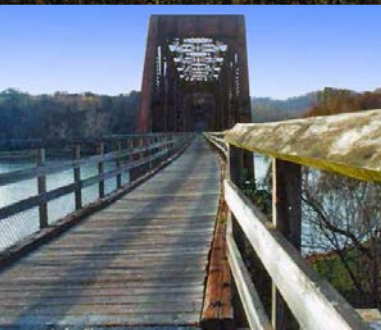
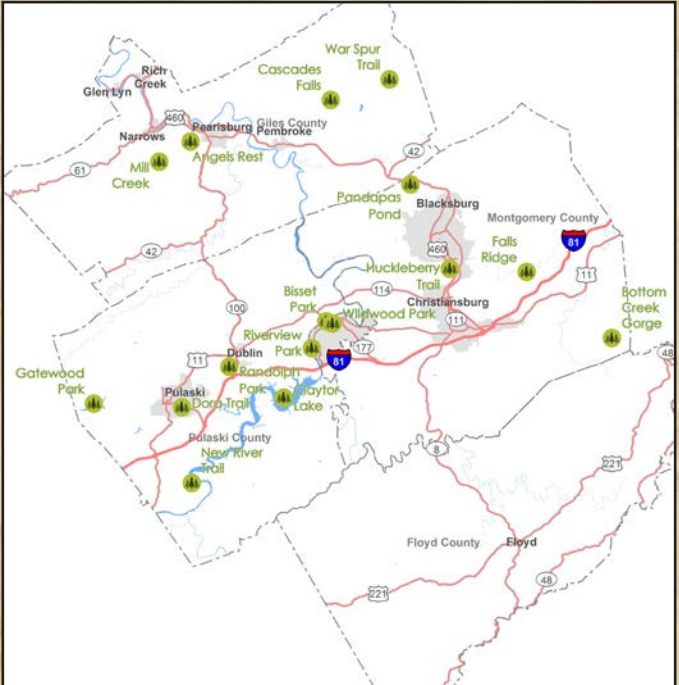


New River Valley Trail Guide



**Explore the NRV's best trails
for hiking, biking, great views,
and outdoor adventure!**

TRAIL LOCATIONS IN THE NEW RIVER VALLEY



Trail etiquette: Etiquette for multiple use trails calls for horses to have the right-of-way. Hikers should yield to horses. Bicyclists should yield to horses and hikers. Riders are responsible for controlling their horse at all times.

Weather: The New River Valley enjoys a temperate climate with wonderful hiking weather from spring through fall. The forests are in full bloom by early May (average temperatures, °F-high 71, low 47), and fall foliage is usually at peak color in mid to late October (high 65, low 39). Average highs peak in the mid 80's in July and August.

Welcome to Virginia's New River Valley! We're glad you're here to explore the opportunities for outdoor recreation in our region. The NRV lies in the Blue Ridge Mountains, with large areas of the region in the George Washington and Jefferson National Forest. The region is home to a scenic stretch of the New River, as well as many state and local parks, and recreation areas. All of this means the New River Valley is perfect for outdoor adventures, including fishing, camping, golfing, hiking, biking, and much more.

The New River Valley has hundreds of miles of hiking, biking and horse-riding trails scattered around the region. This guide provides information about some of the most popular trails in the region, from paved bikeways near town that are perfect for a stroll, to strenuous hikes on footpaths in the mountain wilderness. All of these trails include spectacular scenery, including wildlife, waterfalls, rock formations, and breathtaking vistas of the majestic Blue Ridge Mountains.

The guide provides information about 15 regional trails, including length, elevation, difficulty, key features, nearby amenities, and directions on how to get there, including GPS coordinates of the trailheads. The trails are listed in alphabetical order. The map on the left shows the location of the trails in the region. More detailed maps can be found at the end of the guide.

Need more information? Please see the websites listed on the back cover of this guide.

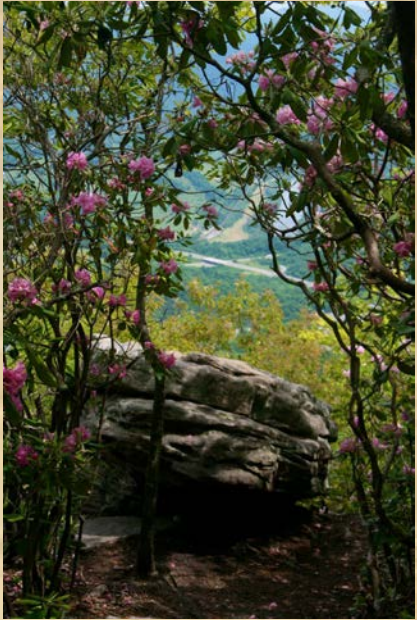


ENJOY YOUR NEW RIVER VALLEY ADVENTURE!

Angel's Rest

ANGELS REST OVERLOOK

This stretch of the Appalachian Trail climbs Pearis Mountain to a rocky overlook with great views of Pearisburg and the surrounding mountains, including the rocky cliffs of the New River Palisades as the river winds through the valley below. Angels Rest is 'breathtaking'-not only for these scenic vistas, but



(Photo: Alisa H. Moody)

also for the strenuous, steep hike that is required to get to the top!

DIRECTIONS: Follow 460W for ~30 miles (past Blacksburg, Newport, and Pembroke), Take 2nd Pearisburg exit after crossing New River (Pearisburg/Rt. 100S). Take 2nd right onto Johnston Avenue (Beside the Dairy Queen), Take the next right onto Rt. 634 (Morris Avenue). Follow 0.6 miles to where the Appalachian Trail crosses Rt. 634. There is limited roadside parking near the trail crossing.

