

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,410.7	Marble Spring	C, w	2,290	767.6
1,410.2	Sulphur Spring Trail (south crossing)		2,400	768.1
1,408.4	Belfast Trail, Hickory Stand		2,650	769.9
1,407.9	Sulphur Spring Trail (north crossing)		2,588	770.4
1,407.1	Big Cove Branch	w	1,890	771.2
1,405.2	Matts Creek Shelter... <i>12.4mS; 3.9mN</i>	S, w	835	773.1
1,404.4	Campsite	C, w	700	773.9
1,403.2	James River Foot Bridge		678	775.1
1,403.0	U.S. 501, Va. 130, James River Big Island, VA 24526; Glasgow, VA 24555	R (E-4.7m C, G, L, cl, sh; 5.1m PO, G, M, D) (W-5.9m PO, G, L, M, cl, f, @)	680	775.3
1,402.9	Lower Rocky Row Run Bridge	w	670	775.4
1,402.0	Rocky Row Run	C, w	760	776.3
1,401.9	Va. 812, USFS 36	R	825	776.4
1,401.3	Johns Hollow Shelter... <i>3.9mS; 9mN</i>	S, w	1,020	777.0
1,399.3	Rocky Row Trail		2,400	779.0
1,399.2	Fullers Rocks, Little Rocky Row		2,472	779.1
1,398.2	Big Rocky Row		2,992	780.1
1,396.7	Saddle Gap, Saddle Gap Trail		2,600	781.6
1,395.6	Saltlog Gap (south)		2,573	782.7
1,394.1	Bluff Mtn		3,372	784.2
1,393.0	Punchbowl Mtn		2,850	785.3
1,392.5	Punchbowl Shelter... <i>9mS; 9.7mN</i>	W-0.2m S, w	2,500	785.8
1,392.1	Punchbowl Mtn Crossing; BRP mp 51.7	R, w	2,170	786.2
1,391.8	Va. 607, Robinson Gap Rd	R	2,100	786.5
1,389.9	Rice Mtn		2,228	788.4
1,388.0	USFS 39, Pedlar River	R	990	790.3

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,385.0	Pedlar Lake Rd (USFS 38)	R	1,000	793.3
1,383.0	Brown Mtn Creek Shelter... <i>9.7mS; 6.2mN</i>	S, w	1,395	795.3
1,381.2	U.S. 60 Buena Vista, VA 24416; Lexington, VA 24450	R (W–9.3m PO, C, G, L, M, D, V, cl, sh; 15m PO, G, L, M, D, V, O, f)	2,065	797.1
1,378.4	Bald Knob		4,059	799.9
1,377.4	Old Hotel Trail, Cow Camp Gap Shelter... <i>6.2mS; 10.8mN</i>	E–0.6m S, w	3,160	800.9
1,376.2	Cold Mtn		4,022	802.1
1,374.9	USFS 48, Hog Camp Gap	R, C, w	3,485	803.4
1,374.0	Tar Jacket Ridge		3,847	804.3
1,372.7	USFS 63, Salt Log Gap (north)	R	3,257	805.6
1,371.5	USFS 246	R	3,500	806.8
1,371.0	Greasy Spring Rd	R	3,600	807.3
1,369.1	N Fork of Piney River	C, w	3,500	809.2
1,367.9	Elk Pond Branch	C, w	3,750	810.4
1,367.2	Seeley-Woodworth Shelter... <i>10.8mS; 6.9mN</i>	S, w	3,770	811.1
1,366.1	Porters Field	C, w	3,650	812.2
1,364.9	Spy Rock Rd (was Fish Hatchery Rd) Montebello, VA 24464	R (W–2.5m PO, C, G, L, cl, sh, f)	3,454	813.4
1,364.4	Spy Rock		3,680	813.9
1,364.1	Main Top Mtn		4,040	814.2
1,363.3	Cash Hollow Rock		3,550	815.0
1,362.0	Cash Hollow Rd	R	3,280	816.3
1,361.2	Va. 826, Crabtree Farm Rd, Crabtree Falls Trail	W–0.5m C, w	3,350	817.1
1,360.3	The Priest Shelter... <i>6.9mS; 7.5mN</i>	S, w	3,840	818.0
1,359.8	The Priest		4,063	818.5
1,356.8	Cripple Creek	w	1,800	821.5
1,355.5	Va. 56, Tye River	R, C, w (W–4m C, G, sh)	970	822.8

