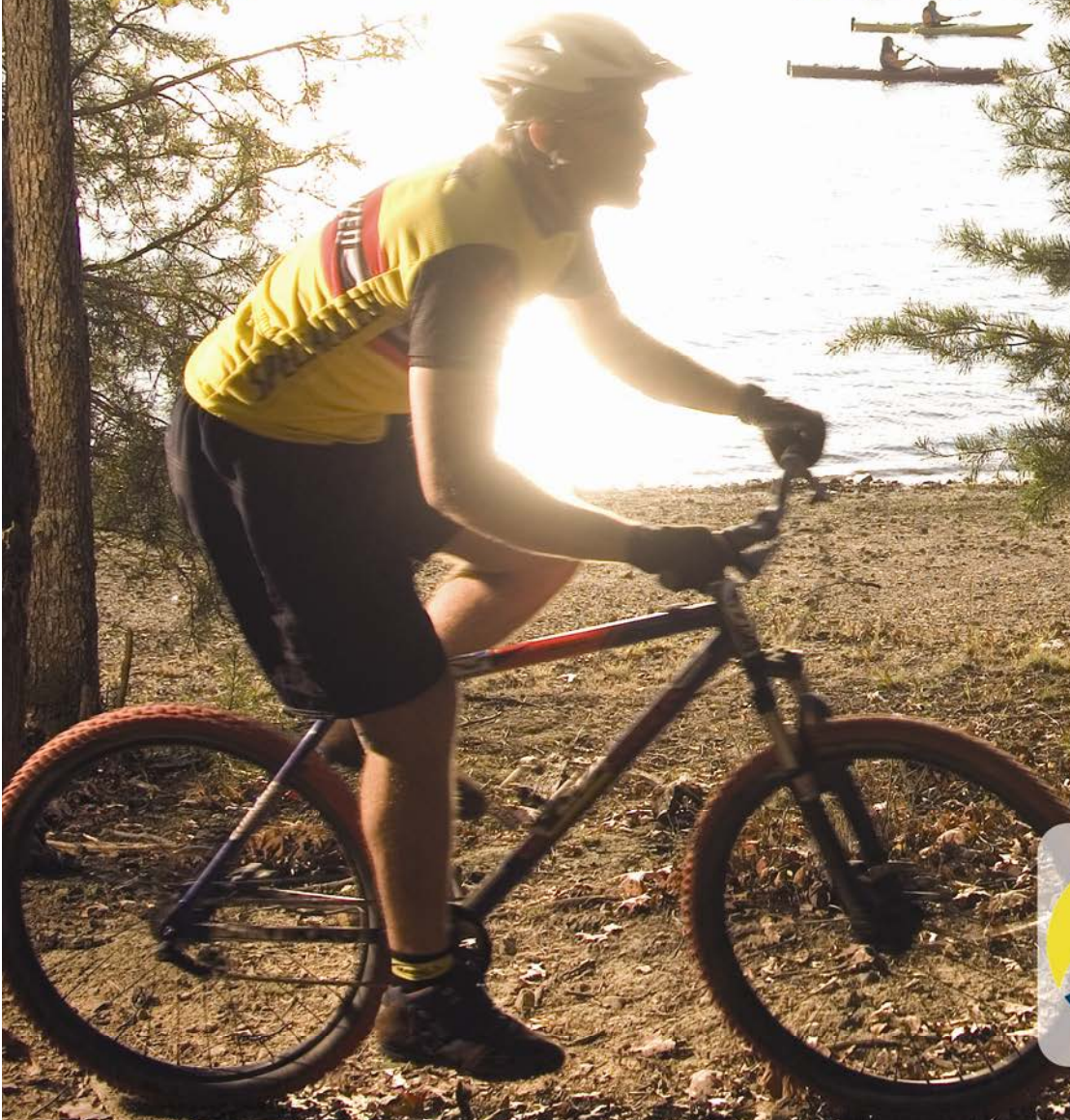


# OUTDOOR RECREATION GUIDE

FOR THE ROANOKE  
REGION OF VIRGINIA



ROANOKE  
OUTSIDE.COM





Welcome to the **Outdoor Recreation Guide**— your personal guide to outdoor adventure in and around the Roanoke Region of Virginia. Over 30 hand-picked recommendations ensure you find the perfect adventure.

**Don't just sit there – Get Outside!**

## Outdoor Recreation Highlights in the Roanoke Region of Virginia

- The most visited National Park in the U.S. – the Blue Ridge Parkway
  - The longest footpath in the U.S. – the Appalachian Trail
- The 2<sup>nd</sup> largest municipal park in the U.S. – Carvins Cove Natural Reserve
- Four State Parks – Douthat, Smith Mountain Lake, Claytor Lake, & New River Trail
  - Smith Mountain Lake and Lake Moomaw are ideal for boating and fishing
- Over 140 miles of trails that exist as part of the region's extensive greenway system
  - Two major rivers, the James and the New



Find more **events, adventures, attractions, and people**

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Visit the **Roanoke Outside** Facebook group to see what's going on with the local outdoor community

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Tweet a question and get answers from the local community by sending a message to **@Roanoke\_Outside** and including **#roaout** in your message

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# Hiking Adventure

**McAfee Knob** is the most photographed site along the Appalachian Trail which crosses 14 states on its 2,178 mile journey from Georgia to Maine. The Knob has an almost 270 degree panorama of the Catawba Valley and North Mountain to the west, Tinker Cliffs to the north and the Roanoke Valley to the east. Hopefully, you will get to meet a thru-hiker - a person hiking the entire trail from Georgia to Maine. You'll know one when you see one as they most likely haven't showered in weeks.



- ~ 6 mile round trip, out and back hike
- Moderate difficulty - gradual uphill on the way out and the return is all downhill
- 15 minutes from downtown Roanoke

## Directions to Trailhead

- From Roanoke - take I-81 south to exit 141.
- Turn left at the traffic light onto Rt. 419 (Electric Rd.) and follow 0.4 miles to next traffic light (Rt. 311)
- Turn right onto Rt. 311N and follow 5.6 miles to the top of the mountain
- The trailhead parking lot is at the very top on the left. Be careful turning into the parking lot as it is a semi-blind turn

## Trail Description

- Trail begins on the opposite side of Rt. 311 from the parking lot. Cross Rt.311 with caution
- You will travel north on the Appalachian Trail (AT) on to McAfee Knob
- Follow the white blazes - which are 6" rectangular paint marks placed periodically on trees at eye level
- After ~0.3 miles you will come to an informational kiosk
- You will cross four wooden walkways prior to reaching the Johns Spring shelter
- You will then cross five more wooden walkways before reaching the Catawba Mountain shelter
- Next you will cross an old fire road and a power line clearing
- Continue 0.5 miles farther and turn left onto the McAfee Knob spur trail to arrive at the lookout in ~30 yards
- Retrace your steps or turn right once you reach the alternate fire road for your return trip

## Add On

- Finish your day with a great meal at the Home Place - a restaurant famous among thru-hikers. To reach the Home Place, continue north on Rt. 311 for ~1 mile to a large white farmhouse on left. Make a life-long friend by giving any thru-hikers you meet a ride
- Go see a baseball game! The Salem Red Sox schedule can be found at [www.salemsox.com](http://www.salemsox.com) or by calling 540.389.3333

**- Map On Reverse -**



80°05'00" W

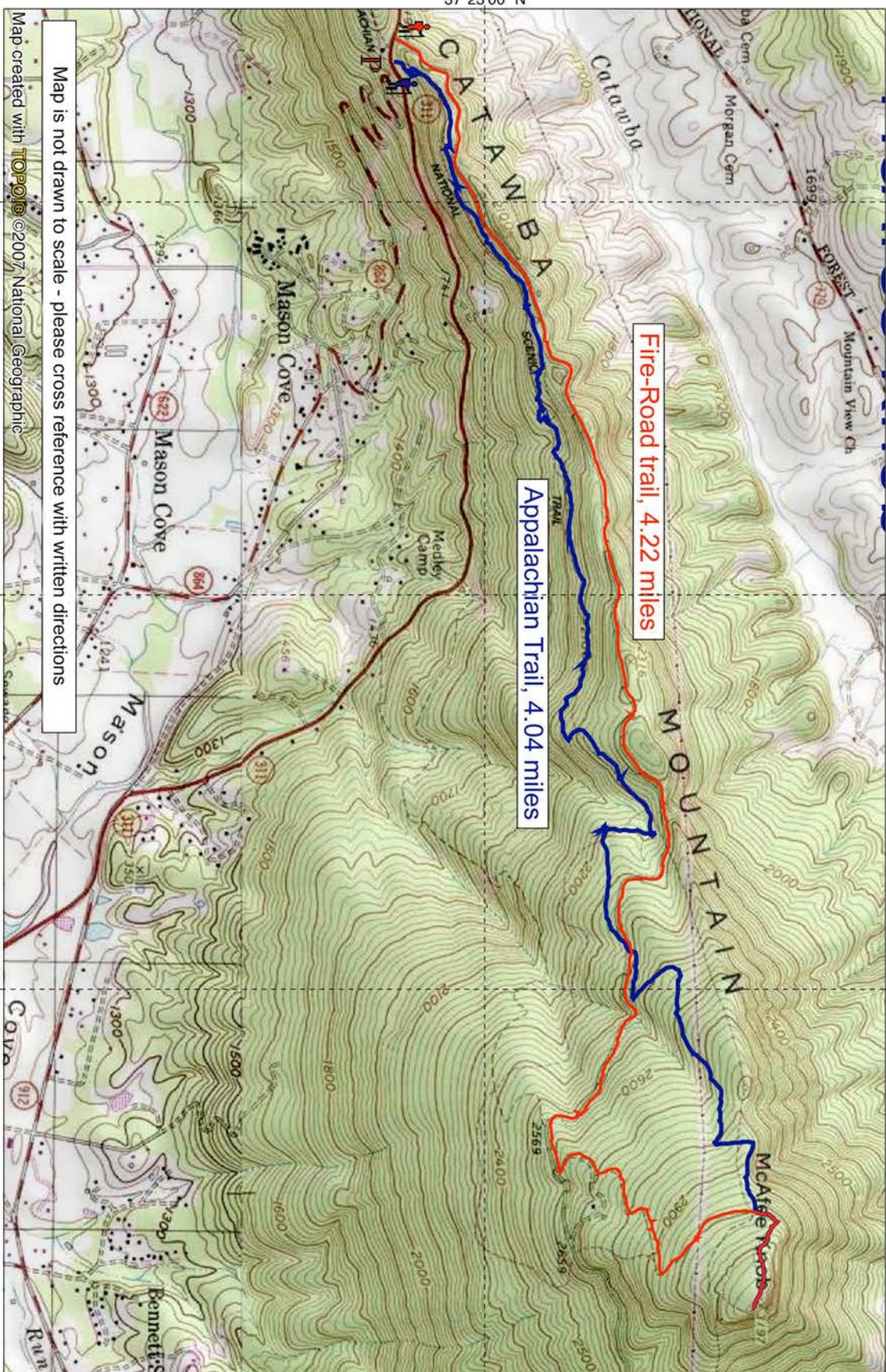
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TOPOI map printed on 03/26/07 from "McAlfee Knob.tpo"

37°23'00" N

37°23'00" N



NATIONAL  
GEOGRAPHIC

80°05'00" W

80°04'00" W

WGS84 80°03'00" W

0.0 0.1 0.2 0.3 0.4 0.5 0.6 miles  
0.0 0.1 0.2 0.3 0.4 0.5 0.6 km

MIN TN

8°

03/26/07



# Hiking Adventure

**Mill Mountain Star Trail** traverses from the Roanoke River to Roanoke's highest point - the summit of Mill Mountain (1703 ft.) and the Roanoke Star. This area offers 500 acres of parkland atop Mill Mountain, picnic areas, two overlooks that provide 20-60 mile vistas, access to additional hiking trails, the Mill Mountain Zoo and the Mill Mountain Discovery Center.

- 3.4 mile round trip, out and back hike
- Moderate difficulty
- <5 min. from downtown Roanoke

## Directions to Trailhead

- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24E (heading away from downtown)
- Follow Elm Ave. to 9<sup>th</sup> St. and turn right
- Follow 9<sup>th</sup> St. across bridge to Riverland Rd. and turn left
- Follow ~0.2 miles to road on right with Mill Mountain Star Trail sign
- Turn right and go up hill to parking lot on left

## Trail Description

- From the parking lot follow the signs uphill along the road
- The road ends and the trail continues through the woods
- Cross J.B. Fishburn Parkway
- Ascend to the top of Mill Mountain and the viewing platform next to the star
- Retrace your steps for the return trip

## Add On

- Have a picnic at the top, visit the Mill Mountain Zoo, and check out the Mill Mountain Discovery Center nature programs (540.853.2236)
- Head down the mountain for dinner and drinks at Fork In The Alley ([www.forkinthealley.com](http://www.forkinthealley.com) – 540.982.3675)
- Explore Roanoke's premiere art museum – the Taubman Museum of Art ([www.taubmanmuseum.org](http://www.taubmanmuseum.org) - 540.342.5760)
- Visit the Amrhein Wine Cellar for wine tasting ([www.amrheinwine.com](http://www.amrheinwine.com) – 540.929.4632)



