Outdoor Guide to the Shenandoah Valley

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Goals for Today

It’s About You!
The Shenandoah Valley Basics

Allegany Mountains
The Valley – Shenandoah River
Blue Ridge Mountains
Major Public Owned Lands

The Shenandoah National Park
George Washington National Forest
Monongahela National Forest
Virginia State Parks
Top Ten Day Hikes

- Bear Fence Mountain – SNP
- Crabtree Falls – GWJNF/BRP
- Peak Hike – Massanutten
- South River Falls – SNP
- North River Gorge – GWJNF
- Hone Quarry/Hidden Rocks – GWJNF
- Old Rag – SNP
- Big Meadow – SNP
- Mill Prong Trail (Rapidan Camp) SNP
- Kaylor’s Knob – GWJNF (Massanutten)

Go to Google Maps for directions and trail maps
Backpacking Opportunities

- Appalachian Trail
- Massanutten Mountain
- Dry River District
- Ramey’s Draft Wilderness
Campground Recommendations

- SNP – Loft Mountain
- Sherando Lake GWJNF
- Hone Quarry GWJNF
- Hidden Valley GWJNF
- Douthat State Park
- Glen Maury Park
- Jellystone Park
Climbing

- Bouldering
- Top Roping
- Sport & Traditional

- Rawley Springs, 2nd Mountain, Hidden Rocks, Franklin, Nelson, & Seneca
Boating

- Canoeing & Kayaking
- Shenandoah River
  - North Fork
  - South Fork
- James River
- Potomac

American Whitewater
Virginia Department of Game and Inland Fisheries
Caving

- Non-Commercial Caves
- Commercial Caves
  - Luray Caverns
  - Grand Caverns
  - Shenandoah Caverns
Skiing & Snowboarding

- Massanutten
- Bryce
- White Grass
- Snowshoe
- Canaan
- Timberline
Mountain Biking

- SVBC
- Hillendale Park
- GWJNF
- Massanutten Resort
- Greenbrier Trail
- C & O Canal Trail
Other Opportunities

- Road Biking
- Trail Running
- Skyline Drive/Blue Ridge Parkway
- Nat’l Park & Forest Lodges
- Civil War Tours
- Natural Bridge Area
  - Safari Park
  - Natural Bridge – Caverns and Bridge
  - Glen Marry Park
Resources

- The UREC Adventure Resource Center
- Wilderness Voyagers
- Leave No Trace
- Potomac Appalachian Trail Club
- www.recreation.gov
- Shenandoah Mountain Bike Club
- Access Fund
- Sierra Club
- Gorp.com
Web Resources

- American Whitewater
  http://www.americanwhitewater.org/rivers/state/VA/
- Shenandoah NP
  http://www.nps.gov/shen/
- GWJNF
  http://www.fs.fed.us/r8/gwj/
- Monongahela NF
  http://www.fs.fed.us/r9/mnf/
- Rock climbing VA
- TopoZone
  http://www.topozone.com/
- National Geographic Maps
  http://maps.nationalgeographic.com/topo/
- Backpacker
  http://www.backpacker.com/
- Mountainzone
  http://www.mountainzone.com/
- American Rivers
  http://www.americanrivers.org
- Blue Ridge Outdoors
  http://www.blueridgeoutdoors.com/
Adventure Resource Center

- Information on planning, locations, and activities
- Map copies available
- Magazines
- Outdoor partner lists
- National opportunities
Thanks for Coming Out!