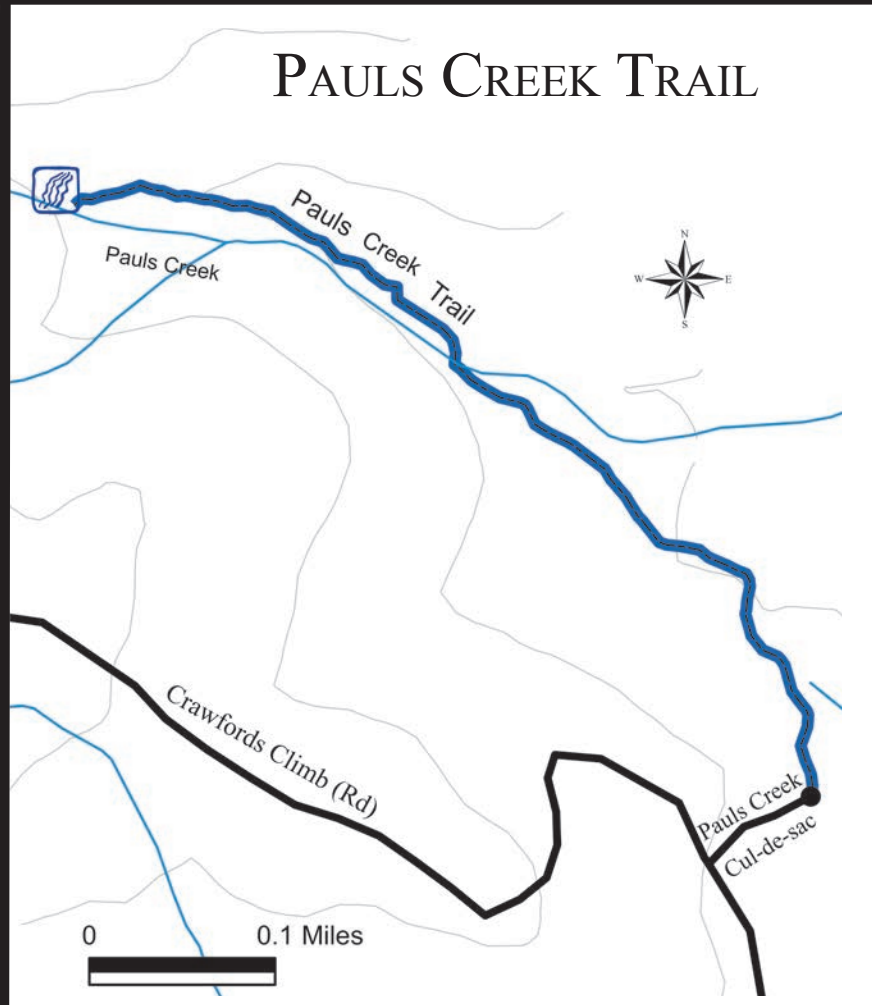