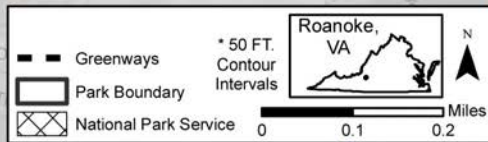
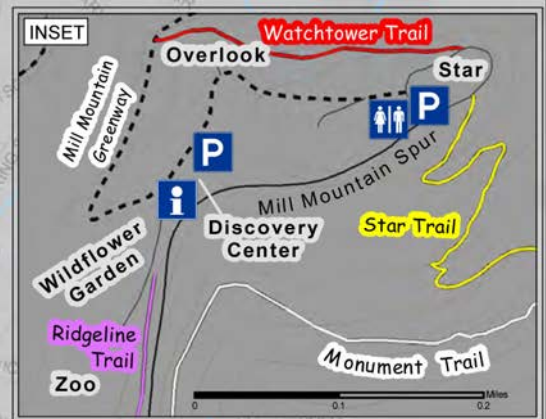
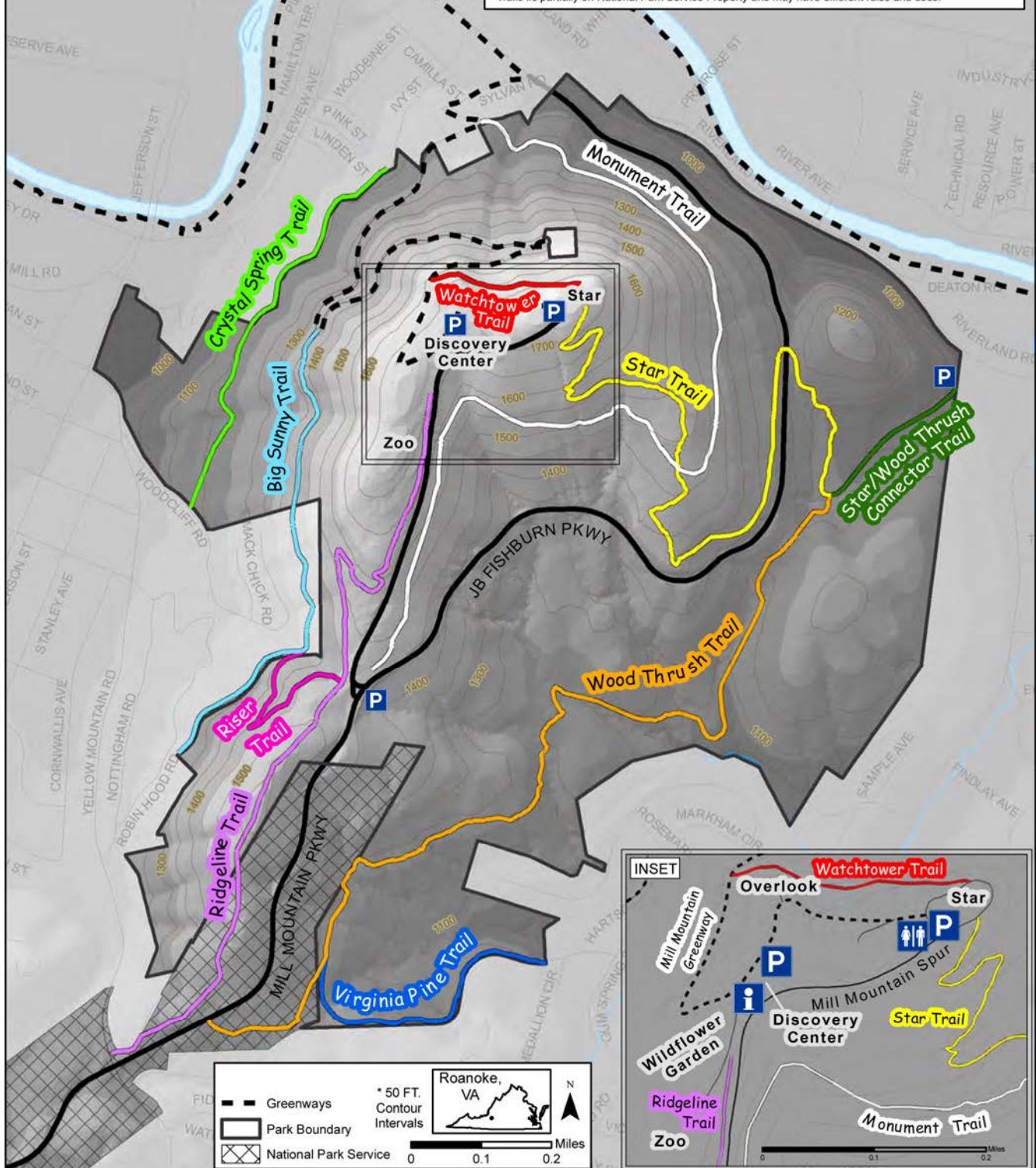
- Map On Reverse -

# Mill Mountain Park Trails



	TRAIL	MILES	DIFFICULTY	BLAZE	USAGE
1	Big Sunny	0.7	More Difficult	Baby Blue	Multi-use
2	Crystal Spring	0.6	Easy	Bright Green	No Horses
3	Monument	1.5	More Difficult	White	Multi-use
4	Ridgeline	1.3	More Difficult	Purple	Multi-use
5	Riser	0.3	More Difficult	Pink	Multi-use
6	Star	1.4	More Difficult	Yellow	Hiker Only
7	Star/Wood Thrush Connector	0.2	More Difficult	Dark Green	Multi-use
8	Virginia Pine	0.5	More Difficult	Royal Blue	Multi-use
9	Watchtower	0.2	Easy	Red	Hiker Only
10	Wood Thrush *	1.6	More Difficult	Orange	Multi-use

\* Trails lie partially on National Park Service Property and may have different rules and uses.



# Hiking Adventure

**Explore Park Trail System**, located off the Blue Ridge Parkway, is a 1,100-acre preserve situated along the Roanoke River Gorge with a variety of hiking options.

- 6+ trail options ranging from <0.5 miles to >10 miles – many of which are loop trails
- Easy to difficult
- 10 min. from downtown Roanoke



## Directions to Explore Park

- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24E (heading away from downtown)
- Follow 24E until you reach the Blue Ridge Parkway entrance ramps
- Take the Parkway south to milepost 115
- Turn left into Explore Park

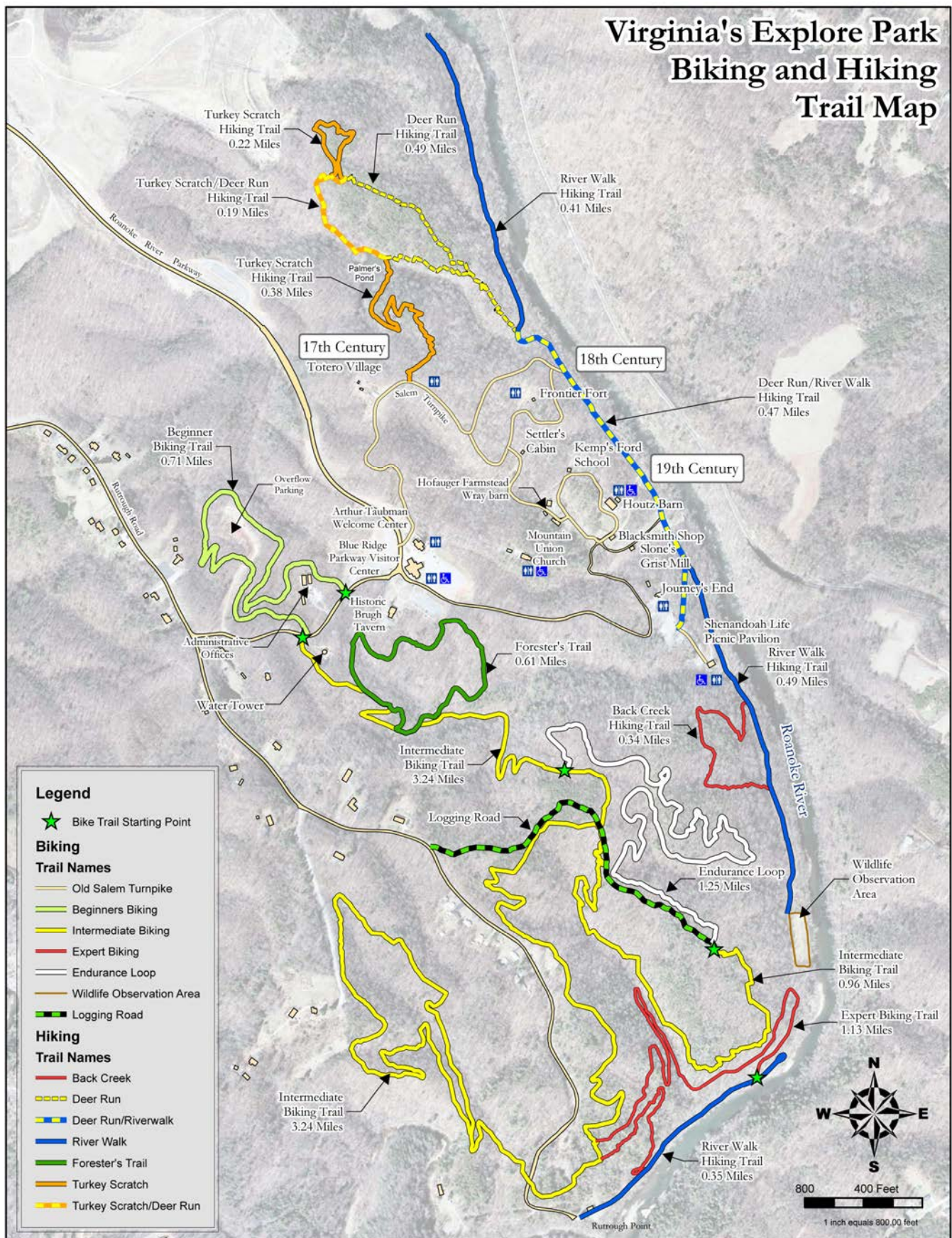
## Add On

- Finish your day with a scenic drive north on the Parkway to the Peaks of Otter Lodge (milepost 86). A map can be found at [www.blueridgeparkway.org/map2.htm](http://www.blueridgeparkway.org/map2.htm)
- After your hike, head to Roanoke's Historic City Market where you can choose from dozens of great places to eat (many with live music)
- Experience a dazzling multimedia show under a 40-foot planetarium dome at the Science Museum of Western Virginia ([www.smwv.org](http://www.smwv.org) – 540.342.5726)
- Explore Virginia wines at Hickory Hill Vineyards & Winery ([www.hickoryhillvineyards.com](http://www.hickoryhillvineyards.com) – 540.296.1393)
- Visit the Mill Mountain Zoo ([www.mmzoo.org](http://www.mmzoo.org) or 540.343.3241)
- No visit is complete without a “cheesy western all the way” from Roanoke's iconic Texas Tavern, open 24 hours ([www.texastavern-inc.com](http://www.texastavern-inc.com) – 540.342.4825)

**- Map On Reverse -**



# Virginia's Explore Park Biking and Hiking Trail Map





# Hiking Adventure

**Tinker Ridge/Hay Rock Overlook** trail crosses Tinker Creek, which is the site depicted in Annie Dillard's "Pilgrim at Tinker Creek," then ascends Tinker Ridge providing the most spectacular views of Carvins Cove reservoir and the Roanoke Valley.

- ~ 8 mile round trip, out and back hike
- Moderate difficulty
- 15 minutes from downtown Roanoke

## Directions to Trailhead

- From Roanoke - take I-81 north to exit 150B
- Bear right off the exit ramp to the traffic light
- Turn right the traffic light onto Rt. 220N (towards Fincastle)
- Pass under I-81 and turn left almost immediately onto Rt. 816 and turn left into the Park & Ride lot

## Trail Description

- From the Park & Ride lot, cross Rt. 816, go around the guard rail which is blocking an abandoned road
- Follow this old road up the hill for 0.2 miles to intersection with Appalachian Trail
- Bear left onto the Appalachian Trail heading south. Follow the white blaze marks on trees
- After approximately 2 miles you will reach the ridge line and views of Carvins Cove reservoir
- Continue for another 1.5 miles and you will reach the Hay Rock Overlook
- Retrace your steps for your return trip

## Add On

- Stop by Ikenberry Orchards (north on 220) to buy local produce or visit the farmer's market on Saturdays during the months of April – October (9:00 – 1:00pm)
- Ready for some food? How about the best BBQ in the Roanoke Valley? Just over the hill on 220 North in the Botetourt Commons is Three Lil' Pigs. So good a former President ate there. ([www.threelilpigsbbq.com](http://www.threelilpigsbbq.com) – 540.996.0165)
- Need a souvenir to commemorate your hike? Continue on 220N for ½ mile to Outdoor Trails – a local outdoor store ([www.outdoortrails.com](http://www.outdoortrails.com) – 540.992.5850)
- Go see a baseball game! The Salem Red Sox schedule can be found at [www.salemsox.com](http://www.salemsox.com) or by calling 540.389.3333





# Hiking Adventure

**Jackson River Scenic Trail** was developed from an old railroad bed and provides access to many natural, historic, and scenic resources. The trail parallels the Jackson River which is a natural habitat for reproducing wild trout. The trail is open to the public for those who enjoy hiking, biking, and nature walks.

- 10 miles in length, with an additional 7 planned
- Easy
- 60 minutes from Roanoke near Covington

## Directions to Trailhead

- From Roanoke – take I-81N to Exit 150B (220N)
- Follow 220N for about 30 minutes to Clifton Forge
- Merge onto I-64W/US-220N via ramp on left
- Take Exit 16B towards Covington onto US-60E/220N (Madison St.)
- Follow 220N for 4.2 miles and turn left onto Dressler Dr.
- The Intervale trailhead is located immediately on your left



## Add On

- Need some hiking supplies? Visit Riders Up Outfitters in Clifton Forge ([www.ridersupoutfitters.com](http://www.ridersupoutfitters.com) – 540.862.7999)
- Grab a bite to eat at the historic Company Store – a former commissary for the Low Moor Iron Company employees ([www.thecostorelowmoor.com](http://www.thecostorelowmoor.com) – 540.862.0098)
- Taste Virginia's award winning wines. The Botetourt County Wine Trail consists of three local wineries located along Rt. 220 ([www.botetourtwinetrail.com](http://www.botetourtwinetrail.com))



# Hiking Adventure

**Wolf Creek Greenway Trail** is located in the Town of Vinton along a portion of Wolf Creek. Wolf Creek is a tributary of the Roanoke River.

- 2.2 miles of cinder surfaced trail
- Easy
- 5 minutes from downtown Roanoke

## Directions to Trailhead

- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24E (heading away from downtown)
- Follow 24E for ~3.5 miles
- Bear right as 24E and Washington Ave. become one
- Follow for ~1/2 mile and you will cross Wolf Creek
- Make a U-turn and then immediately turn right onto Leisure Lane
- Follow Leisure Lane to Goode Park



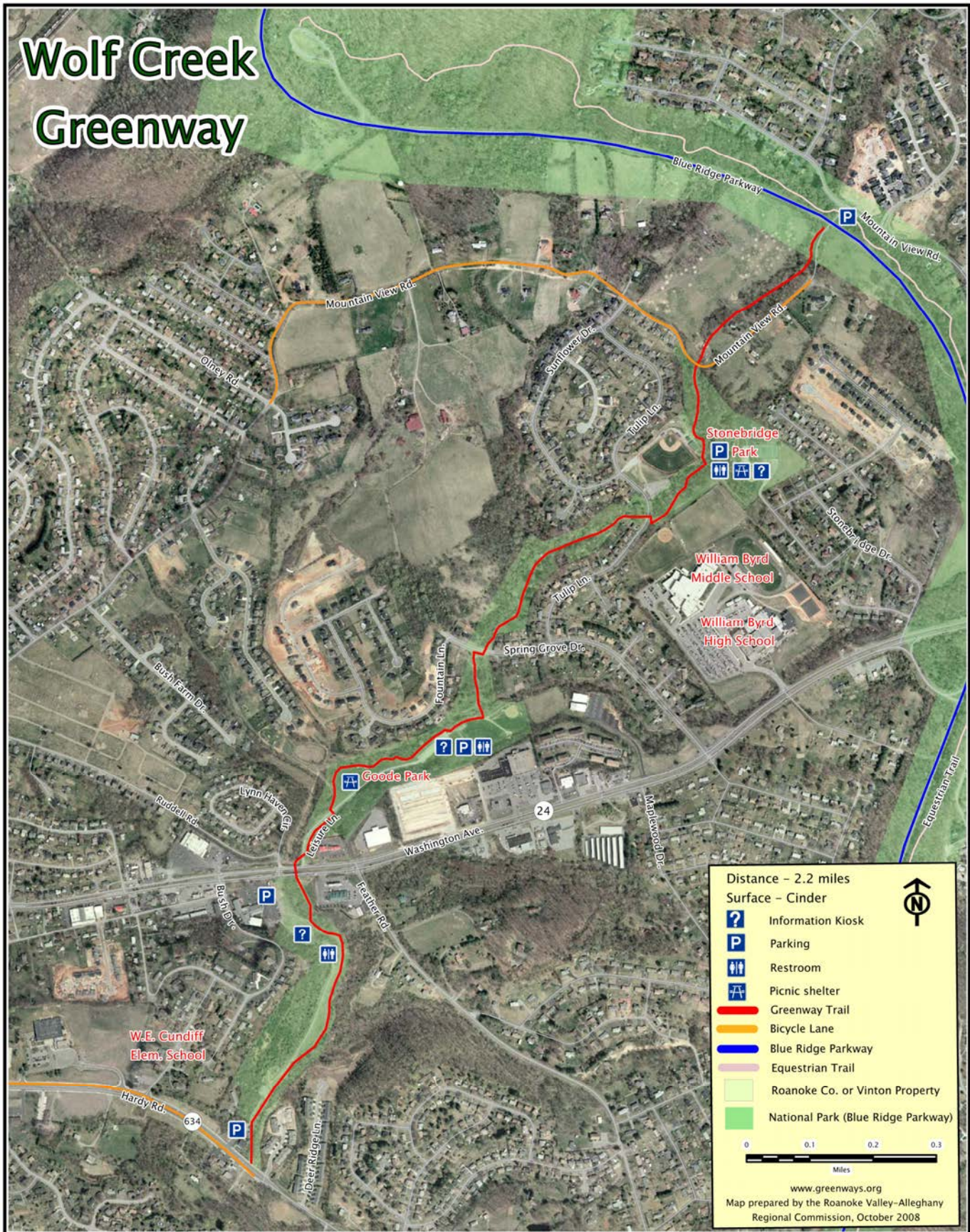
## Add On

- After your hike head to Jerry's Family Restaurant for a home-cooked meal. On Friday evenings you'll see a parade of vintage cars. Just minutes from the Greenway at 1340 E Washington Ave Vinton VA, 24179. (540.343.4400)
- Grab some authentic Thai food at Red Jasmine Thai Cuisine ([www.redjasmine.net](http://www.redjasmine.net) – 540.345.1165)
- Experience a dazzling multimedia show under a 40-foot planetarium dome at the Science Museum of Western Virginia ([www.smwv.org](http://www.smwv.org) – 540.342.5726)
- Visit the Mill Mountain Zoo ([www.mmzoo.org](http://www.mmzoo.org) or 540.343.3241)
- Go see a baseball game! The Salem Red Sox schedule can be found at [www.salemsox.com](http://www.salemsox.com) or by calling 540.389.3333

**- Map On Reverse -**



# Wolf Creek Greenway





# Hiking Adventure

**Roaring Run** is an excellent hiking trail for the whole family, young and old alike. The easy, well marked trail begins at an historic iron furnace and winds back and forth along the Roaring Run stream. You will pass rock walls, cascading water, and cross five footbridges before ending at beautiful Roaring Run Falls.

