

· ALLEGHANY HIGHLANDS ·

LAKE MOOMAW, JACKSON RIVER & JACKSON RIVER CANOE ACCESS POINTS

Take SR 220 N from Covington and follow SR 687 N along river and to various access points (*Johnson Springs, Indian Draft, Smith Bridge, Pettycoat Junction*).

HUMPBACK BRIDGE - NEAR CALLAGHAN

Take I-64, Exit 10 and follow SR 60 E. for 1.0 mile to SR 600.

ROARING RUN HISTORICAL SITE

Take I-64 Exit 21 and follow SR's 616 S. & 621 S.

POUNDING MILL - FDR 125

Take I-64 Exit 16 and follow SR 220 N. to SR 625 at light at top of the hill; turn right, follow until it turns into FDR 125.

DOUTHAT STATE PARK

Take I-64 Exit 27 and follow SR 629 N to the park.

EVANS TRACT - COWPASTURE RIVER

Take SR 220 S. through Iron Gate on to SR 633 N.E. for 2.5 miles.

RICH HOLE WILDERNESS & WHITE ROCK TOWER ROAD (FDR 108)

Take I-64 Exit 35 and follow SR 60 E. to FDR 108, a left-hand turn.

LONGDALE RECREATION SITE

Take I-64 Exit 35 and follow SR 60 W. to FDR 172 a left-hand turn.

· COUNTY OF BATH ·

BOLAR MOUNTAIN/LAKE MOOMAW LOOP

Rt. 220 to Warm Springs, Rt. 39 W. to 600 S. Continue to bridge and onto Rt. 603 (*hard-packed gravel Rd.*) to Rt. 687 N. to Rt. 39 E. to Warm Springs.

BACK CREEK RECREATIONAL AREA

Rt. 220 to Warm Springs, Rt. 39 W. to Rt. 600 N. follow 600 N. into Highland County.

HIDDEN VALLEY DISPERSED RECREATIONAL AREA

In Warm Springs, Rt. 39 W. to Rt. 621 N. to Hidden Valley Rd. River Loop trail from mansion out to swinging bridge and back through hayfields is a good trail.

DOUTHAT STATE PARK

Warm Springs, Rt. 39 E. to Rt. 629 S. to Douthat State Park continue into Alleghany County.

POOR FARM AREA

Rt. 220 N. to Rt. 623 W. (*2.3 miles to Poor Farm*)

WALTON TRACT

Rt. 39 E. to Rt 42 S. to Rt 632 W. (*Crisers Gap Rd*) continue back on Rt. 42 S. into Alleghany County

WILLIAMSVILLE TRAIL

Rt. 39 E. from Warm Springs onto 629 N., bear left onto 625 N. into Williamsville.

BLUEBIRD TRAIL

Rt 220 N. from Warm Springs into Highland County

BOLAR TRAIL

Rt 39 E. from Warm Springs to Rt. 609 N. to Burnsville, north into Highland County.

BACK CREEK GORGE TRAIL

From Warm Springs take Rt. 39 W. to Blowing Springs Campground. Take trail #516, behind gate & along the river, approx. 1-1/2 miles in length.



· CRAIG COUNTY ·

CRAIG COUNTY GREENWAY TRAIL

From New Castle, follow Rt. 615 east 0.8 mile. Turn right onto 3rd St, go one block to Commerce St. Trail runs almost a mile to County School parking lot thru a variety of ecosystems.

FENWICK MINES

From New Castle, follow Rt. 615 east 5.2 miles. Turn left onto Rt. 611 for 0.1 mile to rt. 685. Turn right and continue 1.3 miles. Handicapped-accessible trails and parking areas. Fall is a great time here. Look for cardinal flower, evening primrose, black eyed susan, goldenrods, Joe Pye weed, yellow root, Galax, clematis, Indian pipe, meadow beauty, and monkey flower.

PAINT BANK

Turn off of Rt. 311 at Paint Bank General Store along Rt. 600. These roadside ditches are best in late summer and early fall. Expect to see cardinal flower, blue lobelia, ironweed, several sunflower species, wild basil, beggarticks, boneset, skullcap, butterfly weed, sundrops and jewelweed.

WILDERNESS ADVENTURE AT EAGLE LANDING

From New Castle, follow Rt. 615 east 6 miles to Rt. 611. Turn right, go one mile to base camp on right. Call for hiking trail maps and information. 540-864-6792.

· HIGHLAND COUNTY ·

BLUE GRASS VALLEY TRAIL

From Monterey, follow US 220 North to Route 642. Turn left (*west*) on Route 642 to junction with Route 640 in Blue Grass. Follow Route 640 the length of the Blue Grass Valley, crossing US 250 at Hightown. Turn left (*east*) on Route 84 to US 220. Follow US 220 North to Monterey.
Monterey > Blue Grass Valley > Monterey = 25.91 mi.

LOWER BULLPASTURE VALLEY TRAIL

From Monterey, follow US 250 East to McDowell. Turn right (*south*) on Route 678 into the Bullpasture Valley to Williamsville. Turn right on Route 614 and follow gravel* road north to US 250. Turn left (*west*) on US 250 and return to McDowell and/or Monterey. (**Gravel road = 12 mi.*) An alternative route is to continue south on Route 614 from Williamsville to US 220 and return to Monterey.
McDowell > Bullpasture/Cowpasture Valleys > McDowell = 63.11 mi.

UPPER BULLPASTURE VALLEY TRAIL

From Monterey, follow US 250 East to McDowell. Turn left (*north*) on Route 54 into the Bullpasture Valley to Route 619. Turn right on Route 619 and follow gravel road* to Route 614. Turn right and follow Route 614 to US 250. Turn right (*west*) on US 250 and return to McDowell and/or Monterey. (**Gravel road = 4mi.*)
McDowell > Bullpasture/Cowpasture Valleys > McDowell = 29.80 mi.

BIG VALLEY

From Monterey, follow US 220 South to Mustoe. Turn left on Route 607 through Big Valley to Bolar, where Route 607 rejoins US220. Turn right to follow US 220 back to Monterey.
Monterey > Mustoe > Big Valley > Bolar > Monterey = 33.31 mi.

BACK CREEK

From Monterey, follow US 250 West through Hightown to Route 600. Turn left (*south*) on Route 600* and follow to Route 84. Turn left on Route 84 and follow to US 220. Turn left on US 220 and return to Monterey. (**Gravel road = 5 mi.*)
Monterey > Hightown > Back Creek > Mill Gap > Vanderpool > Monterey = 31.85 mi.

LAUREL FORK

This is a remote wooded area requiring a lengthy scenic drive across 21 miles of well-graded, gravel road*. Contact the Highland County Chamber of Commerce for a map and detailed directions. (**Gravel road = 12.7 mi.*)

HIGHLAND WILDLIFE MANAGEMENT AREA (JACK MOUNTAIN)

The well graded, gravel road* into this area is best to foot traffic and/or 4wheel drive. (*The road is closed to vehicular traffic during parts of the year.*) Contact the Highland County Chamber of Commerce for information and detailed directions (**Gravel road = 9.8 mi.*)