LOCATION: Giles County

TRAIL LENGTH: 3 miles round-trip **ELEVATION:**
2,000-3,500 feet

DIFFICULTY: Difficult

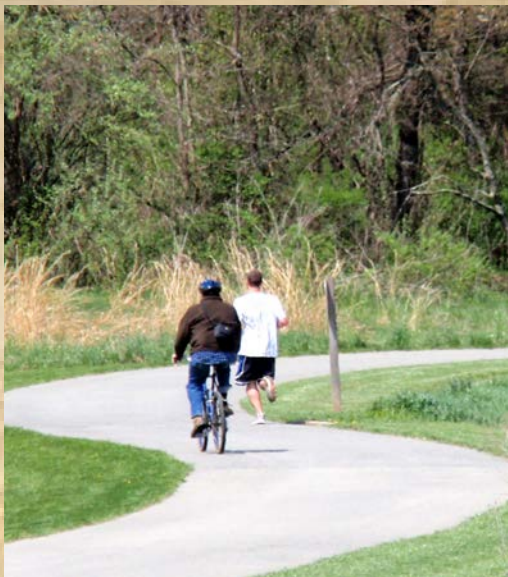
PARKING: Street parking

NEARBY TOWNS: Pearisburg

GPS: 37.329277,-80.751695

WHILE YOU'RE THERE: Check out the Pearisburg Farmers' Market. (Saturdays 9am-2pm)

Bisset Park



BISSET PARK

is Radford's largest park, located on 57 acres of riverfront land in the central part of the city. The park offers walking and biking trails, playgrounds, tennis and volleyball courts, soccer and

football fields, picnic shelters, and two playgrounds. Wade fishing opportunities also abound with the park's access to the New River. Tangent Outfitters operates a satellite store out of Bisset Park, where canoes, kayaks, and inner tubes can be rented for use on the river.

DIRECTIONS: From I-81, take Exit 109 (Route 177) towards Radford University. Just past the University turn left onto Main Street (Route 11). Continue past the downtown district. Take a right on New River Drive (sign for Bisset Park on corner). Turn left on Berkley Williams Dr. This road runs the length of Bisset Park, with multiple parking lots along the right side of the road.

LOCATION: City of Radford

TRAIL LENGTH: Multiple trails from <1 to 3 miles round-trip

ELEVATION: 1,700 feet

DIFFICULTY: Easy

PARKING: Multiple lots

NEARBY TOWNS: Radford

GPS: 37.139655, -80.568972

WHILE YOU'RE THERE: Stroll around the Radford University campus.

Bottom Creek

BOTTOM CREEK GORGE is a powerful mountain stream that is part of the headwaters of the Roanoke River. Bottom Creek forms a stair-step series of broad-basin waterfalls known as “The Kettles,” and boasts a 200-foot high waterfall. Flanking Bottom Creek are forests of mixed hardwoods (tulip poplar, maple, oak, hickory) and upland meadows. Bottom Creek Gorge also contains virgin hemlocks and hundreds of wildflowers.



Directions: From Christiansburg, take Route 11/460 northeast. In Shawsville, turn right on Allegheny Springs Road (Route 637). After seven miles, Route 637 turns left-stay straight on Allegheny Springs Rd, now Route 653. At the stop sign in Simpsons, turn left on Route 610. At the next stop sign, turn left on Route 221. Follow Route 221 for six miles through Copper Hill, then turn left on Route 644. After 1.1 miles, the road forks. Stay to the right on Route 669. Continue on Route 669- DO NOT turn on Bottom Creek Road. At the “Y” intersection, bear right on Route 669. After you cross a small bridge, look for the Preserve sign on your left. Turn at the sign and go up driveway to park.

LOCATION: Montgomery County

TRAIL LENGTH: 5+ miles

ELEVATION: 2,400-2,600 feet

DIFFICULTY: Moderate

PARKING: Gravel lot

NEARBY TOWNS: Shawsville

GPS: 37.132246, -80.180467

WHILE YOU'RE THERE: Head back on Route 221 south to visit the Town of Floyd.

The Cascades



(Photo: Alisa H. Moody)

CASCADES RECREATION AREA

This scenic and popular destination is located in the George Washington National Forest along the Little Stony Creek Valley. A loop trail follows the creek through the forested valley, leading to an overlook with spectacular views of the 70 foot-high Cascades waterfall. The trailhead parking area has restroom facilities as well as picnic tables and grills.

DIRECTIONS: From I-81 take exit 118B for US-460 west. After 26.6 miles turn right on Cascade Dr (SR-T623) in the town of Pembroke. The entrance is in 3.3 miles.

LOCATION: Giles County

TRAIL LENGTH: 4 miles roundtrip

ELEVATION: 2,200-2,900 feet

DIFFICULTY: Easy to moderate

PARKING: \$3/vehicle

NEARBY TOWNS: Pembroke

GPS: 37.353669, -80.599229

WHILE YOU'RE THERE: Float the New River Water Trail, which you can access via the Pembroke boat landing.

Claytor Lake



CLAYTOR LAKE STATE PARK is a park on the shore of a 4,500 acre man-made lake created by a hydroelectric dam on the New River. The lake is a popular fishing and boating destination, and the forested shores of the lake are dotted with homes and cabins. The park area is located in a peninsula on the northern shore of the lake, and includes a network of hiking trails as well as a full service marina with boat rentals, bike rentals, and supplies/refreshments for campers. Numerous cabins and campsites are available from late May to September. The picnic shelters, fishing pier and playgrounds are available year round. The historic Howe House offers interactive exhibits for the aspiring conservationist, describing the ecology of the lake and the surrounding areas.

DIRECTIONS: From I-81, take exit 101 (Claytor Lake) to State Park Road (Rte. 660). State Park Road ends at the park entrance. There is a \$4 entrance fee per vehicle. Additional fees for boat launch, camping, etc.

LOCATION: Pulaski County

TRAIL LENGTH: 1-2 mi. loop trails

ELEVATION: 1,900 feet

DIFFICULTY: Easy

PARKING: Multiple lots- entry fee of \$4-5 per vehicle

NEARBY TOWNS: Dublin and Pulaski

GPS: 37.055196,-80.622816

WHILE YOU'RE THERE: Take in a Pulaski Yankees minor league baseball game.

