

Trail Notes for the Mount Pleasant Loop

Description: This is a fantastic 5.9 mile moderate circuit and one of the favorites of local hikers. The 1200 feet of elevation gain rewards the hiker with some of the best views in GWNF! It's a shame it is so short. We highly recommend combining this one with the Cole Mountain Loop to form a more rigorous, yet even more rewarding, 12 mile day hike or perhaps even a backpacking trip. If the skies are clear it will be one of the most memorable trips in the region, guaranteed.

[Google Custom Directions](#)

The trailhead parking area is off of Wiggins Spring Road (FR 48) just beyond the AT parking area. It is signed.

Trail Notes: Since the Henry Lanum Memorial Trail is a loop it has two trailheads. Either one will get you to where you want to go. This description has you taking the left one to Pompey Mt first, doing the loop in a clockwise direction. All trails are signed and blazed with blue paint.

From the trailhead pass through a horse gate and start a gradual climb on an old woods road. In 0.68 miles you will reach the top of a false summit and descend into a low spot on the mountain. Again begin a gradual ascent. The final climb to the top of Pompey Mountain (0.45 miles from the low point) is steep and rocky but, fortunately, it is also short lived. At the top look for an unofficial trail on the left that leads to a minor vista. We missed it but others have told me that it is there.

In another 0.68 miles you will reach the junction of the two parts of the Henry Lanum Memorial Trail and the Mount Pleasant Spur Trail. Just prior to this is a large area suitable for several tents. You will also pass a signed spur trail on the left that leads to a seasonal spring. Begin a steep, rocky ascent. Pay attention! at one point the old Summit trail continues straight ahead while the blazed trail switchbacks sharply to the left. Follow the switchback. In about 0.6 miles from the last junction the trail splits. Going left will take you across flat rocks to the East Vista. Going right takes you to the West Vista and requires a bit more effort ending in a scramble up a large rock outcrop. The extra effort is paid back with a 270 degree view.

Return to the Henry Lanum Memorial Trail and take the left fork. The initial descent will be steep and rocky. Keep an eye out as a trail comes in from the left. This is an old section of trail that is no longer used. It will rejoin the trail again as the real trail joins a woods road at a sign. Follow the blazes straight ahead. From here it is a very gentle 1.2 mile climb back to the trailhead parking area.