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,353.8	Mau-Har Trail		2,090	824.5
1,352.8	Harpers Creek Shelter... <i>7.5mS; 6.2mN</i>	S, w	1,800	825.5
1,350.8	Chimney Rocks		3,190	827.5
1,349.5	Three Ridges		3,870	828.8
1,348.6	Hanging Rock Vista		3,750	829.7
1,346.6	Maupin Field Shelter... <i>6.2mS; 15.8mN</i>	S, w (W-2m G, L) (W-2.8m H)	2,720	831.7
1,344.9	Va. 664, Reeds Gap; BRP mp 13.6	R	2,650	833.4
1,344.4	BRP mp 13.1; Three Ridges Parking Overlook	R	2,700	833.9
1,340.6	Cedar Cliffs		2,800	837.7
1,340.1	BRP mp 9.6; Dripping Rock Parking Area	R, w	2,950	838.2
1,337.3	Humpback Mtn; trail to Humpback Rocks		3,250	841.0
1,336.3	Trail to Humpback Rocks			842.0
1,334.8	Bear Spring	w	3,200	843.5
1,332.6	Glass Hollow Overlook		2,750	845.7
1,332.3	Trail to Humpback Visitors Center	W-1.3m w	2,150	846.0
1,330.8	Mill Creek, Paul C. Wolfe Shelter... <i>15.8mS; 12.3mN</i>	S, w	1,700	847.5
1,325.8	U.S. 250, I-64, Rockfish Gap Waynesboro, VA 22980	R, G, L, M (W-1m L; 4.5m PO, H, C, G, L, M, O, D, V, cl, sh, f, @)	1,902	852.5

BRP=Blue Ridge Parkway, mp=milepost

Central Virginia's treadway is well-graded and includes several 2,000- to 3,000-foot climbs. You will traverse some of the northernmost balds on the Trail. Unusual rock formations offer up views to the valley below from the peaks of Humpback Rocks, Three Ridges, The Priest, McAfee Knob, and Dragons Tooth. This section is more rugged and remote than Shenandoah to the north and parallels the Blue Ridge Parkway for 90 miles.

Apple Orchard Mountain—When you reach the top, you will be at 4,225 feet. Once an Air Force radar base, the meadows were covered with barracks and support-service buildings for 250 people. On the northern side of the mountain, the A.T. leads you under The Guillotine—an impressively large boulder stuck over the Trail between rock formations. No camping is permitted on top of the mountain, the highest point on the A.T. between Chestnut Knob and Mt. Moosilauke in New Hampshire.

Thunder Hill Shelter (1962)—Sleeps 6. Privy. Water source is a walled-in spring south of the shelter, prone to go dry by late summer. A larger, reliable spring can be found by going south on the A.T. to the BRP. At the BRP, turn left, walk 0.3 mile to a gated road on the left; 500 feet down the gated road, where the road turns left, angle right to a spring basin.

Matts Creek Shelter (1961)—Sleeps 6. Privy. Several small swimming holes are nearby. The rocks you will find in this area are 500 million years old. Tentsites can be found north 1.0 mile, where Matts Creek flows into the James River, with river views and the sound of trains across the river. Water source is Matts Creek, in front of the shelter.

James River Foot Bridge—This bridge, the longest foot-use-only bridge on the A.T., is dedicated to the memory of Bill Foot, a 1987 thru-hiker and ALDHA honorary life member (Trail-named “The Happy Feet” with his wife, Laurie) whose efforts in securing the existing piers, applying for grants, and gaining numerous agencies’ cooperation made the bridge a reality.



U.S. 501 & Va. 130/James River—The two roads diverge at a fork east of the Trail crossing. On Va. 130, **East** 4.8 miles to **Camping**: Wildwood Campground, (434) 299-5228. Owners Terry and Dona Farmer provide tentsites \$20 per tent, cabins \$55–\$75 for 4 adults, \$3EAP; camp store, showers for registered guests, laundry facilities, pool, and snack bar.

