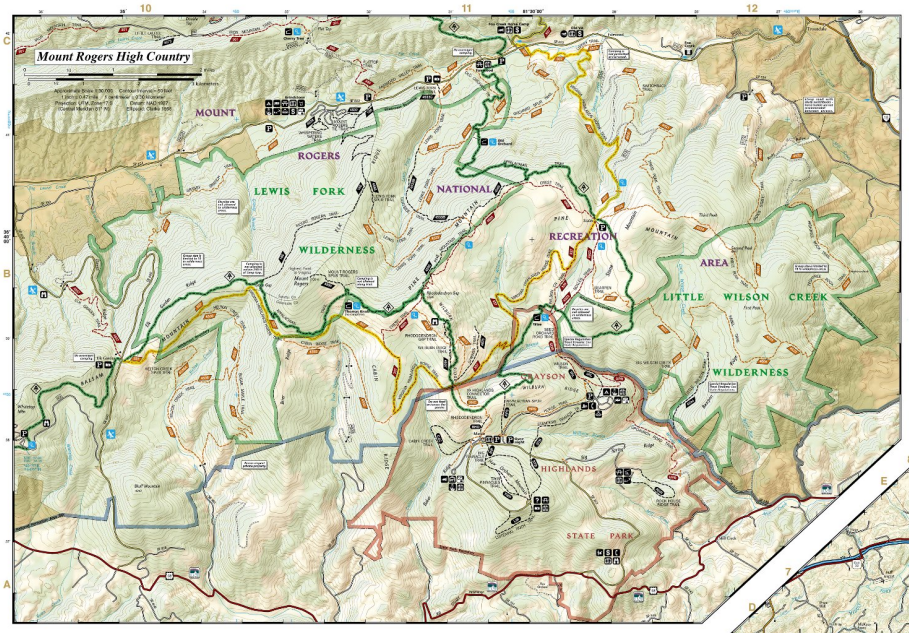
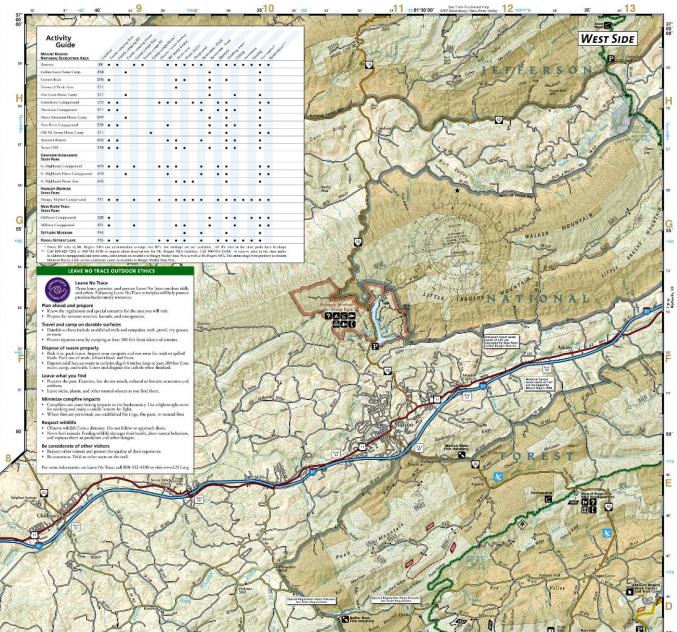




Activity Guide

Mount Rogers National Recreation Area	Hiking/Walking	Mountain Biking	Horseback Riding	Fishing	Hunting	Boating	Swimming	Wading	Rock Climbing	Bouldering	Cross-Country Skiing	Snowshoeing	Sledding	Tubing	Wildlife Viewing	Picnicking	Camping
Beartree	BR	●							●						●		
Grayson Highlands State Campground	GHS								●						●	●	●
Comers Rock	CRR	●							●						●		
Hemlock Picnic Area	HPA								●						●	●	
Iron Creek Horse Camp	ICH								●						●		●
Grindstone Campground	GRD	●							●						●		●
Thurston Campground	GTT	●							●						●		●
Sheep Mountain Horse Camp	SHM								●						●		●
New River Campground	NRC	●							●						●		●
Old Tie Group Horse Camp	OTT								●						●		●
Raccoon Branch	RRW	●							●						●		
Acorn Cliff	ACR	●							●						●		
Grayson Highlands State Park																	
G. Highlands Campground	AHN	●							●						●		●
G. Highlands Horse Campground	AHH								●						●		●
G. Highlands Picnic Area	AHD								●						●	●	
Hungry Mother State Park																	
Hungry Mother Campground	FFJ	●							●						●		●
Iron Rails Trail State Park																	
Clifton Campground	CFC	●							●						●		●
Sellers Campground	SFS	●							●						●		●
Virginia Museum																	
Rural Retreat Lake																	
Picnic Area	FFD	●							●						●	●	

* Over 40 miles in Mt. Rogers. Nils are accessible acreage, not RVs, but seasonal use not available. ~ 40 RV sites in the state parks have hookups. Fees are $10 per night, $5 for hikers/bicycles. Reservations are required for the state parks, but not for the Mt. Rogers NRA. Reservations are available at www.reserveamerica.com. Fees are also required at campgrounds and some areas, which vendors available on Mount Rogers Visitor Center. Fees are waived for the Mt. Rogers NRA. The entire range from generator to outdoor. Transport Rural Lake service is available, contact the campsites in Mount Rogers Visitor Center. Fees are waived for the Mt. Rogers NRA. Fees are waived for the Mt. Rogers NRA.