Falls Ridge

FALLS RIDGE PRESERVE boasts a spring-fed travertine waterfall approximately 80 feet in height. Salem Fault runs through the preserve, dividing it into two different rock types-Precambrian limestone and shale/sandstone. The difference in soil types generates a diversity of vegetation, particularly wildflowers and smaller flora. Over thousands of years, the build-up of calcium carbonate steepened the stream's gradient and slowly created both the waterfall and one of the largest-known exposed travertine deposits. Large sinkholes indicate the existence of underlying caverns.



DIRECTIONS: On S. Main St. (Rte. 460 BUS) in Blacksburg, head east on Route 603 (Ellett Rd.) At Y intersection, bear right to stay on Route 603 (Den Hill Rd.). Turn left on North Fork Rd to stay on Route 603. After 1.7 miles, turn right onto Falls Ridge Rd. Immediately after crossing the railroad tracks, turn left onto the gravel road. The road curves left and crosses a stream. Bear left at the fork and park on the side of the road near the sign for the entrance of the preserve.

LOCATION: Montgomery County

TRAIL LENGTH: 0.8 to 4 miles

ELEVATION: 1,500-2,000 feet

DIFFICULTY: Easy to moderate

PARKING: Roadside parking/ small dirt lot

NEARBY TOWNS: Blacksburg and Christiansburg

GPS: 37.193343,-80.321664

WHILE YOU'RE THERE: Visit the Christiansburg Farmer's Market. (Thursdays 3pm-7pm)

Gatewood Park

GATEWOOD PARK contains over 400 acres of mountain forests around the Gatewood Reservoir, nestled in the mountains near the Town of Pulaski and surrounded by the Jefferson National Forest. The park has a network of several hiking and biking trails through the forest and along the shore. Gatewood offers a variety of recreational activities for the whole family, including fishing, boat rentals, and picnic areas. The park is open April-October for camping and boat/equipment rentals.



DIRECTIONS: From I-81 exit 94 take Route 99 north into the Town of Pulaski (Rt. 99 will become Third Street). Turn left at Randolph Avenue, then right on West Main Street. After 3 blocks, turn right on Magazine Street, then left on Mt. Olivet Road (710). Travel 2.3 miles to hard surface road on right, Gatewood Parkway- follow 6 miles to the parking lot and park store.

LOCATION: Pulaski County

TRAIL LENGTH: 0.5 to 1.5 mi loop

ELEVATION: 2,200-2,300 feet

DIFFICULTY: Easy

PARKING: multiple parking lots

NEARBY TOWNS: Pulaski

GPS: 37.044496, -80.869272

WHILE YOU'RE THERE: Check out the model train village at the Ratcliffe Transportation Museum in downtown Pulaski.

Huckleberry Trail

THE HUCKLEBERRY TRAIL is a popular trail that runs from downtown Blacksburg to downtown Christiansburg, passing through town neighborhoods, farmland and forests. Numerous side trails along the route connect to parks and to other trail systems, including the Coal



(Photo: Random Found Objects)

Mining Heritage Park, the Jefferson National Forest, and the campus of Virginia Tech. The paved trail is great for walking, jogging, cycling, rollerblading, and dog-walking. On a pretty day, you will see numerous local residents using the Huckleberry for all of the above!

ACCESS: The Huckleberry Trail has numerous trailheads—the North end of the trail in downtown Blacksburg is located at 200 Miller St. SW, near the library. Park on the street, as library parking is reserved. Parking at the south end of the trail is available at the New River Valley mall, at the intersection of 460 Business and Rte. 114. The trailhead is in the northwest corner of the parking lot, behind the mall.

LOCATION: Montgomery Co.

TRAIL LENGTH: 5.75 miles

ELEVATION: 2,000-2,100 feet

DIFFICULTY: Easy

PARKING: Multiple locations

NEARBY TOWNS: Blacksburg, Christiansburg

GPS: 37.166920,-80.429104 or 37.225008,-80.413276

WHILE YOU'RE THERE: Head to the Hahn Horticulture Garden on the Virginia Tech campus.

Mill Creek



MILL CREEK FALLS - A trail that boasts a 1/2 mile long series of spectacular falls known as Falls of Mill Creek is a true hidden treasure. Locals and visitors enjoy fishing in Mill Creek, a special regulation trout stream, mountain biking on the various trails, and hiking to the series of falls year round. The adventures to be discovered are limitless. Hikes along Mill Creek run through rhododendron thickets and spectacular rock formations. Several trails break off from the main creek-side trail, climbing into the surrounding mountain forests.

DIRECTIONS: Easiest access to the falls is through the Town of Narrows. Take Route 100 to VA-652 to the intersection of VA-710. Follow gravel road through gate to parking area. Trail begins by following Mill Creek up to shelter and following markers. Stay close to the creek the whole way.

LOCATION: Giles County

TRAIL LENGTH: Approximately 4 mile round-trip

ELEVATION: 2,000-2,900 feet

DIFFICULTY: Easy to moderate

PARKING: roadside and small gravel lot

NEARBY TOWNS: Narrows

GPS: 37.316995, -80.793560

WHILE YOU'RE THERE: Head into downtown Narrows to a restaurant or shop.

New River Trail

NEW RIVER TRAIL STATE PARK is a 57-mile linear park that follows an abandoned railroad right-of-way. The park parallels the scenic New River for 39 miles. The trail's gentle slope makes it great for visitors of all ages to hike, bike and ride horses. Several places in the park provide bike rentals, boat



launches and gift shops. Fishing is popular, and primitive camping sites dot the trail. Pulaski County hosts 18+ miles of the New River Trail, including the trailhead at Dora Junction. The **DORA TRAIL** connects the Town of Pulaski with the New River Trail. The 2.4 mile trail begins at the Historic Train Station (free parking) and heads east through town parks and across Peak Creek to Dora Junction.