On U.S. 501, **East** 5.3 miles to **Big Island, Va.** [P.O. ZIP 24526: **M–F 8:30–12:30 & 1:30–5, Sa 8–10; (434) 299-5072**]. ■ **Groceries**: H&H Market, (434) 299-5153, open daily 5:15–9 (long-term resupply), short-order restaurant, B/L/D, and phone. **Restaurants**: Sharon’s Pizza and More, (434) 299-7111, Tu–Sa 10:30–8, pizza, pasta, subs, desserts. ■ **Other services**: bank with ATM and medical center, (434) 299-5951.

West 6.0 miles to **Glasgow, Va.** [P.O. ZIP 24555: **M–F 8:30–11:30, 12:30–4:30, Sa 8–11; (540) 258-2852**]. ■ **Lodging and Restaurant**: Howard’s Family Restaurant & Motel,

(540) 258-1300, 853 Rockbridge Rd.; home-cooked meals, daily buffet, F seafood buffet, Su fried chicken, home-made desserts and soups daily, B/L/D, M–Sa 6 a.m.–7 p.m., Su 7–6; rooms \$42D, pets \$20 unless service; short-term hiker box. ■ **Groceries:** Glasgow Grocery Express, open 6–11:30, has Coleman fuel by the ounce, denatured alcohol, and Heet. ■ **Restaurants:** Howard's (above); CC's Stop & Go, (540) 258-1900, deli and convenience store, M–Sa 6–11:30, Su 8–9, deli open M–Sa 10–7, Su 8–7. ■ **Internet access:** library, (540) 258-2509; M, Th 10–7; T, W 10–5:30. ■ **Other services:** Dollar General, coin laundry, bank with ATM. ■ **Shuttles:** Ken Wallace, (800) 918-6612, (434) 609-2704, between Black Horse Gap and Tye River (May–mid-Oct), sometimes farther.

Johns Hollow Shelter (1961)—Sleeps 6. Privy. Water source is a spring to the left of the shelter or a stream to right 25 yards from the shelter.

Bluff Mountain—Site of a monument to four-year-old Oattie Cline Powell. In the fall of 1890, Oattie went into the woods to gather firewood for his schoolhouse and never returned. His body was found five months later on top of this mountain. Some NBATC members erected a permanent gravestone for his final resting place, seven miles from the monument.

Punchbowl Shelter (1961)—Sleeps 6. Privy. Some believe this shelter is haunted by the ghost of Little Oattie. Tentsites nearby if the shelter is full, which it often is. Water source is a spring by a tree next to the pond drainage in front and to the left of the shelter. An alternative water source is a spring in the ravine north 0.4 mile, shortly after crossing the BRP.

Brown Mountain Creek Valley—Community of freed slaves lived here from the Civil War until about 1918; remains of cabins and interpretive signs tell of life in the valley then. ATC-involved archaeological studies are underway.

Brown Mountain Creek Shelter (1961)—Sleeps 6. Privy. Water source is a spring in front of, and uphill from, the shelter. In dry conditions, get water from Brown Mountain Creek, crossed on the side trail to the shelter.



U.S. 60—West 9.3 miles to **Buena Vista [P.O. ZIP 24416: M–F 8:30–4:30, Sa. 9–11; (540) 261-8959]**. ■ **Lodging:** Buena Vista Motel, (540) 261-2138, \$49–\$79; Budget Inn, (540) 261-2156, \$44.95S, \$59.95D, \$10EAP, pet fee (allowed in smoking rooms only), laundry, Subway restaurant in motel, WiFi, continental B on weekends, possible shuttle to and from the Trail. ■ **Camping:** Glen Maury Campground, (540) 261-7321, tentsites with shower, \$20 + 9% tax per tent, \$2 shower without stay, pool \$2 for guests. Pool closes mid-Aug. ■ **Groceries:** Food Lion (long-term resupply). ■ **Restaurants:** Todd’s Barbeque and several fast-food options. ■ **Shuttles:** Rockbridge Taxi Service, (540) 261-7733, provides local shuttles, \$2 per mile, farther distances with advance notice. ■ **Other services:** coin laundry, banks with ATM, hardware store, doctor, dentist, pharmacy, and veterinarian. ■ **Other attractions:** The annual Maury River Fiddlers Convention, popular with hikers, will be held at Glen Maury Park, the third weekend (Th, F, Sa) in Jun; Bluegrass Festival, the 4th weekend (Th, F, Sa) in Sep.

