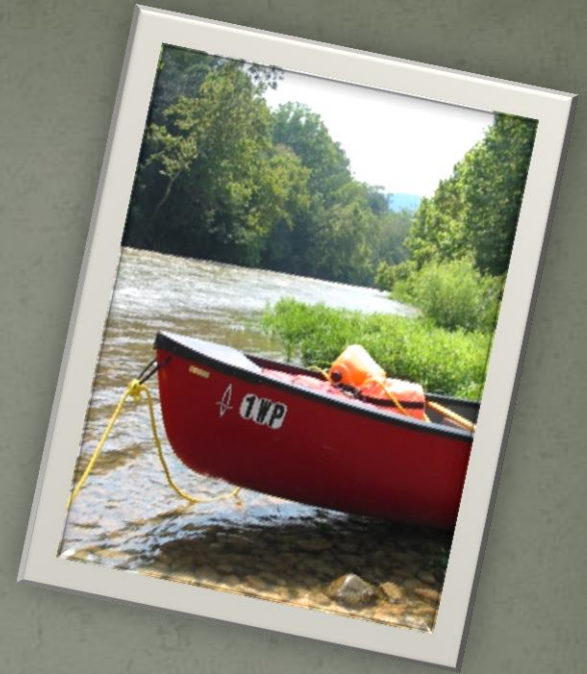


# Outdoor Guide to the Shenandoah Valley



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# Goals for Today



It's About  
You!



# The Shenandoah Valley Basics

Allegheny 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



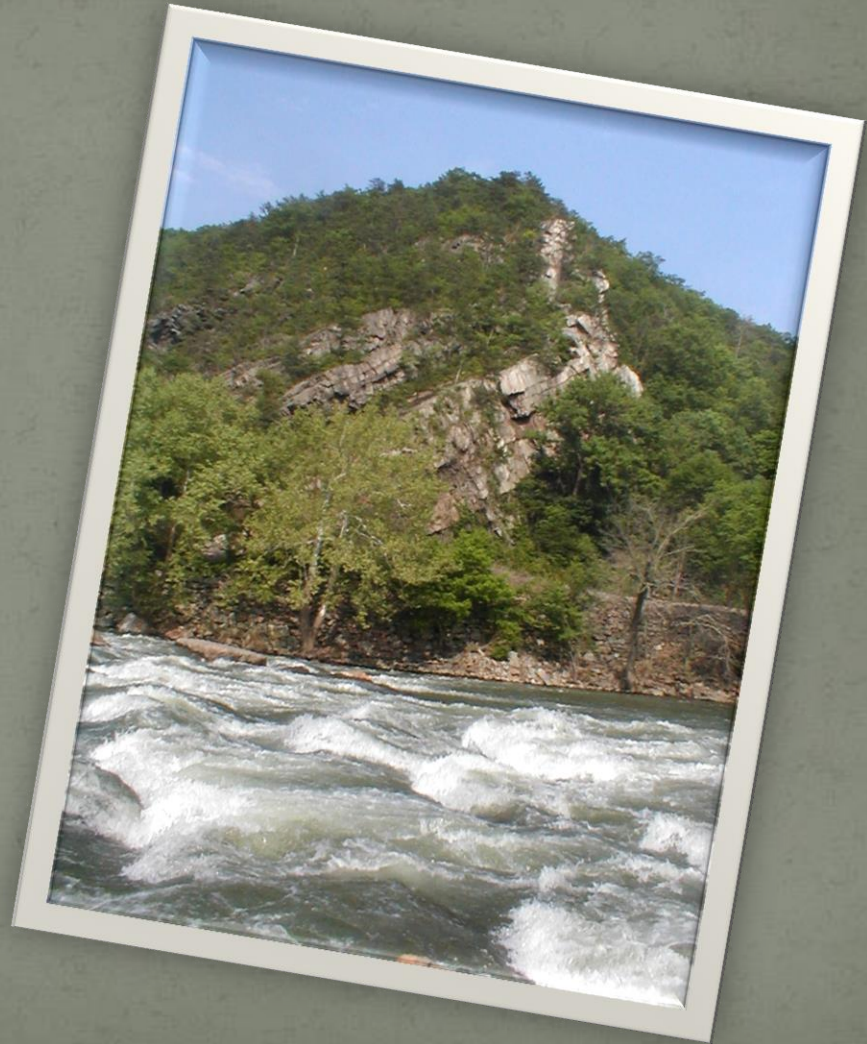


# Boating

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

[American Whitewater](#)

[Virginia Department of  
Game and Inland  
Fisheries](#)



# Caving

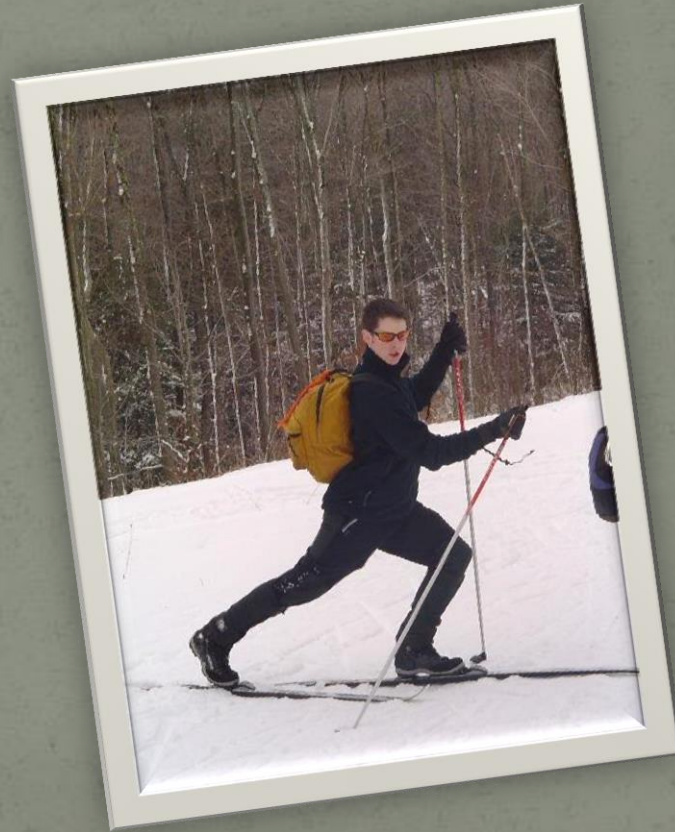


- Non-Commercial Caves
- Commercial Caves
  - Luray Caverns
  - Grand Caverns
  - Shenandoah Caverns



# 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](http://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  
<http://rockclimbing.com/routes/listState.php?CountryStateID=38>
- 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!