- ~3.5 miles in length, out and back hike
- Easy (straight-forward hike)
- Approximately half way to the falls you will encounter a natural water slide
- Toilets (no running water)
- Picnic area with charcoal grills
- Map kiosk at trailhead
- 45 minutes from Roanoke in Botetourt County



## Directions to Trailhead

- From Roanoke – take I-81N to Exit 150B
- Follow 220N for ~20 minutes to Eagle Rock
- Turn left onto Rt. 615 and follow for 5.5 miles
- Turn right onto Rt. 621 and follow for 1 mile
- Turn left into Roaring Run parking area



## Add On

- Need some hiking supplies? Visit Outdoor Trails at the Botetourt Commons shopping center located on US 220 near the intersection with I-81 ([www.outdoortrails.com](http://www.outdoortrails.com) – 540.992.5850)
- Any trip to this area is not complete without a trip to The Fountain sandwich grill in Ransone's Drug store in the town of Buchanan. Step back in time - walk through the wooden doors, take a seat at the counter, and prepare yourself for a taste of history ([www.ransones.com](http://www.ransones.com) – 540.254.2904)
- Taste Virginia's award-winning wines. The Botetourt County Wine Trail consists of three local wineries located along Rt. 220 ([www.botetourtwinetrail.com](http://www.botetourtwinetrail.com)) - one of which is only a few miles from Roaring Run

# Hiking Adventure

**Carvins Cove Trail System (Boat Landing)** is part of the second largest municipal park in the nation. It holds a major water source within its 12,700 acres with a multitude of recreational opportunities including hiking, biking, fishing, horseback riding, and boat rentals.



- **A \$2 Parking Pass Is Required** and may be purchased 7 days a week at the boat landing (540.563.9170)
  - Between 6:30am-9:30pm (April 1 – Sept. 30)
  - Between 8:30am-6:30pm (Oct. 1 – March 31)
- Easy hiking options
- 10 min. from downtown Roanoke

## Directions to Boat Landing

- Take I-81 to Exit 146
- Take Plantation Rd. south to traffic light
- Turn left onto Rt. 11 and follow 0.6 miles (past the entrance to Hollins College)
- Turn left onto Reservoir Rd. across from the mini-mart
- Follow 2.5 miles to end of road/parking area

## Add On

- Rent a row boat or paddle boat for \$5/hr or \$15/day at the boat landing office
- Ready for some food? Head to the trendy Pomegranate tapas bar and gathering spot ([www.pomegranateva.com](http://www.pomegranateva.com) – 540.966.6052) in Troutville
- Taste Virginia's award-winning wines. The Botetourt County Wine Trail consists of three local wineries located in close proximity to Carvins Cove ([www.botetourtwinetrail.com](http://www.botetourtwinetrail.com))
- Visit Dixie Caverns for a 45-minute tours of its caverns on lighted walkways ([www.dixiecaverns.com](http://www.dixiecaverns.com) or 540.380.2085)
- Go see a baseball game! The Salem Red Sox schedule can be found at [www.salemsox.com](http://www.salemsox.com) or by calling 540.389.3333

- Map On Reverse -



# Carvins Cove Trail System

## Trail Type:

Fire Road

Trail

Streets & Roads

Appalachian Trail\*\*

10 Ft. Contours

Reservoir

Cove Boundary

Parking Area

## Trail / Fire Road Key:

- 1: Happy Valley
- 2: Brushy Mountain\*
- 3: Tuck-A-Way
- 4: Comet
- 5: Jacob's Drop\*
- 6: Kerncliff\*
- 7: Hemlock Tunnel\*
- 8: Araminta
- 9: Songbird
- 10: Arrowhead
- 11: Enchanted Forest
- 12: Little Bell
- 13: The Gauntlet\*
- 14: The Trough\*
- 15: Buck\*
- 16: Hotel
- 17: Hi-Dee-Hoe\*
- 18: Horse Pen
- 19: Tunnel
- 20: Church Bell
- 21: Schoolhouse
- 22: Riley's Loop
- 23: Sawmill Branch\*\*

\* Long climbs, large changes in elevation  
\*\* Hiking Only

 You Are Here

## TRAIL USAGE:



Hike



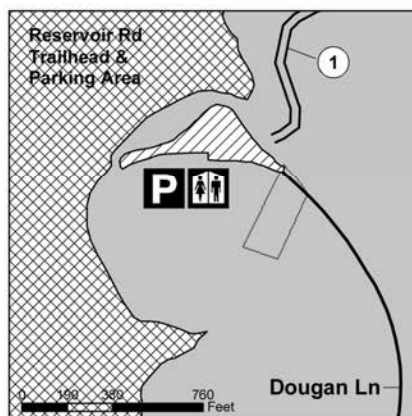
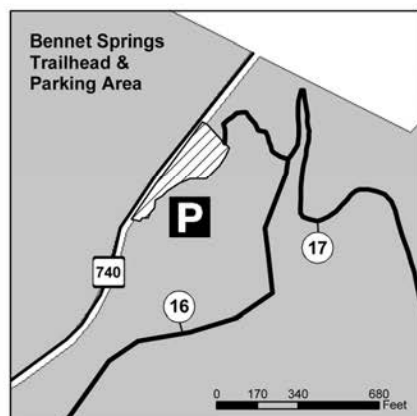
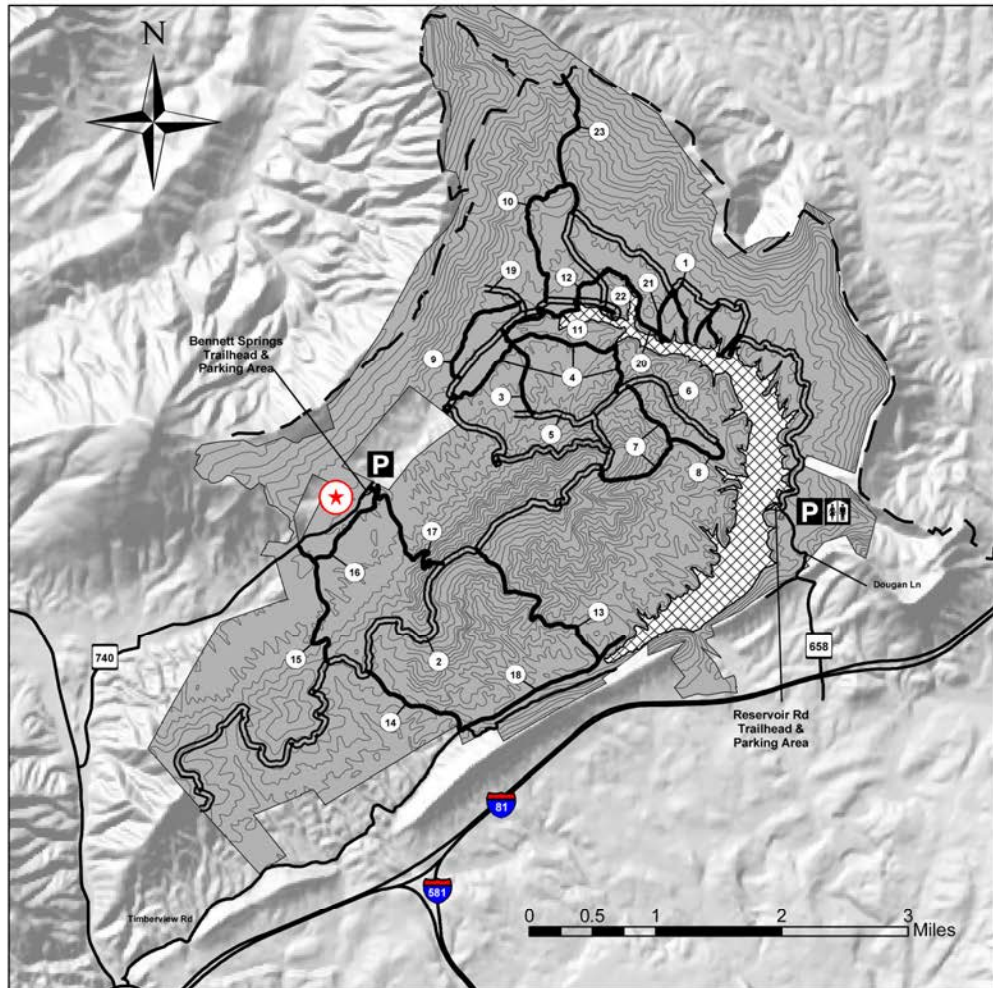
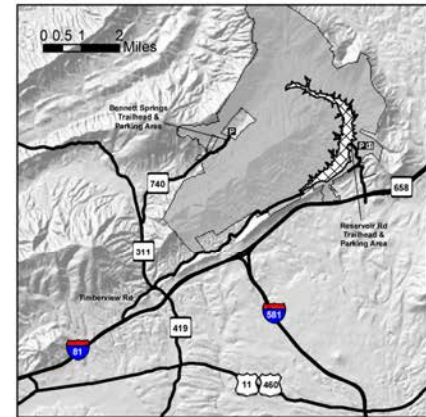
Bicycle



Horseback



ATV



Prepared by the City of Roanoke  
Department of Technology, July 2004,  
using reference data prepared by the  
Roanoke Valley Alleghany  
Regional Commission, January 2003

# Hiking Adventure

**Roanoke River Greenway** runs more than 5 miles from Wasena Park to Bennington Rd.. Starting at Wasena Park, the first part of the greenway is child-friendly, slightly downhill, and a very easy walk, ride, or run with playgrounds along the route. There are many other greenways located within Roanoke; maps can be found at [www.greenways.org](http://www.greenways.org).

- 5.1 miles in length
- Easy walking and biking options
- Located <2 minutes from downtown Roanoke



## Directions to Trailhead

- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24W (heading towards downtown)
- Continue to follow Elm Ave. which becomes Main St./US 221
- Cross over the river and turn right at Winona Ave.
- Turn right onto 11<sup>th</sup> St. and then turn left onto Winchester Ave. into parking lot

## Add On

- Rent a bike and/or bike rack from ShareBike located in the Roanoke City Market Building in downtown (540.344.1499). They will direct you to the Roanoke River Greenway directly from their shop
- Check out [www.myscoper.com](http://www.myscoper.com) for a list of events going on around the region
- Grab some picnic supplies and head to Valhalla Vineyards ([www.valhallawines.com](http://www.valhallawines.com) – 540.725.9463)
- No visit is complete without a “cheesy western all the way” from Roanoke’s iconic Texas Tavern, open 24 hours ([www.texastavern-inc.com](http://www.texastavern-inc.com) – 540.342.4825)

**- Map On Reverse -**



# Guide to the greenway

The Roanoke River Greenway could possibly be one of the city's least-talked about treasure troves of outdoor fun. Spilt into fairly distinct sections by Roanoke Memorial Hospital, it has a little bit of something for everyone. It runs just more than 5 miles from Wasena Park to Bennington Road

Starting at Wasena, though, the first part of the greenway is kid- and family friendly, slightly downhill and a very easy ride, walk or run. There's ample parking, plenty of playgrounds and a

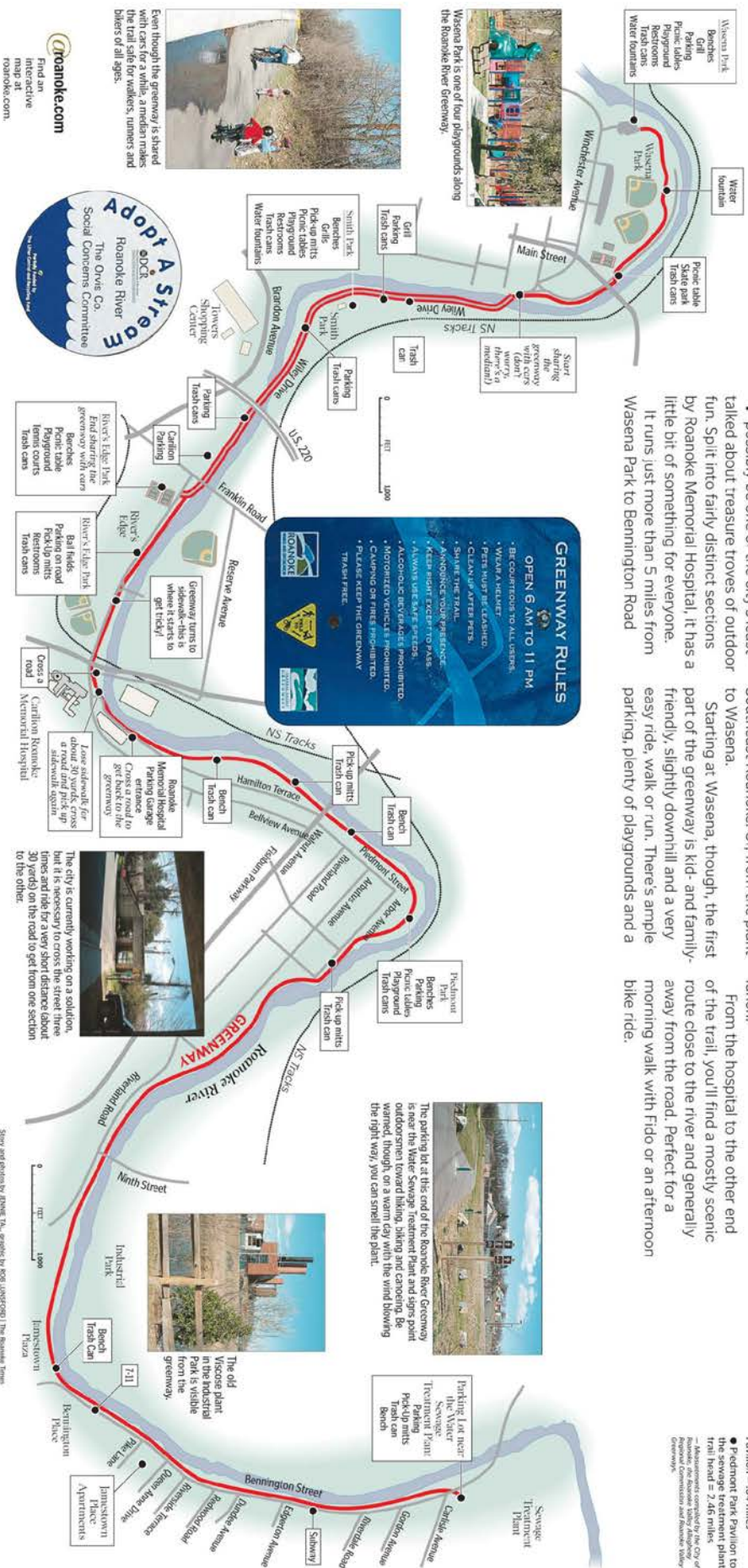
few places to have a break and a picnic lunch.

