



# Outdoor Adventures

IN VIRGINIA'S

Blue Ridge Mountains




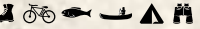

**W**elcome to the mountains of southwest Virginia, where a love of the great outdoors is our enduring passion and friendliness is simply a way of life. When you combine beautiful scenery, countless miles of trails and pristine wilderness with the warmth and graciousness that is famous in the South, you've got the recipe for a great outdoor vacation. Come to the Blue Ridge Mountains of southwest Virginia and experience Southern Hospitality, Blue Ridge Mountains Style.

### Getting Here

The Roanoke Valley of Virginia is your gateway to wilderness adventure in the beautiful Blue Ridge Mountains. Fresh air, clear mountain streams, unspoiled views await the traveler eager to find renewal in nature in the nearby mountains. A wilderness escape is closer than you think.

- **By Car:** The Blue Ridge Parkway, Interstate 81 and Va. Route 460 are among the major roads into the Roanoke valley.
- **By Air:** Roanoke Regional Airport is served by several major air carriers and has daily jet and turboprop service.
- **By Rail:** Amtrak Service is available to Clifton Forge, Virginia
- **By Foot:** The Appalachian Trail is a continuous marked footpath that goes from Mount Katahdin in Maine to Springer Mountain in Georgia, a distance of about 2160 miles. The trail can be accessed at over a dozen locations in our region.

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Opportunities abound in the Blue Ridge Mountains of Virginia. Many of the parks, preserves and rivers contained in this Outdoor Recreation Guide offer many great activities. Don't miss anything. Explore this handy guide and then come and explore the wonders of life in the Blue Ridge Mountains.



Cycling



Bird & Wildlife Viewing



Camping



Watersports



Fishing



Hunting



Hiking



Horseback Riding

*The places and activities mentioned in this guide are a sampling of the many outdoor adventures available in the region. Visitors are responsible for obtaining necessary licenses and permits. Always ask permission before using or crossing private property. Hours of operation and fees are subject to change without notice.*



Your 6 o'clock wake up call.

## BIRD AND WILDLIFE TRAILS

The Commonwealth of Virginia was the first state in the nation to develop a statewide system of bird and wildlife trails. There are over 400 species of birds, 250 species of fish, 150 species of terrestrial and marine animals, and 350 species of amphibians, reptiles and fish in the state. There are nine Birding and Wildlife Trails in the region and while all can be considered driving tours, interest points along the way allow for greater exploration by foot or paddling.

### **Alleghany Highlands** 🏞️ 🏠 🚣

Starting at Lake Moomaw, this trail meanders through Alleghany and Bath Counties, passing through Douthat State Park. Several sections of the trail can be completed by canoe or kayak. Accommodations are available in Covington, Clifton Forge, or Douthat State Park.

### **Eastern Continental Divide** 🏞️ 🏠

The trail starts in Blacksburg on the campus of Virginia Tech and takes you to a variety of features from museums to virgin timber stands and a waterfall on the continental divide near the West Virginia border. There are several excellent hiking trails along this route.

## Iron Ore 🥾 🏠

Just 20 minutes from Roanoke and Salem, this trail takes you along the rural roads of Craig County. In the heart of the George Washington and Jefferson National Forests, wildlife habitat is abundant. Take time to explore more of the forest off the main trail if you have time.

## Lower New River 🥾 🏠 🚣

If you enjoy canoeing or kayaking, you could spend a couple of days exploring parts of the New River along this trail. Hiking is abundant and you could easily link up with the Eastern Continental Divide Trail.

## Peaks of Otter 🥾 🏠

This trail follows sections of the Blue Ridge Parkway to the Peaks of Otter. The trail passes through sections of the National Forest, with stops at several historical sites, Natural Bridge and the Claytor Nature Study Center of Lynchburg College. There are ample hiking opportunities as well.

## Roanoke Valley 🥾 🏠

Surrounding the Roanoke metropolitan area, this trail explores national forest lands, a state wildlife management area, a state natural area preserve, and other rural areas. This trail is very accessible for those visiting Roanoke or Salem.

## Star City 🥾 🏠

With a more urban flair, this trail visits locations within the City of Roanoke and Roanoke County. The trail takes you to Mill Mountain, which overlooks the downtown and along a section of the Blue Ridge Parkway to Virginia's Explore Park, an outdoor living history museum.

## Southwest Piedmont 🥾 🏠 🐟 🚣

From Ferrum to Danville, this trail explores the foothills and Piedmont region of Virginia. Highlights include Smith Mountain Lake, with over 500 miles of shoreline and the Booker T. Washington National Monument.

## Sweet Mountain Laurel 🥾 🏠

The rich natural beauty of Floyd County is explored by this trail. Hiking trails, a winery and Mabry Mill located at milepost 176.1 on the Blue Ridge Parkway are other activities that can be enjoyed on this loop.

*For detailed information and maps for each trail, visit the Department of Game and Inland Fisheries website at [www.dgif.state.va.us](http://www.dgif.state.va.us) or call toll free 1-866-VABIRDS for your free guide.*

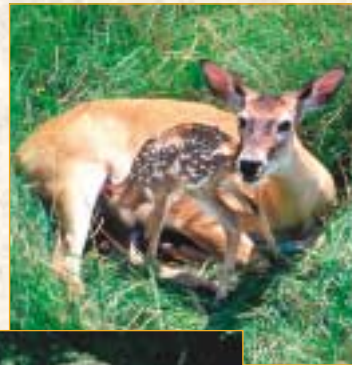
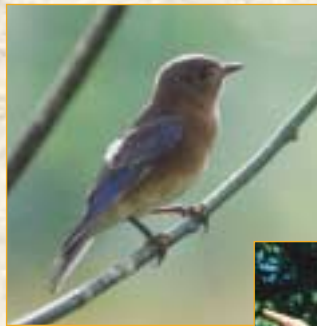
## The George Washington and Jefferson National Forests

The National Forest manages four Watchable Wildlife Areas in the region.

For directions, visit their website at [www.southernregion.fs.fed.us/gwj](http://www.southernregion.fs.fed.us/gwj) or call 888-265-0019.



For additional information on the Roanoke Valley  
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Join us  
for a Drink.

