

# Grayson Highlands State Park



[www.virginiastateparks.gov](http://www.virginiastateparks.gov)  
1-800-933-7275

## Trails

Trail Name	Mileage	Usage	Difficulty	Blaze Color
Appalachian Trail	2,150	H	■	White
Appalachian Spur Trail	0.7	H	■	Blue
Big Pinnacle Trail	0.5	H	◆	Yellow
Cabin Creek Trail	1.5	H	◆	Yellow
Haw Flats Trail	0.6	H	■	Red
Horse Trail East	2.0	H, E	■	Orange
Horse Trail North	0.9	H, E	■	Orange
Listening Rock Trail	1.3	H	◆	Yellow
Massie Gap Spur Trail	0.3	H	■	Red
Rhododendron Trail	0.3	H	■	Blue
Rock House Ridge Trail	1.2	H	■	Blue
Seed Orchard Road	1.2	H, B, E, X	■	Red
Split Rock Trail	0.3	H	◆	Yellow
Stamper's Branch Trail	1.7	H	■	Yellow
Twin Pinnacles Trail	1.3	H	■	Red
Upchurch Road	3.1	H, B, E, X	■	Orange
Virginia Highlands Horse Trail	67	E	■	Orange
Wilburn Branch Trail	0.9	H, B	◆	Green
Wilson Creek Trail	1.8	H	◆	Red

H = Hiking, B = Biking, E = Equestrian, X = Cross Country Skiing  
■ = Easy, ■ = Moderate, ◆ = Difficult

## Legend

Amphitheater	Picnic Area	U.S. Highway
Bath House	Picnic Shelter	Roads
Bunkhouse	Playground	Abandoned Roadbed
Campground	Point of Interest	Streams
Contact Station	Restrooms	Grayson Highlands State Park Boundary
Equestrian Facilities	Gift Shop	George Washington and Jefferson National Forest
Gift Shop	Overlook	Stables
Overlook	Park Office	Trail Shelter
Park Office	Parking	Visitor Center
Parking		Yurts

3,000 - 3,400 ft. above sea level  
3,400 - 3,800 ft. above sea level  
3,800 - 4,200 ft. above sea level  
4,200 - 4,600 ft. above sea level  
4,600 - 5,000 ft. above sea level  
5,000 - 5,400 ft. above sea level  
5,400 - 5,800 ft. above sea level