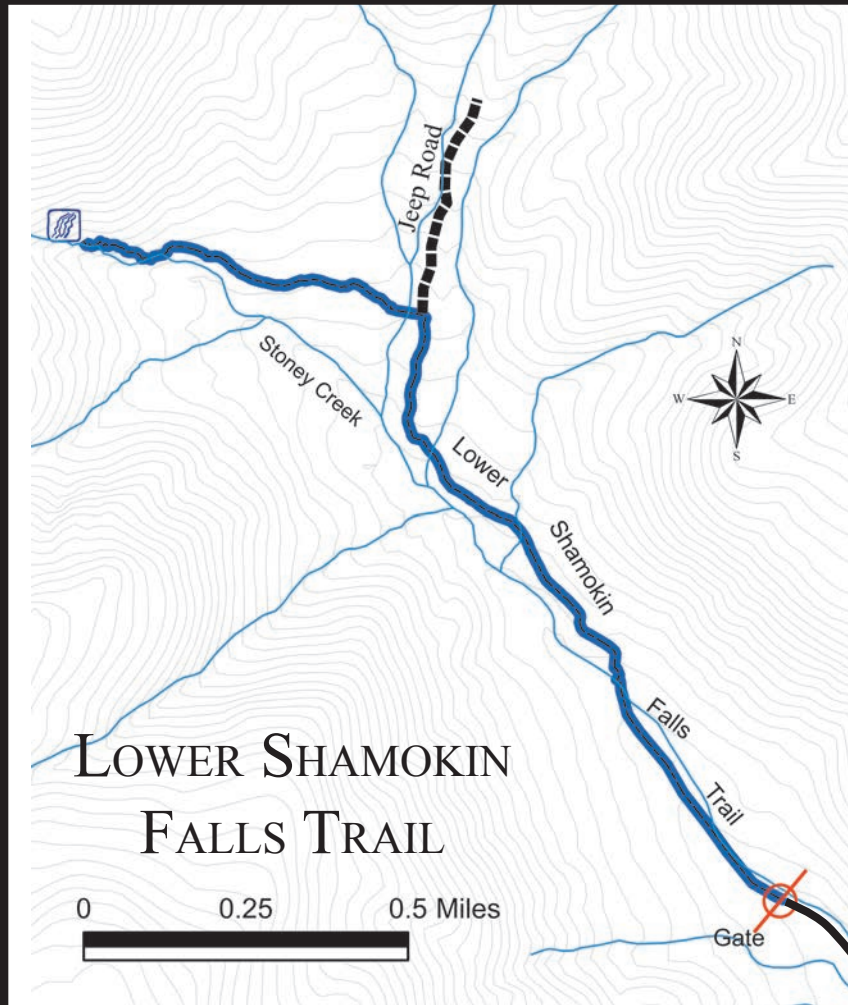
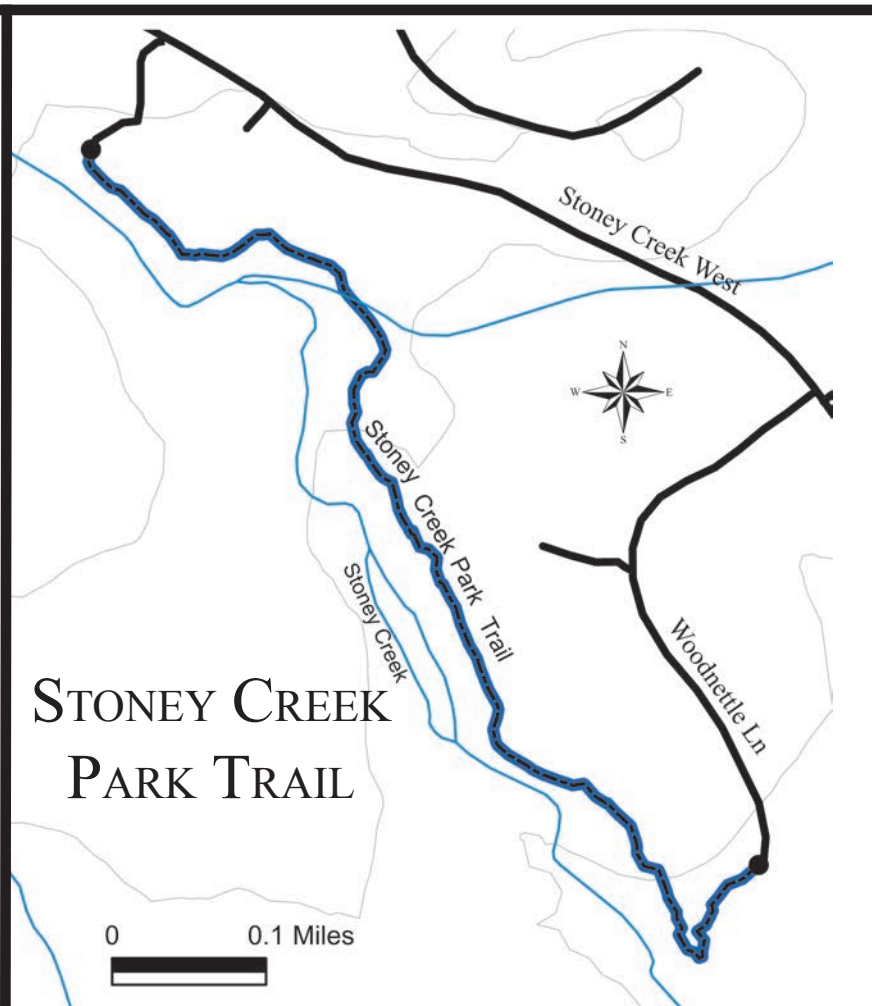