West 15 miles to **Lexington [P.O. ZIP 24450: M–F 8:30–5, Sa 9–12; (540) 463-6449]**. A large town with groceries, motels, doctors, vets. **Outfitter:** Walkabout Outfitter, (540) 464-HIKE, 15 W. Washington St., M–Sa 10–5, owned by Kirk Miller (Flying Monkey ’99), full-service outfitter, white gas by ounce, MSR canisters.

Cow Camp Gap Shelter (1986)—Sleeps 8. Privy. Water source is on blue-blazed trail to the left of the shelter; if you have crossed a small stream, you missed the spring.

Cold Mountain—Bald Knob, south of Cold Mountain, isn’t a bald, but Cold Mountain and Tar Jacket Ridge are. A mowing project was undertaken by NBATC and the Forest Service to preserve the open views and habitat for northern cottontail rabbits, various raptors, turkey, and grouse. A 1994 law created the Mt. Pleasant National Scenic Area, including Cold Mountain and areas east.

Seeley–Woodworth Shelter (1984)—Sleeps 8. Privy. Continue 0.1 mile farther on blue-blaze to a piped spring.

Porters Field—West to a spring and campsite 300 feet down the second of two dirt roads.



Spy Rock Road—This “road”—formerly known as Fish Hatchery Road—is a gated, one-lane dirt road with no traffic.

West 1.5 miles to the fish hatchery, 0.7 mile farther to **Montebello, Va. [P.O. ZIP 24464: M–F 8–4:30, Sa 9–12; (540) 377-9218]**, on Va. 56. Turn left, and reach town in 0.3 mile, with post office, grocery store, and campground. **Lodging:** Montebello Camping and Fishing (long-term resupply), (540) 377-2650, special thru-hiker-rate tentsites with shower \$10S, \$3EAP, furnished efficiency cabin \$80–\$115, bed-only camping cabin \$45–\$55, shower only (without stay) \$3.50 (pay at store first), denatured alcohol, propane fuel, laundry; Dutch Haus B&B, owners Earl and Lois Arnold, (800) 341-9777, \$3OPP, free L to thru-hikers May–Jun (SOBOs, call ahead), D extra, fuel by the ounce, credit cards accepted, laundry, shuttle, Internet access, holds mail drops sent to 655 Fork Mountain Ln., Montebello, VA 24464, call from top of Spy Rock Road for pick-up at bottom gate.



Crabtree Farm Road—**West** 0.5 mile to campsite and spring; 2 miles farther on the Crabtree Falls Trail to Crabtree Falls, one of the highest cascades in the East.

The Priest Shelter (1960)—Sleeps 8. Privy. Named for the massif dominating the area, this shelter is near a busy access for backpackers and is often full. Water source is a spring to the left of the shelter.

Va. 56/Tye River—**West** 3.9 miles to **Camping:** Crabtree Falls Campground (short-term resupply), (540) 377-2066, <www.crabtreefallscampground.com>, <cfcg@ceva.net>. Go west 0.5 mile on Crabtree Farm Road to Crabtree Meadows parking area, then down Crabtree Falls Trail 2.9 miles to Va. 56, then east 0.5 mile to the campground. The campground offers tentsites with shower \$23D, cabins \$55D w/tax; M–Th 9–6, F–Sa 9–10, Su 9–2, no charge for shower without stay. Campground accepts packages for guests mailed to 11039 Crabtree Falls Hwy., Tyro, VA 22976; packages accepted are limited to shoebox size.

A 2008 relocation begins 0.5 mile north of the Tye River footbridge and ends at the southern Mau-Har Trail junction (reflected in the table at the beginning of this chapter). The new section passes through two mountain-laurel thickets and the remnants of a long-abandoned farm.

Tidewater Appalachian Trail Club—TATC maintains the 10.6 miles between the Tye River and Reeds Gap. Correspondence should be sent to P.O. Box 8246, Norfolk, VA 23503; <president@tidewateratc.org>; <www.tidewateratc.org>.