From the hospital to the other end of the trail, you'll find a mostly scenic route close to the river and generally away from the road. Perfect for a morning walk with Fido or an afternoon bike ride.

**Mileage**

- **Wassara Park** trail head to Smith Park Pavilion = 1 mile
- **Smith Park** Pavilion to the pedestrian bridge at N. River's Edge Park (former Victory Stadium pedestrian bridge) = 7 miles
- **Hamilton Terrace** (re-entrance to the greenway after Raonore Memorial Hospital) to Piedmont Park Pavilion = .64 miles
- **Piedmont Park** Pavilion to the sewage treatment plant trail head = 2.46 miles

— Measurements conducted by the City of Atlanta, Georgia, Department of Parks, Recreation and Public Works



# Hiking Adventure

**Dragon's Tooth** is a unique geologic feature that consists of Tuscarora quartzite spires which outcrop on the top of Cove Mountain. The tallest "tooth" projects roughly 35 feet above the surrounding rock. The trail to Dragon's Tooth ascends steep, rugged outcrops of quartzite which form the spine of Cove Mountain and North Mountain. The spine is known as Dragon's Back. A difficult hike, Dragon's Tooth summit offers magnificent views of nearby and distant peaks year-round.



- ~ 4.5 mile round trip, out and back hike
- Moderate to difficult
- 20 minutes from downtown Roanoke
- Map kiosk at trailhead (very straight forward hike)

## Directions to Trailhead

- From Roanoke - take I-81 south to Exit 141
- Turn left at the traffic light onto Rt. 419 (Electric Rd.) and follow 0.4 miles to next traffic light (Rt. 311)
- Turn right onto Rt. 311N and follow for 10 miles
- Dragon's Tooth parking lot is on left just past Catawba Grocery

## Add On

- Finish your day with a great meal at the Home Place - a restaurant famous among thru-hikers. To reach the Home Place begin your return trip to Roanoke on Rt. 311 south. After 2 miles turn right into the Home Place (a large white farmhouse). Make a life-long friend by giving any thru-hikers you see a ride
- Taste Virginia's award-winning wines. The Botetourt County Wine Trail consists of three local wineries located in close proximity to Dragon's Tooth ([www.botetourtwinetrail.com](http://www.botetourtwinetrail.com))
- Go see a baseball game! The Salem Red Sox schedule can be found at [www.salemsox.com](http://www.salemsox.com) or by calling 540.389.3333
- Explore Roanoke's premiere art museum – the Taubman Museum of Art ([www.taubmanmuseum.org](http://www.taubmanmuseum.org) - 540.342.5760)
- Watch an educational movie on the 40-foot MegaDome Theater at the Science Museum of Western Virginia ([www.smwv.org](http://www.smwv.org) – 540.342.5726)

**- Map On Reverse -**



80°13'00" W

80°12'00" W

80°11'00" W

80°10'00" W

WGS84 80°09'00" W

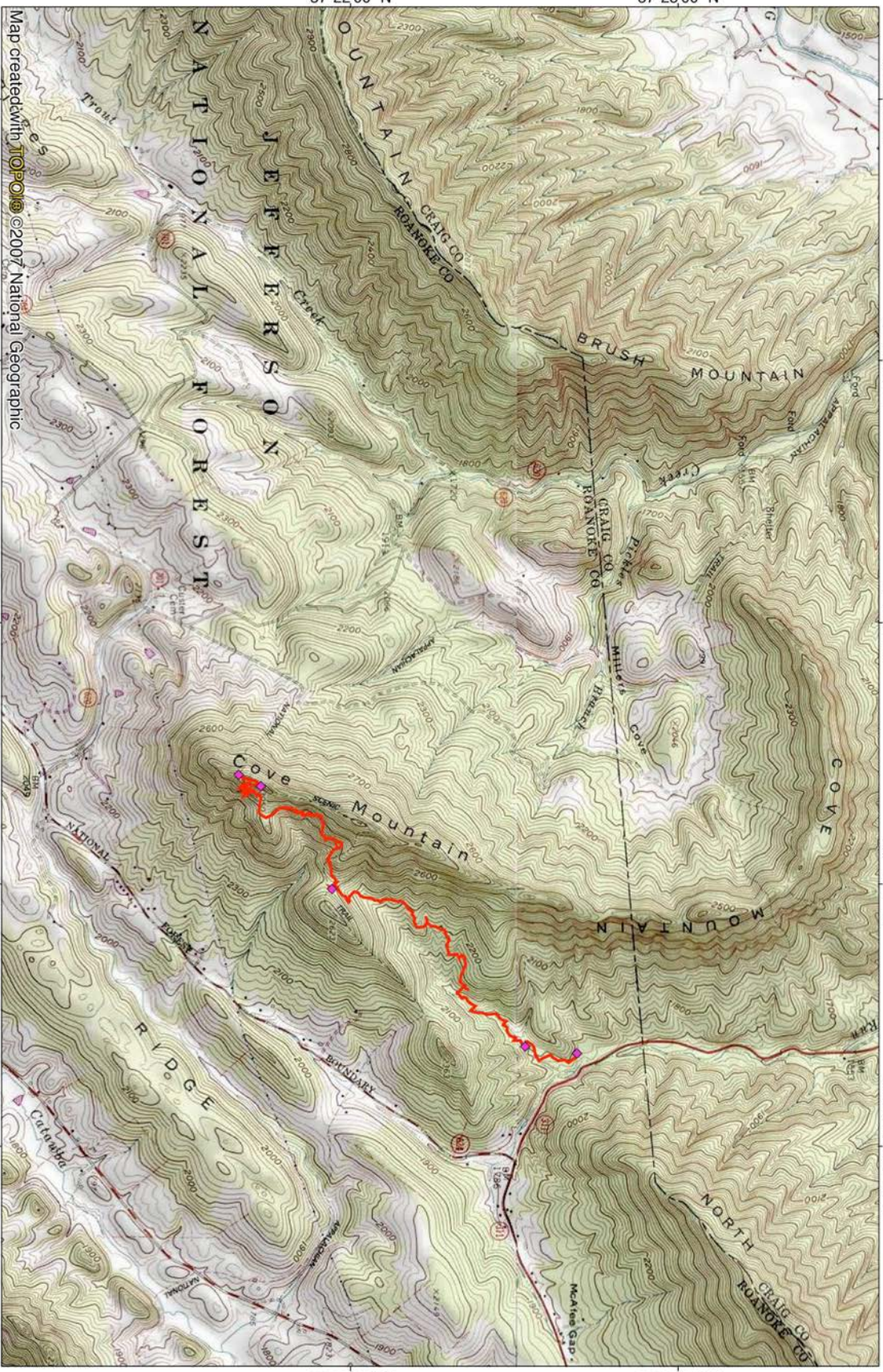
TOPOi map printed on 04/23/07 from "dragons\_tooth.ipa"

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37°22'00" N

37°23'00" N

37°22'00" N



80°13'00" W

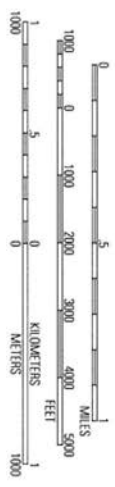
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80°11'00" W

80°10'00" W

WGS84 80°09'00" W

Map created with TOPOi ©2007 National Geographic



MN TN  
8°  
04/23/07



# Hiking Adventure

**Chestnut Ridge Trail**, located along the Blue Ridge Parkway, is a wide and well-graded path lined with mountain laurel and rhododendron.

- 5.4 mile figure-eight loop trail that can be shortened to 2.5 and/or 3.4 miles
- Easy to moderate
- 10 min. from downtown Roanoke



## Directions to Trailhead

- Take I-581S/220S out of Roanoke
- As you begin to leave Roanoke you will see entrance signs for the Blue Ridge Parkway
- Drive north on the Parkway to milepost 120.5
- Turn right onto the Mill Mountain Spur Rd.
- Drive 1.1 miles to the trailhead at Chestnut Ridge Overlook

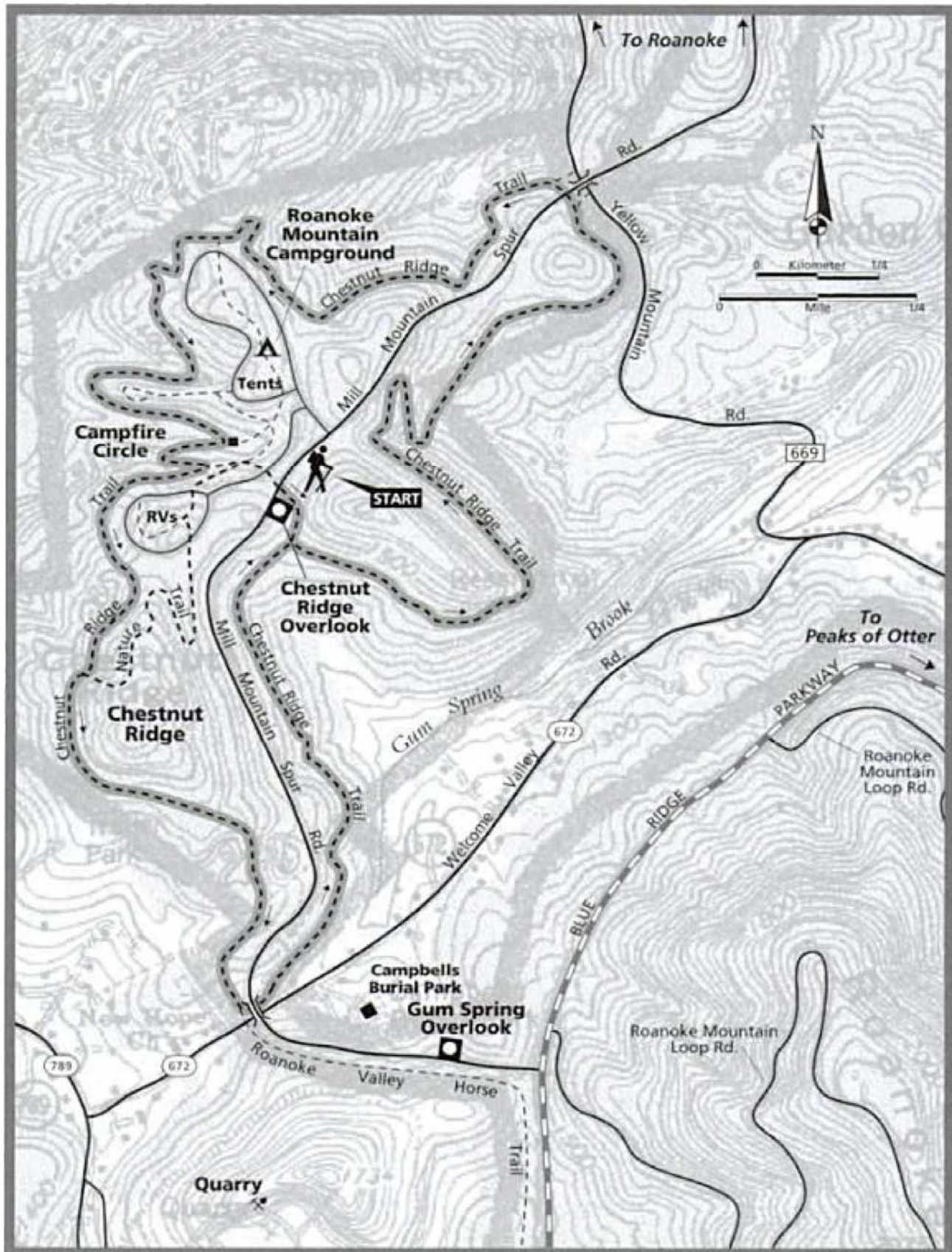
## Add On

- After your hike, head to Roanoke's downtown Market St. where you can choose from dozens of great places to eat (many with live music). Visit [www.roanoke.org](http://www.roanoke.org) for a list of restaurants and a calendar of events
- Finish your day with a scenic drive north on the Parkway to the Peaks of Otter Lodge (milepost 86). A map can be found at [www.blueridgeparkway.org/map2.htm](http://www.blueridgeparkway.org/map2.htm)
- Experience a dazzling multimedia show under a 40-foot planetarium dome at the Science Museum of Western Virginia ([www.smwv.org](http://www.smwv.org) – 540.342.5726)
- Grab some picnic supplies and head to Valhalla Vineyards ([www.valhallawines.com](http://www.valhallawines.com) – 540.725.9463)
- Visit the Mill Mountain Zoo ([www.mmzoo.org](http://www.mmzoo.org) or 540.343.3241)
- No visit is complete without a “cheesy western all the way” from Roanoke's iconic Texas Tavern, open 24 hours ([www.texastavern-inc.com](http://www.texastavern-inc.com) – 540. 540.342.4825)

- Map On Reverse -



# Chestnut Ridge Trail



# Hiking Adventure

**Douthat State Park** was named one of the nation's 10 best state parks by the *Outside Family Vacation Guide*. The park is on the National Register of Historic Places and is one of the original six Virginia State Parks that opened in 1936. It's nestled in the Allegheny Mountains and features some of Virginia's most outstanding scenery.