## CYCLING

### ***MOUNTAIN BIKING***

Southwest Virginia has developed a reputation as home to some of the best mountain biking on the East Coast. The region hosts many of the Virginia State Championship Mountain Bike Series races. Popular bike areas include:

#### **Carvins Cove Natural Reserve** 🥾 🚲 🏞️ 🐟 🍷 🏠

With 13,000 acres and nearly 40 miles of multi-use trails, this Roanoke City owned property, just west of Roanoke is a favorite among locals. Trails from the boat dock are limited to an old fire road. Best trail access is from the public parking area on Carvins Cove Road (Rt. 740). Permits are required from the boat dock (see Hiking section for directions) or from Just the Right Gear bike shop (540-387-7800) on Route 311, 2 miles west of Interstate 81 from Exit 141. For an unofficial map, visit [www.eastcoasters.com](http://www.eastcoasters.com)

#### **Douthat State Park** 🥾 🚲 🏞️ 🐟 🍷 🏠

Located in the Highlands of Virginia, Douthat State Park has over 40 miles of trails open to mountain biking. Trails range in difficulty, and are some of the most scenic in the region. The park has other amenities and is located 5 miles north of Interstate 64 exit 27.

For more information visit [www.dcr.state.va.us/parks/douthat.htm](http://www.dcr.state.va.us/parks/douthat.htm)

## George Washington and Jefferson National Forests

Hundreds of miles of trails and roads are available for mountain bikers. Popular areas include Poverty Creek, 3 miles west of Blacksburg on 460, Dragons Back, 12 miles west of Roanoke on Route 311, and Potts Mountain in Craig County.

For more information on biking in the forest, call 888-265-0019 or visit [www.southernregion.fs.fed.us/gwj/](http://www.southernregion.fs.fed.us/gwj/)

For trail maps visit [www.eastcoasters.com](http://www.eastcoasters.com).

## New River Trail State Park

This 57 mile long state park was formed as part of a rails-to-trails project and runs parallel to the New River for approximately 39 miles. For information visit [www.dcr.state.va.us/parks/newriver.htm](http://www.dcr.state.va.us/parks/newriver.htm), or call 276-699-6778

## Virginia's Explore Park

Milepost 115, Blue Ridge Parkway, Roanoke, Virginia 540-427-1800 or 800-842-9163 [www.explorepark.org](http://www.explorepark.org)

Professionally built and managed by International Mountain Biking Association (IMBA) volunteers, this trail system, offers terrain for all types of riders. Located at milepost 115 on the Blue Ridge Parkway, just east of Roanoke. For more information visit [www.exploresingletrack.com](http://www.exploresingletrack.com).

## Waid Recreation Area

Located near Rocky Mount in Franklin County, this park has seven miles of mountain biking trails. For more information visit [www.franklincountyva.org/parks](http://www.franklincountyva.org/parks) or call 540-483-9293

## ROAD BIKING

The scenic roads of the region are well suited to a variety of unique cycling experiences. The region supports several active cycling clubs. For more information on riding in the region, contact the Blue Ridge Bicycle Club at [www.blueridgebicycleclub.com](http://www.blueridgebicycleclub.com) or the New River Bicycle Association at [www.eteamz.com/nrvbike](http://www.eteamz.com/nrvbike)

## Blue Ridge Parkway

The Blue Ridge Parkway follows the Appalachian Mountain chain and has seemingly endless views of many parallel ranges connected by cross ranges and scattered hills. Enjoy numerous recreational areas. Parks within the Parkway offer visitors centers, campgrounds, picnic areas, trails and much more. The Parkway can be accessed in numerous locations. For more information and a directory of maps, visit [www.nps.gov/blri](http://www.nps.gov/blri)

Cycling in the area is often touted as “the Colorado Springs of the East”. For highlights visit [www.roanoke.com/outdoors/biking](http://www.roanoke.com/outdoors/biking)

For a list of cycling guides see [www.roanokevalley.org/books.htm](http://www.roanokevalley.org/books.htm)

For race information visit [www.mountainbikevirginia.com](http://www.mountainbikevirginia.com)



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Drop us a line sometime.

## FISHING & HUNTING

The region has abundant fishing opportunities including small mountain trout streams, the New River, James River, Roanoke River, small reservoirs, large lakes and some of the best fly fishing streams on the east coast. Fish species include largemouth bass, smallmouth bass, rock bass, Roanoke bass, striper, white bass, channel catfish, flathead catfish, crappie, muskie, sunfish, rainbow trout, brown trout, brook trout, walleye and carp.

### Claytor Lake and Claytor Lake State Park

Smallmouth, largemouth, and spotted bass are the most popular fish in this 4,500 acre lake. Located along the New River, the 21-mile long Claytor Lake is easily accessible from Interstate 81. Directions: From I-81, take Exit 101 to State Park Road.

### Fairy Stone State Park

The park has a 168 acre lake with outstanding fishing opportunities. A fishing area is accessible to visitors with physical disabilities. A boat launch ramp is available for non-gasoline powered boats. Gasoline-powered boats are allowed on the Philpott Reservoir, which is within a 20-minute drive from the park. In addition, rowboats, paddleboats and canoes are available for rent during the summer season. Boats may be rented on weekends, weather permitting, in April, May, September and October.

For more information visit [www.dcr.state.va.us/parks/fairyst.htm](http://www.dcr.state.va.us/parks/fairyst.htm)

## Jackson River

The Jackson River, with headwaters in Highland County flows through Lake Moomaw and is a well stocked trout stream featuring designated access points developed by the U.S. Forest Service and Virginia Department of Game and Inland Fisheries. The Jackson River below Lake Moomaw flows out of Gathright Dam and travels through 18 miles of private property along routes 687 and 666 until it reaches the MeadWestvaco paper mill in Covington. Gathright Dam serves as a flood control structure, so releases are based upon precipitation. Six public access points can be found in those 18 miles with fishing limited to a short distance at each access. This is a wonderful tailwater fishery with abundant midge hatches and, quite often, swarms of anglers. This is a beautiful valley full of history, wildlife and nice trout fishing; it's worth the trip!