Mau-Har Trail—Traversing an area rich in waterfalls and good swimming holes, this steep, 3-mile blue-blaze connects with the A.T. at Maupin Field Shelter. It's shorter, but harder, than the white-blazed route.

Harpers Creek Shelter (1960)—Sleeps 6. Privy. Designated low-impact tent sites, which campers are requested to use. Water source is Harpers Creek, in front of the shelter. In extreme droughts, go upstream, and find water in the spring-fed ponds.

Maupin Field Shelter (1960)—Sleeps 6. Privy. Designated low-impact tent sites, which campers are requested to use. The Mau-Har Trail begins behind the shelter and rejoins the A.T. 3 miles south. Water source is a dependable spring behind the shelter.

Fire Road to Blue Ridge Parkway— From Maupin Field Shelter, turn left on fire road (just north of shelter), 1.5 miles to BRP. **South** on BRP 0.5 mile and turn right on Rt. 814, entrance driveway, 200 yards to **Lodging**: Royal Oaks Cabins, (800) 410-0627, (540) 943-7625, <www.vacabins.com>, <royaloak@ntelos.net>. Run by Keith, Sharon, and Kris Smith. Cabins only (sleep 2–12), no camping; M–Th \$105–\$345, F–Su \$135–\$365 per night; deli (short-term resupply).

South on BRP 1.3 miles to **Hostel**: Rusty's Hard Time Hollow—Rusty Nesbitt's gravel driveway with gray pipe gate is on the left at BRP mile 16.7. Open 365/24/7. Section-hikers, thru-hikers, long-distance cyclists, and weekenders are welcome. Since 1982, Rusty has hosted more than 12,000 hikers, cyclists, white-blazers, yellow-blazers, and blue-blazers. The signs along the road are for your entertainment. The Hollow is a primitive, 19-acre, back-to-basics, Appalachian mountain farm and includes bunkhouses, springhouse, outhouse, rainwater shower. No tenting allowed during peak season. Limited stay; exceptions for medical conditions. No dogs. Trips to nearby Sherando Lake for swimming. Rides back to the Trail. Keep in mind that the Hollow is Rusty's home. Minimum \$20 donation per person per night up front. Unlimited soft drinks and snacks included. No alcohol or illegal drugs allowed. Mail drops not accepted.

Old Dominion Appalachian Trail Club—ODATC maintains the 19.1 miles between Reeds Gap and Rockfish Gap. Correspondence should be sent to P.O. Box 25283, Richmond, VA 23260; <dolli@smv.org>; <www.odatc.net>.

Humpback Rocks—The Trail circumvents the rocks, but, if you are seeking a bouldering opportunity, they may still be reached by a short, blue-blazed side trail.

Paul C. Wolfe Shelter (1991)—Sleeps 10. Privy. Built by ODATC and the Konnarock Crew, this shelter has windows and a porch cooking area. Tentsites available. Water source is Mill Creek, located 50 yards in front of the shelter.

Paul Wolfe Shelter to Rockfish Gap—The Trail passes through an old settlement, including home sites, terraced gardens, and a cemetery, all reputedly haunted.

Miles from Katahdin	Features	Services	Elev.	Miles from Springer
1,228.8	Hogwallow Spring	w	2,950	949.5
1,228.2	Skyline Drive mp 14.2; Hogwallow Gap	R	2,739	950.1
1,226.5	Skyline Drive mp 12.3; Jenkins Gap	R	2,400	951.8
1,225.6	Compton Springs	w	2,700	952.7
1,225.2	Compton Peak		2,909	953.1
1,224.4	Skyline Drive mp 10.4; Compton Gap	R	2,550	953.9
1,224.2	Indian Run Spring	E-0.3m w	2,350	954.1
1,222.7	SNP kiosk for camping permits self-registration; Compton Gap Fire Rd, Compton Gap Trail	N-0.5m H, sh, f, M	2,350	955.6
1,222.5	SNP northern boundary, Possums Rest Overlook		2,300	955.8
1,221.7	Tom Floyd Wayside... <i>10.7mS; 8.1mN</i>	S	1,900	956.6
1,220.7	Northern Virginia 4-H Swimming Pool	W-0.3m	1,350	957.6
1,220.2	Va. 602	R	1,150	958.1
1,218.8	U.S. 522 Front Royal, VA 22630	R (W-3.2m G, L, M, O, cl, f, @; 4.2m PO, M, D, @)	950	959.5

+Fee charged, mp=milepost

Shenandoah National Park, with 103 miles of well-graded Appalachian Trail, is memorable for its many vistas and abundant wildlife. Skyline Drive, which you will cross 28 times, has many waysides and concessions for resupply stops. Backcountry permits are required when camping in the park.



