

Shenandoah National Park Self Guided Nature Trails

Trail	Location	Roundtrip Length (Miles)	Time (Hours)	Elevation Gain (Ft)	Description
Bear Den Mountain	Mile 99.5	1.2	1.0	350	Easy, climb through mostly open fields to the summit for great views
Turk Mountain	Mile 94.1	2.2	2.0	690	Moderate hike with rocky climb at the end and an outstanding view
Blackrock Summit	Mile 84.8	1.0	1.25	175	Family friendly hike with outstanding views and rock slope
Deadening Nature	Mile 79.4	1.3	1.5	455	Moderately easy, fairly steep trail through a forest to a spectacular overlook at the top of Loft Mountain
South River Falls	Mile 62.8	2.6	2.25	850	Moderate, fairly steep through lush wood with view of the falls
Dark Hollow Falls	Mile 50.7	1.5	1.5	440	Moderate, excellent view of Dark Hollow Falls
Hawksbill Mountain Summit	Mile 46.7	2.1	2.0	520	Moderately easy, rocky trail to summit of park's highest peak (4,049 feet); balsam fir and the rare red spruce can be seen
Crescent Rock	Mile 45.6	3.3	2.25	500	Fairly easy. Begins across from Crescent Rock Overlook, leads to a grove of Limberlost hemlocks where Indian pipes and other shade-loving plants grow
Limberlost	Mile 43.0	1.3	1.25	70	Easy, gently winding through virgin hemlock, old homesteads, wetlands, and over Whiteoak Canyon Run
Little Stony Man Nature	Mile 41.7	1.6	1.5	340	Fairly easy, gradual climb to the second highest peak. Follows a portion of the Appalachian Trail
Little Stony Man Cliffs	Mile 39.1	0.9	1.0	300	Easy, excellent views
Overall Run	Mile 22.2	6.0	5.5	1,200	Moderate, occasionally steep, leads to park's highest waterfall
Traces Nature	Mile 22.2	1.7	1.5	335	Easy, winds through a mature oak forest and an old mountain settlement. Might see wild turkey and white-tailed deer
Compton Peak	Mile 10.4	2.4	2.5	940	Easy to moderate, somewhat rocky, occasionally steep, exceptional scenic views. Great examples of columnar jointing

Waterfall Hikes in Shenandoah National Park

Falls	Location	Height of Falls	Description
Jones Run	Mile 84.1	42 ft	Fairly easy, 3.4 mile roundtrip
Browns Gap	Mile 83.0	Multi	Moderately difficult, 6.5 mile roundtrip
Doyles River	Mile 81.1	28/63 ft	Moderate, 3.2 mile roundtrip, two falls
South River	Mile 62.8	83 ft	Moderate, 2.6 mile roundtrip
Rapidan Camp	Mile 52.8	Multi	Moderate, 4.0 mile roundtrip, 3 stream crossings
Lewis Falls	Mile 51.4	81 ft	Somewhat difficult, 2.0 mile roundtrip
Dark Hollow	Mile 50.7	70 ft	Moderate, 1.4 mile roundtrip
Rose River	Mile 49.4	67 ft	Moderate, 2.6 mile roundtrip
Cedar Run	Mile 45.6	34 ft	Difficult, 3.4 mile roundtrip
Whiteoak Canyon	Mile 42.6	86 ft	Fairly easy, 4.6 mile roundtrip
Overall Run	Mile 21.1	93 ft	Somewhat difficult, 6.4 mile roundtrip

There are over 500 miles of hiking trails in Shenandoah ranging from easy to very strenuous. When you are out on the trails, look for the concrete trail markers with directional information at trailheads and intersections.

An average pace is:

1.5 miles per hour for easiest trails.

1.4 mph for moderate trails.

1.3 mph for moderately strenuous trails.

1.2 mph for strenuous and very strenuous trails.