## James River

Forming from the Cowpasture and Jackson Rivers, (also with good fishing) the James River offers a wide diversity of fishing opportunities. Bass, catfish and sunfish are the main species and the river boasts many public boat landings for canoes or other small craft.

## Lake Moomaw

Located on US 220 north of Covington, this 2,500 acre lake offers excellent fishing and other amenities.

## Southwest Virginia: Citation Fishing Every Year!

Top Virginia catches, by weight, in 2003

Species	Weight	Water
Blue Catfish	68 pounds, 6 ounces	James River
Brown Trout	11 pounds	Lake Moomaw
Channel Catfish	25 pounds, 15 ounces	James River
Muskellunge	37 pounds, 3 ounces	New River
Smallmouth Bass	8 pounds, 1 ounce*	New River
Striped Bass	31 pounds, 5 ounces	Carvins Cove
Walleye	10 pounds, 8 ounces	New River
White Bass	2 pounds, 14 ounces	Claytor Lake

\*State Record

Source: Virginia Department of Game and Inland Fisheries

## New River

The New River boasts bass, muskie, catfish and walleye. Some of the best fishing, especially for smallmouth bass, is from Claytor Lake to Giles County. Numerous public boat ramps are available.

## Paint Bank Trout Hatchery

This state fish hatchery, just south of Paint Bank, provides a unique look into the trout rearing and stocking process. Numerous concrete tanks hold up to 1.6 million trout in all stages of development, thus providing an easy viewing experience. Around the fish hatchery is a variety of wildlife. The creek that runs along the edge of the property should be checked for butterflies, birds and at dusk some white-tailed deer. There is a picnic area and plenty of parking.

## Philpott Reservoir

Located an hour south of Roanoke, this 2,800 lake has good Walleye fishing. Coldwater releases from Philpott Dam into the Smith River allow for some of the best trout fishing in Virginia.

For more information call the U.S. Army Corps of Engineers at 276-629-2703.

## Roanoke River

The Roanoke River begins in Montgomery County, bisects the Roanoke Metro area and

feeds into Smith Mountain Lake. Trout and smallmouth bass are the more popular species. Several sections are stocked with trout in the Roanoke and Salem area.

## Smith Mountain Lake

Smith Mountain Lake is a 20,600 acre lake with over 500 miles of shoreline, located just east of Roanoke and considered one the best fishing destinations in the state. Large-mouth, striped and smallmouth bass are the most popular and abundant fish in the lake. There are many public ramps and other marinas as well as the facilities of Smith Mountain Lake State Park, which has a handicapped-accessible fishing pier.

Call 1-800-676-8203 for additional information on lodging, marinas, and maps of the lake.

## Trout Streams and Other Waters

There are hundreds of miles of smaller streams in the region and many segments are stocked trout waters. The headwaters of some mountainous streams also have native trout. For a complete listing of trout streams, visit [www.dgif.state.va.us](http://www.dgif.state.va.us)

For detailed information on fishing locations, public boat ramps, licensing and fees, visit the State's website at [www.dgif.state.va.us](http://www.dgif.state.va.us)

For further reading, [www.roanokevalley.org/books.htm](http://www.roanokevalley.org/books.htm) has a list of other reference materials.

# HUNTING

Hunting in Virginia is both a popular sporting activity and a successful wildlife management tool. Game wildlife in the region includes bear, deer, dove, quail, rabbits, ruffed grouse, squirrels, waterfowl, wild turkey and woodcock. Bobcat, fox, skunk, opossum and raccoon can be taken in the appropriate fur-bearing seasons. Hunting wild birds and animals with dogs is allowed under many conditions as well.

In 2003, over 235,000 deer were killed, and 6,900 turkeys. Over 1,500 black bears were taken in the same season; 70% of them west of the Blue Ridge. Counties in the region are considered to be some of the best hunting areas in the State, especially for turkey and bear. Some elk are beginning to migrate from Kentucky and 10 were killed in southwest Virginia during the 2002-2003 season. Hunting seasons vary by game, method and location, but most are in fall to early winter. Pen-raised game birds may be taken from licensed shooting preserves from September 1 through April 30.

For a list of these preserves in the region, call the Department of Game and Inland Fisheries at 804-367-1146.

## George Washington and Jefferson National Forests

The forests contain nearly 1.8 million acres and is one of the largest public land holdings on the East Coast. Much of the region is composed of national forest lands that have some of the best turkey, bear and deer hunting in the State. State regulations apply to hunting in the National Forest. The Forest Service manages three public shooting ranges in the region.

- **To reach the Blacksburg Shooting Range:** Take US 460 west from Blacksburg to Route 621. Turn right, and follow signs to the shooting range on the left.
- **The Potts Slope Shooting Range:** Located about seven miles west of New Castle, on Route 311. The range is handicap accessible and has a covered shooting area.
- **The Low Moor Shooting Range:** Located between Clifton Forge and Covington can be reached by taking Exit 21 off Interstate 64. Follow Route 616 for about 1.6 miles and watch for the sign.

## Havens Wildlife Management Area

Managed by the State primarily for hunting, the 7,200 acres of Havens is located a few miles west of the Roanoke-Salem metro area and Interstate 81. The steep preserve is located on Fort Lewis Mountain and access is limited to mostly foot travel. From I-81, take Exit 137, turn left and go 1.2 miles to gravel entrance on the left. For more information, visit [www.dgif.state.va.us](http://www.dgif.state.va.us)

## Philpott Lake 🏞️ 🚲 🐟 🛶 ⛖ 🏠 📍


Approximately 6,000 acres are licensed to the Virginia Department of Game and Inland Fisheries for wildlife management purposes. Timber stand improvements, prescribing burning, and field planting are just a few management activities that provide excellent habitat for deer, wild turkey, squirrel, rabbit, quail, and ruffed grouse. Beaver, muskrat, wood duck, mallard and black ducks populate the bottomlands regions. Whether you are a hunter or naturalist, Philpott Lake has something for everyone.

## Turkeycock Mountain 🏞️ 🏠 📍

Turkeycock Mountain Wildlife Management Area lies along the ridge of Turkeycock Mountain northwest of Martinsville. The ridge also forms the boundary between Franklin and Henry Counties. This 2,679 acre area extends into both counties. Turkey, deer, raccoon and squirrel are the species primarily hunted on the area. Access to Turkeycock Mountain Wildlife Area from Martinsville is via State Route 108 N and Route 619 South to the area entrance.