ACCESS: Pulaski Train Station (Dora Trail): From I-81 exit 89B, take US 11 North 4 miles- parking lot at 20 S. Washington St., on the right (free).

Dora Junction: From I-81 exit 94, Route 99 west toward Pulaski. After 2 miles, turn right on Xaloy Drive; then left into parking lot entrance (fee required).

Draper: From I-81 exit 92, take Rte. 658 east to Draper. Stay right on Rte 658 (Greenbriar Rd.). Left on Rte. 651 (Brown Rd.), right into lot (fee required).

LOCATION: Pulaski County

TRAIL LENGTH: 18 miles

ELEVATION: 1,900-2,100 feet

DIFFICULTY: Easy to moderate

PARKING: lots at access points- \$4-5 parking fee

NEARBY TOWNS: Pulaski

GPS: 37.045678, -80.779659,
37.046394, -80.750155, 37.000249, -80.741457

WHILE YOU'RE THERE: Visit **THE MARKETPLACE** farmer's market in the Town of Pulaski. (Tuesdays 4pm-8pm)

Pandapas Pond



PANDAPAS POND DAY USE AREA is a pastoral, 8 acre pond located just outside the town of Blacksburg. It sits on the Eastern Continental Divide and is surrounded by a forest of hardwoods and rhododendron. Visitors will enjoy strolling the one-mile wheelchair accessible trail that encircles the pond. A wooden boardwalk separates the pond from a small wetland area that is abundant with dragonflies, turtles, songbirds, and waterfowl. Horses and bicycles are not permitted on the trail around the pond; however they may use the 17-mile Poverty Creek Trail system that can be accessed from the upper parking lot.

DIRECTIONS: From Blacksburg, VA: Follow US 460 West for 3 miles. Turn left across from SR 621 (Craig Creek Road) into Pandapas Pond Day Use Area. Horse and bike parking is located near the entrance. Continue to the lower parking area to access Pandapas Pond for hiking and fishing.

LOCATION: Montgomery County

TRAIL LENGTH: Multiple trails from <1 to 5+ miles round-trip

ELEVATION: 2,000-2,800 feet

DIFFICULTY: Easy to difficult

PARKING: Two parking lots- upper lot allows horse trailers

NEARBY TOWNS: Blacksburg

GPS: 37.283272,-80.468955

WHILE YOU'RE THERE: Stop by the Blacksburg Farmer's Market. (Saturdays 9am-2pm, Wednesdays 2pm-6pm)

Randolph Park



(Photo: Random Found Objects)

RANDOLPH PARK is an 87 acre park and recreation area near Dublin, that includes a wide array of sports fields and courts, sand volleyball, disc golf, and a large playground and seasonal waterpark. Picnic shelters and charcoal grills are located throughout the park. The park contains a network of leisure trails in the forested areas of the park, including the 'Inspiration Trail', a wheelchair accessible trail that allows everyone to experience what the park has to offer.

DIRECTIONS: From I-81, take exit 98 toward Dublin (Route 100 N). Take first left onto Alexander Road. Take first right into Randolph Park access road. Trails are to the left, near the parking lot by the water park.

LOCATION: Pulaski County

TRAIL LENGTH: Multiple trails from 0.5 to 1+ mile roundtrip

ELEVATION: 2,100-2,200 feet

DIFFICULTY: Easy to moderate

PARKING: multiple lots

NEARBY TOWNS: Dublin

GPS: 37.087882, -80.699088

WHILE YOU'RE THERE: Check out the Volvo truck display at the Pulaski Visitors Center near I-81 exit 98.

Riverview Park

RIVERVIEW PARK is a small park on the bank of the New River on the west end of Radford. The park is less well known than Bisset Park and therefore quieter, creating an opportunity to spot otters, muskrats and a variety of birds along the shore. The park includes soccer fields, a basketball court, a playground, a picnic shelter, and a boat launch.

Riverview is a great location to enjoy the New River 'water trail.' The park has easy access to the river to 'put in' canoes, kayaks, inner tubes, etc., and float down the river to Dudley's Landing in Bisset Park. The gentle



flowing waters of the New River will take about a half day for this family friendly, beginners float trip.

DIRECTIONS: From I-81 take exit 105 toward Radford (Rte. 232). After 1.5 miles, turn left on Cowan St. Cowan St. ends at the park, parking lots to the left and right.

LOCATION: City of Radford

TRAIL LENGTH: 0.5 mile

ELEVATION: 1,700 feet

DIFFICULTY: Easy

PARKING: Multiple lots

NEARBY TOWNS: Radford

GPS: 37.109101,-80.591528

WHILE YOU'RE THERE: Paddle or float your way down the New River to Bisset Park.

War Spur Trail



(Photo: Alisa H. Moody)

WAR SPUR LOOP is an easy trail through the Mountain Lake Wilderness that treats hikers to a wide variety of plant life and an outstanding view. Most hikers travel the loop counter-clockwise, following the Salt Pond Mountain ridge to the overlook. The overlook offers views of the Mountain Lake Wilderness, Johns Creek Mountain, and the valley below. On the return hike to the trailhead, you will walk through a rhododendron thicket and pass a number of large spruce, oak, and hemlock.

DIRECTIONS: From US 460 west, turn right on Mountain Lake Road (SR 700). Travel 3.5 miles past Mountain Lake Hotel. War Spur Trailhead and parking area is on the right.

LOCATION: Giles County

TRAIL LENGTH: 1.7 mile loop trail

ELEVATION: 3,700-3,800 feet

DIFFICULTY: Easy to moderate

PARKING: roadside and small gravel lot

NEARBY TOWNS: Pembroke

GPS: 37.390832,-80.508030

WHILE YOU'RE THERE: Visit Mountain Lake Lodge, where *Dirty Dancing* was filmed.