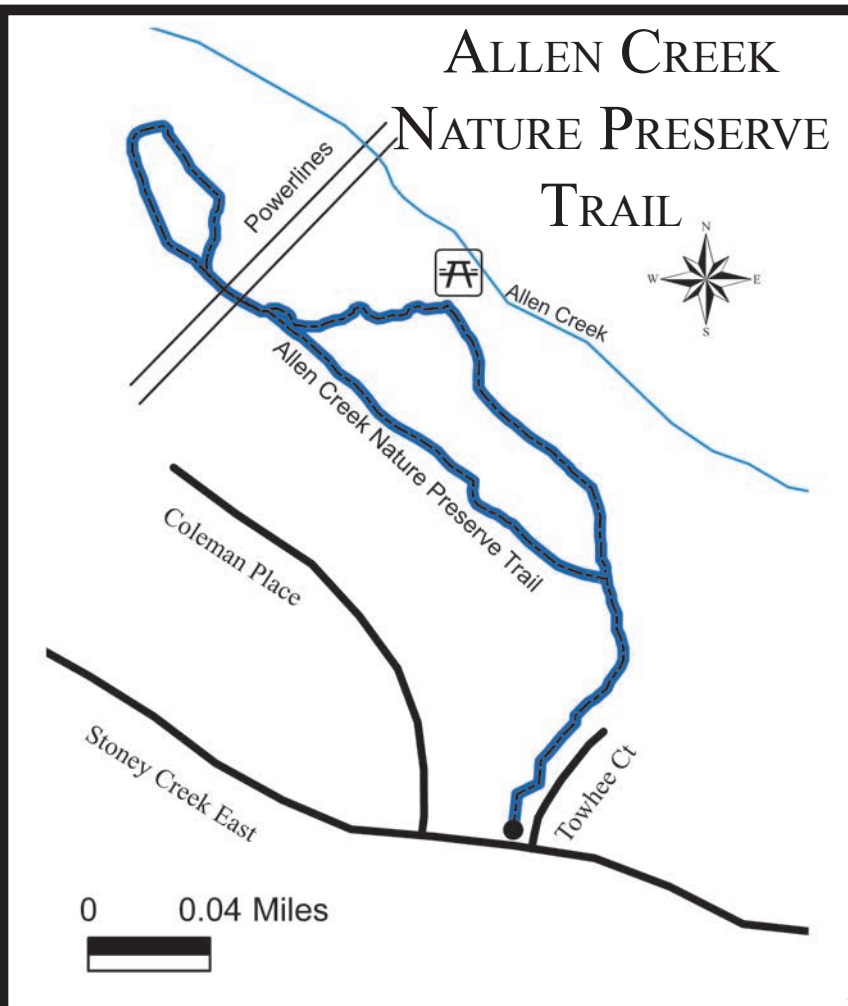