Hunting is also allowed on private land with the owner's permission as well as on some other public lands. **For complete information on seasons, regulations, licenses and fees, visit the Virginia Department of Game and Inland Fisheries website at [www.dgif.state.va.us](http://www.dgif.state.va.us)**



A hiker with a large backpack is sitting on the grass in a field, looking towards a range of mountains in the distance. The scene is bright and clear, suggesting a sunny day.

Sit for a spell.

## HIKING

### Appalachian Trail 🏔️ 🎒

The Appalachian Trail is perhaps the most famous footpath in the country. More than one fourth of this famous hiking trail lies in Virginia and some of its most breathtaking views can be found in the mountains of southwest Virginia. The trail can be accessed at over a dozen locations in the region offering hiking options for just a few hours or a few weeks.

### Among the many popular day hikes are:

- **Cornelius Creek Loop Trail:** The highlight of this loop is the view of Apple Orchard Falls. The trailhead is in Botetourt County approximately 30 miles north of Roanoke.
- **Dragon's Tooth:** A moderate to strenuous climb on Dragon's Tooth Trail to the Appalachian Trail leads to an interesting rock formation with great views of the Catawba Valley. The trailhead is west of Roanoke on Rt. 311.
- **McAfee Knob:** One of the most most photographed spots on the entire Appalachian Trail, the knob offers excellent views of the Catawba Valley. The trailhead is just west of Roanoke on Rt. 311.
- **Tinker Ridge:** The Appalachian Trail ascends Tinker Mountain and offers a great view of Carvins Cove, the main water supply for the City of Roanoke. The trailhead is just north of Roanoke on Rt. 220.

For more information on hiking the Appalachian Trail, visit [www.appalachiantrail.org](http://www.appalachiantrail.org) or call 304-535-6331

## Blue Ridge Parkway 🥾 🚲 🏠

The famous scenic drive is part of the National Park System and offers many short hiking trails that pass through natural areas and historic sites. A list of trails is available at [www.nps.gov/blri](http://www.nps.gov/blri)

## Carvins Cove Natural Reserve 🥾 🚲 🛶 🐟 🪵 🏠

The City of Roanoke manages over 13,000 acres known as Carvins Cove Natural Reserve. Over 40 miles of multi-use trails are available for hiking and biking. Permits are required and can be obtained at the boat landing. Take Interstate Exit 81, Exit 146 to US 11. Turn left on Route 11 north and go about one mile and turn left on Reservoir Road. The boat landing is staffed from 8am to 7pm during the winter and 6am to 10pm during the summer.

For more information call 540-563-9170 or visit the Water Department's website through [www.roanokegov.com](http://www.roanokegov.com)

## George Washington and Jefferson National Forests

The greater Roanoke Region is located in the heart of the George Washington and Jefferson National Forests. The forests contain nearly 1.8 million acres and is one of the

# BLUE RIDGE WATERFALLS

## The Cascades

A national scenic trail that follows Big Sandy Creek upstream to a breathtaking view of Little Stoney Creek cascading down over a 69 foot high rock wall and creating a pool below. A favorite hike for tourists that is approximately 2 miles of moderate terrain.

## Falling Spring Falls

The falls located north of Covington on Rt.220 provide a peaceful, scenic wayside for tourists. The water from the falls flows into the Jackson River. In 1778 Thomas Jefferson described Falling Springs as a "remarkable cascade" falling over a rock about 200 feet to the valley below.

## Roaring Run Furnace

A historic iron furnace is the focal point for a unique area offering hiking, picnicking and cold-water fishing. The 0.6 mile Roaring Run National Recreational Trail, featuring scenic bridges and overlooks, leads from the 12 unit picnic area along the cascading stream to Roaring Run Falls. The longer Iron Ore/Hoop Hole trail system also starts at the picnic area and rewards the more energetic hikers with spectacular views from Bald Knob.

largest public land holdings on the East Coast with over 2,000 miles of hiking trails, 200 developed recreation sites, 330 miles of the Appalachian Trail, and 90 miles of National Recreation trails. Several of the forest's 15 National Wilderness areas are located in the greater region as well.

For more information on hiking in the national forest, call toll free 888-265-0019 or visit [www.southernregion.fs.fed.us/gwj](http://www.southernregion.fs.fed.us/gwj)

## Rock Castle Gorge Trail

(Blue Ridge Parkway Milepost 168.8)

This 10.6-mile strenuous loop is noted for its high meadows, sweeping views, waterfalls and historical sites en route to the 3,572-foot summit of Rocky Knob. Along the way, you'll see a log shelter built by the CCC in the 1930's and old Rock Castle Pike, a pioneer road for wagons and carriages. Also keep an eye out for the 12-acre jumble of boulders called Bear Rocks, a haven for wildlife. Until the 1920's a mountain community thrived in this rugged area, where the rushing waters of Rock Castle Creek fueled sawmills and grist mills. Rewarding hikers at the bottom of the gorge is one of the region's most scenic and remote wild trout streams. This hike is one of several in the 4,200-acre Rocky Knob Recreation Area, which has a National Park Service visitor center, campground, picnic areas and rustic rental cabins.

## State Parks

- **Douthat State Park:** Over 40 miles of scenic trails.
- **Claytor Lake State Park** and **Smith Mountain Lake State Park:** Both offer a few short walking trails.
- **Fairystone State Park:** 14 miles of trails, many of which are available for mountain biking and horseback riding.
- **The New River Trail State Park:** Stretches 57 miles and is popular with hikers, joggers, bikers and horseback riders.

For more information visit [www.dcr.state.va.us/parks](http://www.dcr.state.va.us/parks) or call 540-862-8100

## Virginia's Explore Park

Virginia's Explore Park is an 1,100-acre site located just off the Blue Ridge Parkway at milepost 115. Virginia's Explore Park is a living history museum that also offers a variety of outdoor recreational opportunities including hiking, mountain biking, canoeing, kayaking, and fishing.