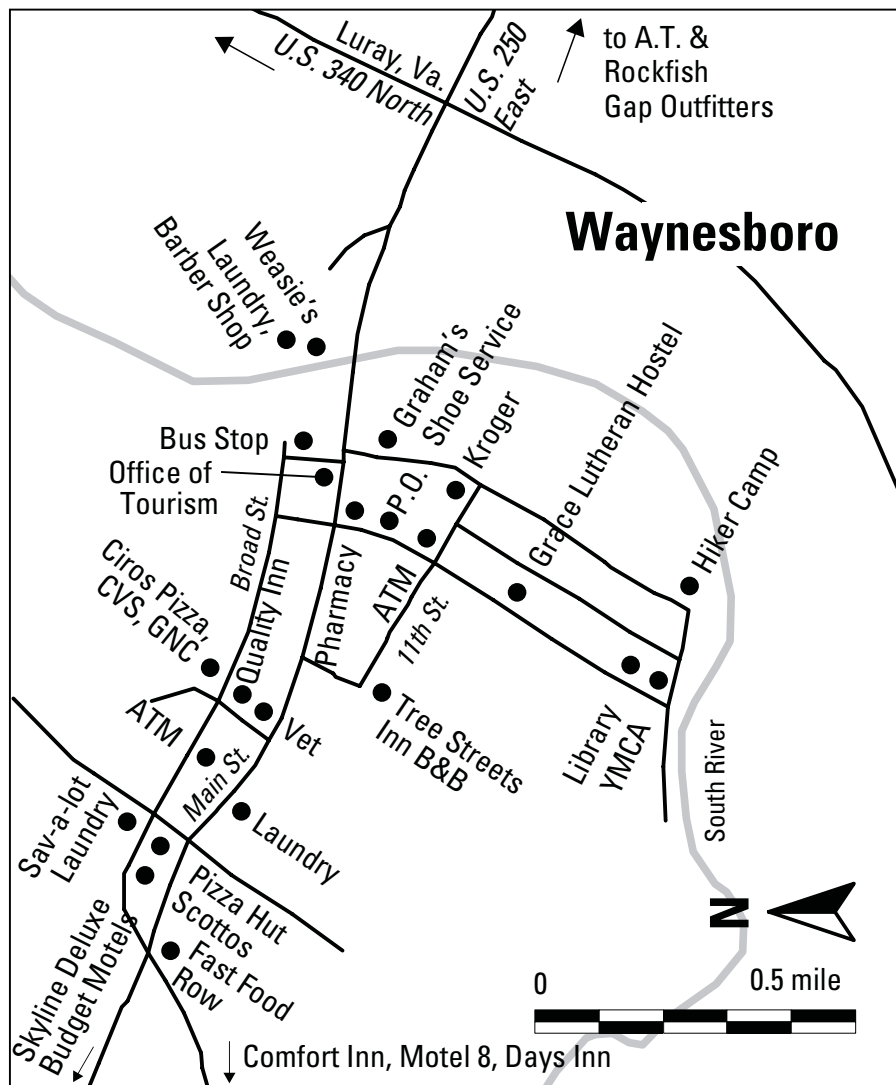
U.S. 250, I-64/Rockfish Gap—Where the A.T. crosses U.S. 250, it is **West** 200 yards to a small clustering of buildings (many of them vacant) at Rockfish Gap. Rockfish Gap Visitors Center, (540) 943-5187, is open daily 9-5 and offers an information packet on the area, created specifically for hikers, that notes all services and includes a list of people who provide free shuttles to town. If closed, packets are in box near door. ■ **Lodging:** Inn at Afton, (540) 942-5201, above and behind the visitors' center,

\$60–\$100, B/L/D, pool, pets allowed, vehicles may be parked in lot; leave name, vehicle information, and date of return with desk staff. ■ **Other services:** Outside phone at now-closed Afton Mountain Convenience store.