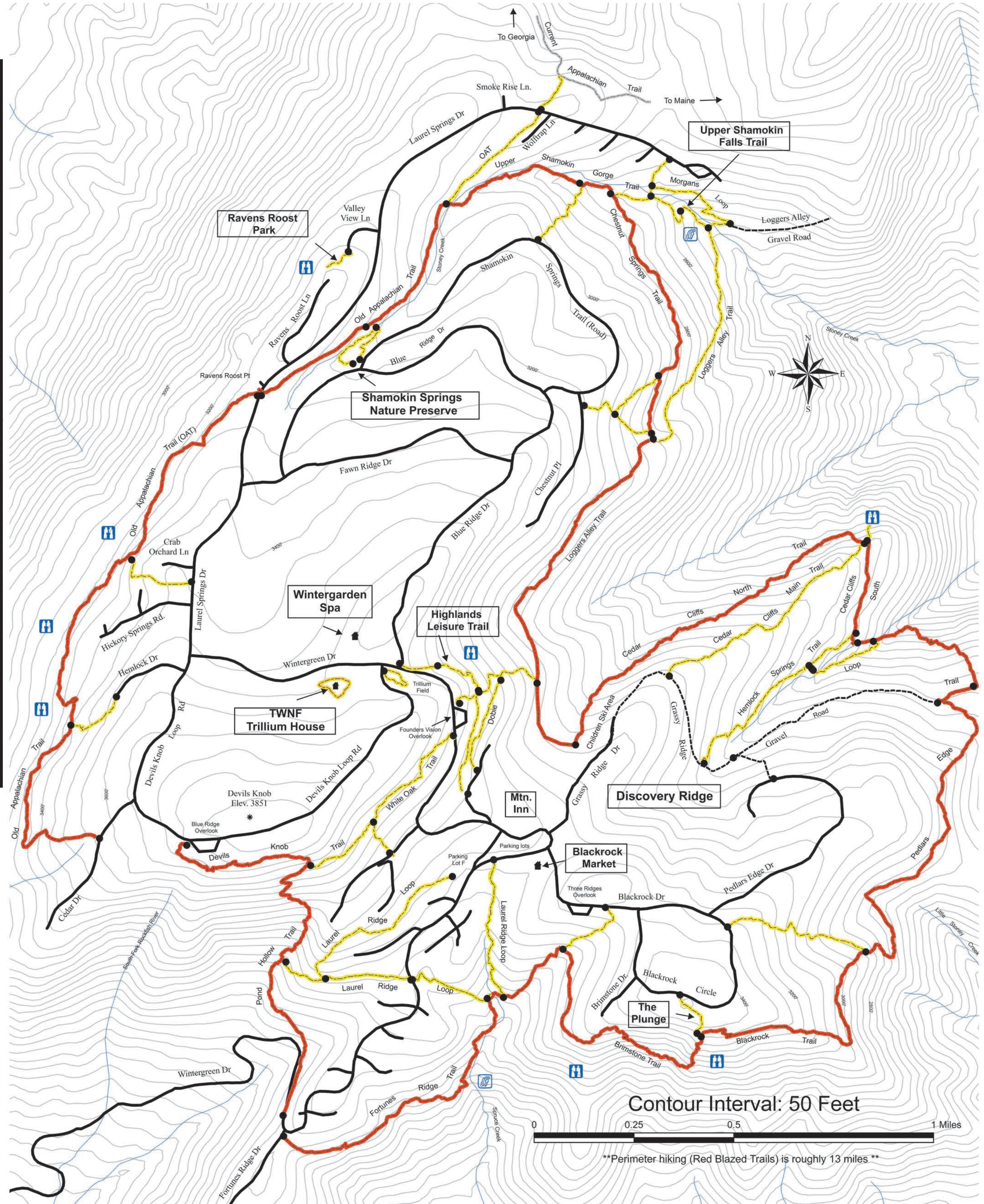