Wildwood Park

WILDWOOD PARK is a 50 acre wooded valley in the heart of Radford. The park contains a stream, marshy areas, meadows, and limestone cliffs with tufa formations. A bikeway runs through the valley and there are several hiking trails. The **BOBCAT TRAIL** is a cross-country loop trail opening in summer 2015, connecting Wildwood Park with the Radford Rec Center. The Radford High School Cross Country team will use the trail for training and competition, but it is open to the public as well.



DIRECTIONS:

From I-81, take Exit 109 (Route 177) towards Radford University. Just past the University turn left onto Main Street (Route 11). Continue past the downtown district. At the traffic light at the junction of Grove Avenue and Main Street, turn left just past this light into Wildwood Park. To access the Bobcat Trail, turn left on 3rd Ave. in the downtown district. Turn left on Lawrence St., then right on 2nd Ave. Belle Heth Elementary and the Rec Center will be on the right. Trail is in the rear.

LOCATION: City of Radford

TRAIL LENGTH: 2 miles

ELEVATION: 1,800-2,000 feet

DIFFICULTY: Moderate

PARKING: Multiple locations

NEARBY TOWNS: Radford

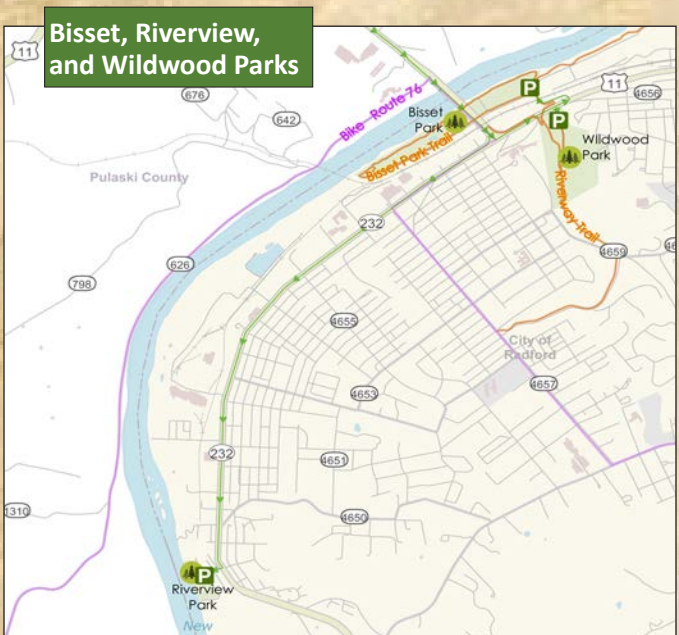
GPS: 37.137658,-80.566784

WHILE YOU'RE THERE: Go to Main Street in Radford for the shops and restaurants.

Maps of trail locations and routes

The following pages show maps of the trail route, as well as the driving route from the main roads (Interstate 81 and US Routes 11 and 460) to the trail-head parking areas. The trails for Radford City are shown below. The following page shows the trails in Giles County (Angel's Rest, Cascades, Mill Creek, War Spur), followed by Montgomery County (Bottom Creek, Falls Ridge, Huckleberry Trail, Pandapas Pond), and Pulaski County (Claytor Lake, Gatewood Reservoir, New River Trail, and Randolph Park).

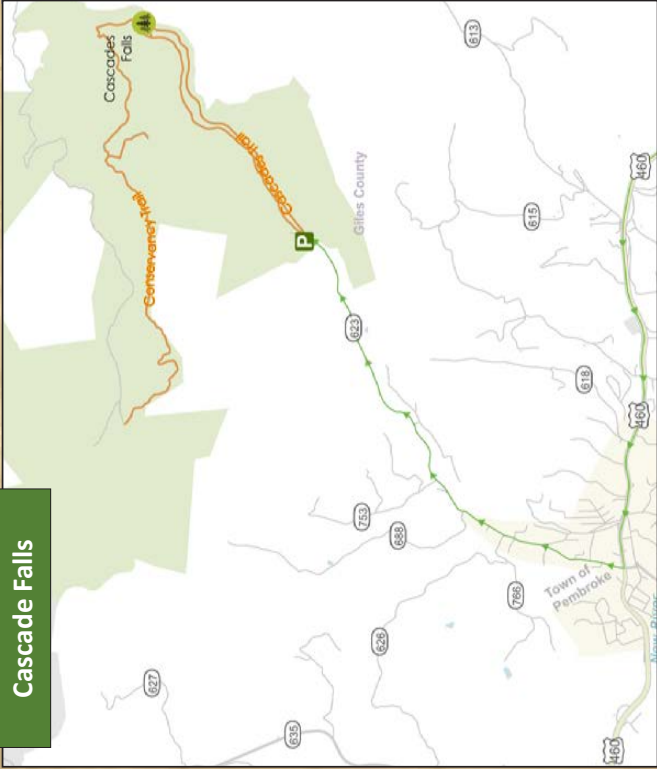
For more information on these trails, please visit the websites listed on the back cover.