- Over 43 miles of varied difficulty trails created originally by the Civilian Conservation Corps
- Pick up a trail map at the visitor center
- 60 minutes from Roanoke near Clifton Forge
- There is a \$2 entrance fee

## Directions to Douthat State Park

- From Roanoke – take I-81N to Exit 150B (220N)
- Follow 220N for about 30 minutes
- After passing through the town of Iron Gate take the first exit to the right (Covington)
- This road will continue under I-64 and becomes Rt. 629
- Park entrance is 4 miles farther on Rt. 629

## Add On

- Need some hiking supplies? Visit Riders Up Outfitters in Clifton Forge ([www.ridersupoutfitters.com](http://www.ridersupoutfitters.com) – 540.862.7999)
- After your hike head to the lake's public beach for a swim (\$3 fee)
- Grab a bite to eat at the historic Company Store – a former commissary for the Low Moor Iron Company employees ([www.thecostorelowmoor.com](http://www.thecostorelowmoor.com) – 540.862.0098)
- Taste Virginia's award-winning wines. The Botetourt County Wine Trail consists of three local wineries located along Rt. 220 ([www.botetourtwinetrail.com](http://www.botetourtwinetrail.com))

**- Map On Reverse -**



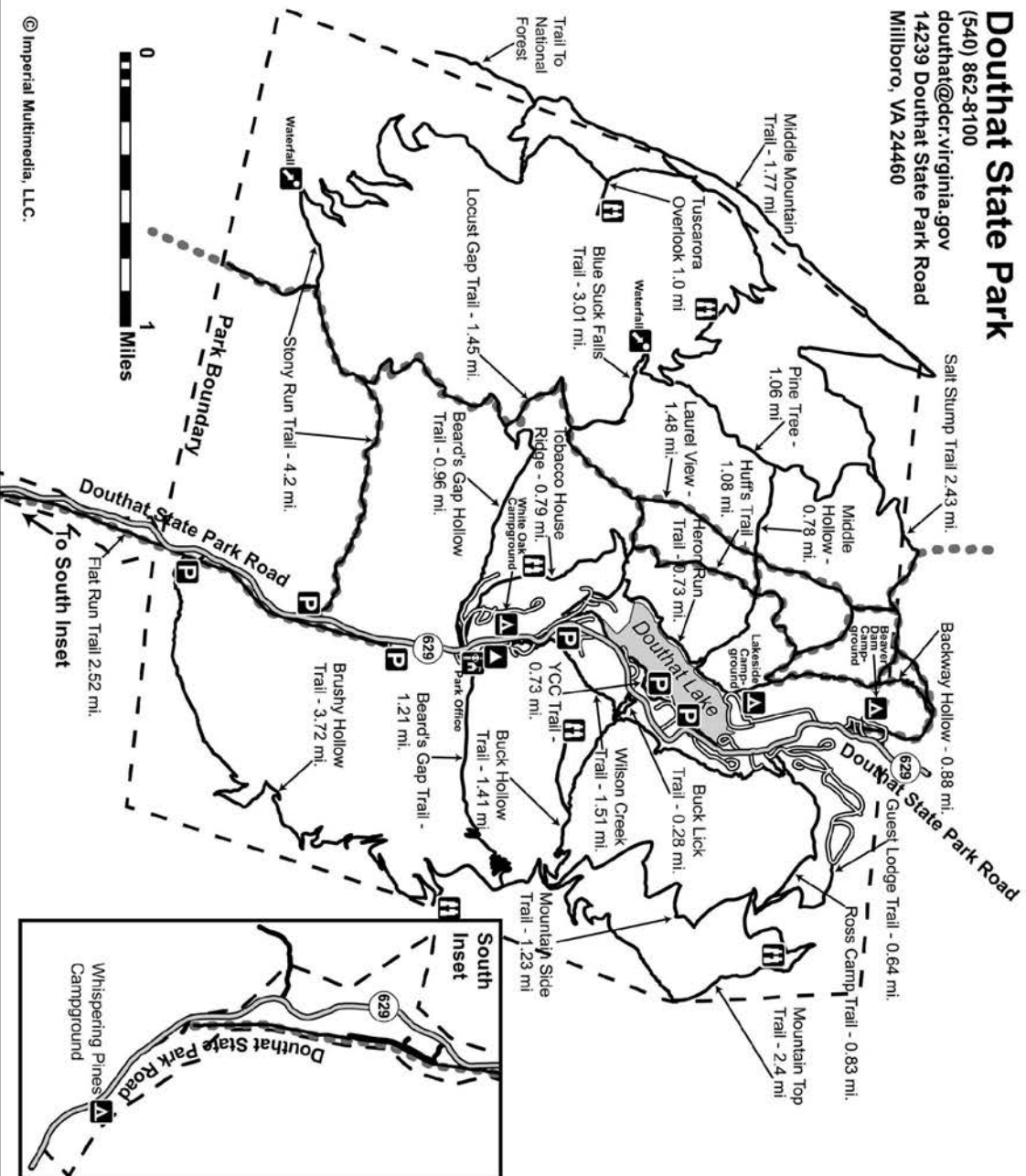
# Douthat State Park

(540) 862-8100

douthat@dc.virginia.gov

14239 Douthat State Park Road

Millboro, VA 24460



Trail	Blaze	Mileage	Usage	Difficulty
Backway Hollow	Yellow	0.88	H, B	■
Beard's Gap Hollow	White	0.96	H, B	■
Beard's Gap	Blue	1.21	H, B	◆
Blue Suck Falls	Blue	3.01	H, B	◆
Brushy Hollow	Orange	3.72	H, B	◆
Buck Hollow	Blue	1.41	H, B	◆
Buck Lick	Red	0.28	H	◆
Flat Run	Red	2.52	H, B	◆
Guest Lodge	Blue	0.64	H, B	◆
Heron Run	Blue	0.73	H, B	◆
Huffs	Gold	1.08	H, B	◆
Laurel View	White	1.48	H, B	◆
Locust Gap	Yellow	1.45	H, B	◆
Middle Hollow	Orange	0.78	H, B	◆
Middle Mountain	White	1.77	H, B	◆
Mountain Side	White	1.23	H	◆
Mountain Top	Yellow	2.4	H, B	◆
Pine Tree	Yellow	1.06	H, B	◆
Ross Camp	Orange	0.83	H, B	◆
Salt Stump	Orange	2.43	H, B	◆
Stony Run	Orange	4.2	H, B	◆
Tobacco House Ridge	Yellow	0.79	H, B	◆
Tuscarora Overlook	Yellow	1	H, B	◆
Wilson Creek	White	1.51	H, B	◆
YCC	Blue	0.73	H	◆
Alleghany Highlands	N/A	6 (in park)	H, B, HB	■
Multituse, Equestrian				
State Trail				

H = Hiking B = Biking HB = Horseback Riding  
 ● = Easy ■ = Moderate ◆ = Difficult



- Park Office
- Campground
- Scenic Overlook
- Point Of Interest
- Parking
- Information Station
- Alleghany Highlands Multituse, Equestrian State Trail (Shares 6 mi. of Park Trail System)

# Hiking Adventure

**Cascade Falls** is one of the most beautiful waterfalls (69') in Virginia and possibly on the entire East Coast. Little Stony Creek cascades over a vertical cliff in several different streams.

- 4 miles in length, out and back hike
- Easy to moderate difficulty
- 75 minutes from Roanoke in Pembroke
- There is a day-use fee of \$3 (cash only)
- Map kiosk at trail head (very straight forward hike)

## Directions to Trail Head

- Take I-81S to Exit 118B (460W)
- Follow 460W for approximately 25 miles to town of Pembroke
- Turn right onto Cascade Drive (Marathon gas station & Tangent Outfitters located on this corner)
- Road ends at Cascades parking area (~3 miles)

## Add On

- After your hike cool off with a short canoe trip on the New River. Visit Tangent Outfitters ([www.tangentoutfitters.com](http://www.tangentoutfitters.com) – 540.626.4567) when leaving Cascades for details.
- Ask the folks at Tangent Outfitters for directions to The Palisades Restaurant ([www.thepalisadesrestaurant.com](http://www.thepalisadesrestaurant.com)– 540.626.2828)



**Pandapas Pond** offers an 8-acre manmade pond that provides fishing, hiking, flat-water canoeing, and picnicking opportunities. A 1-mile loop trail circles the lake and meanders through the surrounding Appalachian hardwoods and pines and some rhododendron thickets.

- Easy hiking with a variety of longer options that leave the pond area
- 60 minutes from Roanoke near Blacksburg
- Map kiosk at trail head

## Directions to Trail Head

- Take I-81S to Exit 118B (460W)
- Follow 460W for approximately 15 miles
- As you pass Blacksburg you will ascend and then descend a large mountain.
- Turn left as you reach the bottom into Pandapas Pond

## Add On

- After your hike cool off with some tubing on the New River with New River Junction ([www.newriverjunction.com](http://www.newriverjunction.com) – 540.639.6633)
- Finish your day with seafood at Poor Billy's Seafood ([www.bigalssportsbar.com](http://www.bigalssportsbar.com) – 540.951.2200) or a calzone at The Cellar ([www.the-cellar.com](http://www.the-cellar.com) - 540.953.0651), both in downtown Blacksburg





# Biking Adventure

## Carvins Cove Trail System (Bennett Springs)

is the second largest municipal park in the nation and a mountain biking paradise. Carvins Cove is chock full of both relatively flat, low-lying trails and steep climbs with awesome descents. If you don't like single-track, there's a seven-mile fire road around it. *Note – mountain bike trails are accessed at Bennett Springs which is different than the directions provided in the hiking section.*



- **A \$2 Parking Pass Is Required** and **cannot** be purchased at the Bennett Springs parking lot. You must purchase a pass from the local mountain bike shop (Just The Right Gear) which is located along your driving route to the trail head (M-F 11-6pm/Sat 9-4pm – 540.384.7800)
- Moderate to difficult (mountain bike only)
- 10 min. from downtown Roanoke

### Directions to Trail Head

- (From Roanoke) Take I-81 south to exit 141.
- Turn left at the traffic light onto Rt. 419 (Electric Rd.) and follow 0.4 miles to next traffic light (Rt. 311)
- Turn right onto Rt. 311N
- Just The Right Gear will be on your right in less than 1 mile (**buy your pass here**)
- Continue on 311N for another mile and turn right onto Carvins Cove Rd.
- Continue for ~1.4 miles to three-way intersection and bear right (still on Carvins Cove Rd.)
- Continue for 3+ miles to parking lot on right

### Add On

- Hungry but not ready to head inside? Head to Mac & Bob's Restaurant on Main St. in Salem which was voted Best Outdoor Dining ([www.macandbobs.com](http://www.macandbobs.com) – 540.389.5999)
- Grab some picnic supplies and head to Valhalla Vineyards ([www.valhallawines.com](http://www.valhallawines.com) – 540.725.9463)
- Explore Roanoke's premiere art museum – the Taubman Museum of Art ([www.taubmanmuseum.org](http://www.taubmanmuseum.org) - 540.342.5760)
- Watch an educational movie on the 40-foot MegaDome Theater at the Science Museum of Western Virginia ([www.smwv.org](http://www.smwv.org) – 540.342.5726)

- Map On Reverse -

# Carvins Cove Trail System

## Trail Type:

Fire Road

Trail

Streets & Roads

Appalachian Trail\*\*

10 Ft. Contours

Reservoir

Cove Boundary

Parking Area

## Trail / Fire Road Key:

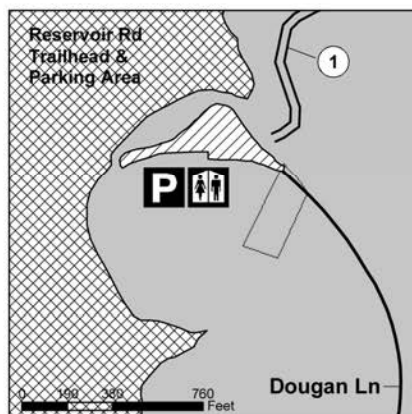
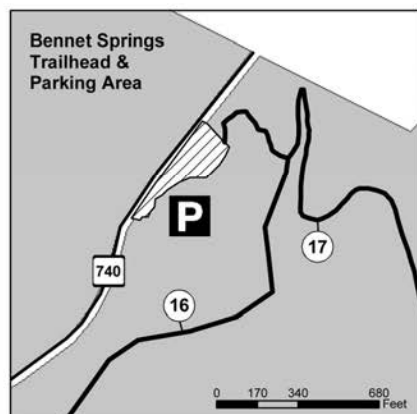
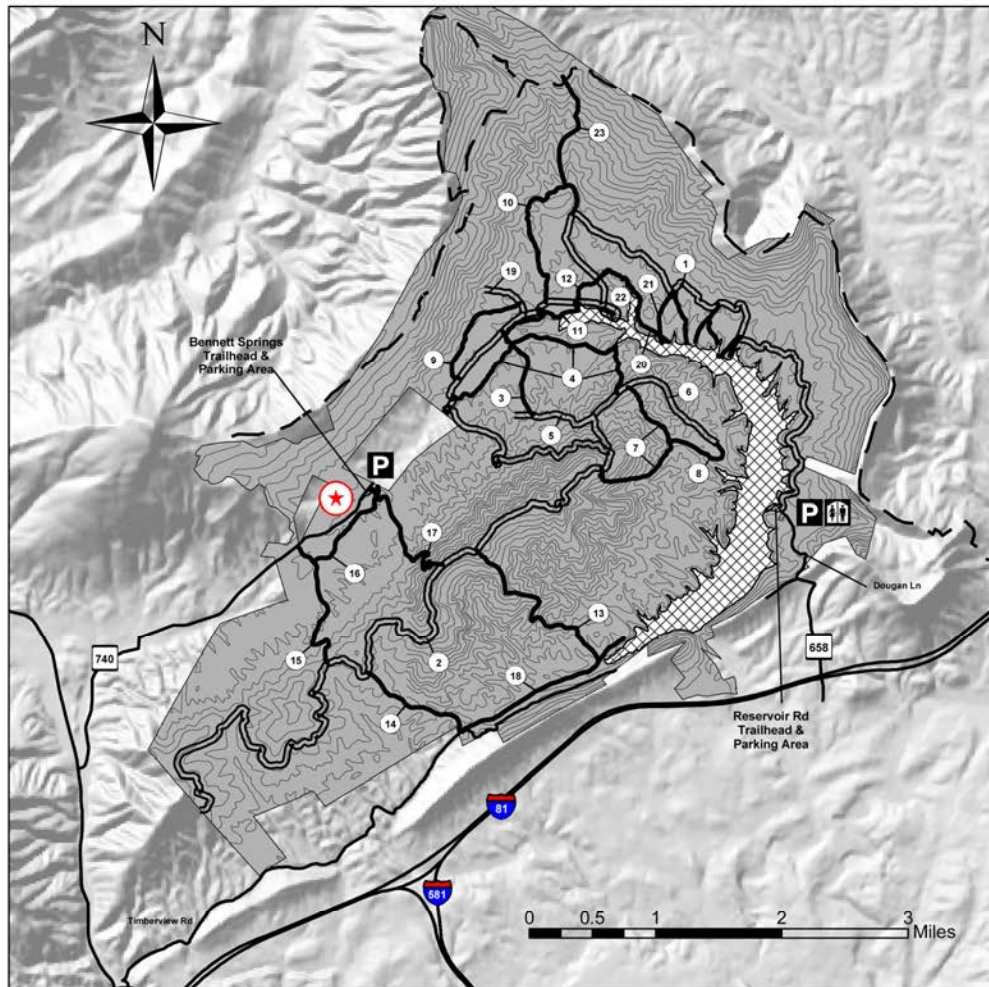
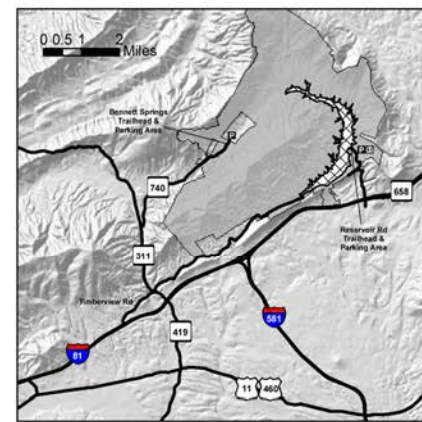
- 1: Happy Valley
- 2: Brushy Mountain\*
- 3: Tuck-A-Way
- 4: Comet
- 5: Jacob's Drop\*
- 6: Kerncliff\*
- 7: Hemlock Tunnel\*
- 8: Araminta
- 9: Songbird
- 10: Arrowhead
- 11: Enchanted Forest
- 12: Little Bell
- 13: The Gauntlet\*
- 14: The Trough\*
- 15: Buck\*
- 16: Hotel
- 17: Hi-Dee-Hoe\*
- 18: Horse Pen
- 19: Tunnel
- 20: Church Bell
- 21: Schoolhouse
- 22: Riley's Loop
- 23: Sawmill Branch\*\*

\* Long climbs, large changes in elevation  
\*\* Hiking Only

 You Are Here

## TRAIL USAGE:

-  Hike
-  Bicycle
-  Horseback
-  **ATV**



Prepared by the City of Roanoke  
Department of Technology, July 2004,  
using reference data prepared by the  
Roanoke Valley Alleghany  
Regional Commission, January 2003



# Biking Adventure

**Explore Park Trail System**, located adjacent to the Blue Ridge Parkway, is a 1,100-acre preserve, situated along the Roanoke River Gorge, offering both IMBA certified mountain bike trails and access to hundreds of miles of the Blue Ridge Parkway.