VALLEY TRAILS



Map Legend

- Perimeter Hiking Trails
- Access Hiking Trails
- Current Appalachian Trail
- Paved Roadways
- - - Gravel Road Ways
- Waterfalls
- Scenic Overlooks
- Trail signs
- Streams
- Topographic Lines



Wintergreen's Outdoors

Wintergreen lies in a section of the Blue Ridge called “Old Appalachia” where rock formations were formed approximately 1.1 billion years ago during a collision event called the Alleghenian Orogeny. This was accomplished much like pushing the ends of a rug together, producing raised folds in the center. Plant and animal life followed and found their respective niches in this complex system of ridgelines, valleys, and rock faces.

Wintergreen’s forest represents what biologists call an eastern hardwood forest bio-community. It represents a portion of the most unique and diverse plant communities on the planet.

This unique environment at Wintergreen offers each hiker an unforgettable experience. The trail system, maintained by The Wintergreen Nature Foundation, is a portal into this natural community.

Trillium House

The Nature Foundation of Wintergreen’s headquarters are located at the Trillium House. This facility is the location on the mountain for all nature oriented activities and resources. Information about TNFW’s programs, events, and projects can be found at the Trillium House.

www.twnf.org



The Nature Foundation at Wintergreen exists to encourage the understanding, appreciation, and conservation of the natural and cultural resources of the Blue Ridge mountains of Virginia. The Foundation functions as a research and education facility for its members and visitors, and serves as a host site for regional and national conservation efforts.



Route 1, Box 770
Roseland, VA 22967
434-325-8169
email: info@twnf.org
www.twnf.org

Blackrock Trail

Distance: 0.8 miles Blaze Color: **Red**
Difficulty Level: **DIFFICULT**
Key Feature(s): rocky, plant-life, ecology

Trail Notes: Blackrock Trail is located on a south-facing slope, which promotes the dry, thin soils along the pedlar gneiss rock formations. Mountain laurel, blueberry, and rose azalea thrive in this harsh environment and are in bloom during June. The dominant tree species found along the trail are chestnut oak and table mountain pine; note the way the southwest winds shape these pines. *Use caution in winter*

Brimstone Trail

Distance: 0.8 miles Blaze Color: **Red**
Difficulty Level: **MORE DIFFICULT**
Key Feature(s): rocky, spectacular views

Trail Notes: The steep and rocky cliffs provide incredible views of Three Ridges Mountain and points to the southwest. The trail meanders below the Plunge and consists of a series of steep, short up and down sections. Mountain laurel and rhododendron cover these dry soiled slopes, along with chestnut oaks. These thickets are interrupted by “rock gardens” where rock cap fern & fly poison lily grow. *Use caution in winter.*



photos by Tom Marker
Brimstone Trail

Morgans Loop

Distance: 0.3 miles Blaze Color: **Yellow**
Difficulty Level: **MODERATE**
Key Feature(s): waterfall, interesting rock formations

Trail Notes: This trail serves as a completion of the loop around the Upper Shamokin waterfall and features a unique view of the top of the waterfall.

Old Appalachian Trail

Distance: 3.3 miles Blaze Color: **Red-Yellow**
Difficulty Level: **MODERATE TO DIFFICULT**
Key Feature(s): scenic vistas, hiker’s favorite

Trail Notes: This trail has an array of access points and varying hike lengths. Along the trail, there are numerous greenstone ledges that provide spectacular views of the south & Shenandoah Valley. The trail used to be the actual Appalachian Trail. Wildflowers are always abundant. *Use caution in winter.*

Pedlars Edge Trail

Distance: 1.6 miles Blaze Color: **Red**
Difficulty Level: **DIFFICULT**
Key Feature(s): bird watching, geology

Trail Notes: The trail is named after the geologic formations found at this elevation, the “pedlar formation”, which was formed 1.1 million years ago. The power-line section is a bird watchers delight with the creation of edge that increases wildflowers and seeds for birds to feed upon. Allow extra time for access and return. *Use caution in winter.*

The Plunge

Distance: 0.2 miles Blaze Color: **Yellow**
Difficulty Level: **MODERATE TO DIFFICULT**
Key Feature(s): spectacular views, geology

Trail Notes: One of the shortest trails on the mountain. The Plunge is an excellent introduction to the beauty and natural history of the area. The rock formations were created millions of years ago and are called pedlar gneiss. The Plunge provides an incredible overlook and family picture spot.