LEAVE NO TRACE OUTDOOR ETHICS

Leave No Trace
Please learn, practice, and promote Leave No Trace (one-dose skills and ethics) for the Mt. Rogers NRA. Leave No Trace principles will help preserve the area for the next generation.

Plan ahead and prepare
- Know the regulations and special concerns for the area you will visit.
- Prepare for extreme weather, hazards, and emergencies.

Travel and camp on durable surfaces
- Durable surfaces include established trails and campsites, rock, gravel, dry grasses, or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.

Dispose of waste properly
- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Human waste: Bury it 6-8 inches deep, 200 feet from lakes, streams, and springs, and cover, fill in, and disguise the cathole when finished.

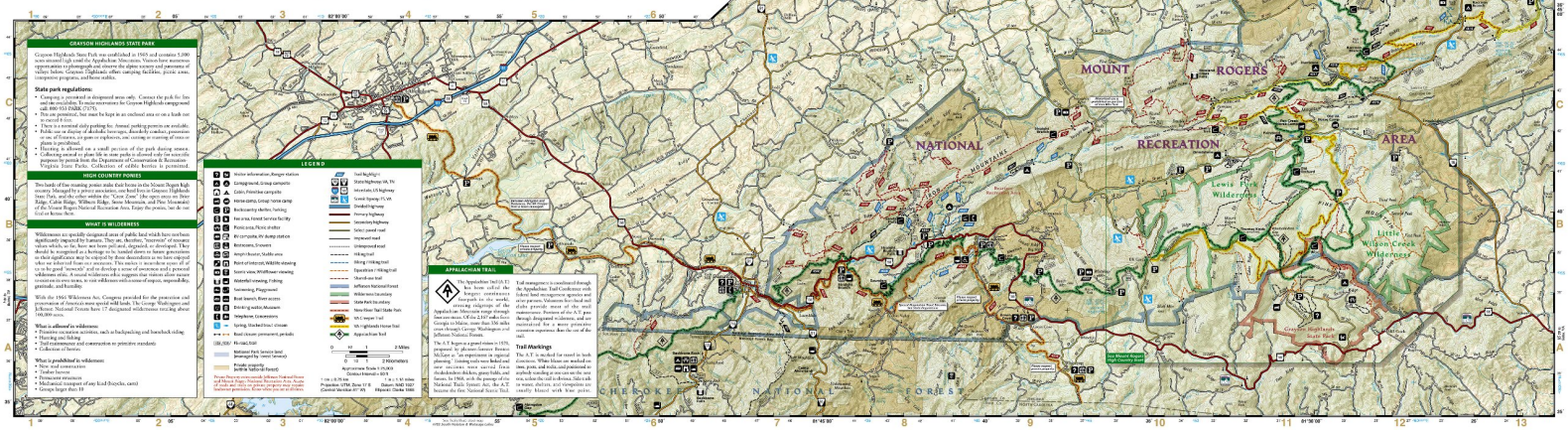
Leave what you find
- Preserve the past. Examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants, and other natural objects as you find them.

Minimize campfire impacts
- Use stoves for cooking and lanterns for ambiance or for backcountry. Use a lightweight stove for cooking and enjoy a colorful lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.

Respect wildlife
- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding habituates them to human food, alters natural behaviors, and exposes them to human and vehicle dangers.

Be considerate of other visitors
- Respect other visitors and protect the quality of their experiences.
- Be courteous. Yield to other users on the trail.

For more information on Leave No Trace, call 800-332-4100 or visit www.LNT.org



GRAYSON HIGHLANDS STATE PARK

Grayson Highlands State Park was established in 1965 and contains 5,200 acres situated high could the Appalachian Mountains. Visitors have numerous opportunities to photograph and observe the alpine scenery and panorama of valleys below. Grayson Highlands offers camping facilities, picnic areas, interpretive programs, and horse stables.

