

Virginia Trails- Blue Ridge Parkway

Milepost	Trail	Mileage	Difficulty
5.9	Mountain Farm Trail (self-guiding, from Humpback Visitor Ctr to pioneer farm stand)	.025	Easy
6.0	Appalachian Trail (Humpback Gap parking area to Humpback Mtn, elevation 3650ft)	2.0	Strenuous
8.4	Catoctin Loop Trail (leg stretcher)	0.3	Moderate
8.8	Greenstone Trail (self-guiding; Greenstone geology formation; oak hickory forest)	0.2	Moderate
17.6	The Priest (view)	0.1	Easy
18.5	White Rock Falls Trail Connection	2.9	Moderate
20.0	White Rock Trail (follow stream to small falls)	0.9	Moderate
26.3	Big Sky Mountain (view into Shenandoah Valley; good for sky watching)	0.1	Moderate
34.4	Yankee Horse (to logging RR exhibit & small waterfall)	0.2	Moderate
38.8	Boston Knob (leg stretcher)	0.1	Easy
47.5	Indian Gap (to Indian Rocks; good seasonal rhododendron display)	0.3	Moderate
55.2	White Oak Flats (leg Stretcher)	0.1	Easy
60.8	Otter Creek Trail (begin at Otter Creek Campground)	3.5	Moderate
63.1	Otter Lake Trail (around Otter Lake)	0.8	Moderate
63.6	James River Trail (self-guiding to canal locks)	0.2	Easy
63.6	Trail of Trees Trail (self-guiding to James River Overlook)	0.5	Moderate
74.7	Thunder Ridge Trail (leg stretcher loop to view of Arnold Valley)	0.1	Easy
78.4	Apple Orchard Falls Trail (Sunset Field Overlook to view of Apple Orchard Falls; National Rec. Trail)	1.2	Strenuous
79.7	Onion Mountain Loop -leg stretcher through Appalachian deciduous forest w/ rhododendron display	0.1	Easy
83.1	Falling water Cascades Trail (National recreation Trail; loop to view of cascades)	1.6	Moderate
83.5	Flat Top Trail (leads to highest of three prominent peaks in area)	4.4	Moderate
85.7	Abbott Lake Trail (loop around Abbott Lake)	1.0	Easy
85.9	Elk Run Trail (self-guiding loop nature trail from visitor center)	0.8	Easy
85.9	Johnson Farm Loop Trail (loop to restored mountain farm)	2.1	Moderate
85.9	Harkening Hill Trail (elevation 3,300 ft; begin at Peaks Visitor Center)	3.3	Moderate
85.9	Balance Rock (spur trail off Harkening Hill Trail; Unique geological formations)	0.1	Moderate
86.0	Sharp Top Trail (from camp store to summit of Sharp Top Mtn., elevation 3,875 ft.; panoramic view)	1.5	Strenuous
91.0	Appalachian Trail (VA 695 to Sharp Top Mountain overlook)	1.9	Moderate
92.5	Appalachian Trail (Sharp Top Mt. Overlook to Harvey's Knob Overlook)	2.9	Moderate
95.4	Appalachian Trail (Harvey's Knob Overlook to Montvale Overlook)	0.6	Moderate
95.9	Appalachian Trail (Montvale Overlook to Taylor's Mountain Overlook)	1.0	Moderate
96.0	Spec Mine Trail (USI's Trail begins near Montvale Overlook, to State Rt. 645 to Botetourt County)	2.8	Strenuous
97.0	Appalachian Trail (Taylor's Mtn, Overlook to Blackhorse Gap)	0.8	Moderate
110.6	Stewarts Knob Trail (view)	0.05	Easy
114.9	Roanoke River Trail (self-guiding river loop)	0.35	Easy
120.4	Roanoke Mountain Summit Trail (view)	0.11	Moderate
120.5	Chestnut Ridge Trail (adjacent to Roanoke Mtn. Campground)	1.75	Moderate
121.4	Roanoke Valley Horse Trail-begins at U.S. Hwy 220 and parallels Parkway to Milepost 110.6	18.5	Moderate
123.2	Buck Mountain Trail (to summit view)	0.53	Moderate
154.5	Smart View Loop Trail (around picnic area)	2.6	Moderate
167.1	Rock Castle Gorge Trail-loop along ridge over Rocky Knob and into gorge for 7-mile return	10.8	Strenuous
167.1	Hardwood Cove Self-Guiding Nature Trail (part of Rock Castle Loop)	0.8	Moderate
169.0	Black Ridge Trail (Rocky Knob Visitor Center to Black Ridge to Grassy Knoll and back to Ctr.)	3.1	Moderate
169.0	Rocky Knob Picnic Loop Trail (leg stretcher around picnic area)	1.0	Easy
176.2	Mountain Industry Trail (Mabry Mill)	0.5	Easy
179.2	Round Meadow Creek Loop Trail (walk through a stream bottom forest)	0.5	Moderate

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Hikes to Waterfall on the Blue Ridge Parkway

From nearest to farthest from the Rockfish Gap Tourist Center

Milepost 19.9- White Rock Falls- moderate 1.8 mile roundtrip. Park at Slacks overlook, cross parkway and walk about 60 yards to the trailhead

Around Milepost 27- Crabtree Falls- take Rt. 56 east about 8 miles. Trail starts from parking lot and follow falls up mountain via switchbacks

Milepost 34.4-Wig Wam Falls- Quarter mile trail from Yankee Horse Ridge Parking area

Milepost 78.4- Apple Orchard Falls- Strenuous 1.2 mile trail to 150 ft. waterfall; Trail starts at Sunset Fields Overlook

Milepost 81.1-Fallingwater Cascades- Moderate 1.6 mile circuit hike to 200 ft. waterfall; Trail starts on Fallingwater Cascades Parking area

Milepost 271.9- Cascades- Moderate 1.2 mile trail; Starts from Cascades overlook to Cascades and pedestrian overlook

Milepost 316.4 -Linville Falls- Take spur road to Linville Falls recreation area for map. Four Trails to Linville Falls, upper and lower.

- 1 Fall Trail popular, easy 2 mile roundtrip
- 2 Linville Gorge Trail, strenuous 1.4 mile roundtrip
- 1 Plum Basin Trail, moderate 1 mile roundtrip

Milepost 339.5- Crabtree Falls Loop-Moderate to strenuous 2 mile circuit trail from Crabtree Meadows Campground

Milepost 361.2- Glassmine Falls View from Glassmine Falls Overlook to 800 ft. Glassmine Falls

Milepost 361.6- Douglas Falls and Cascade Falls- Strenuous 6 mile round-trip; Leave from upper end of north parking lot at Craggy Gardens Visitor Center

Milepost 411.8-Looking Glass Falls- Take Rt. 276 East 10 miles into Pisgah National Forest Parking on highway with short walk to bottom of falls

Milepost 418.8-Falls of Graveyard Fields- start from Graveyard Fields overlook to 4 waterfalls

- 1 moderate 6 mile roundtrip to second Falls 60 ft
- 2 one mile roundtrip to Yellowstone Falls 100 ft
- 3 easy 3.2 mile roundtrip to Upper Yellowstone Falls