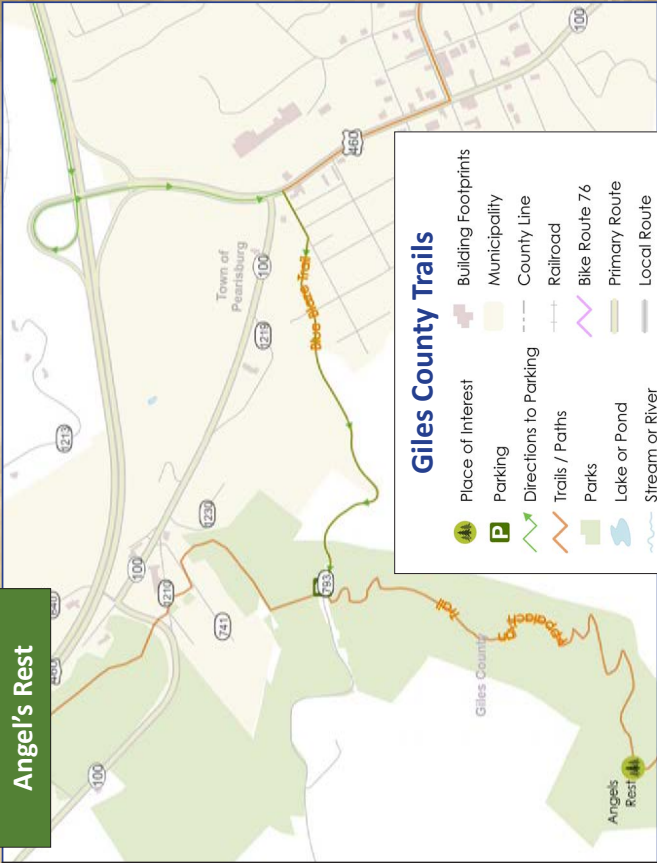
Radford City Trails

- | | |
|-----------------------|---------------------|
| Place of Interest | Building Footprints |
| Parking | Municipality |
| Directions to Parking | County Line |
| Trails / Paths | Railroad |
| Parks | Bike Route 76 |
| Lake or Pond | Primary Route |
| Stream or River | Local Route |

Cascade Falls



Angel's Rest




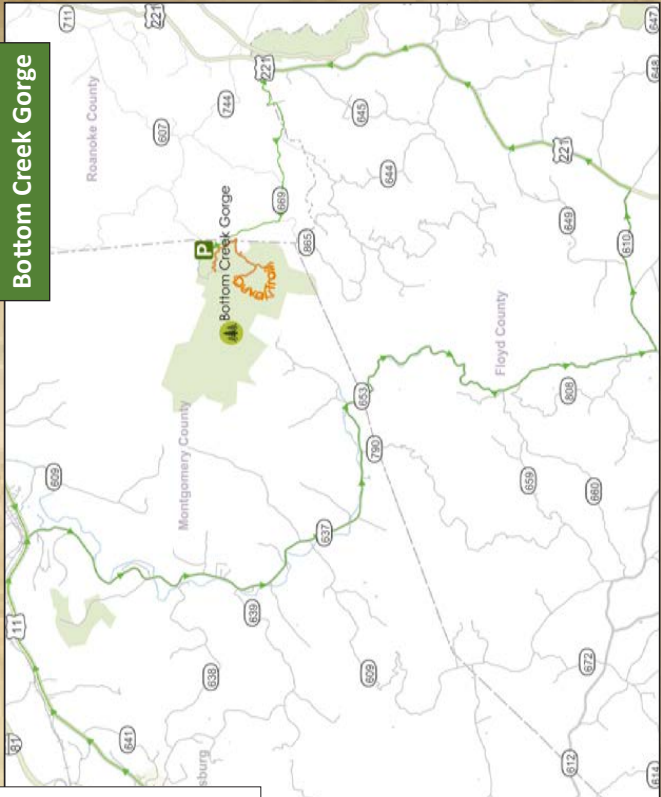
Giles County Trails

- | | | | |
|--|-----------------------|--|---------------------|
| | Place of Interest | | Building Footprints |
| | Parking | | Municipality |
| | Directions to Parking | | County Line |
| | Trails / Paths | | Railroad |
| | Parks | | Bike Route 76 |
| | Lake or Pond | | Primary Route |
| | Stream or River | | Local Route |

Falls Ridge

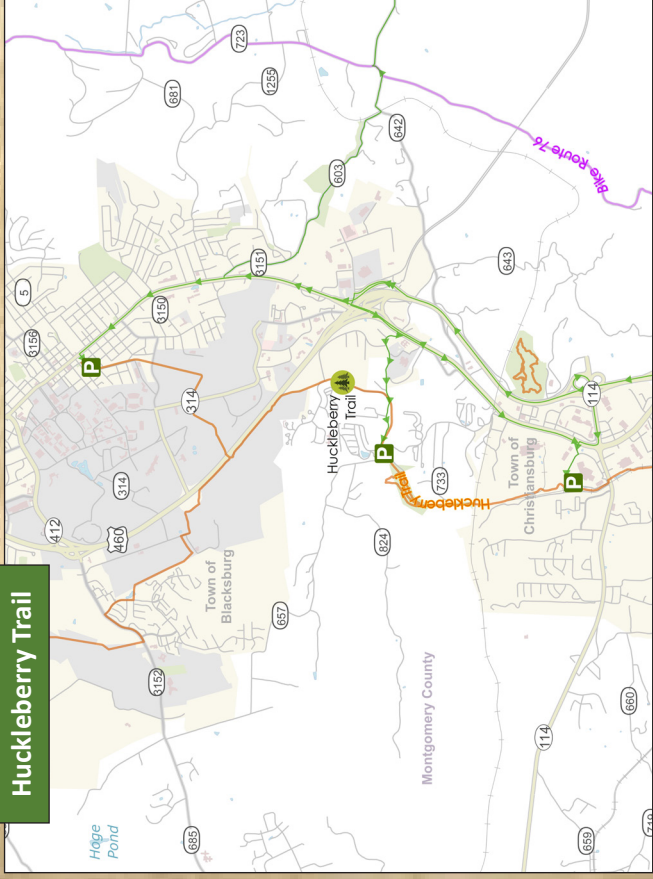
Montgomery County Trails

-  Place of Interest
-  Parking
-  Directions to Parking
-  Trails / Paths
-  Parks
-  Lake or Pond
-  Stream or River
-  Building Footprints
-  Municipality
-  County Line
-  Railroad
-  Bike Route 76
-  Primary Route
-  Local Route