Cedar Cliffs Main Trail

Distance: 0.7 miles Blaze Color: **Yellow**
Difficulty Level: **MODERATE**
Key Feature(s): ridgeline with scenic overlook at end

Trail Notes: The main trail begins on the maintenance road and meanders through dense forest cover and ends on a spectacular cliff that overlooks the Shamokin Gorge to the north. At the overlook, one notices the eastern hemlocks and table mountain pines shaped by the direction of the prevailing winds.

Cedar Cliffs North Trail

Distance: 1.0 mile Blaze Color: **Red**
Difficulty Level: **DIFFICULT**
Key Feature(s): rocky, interesting setting

Trail Notes: This trail is parallel to the main trail on a north facing slope. This setting promotes cool, damp conditions. The trail is boulder strewn and provides a beautifully scenic walk. The trail is somewhat difficult but well worth the effort and is connected to the Cedar Cliffs Main Trail and overlook. *Use caution in winter.*

Chestnut Springs Trail

Distance: 1.1 miles Blaze Color: **Yellow-Red**
Difficulty Level: **MODERATE TO DIFFICULT**
Key Feature(s): north to south exposure

Trail Notes: The north end of the trail leaves the stream, yellow birches and rhododendron of the Shamokin Gorge and enters oak-hickory forest type. As the trail enters south facing territory, several small streams cross the trail. This southern end is ideal for spring wildflowers like bloodroot, wild ginger, and violets. Watch for rocky terrain and stinging nettle (long pants recommended). *Use caution in winter.*

Pond Hollow Trail

Distance: 1.0 mile Blaze Color: **Red**
Difficult Level: **MORE DIFFICULT**
Key Features: geologic fault line, rugged terrain

Trail Notes: Pond Hollow is one of the most interesting and challenging trails on the mountain, located within a geologic fault line. The fault line is located in the center of the trail and easily recognized by the 50-100 ft. swath of displaced boulders. Note the interesting placement of plant life. The forested area to the west has been labeled as prime bobcat habitat. *Use caution in winter.*

Ravens Roost Park

Distance: 0.1 miles Blaze Color: **Yellow**
Difficulty Level: **EASY**
Key Feature(s): overlook platform, bird watching

Trail Notes: This short, loop trail leads to a large overlook platform that provides a spectacular view of the Shenandoah Valley and an ideal spot for migratory bird watching.

Shamokin Springs Nature Preserve

Distance: 0.3 miles Blaze Color: **Yellow**
Difficulty Level: **EASY**
Key Feature(s): unique area, streams, family favorite

Trail Notes: The Nature Preserve is one of the most unique environments on the mountain. The high elevation wetland featuring northern plant species is a favorite with families and can be accompanied by a “Preserve Guide” found at the trail entrance.



staff photo
view from The Plunge

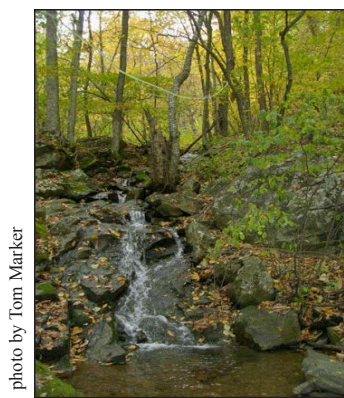


photo by Tom Marker
Hemlock Springs

Devils Knob Trail

Distance: 0.6 miles Blaze Color: **Red-Yellow**
Difficulty Level: **MODERATE TO DIFFICULT**
Key Feature(s): highest elevation, winter views, rocky footing

