

Mount Rogers Backpack Trail

Parking

- Mt. Rogers Trailhead (Rte. 603)
 - o If you park on the far right-hand portion of lot, your vehicle is not visible from road
- AT Parking Lot (Rte. 603)
 - o Totally exposed to road – not recommended
- Grindstone Campground (Rte. 603) - \$3.00 / night
 - o Not open until April 15th
- Grayson Highlands SP - (276) 579-7092 / 829 Grayson Highland Lane, Mouth of Wilson, VA 24363
 - o Parking fee, not close to Trailhead

DAY ONE (7.8 miles)

Start	Dist.	Description
BEG	0.73	From parking area, walk down the main campground road towards the entrance to Mt. Rogers Spur - RIGHT on signed MT. Rogers Spur
.73	3.93	RIGHT on BLUE blazed Mt. Rogers Trail - Switchback gradually to a flat area - At 2.06 miles, pass the blue blazed Lewis Fork Spur Trail on LEFT - The 2 nd half of this trail was VERY poorly blazed. I often wondered if I was on the right trail. This trail was also rather flooded.
4.66	1.86	BEAR LEFT on AT as Mt. Rogers Trail ENDS - At 0.95 miles, arrive at one of many vistas - Be careful not to veer off AT like I did at this point. This vista is simply breathtaking! - In 0.91 miles, arrive at Mt. Rogers Summit Trail
6.52	0.54	LEFT on Mt. Rogers Summit Trail - After 0.54 miles, summit is 10 steps past large boulder w/ marker and is marked by smaller boulder with marker (5720 feet – highest in VA!) - AWESOME! Trail was rather flooded, but well worth the effort!
7.06	0.54	Return to AT
7.60	0.16	LEFT on AT - After 0.16 miles, arrive at Thomas Knob Shelter
7.76	END	Stay at Thomas Knob Shelter - Nice campsites on either side. Several other “dry” campsites further along. - I stayed at one of the “dry campsites,” but found they were no further from the water than the shelter. However, I highly recommend staying in the shelter if possible. The wind was crazy and rather scary at night. - The ponies were awesome. They were 10’ from my tent when I woke up. - Spring in the corral behind. Ponies.

Mount Rogers Backpack Trail

DAY TWO (8.1 miles)

Start	Dist.	Description
BEG	0.98	<p>Continue NORTH on AT</p> <ul style="list-style-type: none"> - After 0.98 miles, arrive at west terminus of Pine Mountain Trail - Just before this, on LEFT is a giant rock outcrop with 360 views <ul style="list-style-type: none"> - Due to exhaustion and the fact I was freezing cold, I didn't stop here. I ended up regretting it because there was certainly no better place to see the views. - Shortly after passing Pine Mountain Trail, arrive at Crest Trail
0.98	3.13	<p>LEFT on Crest Trail (UNBLAZED)</p> <ul style="list-style-type: none"> - Unblazed, but multipurpose trail. Starts w/ loose rock. <ul style="list-style-type: none"> - It may be unblazed, but it was marked - At 1.18 miles, pass side trail on right with water sign. <ul style="list-style-type: none"> - TURN RIGHT HERE FOR 2-DAY CAMPSITE - This would be a nice place to stay and is a very feasibly Day 1 destination - At 1.28 miles, arrive at Lewis Fork Trail - Continue and descend to the Scales in 1.85 miles <ul style="list-style-type: none"> - Water, latrines in Corral
4.11	0.98	<p>LEFT on AT</p> <ul style="list-style-type: none"> - Climb for 0.98 miles to east terminus of Pine Mountain Trail
5.09	0.90	<p>LEFT on Pine Mountain Trail (BLUE - UNMARKED)</p> <ul style="list-style-type: none"> - I didn't have a GPS with me, but the last leg on the AT seemed long. It may have been because it was uphill and I was tired or because I was nervous about missing the PMT. However, the PMT was well-marked and blazed. The sign looked relatively new. - Pass two dry campsites (right, then left, second at 0.34 miles) - Continue another 0.54 miles and arrive at Lewis Fork Trail <ul style="list-style-type: none"> - Cross spring before trail junction
5.99	0.20	<p>RIGHT on Lewis Fork Trail</p> <ul style="list-style-type: none"> - Pass another campsite and arrive at Cliffside Trail
6.19	0.65	<p>RIGHT on Cliffside Trail</p> <ul style="list-style-type: none"> - Cross spring w/ campsite - Descend steeply for 0.65 to Lewis Fork Trail <ul style="list-style-type: none"> - I found this to be a very tough decent
6.84	1.04	<p>RIGHT on Lewis Fork Trail (NO SIGN, but obvious)</p> <ul style="list-style-type: none"> - In 1.04 miles, trail turns hairpin left and bisects into Old Orchard Trail
7.88	0.40	<p>STRAIGHT on Old Orchard Trail</p> <ul style="list-style-type: none"> - Cross stream, pass some nice campsites under trees on right <ul style="list-style-type: none"> - This is where I camped – just past stream on right. Perfect spot. - In 0.4 miles, arrive at AT
8.28	100 yds	<p>RIGHT on AT</p> <ul style="list-style-type: none"> - In 100 yards, arrive at OLD ORCHARD SHELTER - There are other options stated previously along with another nice campsite just before the shelter

Mount Rogers Backpack Trail

DAY THREE (4.5 miles)

Start	Dist.	Description
BEG	1.45	Retrace steps to Old Orchard Junction – Stay on AT <ul style="list-style-type: none"> - Cross junction and jog slightly to left to stay on AT - In 1.45 miles, cross Rte. 603 and arrive at Fairwood Valley Horse Trail
1.45	1.29	LEFT on Fairwood Valley Horse Trail <ul style="list-style-type: none"> - At 0.32 miles, pass northern terminus of Cliffside Trail on left - Cross a stream - After 0.10 more miles, pass terminus of Lewis Fork Trail - There was a high-water detour that I had to take just past the Lewis Fork intersection. I ended up walking along the road the rest of the way because the path back to the Fairwood Valley Horse Trail was a muddy bog. I do recommend staying on the trail if possible. - After 0.87 more miles, arrive at footpath leading to Mt. Rogers Trailhead parking - This is where my journey started and ended
2.74	-	BEAR LEFT on Mt. Rogers Trailhead Parking Lot Footpath
2.74	-	RIGHT on Rte. 603 <ul style="list-style-type: none"> - Few steps
2.74	0.63	LEFT on Mt. Rogers Trail (BOARDWALK) <ul style="list-style-type: none"> - In 0.63 miles, arrive at Grindstone Campground Spur
3.37	0.73	RIGHT on Grindstone Campground Spur <ul style="list-style-type: none"> - Return to vehicle