West 1 mile to Lodging: Colony House Motel, (540) 942-4156, hiker rate \$43.80 incl. tax., pets \$10, pool, laundry, can shuttle back to Trail if asked and available.

West 4.5 miles to Waynesboro, Va. [P.O. ZIP 22980: M–F 8:30–5, Sa 9–11; (540) 942-7320], a large, hiker-friendly town with most services. The office of tourism and the Waynesboro “Trail angels” are holding their Fifth Annual Hiker Fest on June 13, 2009, at Grace Evangelical Lutheran Church, 500 South Wayne Ave. The fest will include dinner, a movie, and much more for a nominal fee. All hikers are welcome!

■ **Hostel:** Grace Evangelical Lutheran Church, 500 South Wayne Ave., open May 18–Jun 28, closed Su nights, check-in 5–9 p.m., check-out 9 a.m, but will store packs for those staying over another night. Lounge with big-screen VCR and DVD, a/c,



Internet, showers, cots, use of kitchen, snacks, and continental breakfast. Members of the congregation host a W night supper for hikers (max. 15) followed by an optional vespers service. No pets, drugs, smoking, alcohol, firearms, foul language. Maximum 15 hikers; 2-night limit. Donations accepted. ■ **Camping:** Waynesboro Family YMCA, (540) 942-5107, on South Wayne Ave., offers tentsites on a grassy area near the South River. Check-in at desk M–F 5:15 a.m.–10 p.m., Sa 8–5, Su 1–5. Although not officially a hostel, the YMCA offers showers (cost picked up by Trail angel DuBose Egleston); restroom, gym, and pay phone; donations appreciated. ■ **Lodging:** Quality Inn, (540) 942-1171, new owners may not give hiker rate, \$52–\$75, pets in smoking rooms only \$10; Tree Streets Inn B&B, (540) 949-4484, \$65s/D includes B, shuttle, mail drops accepted for guests sent to 421 Walnut Ave. ■ **Groceries:** Kroger (long-term resupply). ■ **Restaurants:** Ming Garden, AYCE L/D; Gavid’s Steaks; Scottos Italian; Ciro’s Pizza; Pizza Hut, AYCE L/D; Chickpeas; Shukis BBQ, Weasie’s Kitchen, B/L/D with AYCE pancake B anytime, open M–Sa 5:30–8, Su 7–2; and many fast-food outlets. ■ **Outfitter:** Rockfish Gap Outfitters, (540) 943-1461, located on U.S. 250 on the way into town; fuel by the ounce, backpacking gear, large footwear selection, minor gear repairs, and manufacturer-warranty assistance. ■ **Internet access:** Waynesboro Public Library, M–F 9–9, Sa 9–5; Grace Lutheran Church during times of hostel operation (see above). ■ **Other services:** cobbler, coin laundry, pharmacy, banks with ATM, doctor, dentist, veterinarian, barber, massages, Western Union, and one-hour photo service. Many motels, restaurants, and groceries also are available 2 miles south of town on U.S. 340 (Rosser Ave.) at I-64.

Potomac Appalachian Trail Club—PATC maintains the 239.7 miles between Rockfish Gap and Pine Grove Furnace State Park in Pennsylvania. Send correspondence to PATC, 118 Park St. SE, Vienna, VA 22180; (703) 242-0693; <www.potomacappalachian.org>; <info@patc.net>.

Shenandoah National Park—Although the SNP presents some significant ascents and descents, hikers generally will find the Trail within the park well-graded.

Park history—In 1926, Congress authorized the creation of the Shenandoah and Great Smoky Mountains national parks. Unlike western parks, most of today’s Shenandoah park land was privately owned; the Blue Ridge here had been dotted with communities and isolated groups of settlers since the 1750s. Areas of the mountains had long been farmed and grazed. Out-of-state corporations had exploited some areas for timber products and mineral ores. Three resorts also provided Vic-