- Mountain bike trail options (6+) ranging from <0.5 miles to >10 miles. Many of the trails are loop trails, and are easy to moderately difficult
- Road cycling: south on the Parkway for some serious climbs or north for something a little more moderate
- 10 min. from downtown Roanoke



## Directions to Explore Park

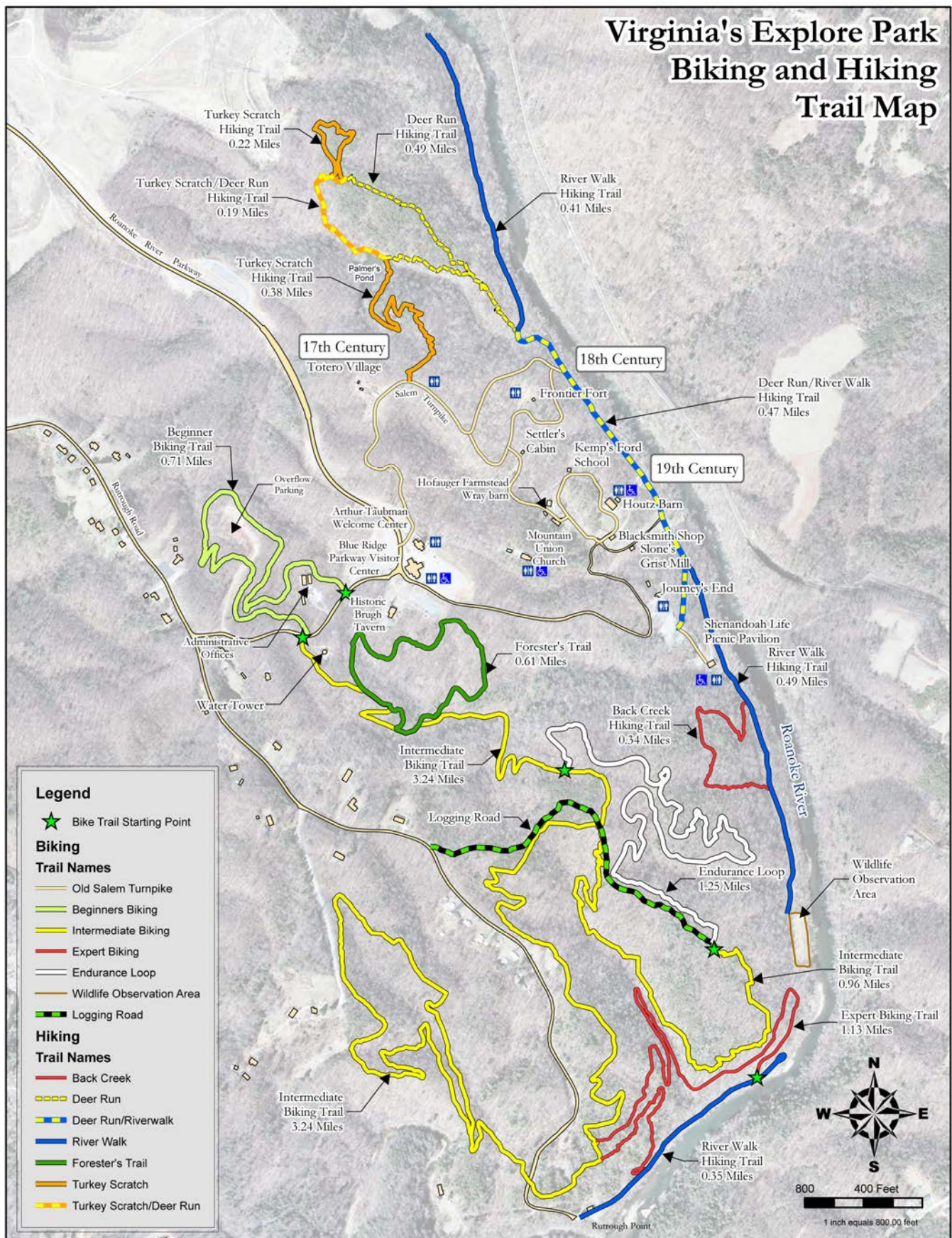
- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24E (heading away from downtown)
- Follow 24E until you reach the Blue Ridge Parkway entrance ramps
- Take the Parkway south to milepost 115 and turn left into Explore Park

## Add On

- Finish your day with a scenic drive north on the Parkway to the Peaks of Otter Lodge (milepost 86). A map can be found at [www.blueridgeparkway.org/map2.htm](http://www.blueridgeparkway.org/map2.htm)
- Drive south to milepost 171 and sample the award winning wines of Château Morrisette ([www.thedogs.com](http://www.thedogs.com) – 540.593.2865)
- After your hike, head to the Historic Roanoke City Market where you can choose from dozens of great places to eat (many with live music)
- No visit is complete without a “cheesy western all the way” from Roanoke’s iconic Texas Tavern, open 24 hours ([www.texastavern-inc.com](http://www.texastavern-inc.com) – 540.342.4825)
- Explore Roanoke’s premiere art museum – the Taubman Museum of Art ([www.taubmanmuseum.org](http://www.taubmanmuseum.org) - 540.342.5760)
- Experience a dazzling multimedia show under a 40-foot planetarium dome at the Science Museum of Western Virginia ([www.smwv.org](http://www.smwv.org) – 540.342.5726)
- Take the kids by the Mill Mountain Zoo ([www.mmzoo.org](http://www.mmzoo.org) or 540.343.3241)

- Map On Reverse -

# Virginia's Explore Park Biking and Hiking Trail Map





# Biking Adventure

**Roanoke River Greenway** runs more than 5 miles from Wasena Park to Bennington Rd.. Starting at Wasena Park, the first part of the greenway is kid friendly, slightly downhill, and a very easy walk, ride, or run with plenty of playgrounds along the route. There are many other greenways located within Roanoke; maps can be found at [www.greenways.org](http://www.greenways.org).

- 5.1 miles in length; easy walking and biking options
- Located <2 minutes from the downtown heart of Roanoke



## Directions to Trail Head

- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24W (heading towards downtown)
- Continue to follow Elm Ave. which becomes Main St./US 221
- Cross over the river and turn right at Winona Ave.
- Turn right at 11<sup>th</sup> St. and then turn left at Winchester Ave. into parking lot

## Add On

- Rent a bike and/or bike rack from ShareBike located in the Roanoke City Market Building in downtown (540.344.1499). They direct you to the Roanoke River Greenway directly from their shop
- Check out [www.myscoper.com](http://www.myscoper.com) for a list of events going on in the region
- No visit is complete without a “cheesy western all the way” from Roanoke’s iconic Texas Tavern, open 24 hours ([www.texastavern-inc.com](http://www.texastavern-inc.com) – 540.342.4825)
- Grab some picnic supplies and head to White Rock Vineyards & Winery ([www.whiterockwines.com](http://www.whiterockwines.com) – 540.890.3359)
- Visit the Mill Mountain Zoo ([www.mmzoo.org](http://www.mmzoo.org) or 540.343.3241)
- Go see a baseball game! The Salem Red Sox schedule can be found at [www.salemsox.com](http://www.salemsox.com) or by calling 540.389.3333

**- Map On Reverse -**

### Mileage

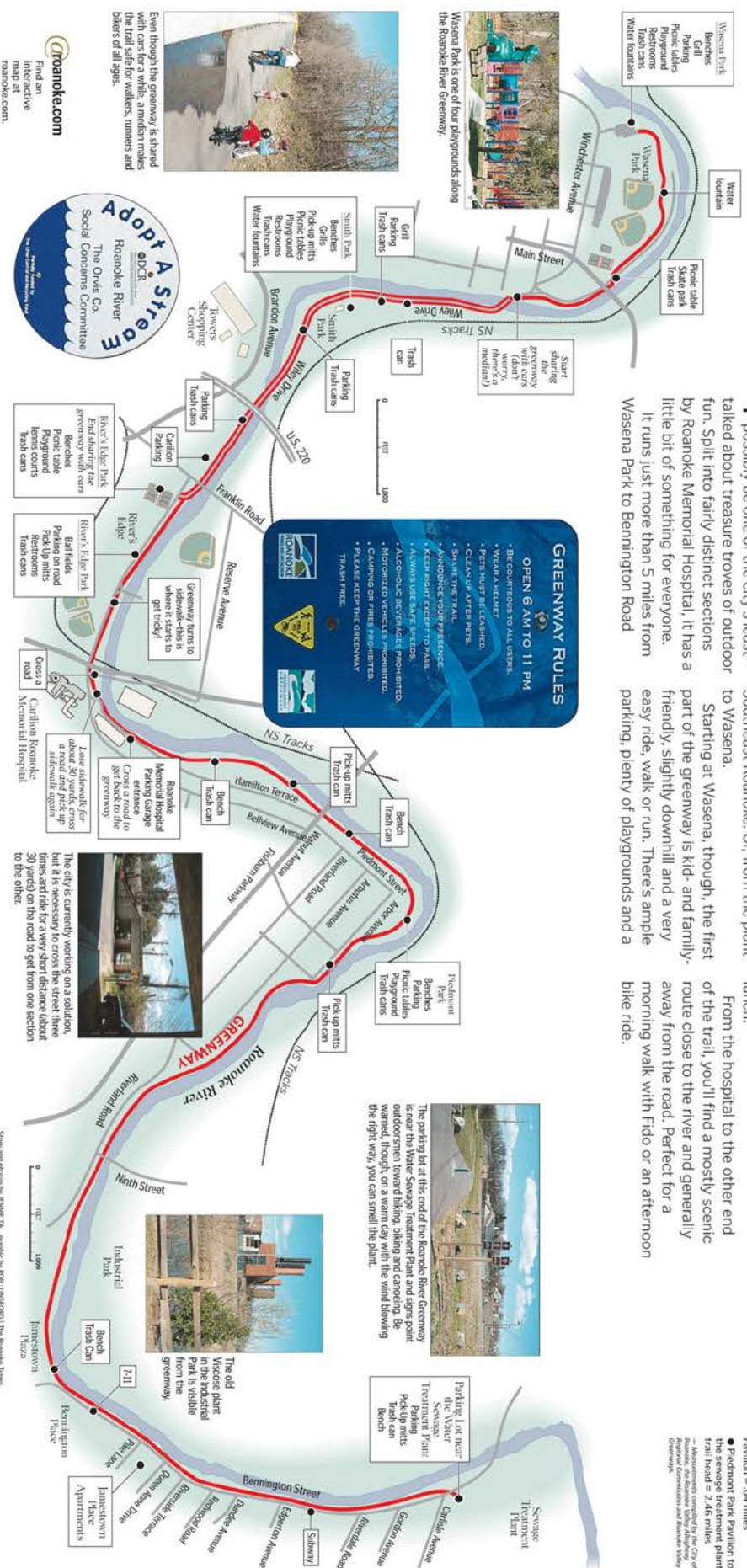
Wondering if you and the kiddies can make it from one park to the next?

- Waseana Park trail head to Smith Park Pavilion = 1 mile
- Smith Park Pavilion to the pedestrian bridge at N. River's Edge Park (former Victory Stadium pedestrian bridge) = .7 miles

few places to have a break and a picnic lunch.

From the hospital to the other end of the trail, you'll find a mostly scenic route close to the river and generally away from the road. Perfect for a morning walk with Fido or an afternoon bike ride.

effort to save the city's water supply. The city is planning to build a new water treatment plant (WTP) to replace the existing one, which is located near the city's main hospital. The new WTP will be built on a 64-acre site, which is currently used as a parking lot for the hospital. The city is also planning to build a new sewage treatment plant (STP) to replace the existing one, which is located near the city's main hospital. The new STP will be built on a 7.46-acre site, which is currently used as a parking lot for the hospital. The city is also planning to build a new landfill to replace the existing one, which is located near the city's main hospital. The new landfill will be built on a 7.46-acre site, which is currently used as a parking lot for the hospital.



Cross and others • The H7N9 Virus



# Biking Adventure

**Douthat State Park** was named one of the nation's 10 best state parks by the *Outside Family Vacation Guide* and has quickly become a premier mountain biking destination. Some people refer to it as the Disneyland of mountain biking.