For more information on Virginia's Explore Park, visit [www.explorepark.org](http://www.explorepark.org) or call 540-427-1800.

For a list of popular day hikes, visit the Roanoke College Hiking Club website at <http://clubs.roanoke.edu/oa/hiking/> or the Roanoke Times website at <http://www2.roanoke.com/outdoors/hiking/>

For a list of hiking guides see [www.roanokevalley.org/books.htm](http://www.roanokevalley.org/books.htm)



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Life in the fast lane.

## HORSEBACK RIDING

### Carvins Cove Natural Reserve 🐎 🚲 🐟 🏠 🏡

Carvins Cove has over 40 miles of multi-use trails for use by equestrians, cyclists and hikers within the 13,000 acre site. Permits are required and are available at the boat landing. For more information and directions, see the Hiking section of this guide.

### Fenwick Mines 🐎 🐟 🏠 🏡 🏠

Start at the Pines campgrounds and ride your horse to South Prong Road over Bald Mountain and into Fenwick Mines. Relax, have lunch at the picnic pavilion, or walk to the falls and have lunch at the tables near the falls. Round trip is about 15 miles.

The Pines Campground has a horse corral, camping and fishing. It is located on Rt 617 in Craig County. For more information contact the U. S. Forest Service New Castle Ranger District at 540 864-5195.

### George Washington and Jefferson National Forests

The National Forest has numerous marked horse trails and primitive camping areas for horse riding enthusiasts as well as hundreds of miles of unpaved roads and other trails.

A few of the local favorites include:

- **Poverty Creek Trail:** Located in Montgomery County, just west of Blacksburg, this 14.4 mile trail ranges in elevation from 2100-2700 feet.
- **White Pines Horse Camp:** This primitive camping area, located in Giles County at an elevation of 2300 feet, has a number of facilities to accommodate horses and their riders. Facilities include five camping units with grills, garbage containers, well water, toilets, loading ramp and hitching posts. The camp, with a central corral, is open year round. There are also hiking and trout fishing opportunities in close proximity to the camp.

For more information about these and other National Forest horse trails visit [www.southernregion.fs.fed.us/gwj](http://www.southernregion.fs.fed.us/gwj) or call 1-888-265-0019

### Green Hill Park Equestrian Center U

Green Hill Equestrian Park is a public facility owned by Roanoke County and operated exclusively for equestrian events.

For more information on the park, or to obtain a membership packet and rates, contact the Roanoke County Department of Parks, Recreation and Tourism at 540-387-6078 ext. 247 or visit the Green Hill Park Equestrian Center website at [www.ghpec.org](http://www.ghpec.org)

### New River Trail State Park 🥾🚲U🐟🪁⚡🏠

This 57 mile long state park was formed as part of a rails-to-trails project and runs parallel to the New River for 39 miles. For information call 276-699-6778 or visit [www.dcr.state.va.us/parks/newriver.htm](http://www.dcr.state.va.us/parks/newriver.htm)

### Roanoke Valley Horse Trail U 🏠

An 18.5 trail begins at US Hwy 220 and parallels the Blue Ridge Parkway to Milepost 110.6

### Virginia Horse Center U

Route 39, Lexington, VA 24450  
540-464-2950 [www.horsecenter.org](http://www.horsecenter.org)

Visitors to the world-class Virginia Horse Center, located off I-81 and I-64 in historic Lexington, will enjoy a 600 acre state-of-the-art horse show and event facility featuring breathtaking views and pristine grounds, barns to accommodate 1,200 horses, 16 arenas, a coliseum seating 4,000 people, cross-country and combined driving courses, plus a campground, restaurant and catering service with banquet facilities, museums, gift shop and more. Events scheduled year round.

Jackets required.

Black tie optional.

## WATERSPORTS

From the 20,600 acre Smith Mountain Lake, to the mountain streams of the Alleghany Highlands, the lakes and rivers of the region create a wide variety of experiences. The James River, New River, Claytor Lake, and Smith Mountain Lake have over 20 public boat ramps.

### Carvins Cove Natural Reserve 🚶🚲🇺🇸🐟🚤🏠

The City of Roanoke allows boating and fishing on this small lake. They also operate a public boat landing (see hiking section for directions.) Rentals are available.

For boating and permit information visit the Water Department's website through [www.roanokegov.com](http://www.roanokegov.com)

### Claytor Lake 🚶🚲🇺🇸🐟🚤🏠

Located 40 minutes south of Roanoke, Claytor Lake has three public boat ramps and Claytor Lake State Park has a full service marina and a public beach. The 4,500 acre lake is on the New River which offers other boating opportunities. From I-81, take Exit 101 to State Park Road.

## James River

Suitable for john boats, canoes and kayaks, the wide James River has both flat water and sections of Class 2-3 rapids. Other canoeable tributaries include the Jackson, Calfpasture, and Maury Rivers. For more experienced paddlers, the nearby Maury River offers some class 4-5 rapids in the "Devils Kitchen".

## Lake Moomaw

Located on US 220 north of Covington this 2,500 acre lake has 3 boat ramps and is well known for its good fishing.

## New River

The New River is reputed to be the oldest river in North America and is designated as an American Heritage River. The New River is suitable for small boats and offers a variety of class 1-3 water. Several public boat ramps are available. For more whitewater action, the Little River in Montgomery, Giles and Floyd counties offers some excellent scenery and class 3-4 rapids.

## Philpott Lake

Philpott Lake is nestled in the rugged foothills of the Blue Ridge, adjoining Fairy Stone State Park. The clear water and natural shoreline make Philpott Lake a unique place to

visit. Over 6,000 acres of surrounding land, 3,000 acres of water, and a power plant make up Philpott Project located in portions of Franklin, Henry and Patrick counties. There are several public boat ramps and campsites.

For more information call the U.S. Army Corps of Engineers at 276-629-2703.

## Pigg River

The Pigg River is a meandering piedmont stream typical of many rivers in the foothills of the Blue Ridge. The Pigg is a great river for families and novices to experience canoeing as it has few rapids and long stretches of calm water. Seven miles of the Pigg River from Waid Recreation Area to Lynch Park is designated a Franklin County Blueway with public access provided at both park sites. Roanoke rock bass inhabit this section of the Pigg for fishing enthusiasts.