Trail Notes: The trail begins at the Blue Ridge Overlook. The rock areas are called catocin greenstone. Note the natural “gardens” along the rock faces and crevices. During the spring, small flowered phacelia and saxifrage, white flowers in the rock crevices, are in full bloom blanketing many parts of the trail. Bird watching and views of Pond Hollow and Fortunes Ridge are the treats of this rocky-footed hike. *Use caution in winter.*

Fortunes Ridge Trail

Distance: 1.1 miles Blaze Color: **Red**
Difficulty Level: **MODERATE TO DIFFICULT**
Key Feature(s): waterfall, ecology, and dense forest

Trail Notes: Fortunes Ridge Trail follows a cold mountain stream over cascading rock formations. After dropping steeply, a small yet picturesque waterfall emerges. While sitting, take a look to the southwest and observe the two old-growth oak trees. The remainder of the trail passes through laurel thickets that bloom pink in June. Note the dramatic changes in forest types along the trail.

Trillium Field

Distance: 0.1 miles Blaze Color: **Yellow**
Difficulty Level: **EASY**
Key Feature(s): trillium, easy hike

Trail Notes: In early May the bloom from hundreds of trillium blanket the forest floor with white and pink. The Trillium Field provides habitat for wildflower species that bloom throughout the warmer months.



photo by Tom Marker
view from Raven’s Roost

Trillium House Trail

Distance: 0.1 miles Blaze Color: **Yellow**
Difficulty Level: **EASY**
Key Feature(s): easy hike, interpretive signage

Trail Notes: This loop around the nature center offers information about the natural history of Wintergreen. In spring, the trail features a wide variety of wildflowers.

Upper Shamokin Falls Trail

Distance: 0.4 miles Blaze Color: **Yellow**
Difficulty Level: **MODERATE**
Key Feature(s): waterfall, stream, a family favorite

Trail Notes: One of the most popular and beautiful hikes on the mountain. Follow the sound of falling water to the falls and be sure to stop and look around at the evergreen ferns and wildflowers. Please refrain from climbing on the edges of the falls, as the rocks are slippery when wet. Don’t forget your camera on this hike for the entire family.

Hemlock Springs / Loop

Distance: 0.8 miles Blaze Color: **Yellow-Red**
Difficulty Level: **MODERATE TO DIFFICULT**
Key Feature(s): stream, north vs. south slopes, old-growth hemlock

Trail Notes: This trail is one of the only areas that provides habitat for both pink & yellow ladyslippers. The Loop portion (DIFFICULT) of the trail passes through an old-growth stand of eastern hemlocks that have been devastated by an insect called the hemlock woolly adelgid. *Use caution in winter.*

Highlands Leisure Trail

Distance: 0.5 miles Blaze Color: **Yellow**
Difficulty Level: **EASY TO MODERATE**
Key Feature(s): ski slope overlook, easy access

Trail Notes: The Highlands Leisure Trail is the connecting trail between the Blackrock Village and the Wintergarden. The trail provides hikers with easy access to local forests without taking them on a long hike. The trail also provides an overlook platform that overlooks the ski slopes and Wintergreen’s “Open Space” on Crawford’s Knob and alongside Humpback Mountain.

Laurel Ridge Loop

Distance: 1.6 miles Blaze Color: **Yellow**
Difficulty Level: **MODERATE TO DIFFICULT**
Key Feature(s): loop hike, ecology

Trail Notes: The loop layout of the trail provides access to an array of forest types: mountain laurel thickets, yellow birch, hemlock remains, and oak-hickory forest. This trail offers a challenging rocky section.

Loggers Alley Trail and Access

Distance: 1.5 miles Blaze Color: **Red-Yellow**
Difficulty Level: **EASY TO MODERATE**
Key Feature(s): bird watching, leisure walking

Trail Notes: This trail is located on an old logging road. The trail ends in the Shamokin Gorge just below the falls. The trail is perfect for early morning birding. “Trail” closed in winter, “Access” open.

