

## Jeremys Run-Neighbor Mt

### Directions from U.S. 211 at Sperryville:

1. From Sperryville travel west climbing the Blue Ridge.
2. At the crest of the hill, enter the Shenandoah Park (\$10.00 per vehicle) and proceed north on Skyline drive past mile post 25.
3. In 0.5 to 0.7 miles turn left into Elkwallow Picnic Grounds. Park at the sign for Jeremy's Run trailhead.

**Trail Notes:** From the picnic area walk down the white-blazed spur trail to the junction of the white-blazed Appalachian Trail. Turn left and at about 0.26 miles come to the junction with blue-blazed Jeremy's Run Trail. Bear left staying on the AT, Climbing to the top of the ridge.

Once you've gained the ridge your walk will be mostly flat for a while. At about 1.9 miles after the last trail junction reach the junction with blue-blazed Thornton River Trail.

Continue straight, descending to a saddle in a ridge. At 1.4 miles after passing the Thornton River Trail arrive at a white-blazed spur trail leading to the left and a Bird's Nest shelter area. Continue straight. Shortly the AT will bear left at a signpost and the beginning of yellow-blazed Neighbor Mt. Trail. Continue straight on the Neighbor Mt. Trail.

Neighbor Mt. Trail (total length of about 4.9 miles) climbs up and over 3 knobs, offering views to your left and right, before descending along a series of switchbacks to blue-blazed Jeremy's Run Trail. As you descend you will get nice views of Knob Mt., the Shenandoah Valley, Massanutten Mt. and Three Sisters, a series of descending peaks on the western edge of Neighbor Mt.

Turn right onto Jeremy's Run Trail and begin a relaxing 5-mile walk up the creek valley. As noted in the description, there are 14 crossings along the way. Some are easy and only a few only occasionally ever difficult. The severity depends on the time of the year and the amount of recent precipitation.

There are no more trail junctions until after you climb out of the valley. Soon after that you will pass the intersection of blue-blazed Knob Mt. Trail on your left. Continue straight. Shortly after that come to the junction with the AT. This time turn left and then right on the spur trail to get back to the Elkwallow Picnic area.