For more information on the Pigg River Blueway and other paddlesports activities in Franklin County, please contact Franklin County Parks & Recreation at 540-483-9293 or [www.franklincountyva.org/parks](http://www.franklincountyva.org/parks)

## Roanoke River

During higher water levels, the Roanoke River can be paddled by canoe and kayak. The tree-lined river has many access points as it winds its way through some urban areas in Roanoke and Salem. Most of the river is rated a class 1-2.

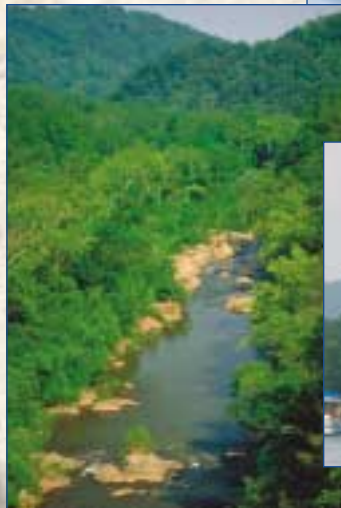
## Smith Mountain Lake 🐟 🚤 ⚓ 🏠

Smith Mountain Lake is a 20,600 acre man made lake with over 500 miles of scenic shoreline. The lake offers lots of watersport opportunities including, sailing, water skiing, jet skiing, paddling and swimming. With 5 public boat ramps and 15 private marinas, access and services are plentiful. Smith Mountain Lake State Park has camping and swimming.

For information on lodging, marinas, and maps of the lake call 1-800-676-8203.

*For more information about boating locations, regulations, safety and public boat access, visit the State's website at [www.dgif.state.va.us](http://www.dgif.state.va.us) Also visit [www.americanwhitewater.org/rivers/state/VA](http://www.americanwhitewater.org/rivers/state/VA) for more paddling information.*

*More reference materials can also be found at [www.roanokevalley.org/books.htm](http://www.roanokevalley.org/books.htm)*



## OTHER ACTIVITIES

### ATV Trails

The George Washington and Jefferson National Forests operate off road vehicle trails (OHV). Patterson Mountain, 30 minutes north of Roanoke, offers 15 miles of trails for ATVs and motorcycles. For more information, call 540-864-5195. Near Big Island, between Lynchburg and Buena Vista, 19 miles of trails are part of the South Pedlar ATV trail system. For more information call 540-291-2189 or visit [www.southernregion.fs.fed.us/gwj/ohvtrails.htm](http://www.southernregion.fs.fed.us/gwj/ohvtrails.htm)

### Caving

The rich karst topography of the region supports more than 500 small cave systems. There are three commercial show caves in the region, Dixie Caverns, Luray Caverns, and Natural Bridge Caverns that are open to the public.

For more information on spelunking, visit [www.varegion.org](http://www.varegion.org). For information on caving in Virginia, visit the Virginia Speleological Survey at [www.virginiacaves.org](http://www.virginiacaves.org).

### Cross Country Skiing

When closed to traffic, the Blue Ridge Parkway offers excellent cross-country skiing.

For the more adventurous, the mountain trails of the George Washington and Jefferson National Forests may be more suitable.

### Hang Gliding and Paragliding

Hand gliding and paragliding enthusiasts will find several good launch sites within the region. For more information, visit [skywacker.org](http://skywacker.org) or [flyroanoke.com](http://flyroanoke.com)

### Roanoke Valley Greenways

Pathways for walkers, runners and bicyclists are available throughout the Valley. See their website at [www.greenways.org](http://www.greenways.org) for more information.

### Rock Climbing

There are climbing opportunities in the region for every level of experience. They all have one thing in common, great views of the rugged Blue Ridge Mountains. In Alleghany County, Clifton Forge, Low Moor and Iron Gate, multiple 70 foot routes are available. (Camp at nearby Douthat State Park.) A little further south, near Eagle Rock in Botetourt County, a 100 foot cliff offers a few undeveloped routes. Just west of Roanoke, shorter routes and bouldering are available at Dragon's Tooth and McAfee Knob.

For a list of climbing guides for the area, see [www.roanokevalley.org/books.htm](http://www.roanokevalley.org/books.htm)

# OUTFITTERS & SERVICES

## Camp Roanoke

6498 Dry Hollow Road, Salem, VA 24153

540-387-6114

[www.camproanoke.com](http://www.camproanoke.com)

A three-season camp facility that hosts summer camps for youth and outdoor recreation programs for groups and businesses. Call at least two weeks in advance to arrange custom outdoor recreation activities for your group, including high and low Challenge Course programs, canoeing on Spring Hollow Reservoir, kayaking, rock climbing, caving trips, orienteering and more. Meeting space, camp cabins and a large picnic pavilion are available for single day or overnight group programs and rentals.

## Dixie Caverns & Pottery

5753 West Main Street, Salem, VA 24153

540-380-2085

[www.dixiecaverns.com](http://www.dixiecaverns.com)

The only caverns in southwest Virginia, Dixie Caverns is located at Exit 132 off I-81. The tour travels up into the mountain for the first half and then down underground to

the famous wedding bell and other breathtaking formations. The caverns, campground, and pottery shop with souvenirs are open 364 days a year. Closed on Christmas Day.

## Greasy Creek Outfitters

5738 Floyd Hwy S., Willis, VA 24380

540-789-7811

[www.greasycreekoutfitters.com](http://www.greasycreekoutfitters.com)

A specialty tackle and fly shop offering guided fishing trips on the New River, Claytor Lake and local trout streams. We specialize in smallmouth bass, striped bass, trout and walleye fishing. Fishing in the New River Valley for over 25 years.

## James River Basin Canoe Livery

1870 East Midland Trail, Lexington, VA 24450

540-261-7334 or 540-460-6070

[www.canoevirginia.com](http://www.canoevirginia.com)

Half day to six days trips on the James and Maury Rivers. In addition to canoe and kayak rental, our service includes a brief safety and how-to orientation, a video preview of your trip, life vests, detailed trip maps and transportation to and from the river. Serving paddlers since 1978.

