valley Watchable Wildlife Loop  
Route 617 (Rockfish River Road) to the Rockfish Depot

North Fork of the Piney River  
The river offers pleasing views of cascading rapids. Also it is stocked for fishing and there are some good swimming holes. Directions from Crabtree > Falls on State Route 56: head East on Route 56 to the village of Massies Mill, then turn right to go West on Route 666. Stay on Route 666 for a total of approximately 4 miles through Dickie Brothers Orchard. Just past the packing shed, the road becomes a gravel road then winds up and over the mountain offering great views along the way. At the bottom of the other side of the mountain, turn right on to Route 827. Route 827 goes into the George Washington National Forest and parallels the North Fork of the Piney River. You may pull over to the side anywhere there is enough space (except where private property is posted) and walk beside the river.

Royal Oaks Watchable Wildlife Loop  
45 Royal Oaks Lane, Love 800-410-0627

Spruce Creek Park  
Route 151 and 617 Nellysford 434-361-2251

Tye River Park  
Crabtree Falls Highway Tyro

Virginia Blue Ridge Rail Trail  
4.5 miles of the 7 mile trail has been completed. The trail is opened for hiking, biking and horseback riding. The trail head begins in Piney River on SR 151 and ends in Roses Mill on SR 674, meandering along the northern bank of the Piney River. At this time there are no restroom facilities. Parking for cars and horse trailers is available at Piney River. A smaller lot for cars only is located at the intersection of the trail and Roses Mill Rd at milepost 1.8 of the trail. The trail is open sunrise to sunset. The future trail will travel along the railroad bed to Tye River Depot.

Nelson County Wilderness Area  
The Wilderness designation provides permanent protection for the two areas in their natural state. The Priest (nearly 6,000 acres) rises from an elevation of about 1,000 feet at the Tye River to 4,063 feet. Three Ridges (4,608 acres) is one of the wildest and most rugged areas in the Virginia Blue Ridge

Wintergreen Nature Foundation  
The Wintergreen Nature Foundation has marked and maintains 25 miles of scenic trails in the mountains. Information and trail maps are available through the nature foundation's office at the Trillium House at Wintergreen. 434-325-8169

White Rock Falls  
A 2.5-mile moderate hike, the highlights is the impressive gorge, which has a water fall and a natural wading pool. Directions from SR 56 at Crabtree Falls: Take SR 56 west to the Blue Ridge Parkway. Head

north on the Blue Ridge Parkway to the Slacks Overlook. Park at the Slacks Overlook and the trail starts about 60 yards ahead on the right side of the Blue Ridge Parkway as you head north.sign). – Moderate hike