- Over 43 miles of moderate to advanced trails originally created by the Civilian Conservation Corps
- Pick up a trail map at the visitor center
- 60 minutes from Roanoke near Clifton Forge
- There is a \$2 entrance fee
- Be sure to ride Stony Run trail and swing by Blue Suck Falls



## Directions to Douthat State Park

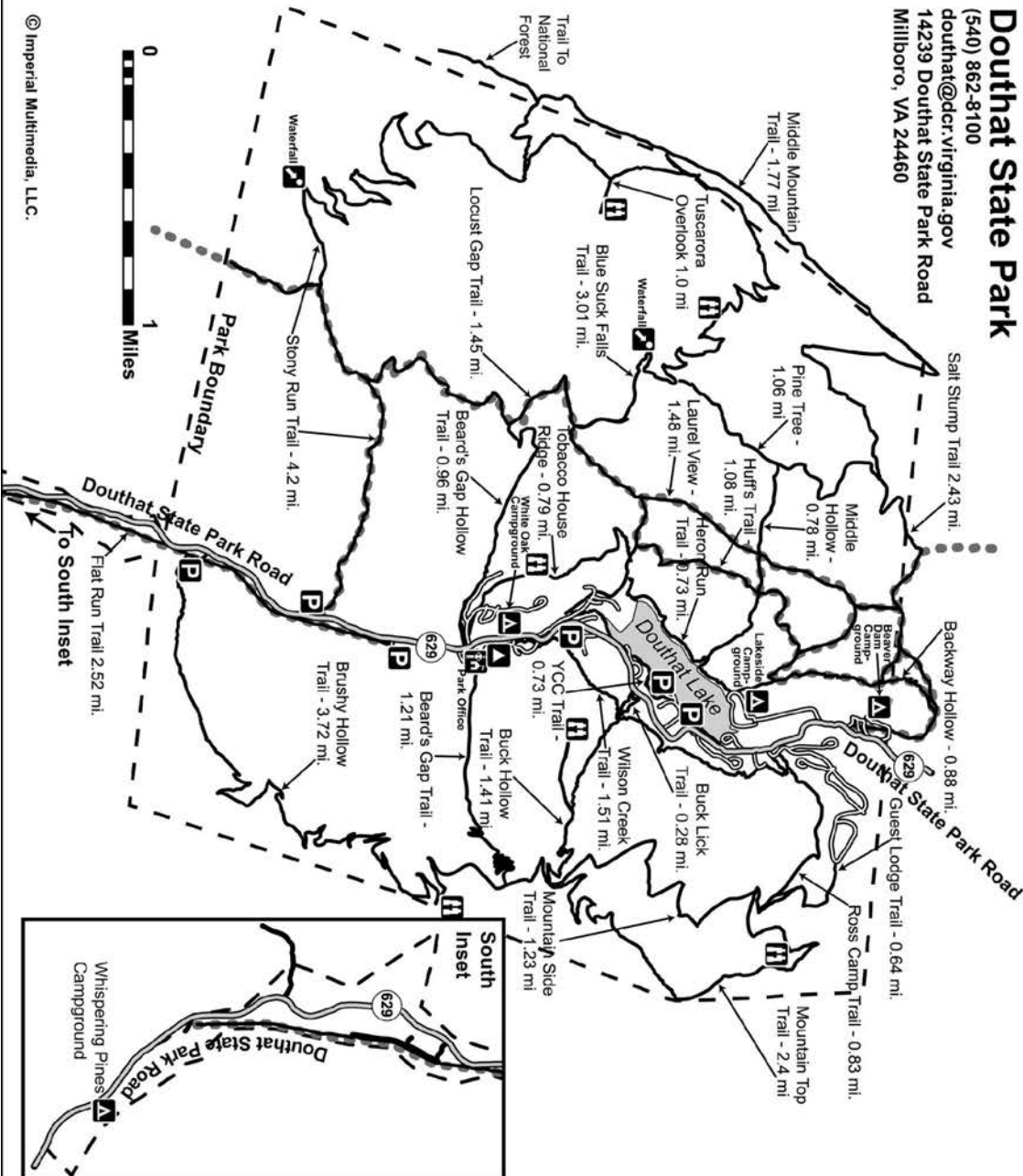
- From Roanoke – take I-81N to Exit 150B (220N)
- Follow 220N for about 30 minutes
- After passing through the town of Iron Gate take the first exit to the right (Covington)
- This road will continue under I-64 and becomes Rt. 629
- Park entrance is 4 miles farther on Rt. 629

## Add On

- Need some supplies? Visit Riders Up Outfitters in Clifton Forge ([www.ridersupoutfitters.com](http://www.ridersupoutfitters.com) – 540.862.7999)
- After your hike head to the lake for a swim (\$3 fee)
- Grab a bite to eat at the historic Company Store – a former commissary for the Low Moor Iron Company employees ([www.thecostorelowmoor.com](http://www.thecostorelowmoor.com) – 540.862.0098)
- Taste Virginia's award-winning wines. The Botetourt County Wine Trail consists of three local wineries located along Rt. 220 ([www.botetourtwinetrail.com](http://www.botetourtwinetrail.com))

- Map On Reverse -

**Douthat State Park**  
 (540) 862-8100  
 douthat@dc.virginia.gov  
 14239 Douthat State Park Road  
 Millboro, VA 24460



Trail	Blaze	Mileage	Usage	Difficulty
Backway Hollow	Yellow	0.88	H, B	■
Beard's Gap Hollow	White	0.96	H, B	■
Beard's Gap	Blue	1.21	H, B	■
Blue Suck Falls	Blue	3.01	H, B	■
Brushy Hollow	Orange	3.72	H, B	■
Buck Hollow	Blue	1.41	H, B	■
Buck Lick	Red	0.28	H	■
Flat Run	Red	2.52	H, B	■
Guest Lodge	Blue	0.64	H, B	■
Heron Run	Blue	0.73	H	■
Huff's	Gold	1.08	H, B	■
Laurel View	White	1.48	H, B	■
Locust Gap	Yellow	1.45	H, B	■
Middle Hollow	Orange	0.78	H, B	■
Middle Mountain	White	1.77	H, B	■
Mountain Side	White	1.23	H	■
Mountain Top	Yellow	2.4	H, B	■
Pine Tree	Yellow	1.06	H, B	■
Ross Camp	Orange	0.83	H, B	■
Salt Stump	Orange	2.43	H, B	■
Stony Run	Orange	4.2	H, B	■
Tobacco House Ridge	Yellow	0.79	H, B	■
Tuscarora Overlook	Yellow	1	H, B	■
Wilson Creek	White	1.51	H, B	■
YCC	Blue	0.73	H	■
Alleghany Highlands	N/A	6 (in park)	H, B, HB	■
Multituse, Equestrian	N/A			■
State Trail	N/A			■

H = Hiking B = Biking HB = Horseback Riding  
 ● = Easy ■ = Moderate ◆ = Difficult



- P** Park Office
- A** Campground
- H** Scenic Overlook
- ?** Point Of Interest
- P** Parking
- ▲** Information Station
- Alleghany Highlands
- Multituse, Equestrian
- State Trail, (Shares 6 mi. of Park Trail System)



# Biking Adventures

**Jackson River Scenic Trail** was developed from an old railroad bed and provides access to many natural, historic, and scenic resources. The trail parallels the Jackson River which is a natural habitat for reproducing wild trout. The trail is open to the public for those who enjoy hiking, biking, and nature walks.

- 10 miles in length, with an additional 7 planned
- Easy
- 60 minutes from Roanoke near Covington

## Directions to Trailhead

- From Roanoke – take I-81N to Exit 150B (220N)
- Follow 220N for about 30 minutes to Clifton Forge
- Merge onto I-64W/US-220N via ramp on left
- Take Exit 16B towards Covington onto US-60E/220N (Madison St.)
- Follow 220N for 4.2 miles and turn left onto Dressler Dr.
- The Intervale trailhead is located immediately on your left

## Add On

- Need some hiking supplies? Visit Riders Up Outfitters in Clifton Forge ([www.ridersupoutfitters.com](http://www.ridersupoutfitters.com) – 540.862.7999)
- Grab a bite to eat at the historic Company Store – a former commissary for the Low Moor Iron Company employees ([www.thecostorelowmoor.com](http://www.thecostorelowmoor.com) – 540.862.0098)
- Taste Virginia's award winning wines. The Botetourt County Wine Trail consists of three local wineries located along Rt. 220 ([www.botetourtwinetrail.com](http://www.botetourtwinetrail.com))



**Wolf Creek Greenway Trail** is located in the Town of Vinton along a portion of Wolf Creek. Wolf Creek is a tributary of the Roanoke River.

- 2.2 miles of cinder surfaced trail
- Easy
- See Hiking Adventure listing for map
- 5 minutes from downtown Roanoke

## Directions to Trailhead

- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24E (heading away from downtown)
- Follow 24E for ~3.5 miles
- Bear right as 24E and Washington Ave. become one
- Follow for ~1/2 mile and you will cross Wolf Creek
- Make a U-turn and then immediately turn right onto Leisure Lane
- Follow Leisure Lane to Goode Park

## Add On

- After your hike head to Jerry's Family Restaurant for a home-cooked meal. On Friday evenings you'll see a parade of vintage cars. Just minutes from the Greenway at 1340 E Washington Ave Vinton VA, 24179. (540.343.4400)
- Grab some authentic Thai food at Red Jasmine Thai Cuisine ([www.redjasmine.net](http://www.redjasmine.net) – 540.345.1165)
- Experience a dazzling multimedia show under a 40-foot planetarium dome at the Science Museum of Western Virginia ([www.smwv.org](http://www.smwv.org) – 540.342.5726)
- Visit the Mill Mountain Zoo ([www.mmzoo.org](http://www.mmzoo.org) or 540.343.3241)



# Biking Adventure

**Huckleberry Trail** is an asphalt-paved bike/pedestrian path. The trail currently runs from the Blacksburg library to the New River Mall. There are distance markers every half mile and benches spaced along the trail where you can rest and enjoy the scenery. Parking is available at both ends as well as near Warm Hearth and the Hightop and Merrimac Rd. crossings.

- 5.7 miles in length with easy walking and biking options
- Located 50 minutes from Roanoke

## Directions to Trail Head

- From Roanoke take I-81S to Exit 118B (460W)
- Follow 460W for approximately 10 minutes
- Do not take the Downtown Blacksburg exit
- Continue on 460W until you see signs for Southgate Rd. and Lane Stadium
- Turn right onto Southgate Rd. at the traffic light
- Continue straight until the road ends at a "T" intersection with stop sign
- Turn left onto Airport Rd.
- Turn left onto Preston Ave. and go to the end
- Huckleberry parking lot will be directly in front of you at the public library

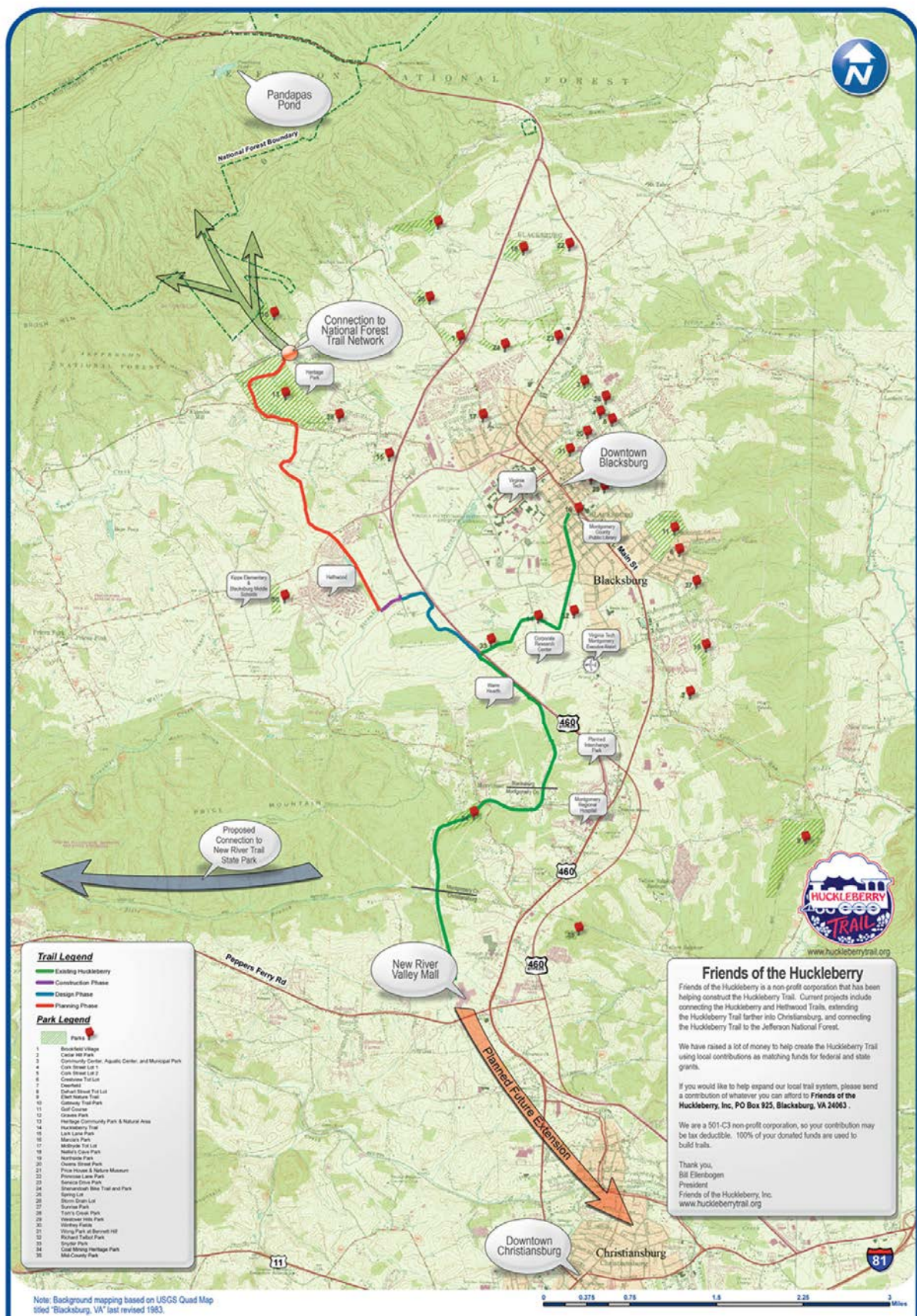


## Add On

- Rent a bike from Hokie Spokes located in downtown Blacksburg ([www.hokiespokes.com](http://www.hokiespokes.com) – 540.552.7765)
- Finish your day with seafood at Poor Billy's Seafood ([www.bigalssportsbar.com](http://www.bigalssportsbar.com) – 540.951.2200) or a calzone at The Cellar ([www.the-cellar.com](http://www.the-cellar.com) - 540.953.0651), both in downtown Blacksburg
- Go see a baseball game! The Salem Red Sox schedule can be found at [www.salemsox.com](http://www.salemsox.com) or by calling 540.389.3333

- Map On Reverse -





# Huckleberry Trail

Montgomery County, VA



# Biking Adventures

**New River Trail (State Park)** is an official National Recreation Trail designated by the U. S. Department of the Interior. The park parallels 39 miles of the New River which is the second oldest river in the world and uniquely flows north.

- Two tunnels and three major bridges
- Nearly 30 smaller bridges and trestles
- 57 miles in length with easy walking and biking options
- 60 minutes from Roanoke. Nearest access point is in Pulaski
- Parking fee required



## Directions to Trail Head

- Take I-81S to Exit 94
- Take Rt. 99W approximately 2 miles to Xaloy
- Turn onto Xaloy Drive to entrance

## Add On

- Rent a bike from Radford Bike and Paddle Shop located in Radford ([www.radfordbikeandpaddle.com](http://www.radfordbikeandpaddle.com) – 540.633.2453)
- End the day with a refreshing swim at Claytor Lake State Park (Exit 101 off I-81)

**Poverty Creek (Pandapas Pond)** is one of the area's premiere destinations for single-track mountain biking. Miles of options, with steep climbs and fast down hills will keep your heart pounding.

- Moderate to difficult biking
- Located next to Pandapas Pond (see hiking adventures)
- 60 minutes from Roanoke
- Map kiosk at trail head

## Directions to Trail Head

- Take I-81S to Exit 118B (460W)
- Follow 460W for approximately 15 miles
- As you pass Blacksburg you will climb a large mountain.
- Turn left on the other side (at the bottom) into Pandapas Pond



## Add On

- After your ride head to Cabo Fish Taco in Blacksburg for refreshing drinks and food ([www.cabofishtaco.com](http://www.cabofishtaco.com) – 540.552.0950)



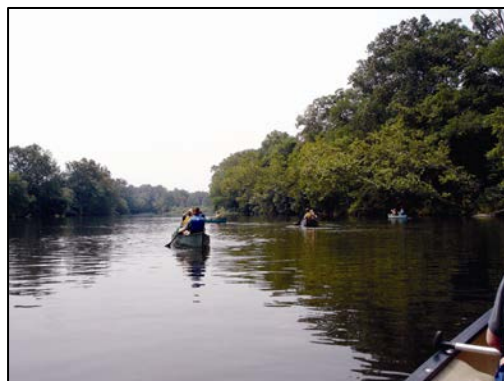
# Water Adventure

**James River** is Virginia's greatest river with the finest canoeing and freshwater fishing. A 16-mile stretch in Botetourt County is the only part of the James River that has been designated a Virginia Scenic River.