State park regulations:

- Camping is permitted in designated areas only. Contact the park for fees and the availability. To make reservations for Grayson Highlands campground call 800-933-PARK (7275).
- Fires are permitted, but must be kept in an enclosed area or on a hearth not to exceed 4 feet.
- Fees are required daily parking fee. Annual parking permits are available.
- Public use or display of alcoholic beverages, disorderly conduct, possession or use of firearms, air guns or explosives, and cutting or removing of resource plants is prohibited.
- Hunting is allowed on a small portion of the park during season.
- Collecting natural or plant life in state parks is allowed only for non-profit purposes by permit from the Department of Conservation & Recreation. Virginia State Parks. Collection of exhibit Rosebud is prohibited.

HIGH COUNTRY PONIES

Two herds of free-roaming pony make their home in the Mount Rogers high country. Managed by a private association, one herd lives in Grayson Highlands State Park, and the other within the "Crest Zone" (the open area on Deer Ridge, Cabin Ridge, Wilburn Ridge, Stone Mountain, and Pine Mountain) of the Mt. Rogers National Recreation Area. Enjoy the ponies, but do not feed or harass them.

WHAT IS WILDERNESS

Wilderness are specially designated areas of public land which have not been significantly impacted by humans. They are, therefore, "reservoirs" of resource values which, so far, have not been pollutant, degraded, or developed. They should be recognized as a heritage to be handed down to future generations so their significance may be enjoyed by those descendants as we have enjoyed the wilderness of our ancestors. Wilderness is a place where people can go to be good "stewards" and to develop a sense of awareness and a protected wilderness ethic. A sound wilderness ethic suggests that visitors alone mature conservation over areas, to visit wilderness with a sense of respect, responsibility, gratitude, and humility.

With the 1964 Wilderness Act, Congress provided for the protection and preservation of America's most special wild lands. The George Washington and Jefferson National Forests have 17 designated wilderness totaling about 100,000 acres.

What is allowed in wilderness:

- Primitive recreation activities, such as backpacking and horseback riding.
- Hunting and fishing.
- Trail maintenance and construction to primitive standards.
- Collection of berries.

What is *prohibited* in wilderness:

- New road construction.
- Timber harvest.
- Permanent structures.
- Mechanical transport of any kind (bicycles, carts).
- Groups larger than 10.

LEGEND

- Visitor information, Ranger station
- Camping ground, Group campsite
- Cabin, Primitive campsite
- Horse camp, Group horse camp
- Backcountry shelter, Parking
- Fee area, Forest Service facility
- Picnic area, Picnic shelter
- RV campsite, RV dump station
- Restrooms, Showers
- Ranger Station, Staffed area
- Point of interest, Wildlife viewing
- Scenic view, Wildflower viewing
- Waterfall/crossing, Fishing
- Swimming, Playground
- Boat launch, Boat access
- Drinking water, Museum
- Telephone, Concessions
- Spring, Stocked trout, Canoe
- Road closure permanent, periodic
- (FR 206) Forest Trail
- National Park Service land (managed by Forest Service)
- Private property (within National Forest)

Private property is generally delineated on Forest Service maps. Please respect the rights of private property owners. Know where you are and where you are not allowed.

- Trail Mileage
- State Highway 16, 94
- Interstate, US Highway
- Grand Sparrow 19, 58
- Divided highway
- Primary highway
- Secondary highway
- Select paved road
- Improved road
- Unimproved road
- Hiking trail
- Biking / Hiking trail
- Equestrian / Hiking trail
- Shared-use trail
- Jefferson National Forest
- Wilderness boundary
- State Park boundary
- Stone Dam Trail (State Park)
- VA Creeper Trail
- VA Highlands Horse Trail
- Appalachian Trail

0 ½ 1 2 Miles
0 1 2 3 4 5 Kilometers

Approximate Scale 1:75,000
Contour Interval = 40 Feet

1 cm = 0.75 km 1 in = 1.18 miles
Projection: UTM, Zone 17 S Datum: NAD 1927
(Central Meridian 81° W) Spheroid: Clarke 1866

APPALACHIAN TRAIL

The Appalachian Trail (A.T.) has been called the longest continuous footpath in the world. It extends from Maine to Georgia, the Appalachian Mountain range through four eastern states. Of the 2,167 miles from Georgia to Maine, more than 150 miles crosses through George Washington and Jefferson National Forests.

The A.T. began as a grand vision in 1921, proposed by planner/forester Benton MacKaye as "an experiment in regional planning." Over the next decade, the proposal gave enthusiasts were started. Groups dedicated to hikers, grassy fields, and forests. In 1968, with the passage of the National Trails System Act, the A.T. became the first "National Scenic Trail."

Trail management is coordinated through the Appalachian Trail Conference with federal land management agencies and other partners. Volunteers for Good and Bad Weather, Inc. (VGBW) is the trail maintenance. Portions of the A.T. pass through designated wilderness, and are maintained for a more primitive recreation experience than the rest of the trail.

Trail Markings

The A.T. is marked for travel in both directions. Blazes are painted on trees, posts, rocks, and rocks, and painted on asphalt wandering at one can see the next one, unless the trail is obvious. Side trails to water, shelters, and viewpoints are usually blazed with blue paint.