Upper Shamokin Gorge Trail

Distance: 0.8 miles Blaze Color: **Red**
Difficulty Level: **DIFFICULT**
Key Feature(s): stream side, challenging

Trail Notes: One of the more beautiful and challenging hikes on the mountain, the Gorge Trail follows and crosses the headwaters of Stoney Creek at several spots. At some places the water itself is invisible, but easily heard under the rocks. Stream life can be found on the undersides of rocks and plant-life is abundant all around. The trail intersects with the Upper Shamokin Falls and Laurel Springs Gap Overlook trails. *Use caution in winter.*

White Oak Trail

Distance: 0.5 miles Blaze Color: **Yellow**
Difficulty Level: **MODERATE**
Key Feature(s): wildflowers, morning birding

Trail Notes: Access for the trail can be made either on White Oak Dr. or Wintergreen Dr. The trail is excellent for finding wildflowers during warmer months. White Oak Trail also provides hikers with a short, heavily forested hike through Wintergreen’s wilderness. This is an ideal trail for solitude and bird watching.



photo by Tom Marker
Upper Shamokin Falls

HIKING INFORMATION

HIKE AT YOUR OWN RISK

Key Hiking Notes

- Do not hike alone.
- Do not underestimate the terrain.
- Carry drinking water and a snack.
- Be aware of wildlife and respect its space.
- Wear proper attire, including footwear.
- Carry a hiking map at all times.
- Stay on marked trails.
- Be aware of your limitations.

Orientation

The trail system at Wintergreen is divided into three types of trails: access trails, perimeter trails, and valley trails. Access trails are blazed in **YELLOW**, perimeter trails in **RED**, and valley trails in **BLUE**. Besides the map and tree blazes, there are signs at intersections with trail name, direction, and blaze color.

- **EASY:** Generally level terrain, all abilities
- **MODERATE:** Varied terrain, short steep sections.
- **DIFFICULT:** Lengthy steep sections, experienced hikers only.

VALLEY TRAILS

Pauls Creek Trail (INSET)

Distance: 0.6 mile Blaze Color: **Blue**
Difficulty Level: **MODERATE**
Key Feature(s): waterfall, streamside, family favorite

Trail Notes: Family favorite! At the end of this valley hike is a series of cascading waterfalls. The rock surfaces of the falls have been smoothed by thousands of years of rushing water. **DIRECTIONS:** At the end of Monocan Drive take a left on Rodes Vally Drive, left on Crawfords Climb and right on Paul’s Creek Cul-de-sac.

Lower Shamokin Falls Trail (INSET)

Distance: 1.7 miles Blaze Color: **Blue**
Difficulty Level: **MODERATE**
Key Feature(s): cascading waterfall, long hike

Trail Notes: Perhaps the longest destination hike on the property, the trail begins on a jeep trail and then meanders through dense forest cover. The end of the trail is located at the base of a cascading waterfall that begins just below the Upper Shamokin Falls Trail. **DIRECTIONS:** From Rt. 151, take a left onto Rt. 751 (Old Stoney Creek Road), trail begins at the end of the road at gate.

Stoney Creek Park (INSET)

Distance: 0.9 miles Blaze Color: **Blue**
Difficulty Level: **EASY**
Key Feature(s): picnic spot, streamside, easy hike

Trail Notes: This trail is an excellent opportunity for a picnic or leisurely stroll through the valley wilderness. Sycamore trees, American beech and blackberries highlight the trail. **DIRECTIONS:** From Monocan Drive, take a left onto Stoney Creek West, take a left into Stoney Creek Park.

Allen Creek Nature Preserve (INSET)

Distance: .7 miles Blaze Color: **Blue**
Difficulty Level: **EASY**
Key Features: wetland, rare plants, picnic spot

Trail Notes: This trail is a birder’s and a botanist’s paradise. Many unique bird populations call this preserve home, along with plant species found nowhere else in Wintergreen. **DIRECTIONS:** From Monocan Drive take a right onto Stoney Creek East, take a left onto Towhee Ct.