- **Canoeing, tubing, and fishing**
- Most access points are within 45 minutes of Roanoke

## Outfitters

- **Riders Up Outfitters** ([www.ridersupoutfitters.com](http://www.ridersupoutfitters.com) – 540.862.7999) offers canoe and kayak rentals, as well as guided fly fishing trips.
- **Twin River Outfitters** ([www.canoevirginia.net](http://www.canoevirginia.net) – 540.261.7334) offers canoe, kayak, and tube rentals, as well as an overnight canoe camping trip option.
- **Wilderness Adventure at Eagle Landing** ([www.wilderness-adventure.com](http://www.wilderness-adventure.com) – 540.864.6792) is a complete outdoor adventure center that offers guided canoe and kayak trips (day and overnight).



**New River** is the second oldest river in the world, giving anglers and paddlers world-class excitement, and is one of the few rivers that flows north.

- **Kayaking, canoeing, tubing, and fishing**
- Most access points are within 75 minutes of Roanoke

## Outfitters

- **Wilderness Adventure at Eagle Landing** ([www.wilderness-adventure.com](http://www.wilderness-adventure.com) – 540.864.6792) is a complete outdoor adventure center that offers guided canoe and whitewater kayak trips (day and overnight).
- **Tangent Outfitters** ([www.tangentoutfitters.com](http://www.tangentoutfitters.com) – 540.626.4567) offers canoe and mountain bike rentals, guided fishing trips, and overnight camping trips.
- **New River Outdoor Company** ([www.newriveroutdoorco.com](http://www.newriveroutdoorco.com) – 540.921.7438) offers canoe and kayak rentals, guided fishing, and cabin rentals.
- **New River Junction** ([www.newriverjunction.com](http://www.newriverjunction.com) – 540-639.6633) offers tubing and fishing.



**Craig Creek** is an incredibly beautiful shallow creek that meanders its way through lush vegetation. It is best paddled in the spring and fall.

- **Canoeing, tubing, and fishing**
- Most access points are within 45 minutes of Roanoke (in Craig County)

## Outfitters

- **Wilderness Adventure at Eagle Landing** ([www.wilderness-adventure.com](http://www.wilderness-adventure.com) – 540.864.6792) offers guided canoe and kayak trips, canoe rentals, tubing, and the ability to add other adventure activities to your outing.



- more water adventures on the other side -

**Smith Mountain Lake** is Virginia's most popular lake offering superb recreational activities, 500 miles of shoreline, and a wide variety of water sports.

- **Fishing, water skiing, wakeboarding, jet skiing, and swimming**
- Most access points are within 25-40 minutes of Roanoke

#### Marinas/Outfitters

- See Outfitters & Guides listing for complete list of fishing guides
- **Virginia Outdoorsman** ([www.virginiaoutdoorsman.com](http://www.virginiaoutdoorsman.com) – 540.721.4867) offers guided fishing trips as well as a hunting, fishing, and boating store.
- **Bay Roc Marina** ([www.bayroc-marina.com](http://www.bayroc-marina.com) – 540.890.2194) offers ski and house boat rentals with an on-site restaurant.
- **Bridgeside Marina** ([www.bridgesidemarine.com](http://www.bridgesidemarine.com) – 540.719.2628) rents ski boats, pontoons, wave runners, and fishing boats.
- **Crazy Horse Marina** ([www.wetconnection.com](http://www.wetconnection.com) – 540.721.4800) rents pontoons, ski boats, and wave runners.
- **Bridgewater Plaza Marina** ([www.bridgewaterplaza.com](http://www.bridgewaterplaza.com) – 540.721.1639) offers pontoon, ski, and jet ski rentals, as well as mini-golf and food.
- **Parrot Cove Boat Rentals** ([www.parrotcove.com](http://www.parrotcove.com) – 800.488.4516) offers pontoon, kayak, house boat, ski boat, and jet ski rentals.
- **Smith Mountain Lake Sailing School** ([www.smlsailing.com](http://www.smlsailing.com) – 540.719.009) is the area's only sailing school offering custom sailing classes

#### State Park

- Smith Mountain Lake State Park is not just for water enthusiasts. In addition to a full range of water related activities, including swimming, fishing, and boating, the park offers miles of hiking trails, cabins, camping, picnicking, a visitor center, and interpretive programs

#### Directions to State Park

- Take 24E (Exit 6 off I-581) away from Roanoke for approximately 25 minutes to intersection with 122
- Turn right onto Moneta Road/122S and follow for ~5 miles
- Turn left onto White House Rd. and follow for ~6 miles
- Turn right at Smith Mountain Lake Parkway and follow for ~2 miles to State Park



**Carvins Cove** is the second largest municipal park in the nation. It holds a major water source within its 12,700 acres and overflowing recreational opportunities including hiking, biking, fishing, and boat rentals.

- **Paddle boats, row boats, hiking, picnicking, and fishing**
- **A \$2 Parking Pass Is Required** and may be purchased 7 days a week at the boat landing (540.563.9170)
  - Between 6:30am-9:30pm (April 1 – Sept. 30)
  - Between 8:30am-6:30pm (Oct. 1 – March 31)
- Easy hiking options
- 10 min. from downtown Roanoke
- Rent a row boat or paddle boat for \$5/hr or \$15/day

#### Directions to Boat Landing

- Take I-81 to Exit 146
- Take Plantation Rd. south to traffic light
- Turn left onto Rt. 11 and go 0.6 miles (past the entrance to Hollins College)
- Turn left onto Reservoir Rd. (a mini-mart is on the right side of Rt. 11)
- Follow for 2.5 miles to main parking area





# Water Adventure

**Douthat State Park** was named one of the nation's 10 best by *Outside Family Vacation Guide*. It is one of the original six Virginia State Parks. Nestled in Virginia's Western Highlands, Douthat features some of Virginia's most outstanding scenery.

- **Swimming, mountain biking, canoeing, hiking, and fishing**
- [www.dcr.virginia.gov/state\\_parks/dou.shtml](http://www.dcr.virginia.gov/state_parks/dou.shtml)
- Boating: The boathouse is open from the first Saturday in April through the end of October. Jonboats with and without electric motors, canoes, paddleboats, hydrobikes, and funyaks are available for rent
- 60 minutes from Roanoke near Clifton Forge
- There is a \$2 entrance fee and \$3 swimming fee

## Directions to Douthat

- From Roanoke – take I-81N to Exit 150B (220N)
- Follow 220N for about 30 minutes
- After passing through the town of Iron Gate take the first exit to the right (Covington)
- This road will continue under I-64 and becomes Rt. 629
- Park entrance is 4 miles farther on Rt. 629



**Lake Moomaw** is a 2,530-acre lake almost completely surrounded by the Allegheny Mountains. This beautiful lake offers boat rentals, fishing, swimming, and hiking.

- **Swimming, boating, canoeing, hiking, and fishing**
- [www.fs.fed.us/r8/gwj/jamesriver/maps/lake\\_moomaw\\_brochure.shtml](http://www.fs.fed.us/r8/gwj/jamesriver/maps/lake_moomaw_brochure.shtml)
- Boat Rentals: Bolar Flat Marina – 540.279.4144 (directions to marina are different than below – call for adjustment in directions)
- 60 minutes from Roanoke near Covington

## Directions to Lake Moomaw

- From Roanoke - take I-81N to Exit 150B (220N)
- Follow 220N for about 30 minutes
- After passing through the town of Iron Gate take the first exit to the right (Covington)
- Take 64W to Exit 16A
- Take 220N for 5.6 miles. Turn Left onto 687 for 3.2 miles
- Turn left onto 641/666N for 4.2 miles
- At three-way intersection follow signs to Cole Point day-use area



**- more water adventures on the other side -**

**Philpott Reservoir** is a deep, clear-water, 3,000-acre lake in mountainous terrain with a beautiful natural shoreline. The park offers both camping and day-use facilities including restrooms, beaches, boat ramps, group picnic shelter, amphitheater, playground, and loop nature trail.

- **Swimming, boating, canoeing, hiking, and fishing**
- [www.saw.usace.army.mil/philpott/index.htm](http://www.saw.usace.army.mil/philpott/index.htm)
- 540.365.7005
- 60 minutes from Roanoke near Rocky Mount

Directions to Philpott Reservoir (Salthouse Branch Park)

- From Roanoke - take 220S past Rocky Mount
- Turn right onto Henry Rd. (605) and follow 6 miles
- Turn left onto Knob Church Rd. and follow 2 miles
- Turn left on Salthouse Branch Rd. and follow signs to entrance



**Smith Mountain Lake State Park** is situated on the second largest body of freshwater in the state and is not just for water enthusiasts. In addition to a full range of water-related activities, including swimming, fishing and boating, the park offers miles of hiking trails, cabins, camping, picnicking, a visitor center and interpretive programs.

- **Swimming, boating, canoeing, hiking, and fishing**
- [www.dcr.virginia.gov/state\\_parks/smi.shtml](http://www.dcr.virginia.gov/state_parks/smi.shtml)
- 45 minutes from Roanoke

Directions to State Park

- Take 24E (Exit 6 off I-581) away from Roanoke for approximately 25 minutes to intersection with 122
- Turn Right onto Moneta Rd./122S and follow for ~5 miles
- Turn Left onto White House Rd. and follow for ~6 miles
- Turn Right at Smith Mountain Lake Parkway and follow for ~2 miles to State Park



**Claytor Lake State Park**, located on the 4,500-acre, 21-mile long Claytor Lake shore offers a wide variety of activities for water and land enthusiasts.

- **Swimming, boating, canoeing, hiking, and fishing**
- [www.dcr.virginia.gov/state\\_parks/cla.shtml](http://www.dcr.virginia.gov/state_parks/cla.shtml)
- 60 minutes from Roanoke
- Claytor Lake WaterSports rents many types of boats ([www.claytorlakewatersports.com](http://www.claytorlakewatersports.com) – 540.731.8683)
- There are entrance and swimming fees

Directions to Claytor Lake

- From Roanoke - take I-81S to Exit 101
- Turn left onto State Park Rd. (660) and follow to park entrance





# Outdoor Attractions

**Endeavor Ballooning** is the areas only hot air balloon ride operation.

- [www.endeavorballoon.com](http://www.endeavorballoon.com) or 540.992-0359
- Located 20 minutes from downtown Roanoke in Botetourt County
- Reservations required



**Wilderness Adventure at Eagle Landing** is an outdoor adventure center that allows you to pick and choose your own adventure!

- [www.wilderness-adventure.com](http://www.wilderness-adventure.com) or 540.864-6792
- Located 35 minutes from downtown Roanoke in Craig County
- World-famous 900' Zip Line, 50' Climbing Wall, Caving, High Ropes Courses, Canoeing, Mountain Biking, Kayaking, Guided Hikes, Environmental Education, and more
- Reservations required



**Blue Ridge Parkway** is one of the most popular units of the National Park System. "America's Favorite Drive" winds its way 469 miles through mountain meadows and past seemingly endless vistas. Split-rail fences, old farmsteads and historic structures complement spectacular views of distant mountains and neighboring valleys.

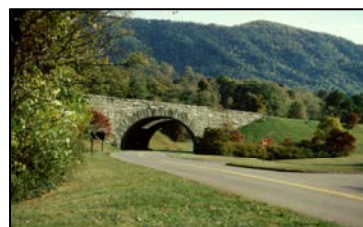
- A map can be found at [www.blueridgeparkway.org/map2.htm](http://www.blueridgeparkway.org/map2.htm)
- Many short hiking opportunities and scenic overlooks
- 10 min. from downtown Roanoke

## Directions to the Parkway

- Please note that other access points may be closer; please ask your front desk
- Take I-581 to Elm Ave. / Rt. 24 (Exit 6)
- Turn onto Elm Ave. /Rt. 24E (heading away from downtown)
- Follow 24E until you reach the Blue Ridge Parkway entrance ramps
- Drive either north or south, both are spectacular

## Add On

- Finish your drive with dinner at the Peaks of Otter Lodge (milepost 86)



**Green Hill Park**, one of the larger parks in Roanoke, offers a wide variety of activities. Keep yourself busy fishing in a mile of Roanoke River frontage stocked with trout. Hike a section of the Roanoke River Greenway and visit the equestrian center.

- Located 15 minutes from downtown Roanoke in Salem
- Playgrounds

## Directions to Green Hill Park

- From Interstate 81, take exit 137
- Turn right onto Wildwood Rd. at end of ramp
- Go to the traffic light and turn right onto West Main St.
- Proceed to the 3<sup>rd</sup> traffic light and turn left onto Diuguids Lane
- Cross railroad tracks and the Roanoke River. Park entrance is a short distance on the right

## Add On

- Continue your adventure with a visit to Dixie Caverns

**– more outdoor attractions on the other side –**

**Dixie Caverns** offers daily, 45-minute tours of its caverns on lighted walkways.

- [www.dixiecaverns.com](http://www.dixiecaverns.com) or 540.380.2085
- 20 minutes from Roanoke in Salem
- Winter Hours (Oct. 16-May 31): 9:30-5pm. Summer Hours (June 1 – Oct. 15): 9:30-6pm
- Open daily except Thanksgiving and Christmas

**Directions to Dixie Caverns**

- Take I-81 South to Exit 132 and follow signs to Dixie Caverns

**Add On**

- For a unique dining experience in a scenic and rural setting, try the Mountain View Italian Kitchen. Take I-81 South to Exit 128 (Ironto). At top of ramp turn right onto North Fork Rd. Restaurant is 4 miles on left (540.268.2512)



**Mill Mountain Zoo** is home to over 35 species including three endangered animals – a red panda, a snow leopard, and a white-naped crane.

- [www.mmzoo.org](http://www.mmzoo.org) or 540.343.3241
- Located 5 minutes from downtown Roanoke
- \$7.50 adults/\$5 for ages 3-11/Free for 2 and under
- Open daily 10-4:30pm (closed Thanksgiving, Christmas, and New Year's Day)
- A kids Zoo Choo Train (\$2 per rider)
- Interpretive programs

**Directions to Zoo**

- Take I-581 to Downtown Roanoke Elm Ave. (Exit 6)
- Turn right (towards downtown) at the end of exit ramp onto Elm Ave. and go past hospital (on left)
- Turn left at second traffic light onto Jefferson St.
- Turn left at fourth stop light onto Walnut Ave. Walnut Ave. goes up Mill Mountain
- At top of mountain turn right at the Mill Mountain Park Sign

**Add On**

- From the zoo it's an easy hike to the Roanoke Star overlooking the valley
- Visit the Mill Mountain Discovery Center



**Natural Bridge** is one of the oldest tourist destinations in the U.S.

- [www.naturalbridgeva.com](http://www.naturalbridgeva.com) or 800.533.1410
- 45 minutes from Roanoke
- Cavern tours, wax museum, haunted monster museum, dino kingdom, foamhenge, and toy museum
- Various seasonal hours and rates

**Directions to Natural Bridge**

- Take I-81 north to Exit 175
- Turn right at the exit ramp and turn left onto Rt. 11N
- Follow signs to Natural Bridge

**Safari Park** is the areas only drive-thru zoo

- [www.virginiasafaripark.com](http://www.virginiasafaripark.com) or 540.291.3205
- 45 minutes from Roanoke near Natural Bridge
- Feed animals right from your vehicle; giraffes, llamas, pigs, buffalo, tigers, camels, boar, and lots more

**Directions to Natural Bridge**

- Take I-81 North to Exit 180 and turn left onto Rt. 11N
- Go ½ mile to KOA campground and follow signs to Safari Park
- Follow signs to Natural Bridge





Prepared by -



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