## Luray Caverns

P.O. Box 748, Luray, VA 22835  
540-743-6551  
[www.luraycaverns.com](http://www.luraycaverns.com)

Discover Eastern America's largest and most popular caverns. Explore cathedral sized rooms with ceilings 10 stories high filled with towering stone columns and crystal-clear pools.

## Mountain Air Excursions

1151 Watauga Street, Roanoke, VA 24015  
540-344-7435 or 540-915-3947  
<http://mountainairexcursion.tripod.com>

Mountain Air Excursions works with customers to create specially tailored trips or tours to places the customer chooses. Trips cover all of Virginia and neighboring states and may include destinations like wineries, civil war battlefields, museums, festivals and much more.

## Orvis Roanoke Retail

19 Campbell Avenue, SE, Roanoke, VA  
24011 540-345-3635  
[www.orvis.com](http://www.orvis.com)

America's premier fly-fishing outfitter since 1856, Orvis offers a complete line of rods, reels and accessories for the angler. Orvis also carries distinctive men's and women's country apparel, pet accessories, fine furnishings and gifts for the home.

## Smith Mountain Lake Water Taxi

8250 Scruggs Road, Moneta, VA 24121  
540-537-0053

The perfect designated driver! Two beautiful boats to serve you. Pick-up anywhere on Smith Mountain Lake. Private tours, excursions and family outings. Shuttle to friends, golfing, dining and nightspots. View real estate or the charity home tour. Sunset, moonlight and foliage cruises. Watch fireworks and special events. Deluxe 50 MPH rides.

## Virginia Dare Cruises & Marina

3619 Airport Road, Moneta, VA 24121  
540-297-7100 or 800-721-DARE  
[www.vadarecruises.com](http://www.vadarecruises.com)

We cruise you for two hours on our 19th century side-wheel on one of Virginia's most beautiful lakes, Smith Mountain Lake, while you enjoy a delicious meal and take in the sunset. Please call for reservations.

## UNIQUE ACCOMMODATIONS

For a complete list of accommodations, please see [www.visitroanokeva.com](http://www.visitroanokeva.com).

### A Bed & Breakfast at Llewellyn Lodge

603 S. Main Street, Lexington, VA 24450  
800-882-1145 • [www.llodge.com](http://www.llodge.com)

Great in-town location makes the Lodge the perfect spot to enjoy Historic Lexington. Experience advice on hiking, golfing, fishing and canoeing and more. Guided fly-fishing trips. Best breakfast around, 6 tastefully decorated rooms, private baths.

### Applewood Inn & Llama Trekking

P.O. Box 1348, Lexington, VA 24450  
540-463-1962 800-463-1902 • [www.applewoodbb.com](http://www.applewoodbb.com)

Scenic hillside retreat providing four rooms with private baths, most with fireplaces and Jacuzzi tubs. Hot Tub, swimming pool and 36 hilltop acres for hiking, fishing or trekking with one of the Inn's llamas. Moderately strenuous two hour hikes with llamas over ridge tops with great views along Buffalo Creek leave Applewood Inn on Saturday, Monday and Thursday mornings. Llama treks are appropriate for mature children and reasonably fit adults.

### Bernard's Landing Resort & Conference Center

775 Ashmeade Road, Moneta, VA 24121  
540-721-8870, 800-572-2048 • [www.bernardslanding.com](http://www.bernardslanding.com)

Part conference center. Part luxury resort. Part outdoor paradise. Located on Smith Mountain Lake just 45 minutes from Roanoke. Explore the spectacular grounds or unwind with tennis, racquetball or a workout in the private health club. Many of the condos have fireplaces and private decks, while every condo has a view of the lake.

### Box Tree Lodge

P.O. Box 12188, Roanoke, VA 24023 • 540-890-9152 or 800-426-6663

Box Tree Lodge offers a rustic atmosphere in an outdoor mountain setting. Experience a variety of activities including fishing, horseshoe tournaments, hayrides, volleyball, croquet, 10 miles of walking/riding trails.

### Down Home Bed & Breakfast

5209 Catawba Valley Drive, Catawba, VA 24070  
540-384-6865 • [www.downhomebb.com](http://www.downhomebb.com)

Great hiking and a relaxing location, between two great day hikes on the Appalachian Trail. Within walking distance of the Homeplace Restaurant. Swimming pool and a large deck for watching birds. Private baths, guest living room and full breakfast.

## Laurel Cottage

4 Laurel Hill Pass, Catawba, VA 24070  
540-864-8155 • [www.laurelcottage.biz](http://www.laurelcottage.biz)

Overnight lodging beside the Jefferson National Forest near Dragon's Tooth. Only 10 miles from I-81 on Rt. 311. Two bedrooms, two baths, accommodates up to five guests. Common area for snacking, visiting, TV or reading. Kitchenette for meals.

## Mountain Lake Hotel

115 Hotel Circle, Pembroke, VA 24136  
540-626-7121, 800-346-3334 • [www.mountainlakehotel.com](http://www.mountainlakehotel.com)

This is a mountain resort offering lodge, cottages, restaurants, lounge, entertainment, conference facility. Grand stone hotel, comfortable cottages made famous by the movie Dirty Dancing. Fly-fishing classes, hay rides, Appalachian hoedowns, fishing tours, frenzy kayaking. Carriage rides, nature walks, Discovery Corner, Wilderness Camp for kids. Oktoberfests in autumn.

## The Mountain Rose Inn

1787 Charity Highway, Woolwine, VA 24185  
276-930-1057 • [www.mountainrose-inn.com](http://www.mountainrose-inn.com)

Victorian inn offering country elegance near the Blue Ridge Parkway. 100 private acres

with swimming pool, hiking trails and trout stream. Elegant three-course gourmet breakfast. Voted "Best B&B"; "Most Romantic B&B"; and "Best Weekend Escape".

## Primland Resort

4621 Busted Rock Road, Meadows of Dan, VA 24120  
276-251-8012 • [www.primland.com](http://www.primland.com)

Primland Resort is a private mountain estate with vast acreage and spectacular views nestled in the heart of the Blue Ridge Mountains. Conference facilities, private restaurant, and chalet rentals with great views. Orvis endorsed wingshooting, sporting clays, flyfishing, whitetail deer and spring gobbler hunting, ATV tours, horseback riding and more.