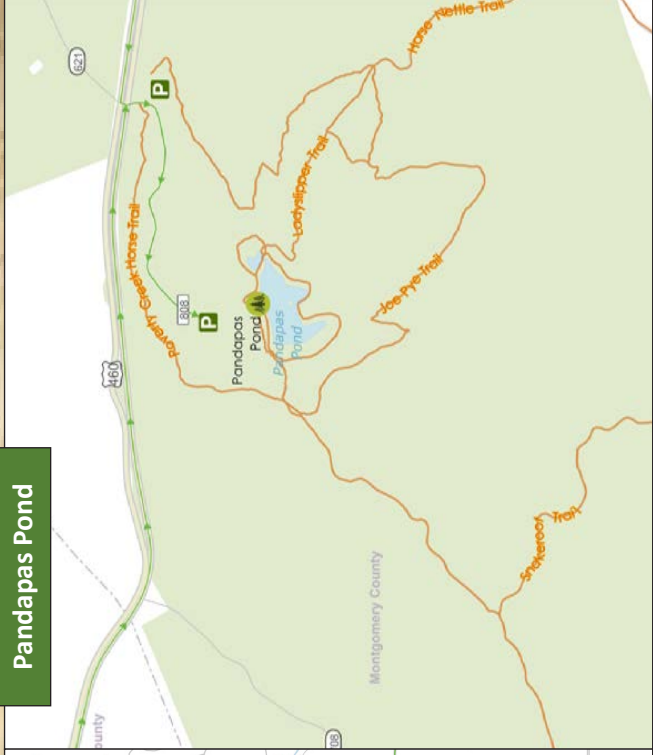


Bottom Creek Gorge

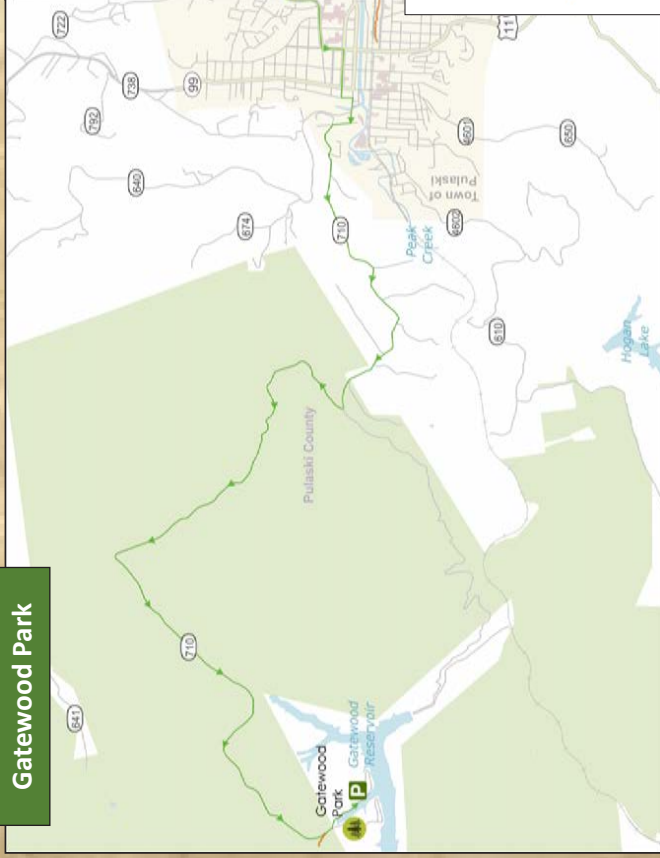
Huckleberry Trail



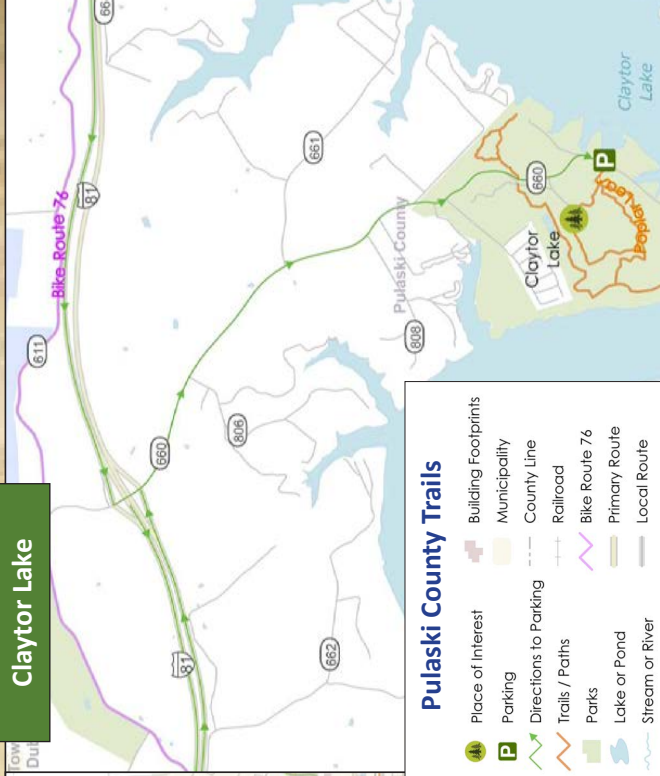
Pandapas Pond



Gatewood Park

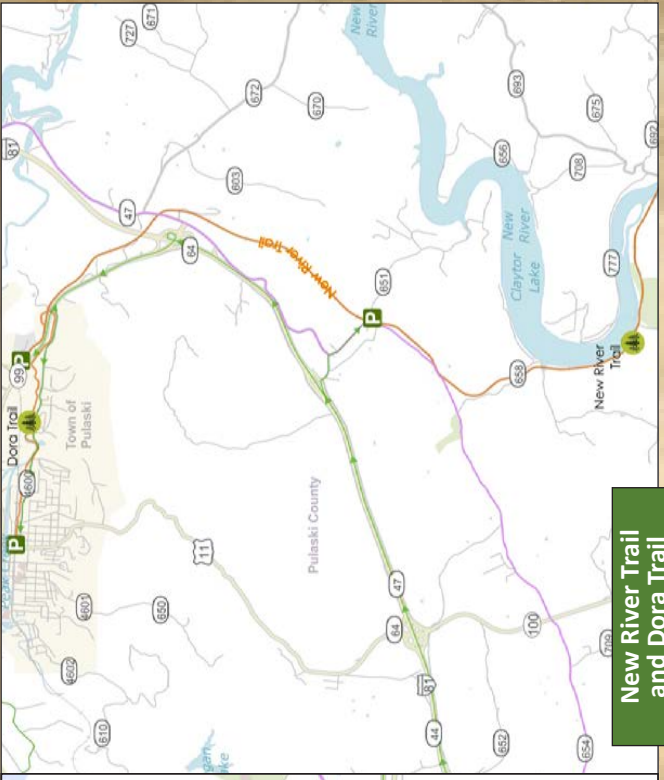


Claytor Lake

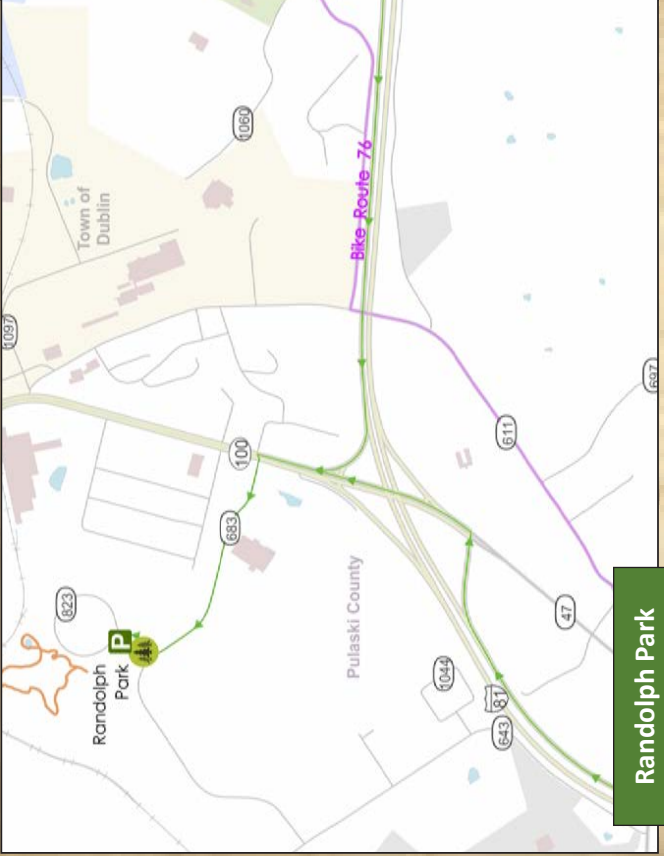


Pulaski County Trails

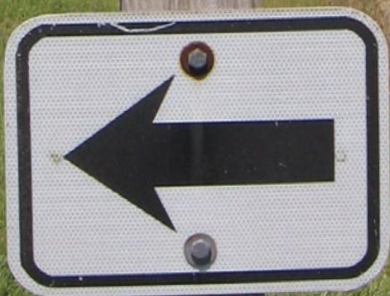
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|--|-----------------------|--|---------------------|
| | Place of Interest | | Building Footprints |
| | Parking | | Municipality |
| | Directions to Parking | | County Line |
| | Trails / Paths | | Railroad |
| | Parks | | Bike Route 76 |
