

Trail Notes for Rocky Mount

Description: This is a strenuous 9.7 mile circuit with fantastic views. If hiked in late May or Early June you'll enjoy a pleasant hike through tunnels of Mountain Laurel. The hike along Gap Run is equally rewarding. Note that some of the stream crossings can be challenging during periods of high water. In a couple of places the trail tends to flood rather easily. Overall there is approximately 2600 feet of elevation gain from start to finish but all but one section of climbing (the part coming out of the Gap Run drainage) is either gradual and/or via switchbacks.

The hike starts at the Two Mile Run Overlook just south of Mile Post 76 on Skyline Drive.

Trail Notes: From the Two Mile Run Overlook (You can see Rocky Mount to the far left in the photo.) walk North on Skyline Drive. As you pass the end of the stone retaining wall turn left onto the blue blazed Rocky Mount Trail. Over the next 2.1 miles descend into a saddle of the ridge. During this portion is where the Mountain Laurel is the most intense. Bear left at the junction of the Gap Run Trail, staying on the Rocky Mount Trail. Overall the climb is gradual with several switchbacks. You'll climb over a couple of rocky false summits that you "think" might be Rocky Mount. Continue on and in 1.17 miles from the last trail junction reach the true summit. There is no marker but the top will be obvious. Even better views can be had from nearby cliffs. Descend along the back of huge, smooth rocks and then switchback down to a tributary of Gap Run. You'll cross it twice before crossing Gap Run for the first time in 1.89 miles from the summit. Almost immediately turn right onto the Gap Run Trail at the sign post. I lost count of the total number of crossings but it is somewhere in the neighborhood of five that might cause issues. In 0.79 miles from the first Gap Run ford bear right at a sign post. (Going left leads to private property.) In another 1.46 miles climb steeply out of the drainage to find yourself back at the junction with the Rocky Mount Trail. Turn left and retrace your initial steps back to your vehicle.