## Reba Farm Inn

1099 Reba Farm Lane, Bedford, VA 24523  
888-235-3574 or 540-586-1906 • [www.rebafarminn.com](http://www.rebafarminn.com)

A unique full service Inn located just off the Blue Ridge Parkway near the Peaks of Otter. Resort-like B&B setting offering pool, Jacuzzi tub, exercise/game room, horseback riding and boating. All meals, featuring outdoor dining and picnic lunches are available. Casual elegance unsurpassed by anyone.

## W.L. & C Homeowners

HCR 03 Box 54A, Millboro, VA 24460  
540-997-0308 • [www.millborova-cabinrentals.com](http://www.millborova-cabinrentals.com)

The Hemlock Guest House includes a play room/bedroom, mud room and game room, kitchen, living room, dining room, bedroom and bath and two bedrooms and balcony on the second floor. The Coffee Pot Lodge includes full kitchen, living room, dining room, bedroom and bath on the first floor, and two bedrooms, balcony and 1/2 bath on the second floor. Located 60 miles southeast of Roanoke.

## CAMPING

### Blue Ridge Parkway

The National Park Service operates several campgrounds in the area. All are conveniently located and offer tent sites and RV sites. Amenities, services and fees vary. Information on Peaks of Otter Campground, Roanoke Mountain Campground and Rocky Knob can be found at [www.nps.gov/blri](http://www.nps.gov/blri)

### Dixie Caverns

Located at I-81 Exit 132 in Salem, VA • 540-380-2085

75 tent sites; 56 trailer sites. Hook-ups include electric, water, and cable TV.

Showers, a dump station and sewer lines are available. Open year round, except Christmas.

### George Washington and Jefferson National Forests

Developed campgrounds are within easy reach of many of the forests' recreational opportunities. Camping is also permitted outside of developed campgrounds. Please practice the "Leave No Trace" ethic. There is a 21-day limit for camping. Jennings Creek Campground in Botetourt County and The Pines Campground in Craig County offer primitive camping opportunities. For information visit [www.southernregion.fs.fed.us/gwj/](http://www.southernregion.fs.fed.us/gwj/) or call 1-888-265-0019

### Philpott Lake

Two campgrounds and lots of recreational opportunities await at Philpott Lake. Reservations can be made by calling toll free 877-444-6777 or online at [www.reserveusa.com](http://www.reserveusa.com)

### Virginia State Parks

Camping is also available at Douthat State Park, New River Trail State Park, Claytor Lake State Park, Fairystone State Park, and Smith Mountain Lake State Park. All locations except New River Trail have cabins. For camping and cabin reservations at state parks, call 1-800-933-PARK, or visit [www.dcr.state.va.us/parks](http://www.dcr.state.va.us/parks)

# CONTACT INFORMATION

Local Parks & Recreation Departments are a rich source of information for lovers of the great outdoors. They can often supply tips and firsthand expertise about places to visit in their area. Some departments even offer educational programs and trips. For in-depth information, call or visit the web sites of these Park & Recreation Departments in the Blue Ridge Mountains of southwest Virginia:

## **Alleghany County Parks & Recreation**

540-863-6622.....[www.co.alleghany.va.us](http://www.co.alleghany.va.us)

## **Blacksburg Parks & Recreation**

540-961-1135 .....[www.blacksburg.gov/recreation](http://www.blacksburg.gov/recreation)

## **Botetourt County Parks & Recreation**

540-473-8326.....[www.co.botetourt.va.us](http://www.co.botetourt.va.us)

## **City of Covington Parks & Recreation**

540-965-6360 .....[www.covington.va.us](http://www.covington.va.us)

## **City of Salem Parks & Recreation**

540-375-3057 .....[www.ci.salem.va.us](http://www.ci.salem.va.us)

## **Christiansburg Parks & Recreation**

540-382-2349 .....[www.christiansburg.org](http://www.christiansburg.org)

## **Claytor Lake Parks & Recreation**

540-643-2500.....[www.dcr.state.va.us/parks/claytor](http://www.dcr.state.va.us/parks/claytor)

## **Craig County**

540-864-5010 .....[www.co.craig.va.us](http://www.co.craig.va.us)

## **Floyd County Parks & Recreation**

540-745-9363 .....[www.fin.org](http://www.fin.org)

## **Franklin County Parks & Recreation**

540-483-3030 .....[www.franklincounty.va.org](http://www.franklincounty.va.org)

## **Giles County**

540-921-2525.....[www.gilescounty.org](http://www.gilescounty.org)

## **Montgomery County Parks & Recreation**

540-382-6975 .....[www.montva.com/departments/parks](http://www.montva.com/departments/parks)

## **Pulaski County Parks & Recreation**

540-994-8624.....[www.pulaskicounty.org](http://www.pulaskicounty.org)

## **Radford Park & Recreation**

540-731-3633.....[www.radford.va.us/community/parks/index.htm](http://www.radford.va.us/community/parks/index.htm)

## **Roanoke City Parks & Recreation**

540-853-2236.....[www.roanokegov.com](http://www.roanokegov.com)

## **Roanoke County Parks, Recreation & Tourism**

540-387-6078 .....[www.roanokecountyva.gov](http://www.roanokecountyva.gov)



Y'all come back.

So many trails to ride and hike. So many miles of river to explore. So many fish to be caught. And so many songs to be sung around the campfire.

You will enjoy your stay in the Blue Ridge Mountains so much that you'll want to come back time and time again. Y'all come back and visit anytime and experience more Southern Hospitality, Blue Ridge Mountains style.

*This project was made possible in part by a grant from the Fifth Planning District Regional Competitiveness Program.*

*Photos courtesy of: Dwight Dyke, Virginia Department of Game & Inland Fisheries, National Forest Service, Mark Taylor, Matt Miller, and Greg Vaughn*

# Outdoor Adventures

IN VIRGINIA'S

Blue Ridge Mountains



800-635-5535 • [www.visitroanokeva.com](http://www.visitroanokeva.com)

**Roanoke Valley Convention & Visitors Bureau**  
101 Shenandoah Avenue, NE  
Roanoke, Virginia 24016