| | Lake or Pond | | Primary Route |
| | Stream or River | | Local Route |



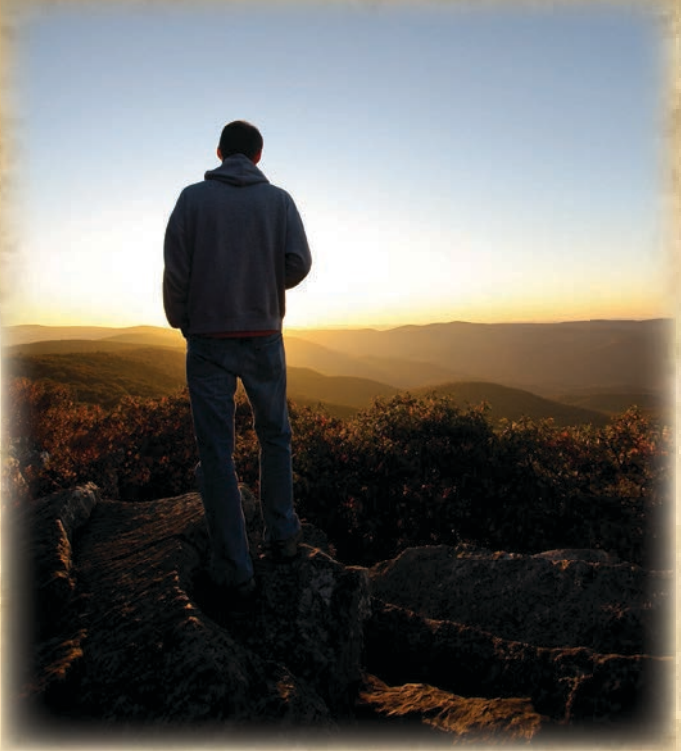
New River Trail and Dora Trail



Randolph Park



NOTES & OBSERVATIONS



For more trails, and other regional information:

Information on regional attractions and food, lodging, gas, etc., at:

www.explorenewrivervalley.com

Information for each locality at their websites:

Giles: <http://gilescounty.org/>

Montgomery: <http://www.visitmontva.com/>

Pulaski: <http://www.pulaskichamber.info>

Radford: <http://www.visitradford.com>

Thanks to the Virginia Tourism Corporation for their support in the development of this trail guide

Explore

