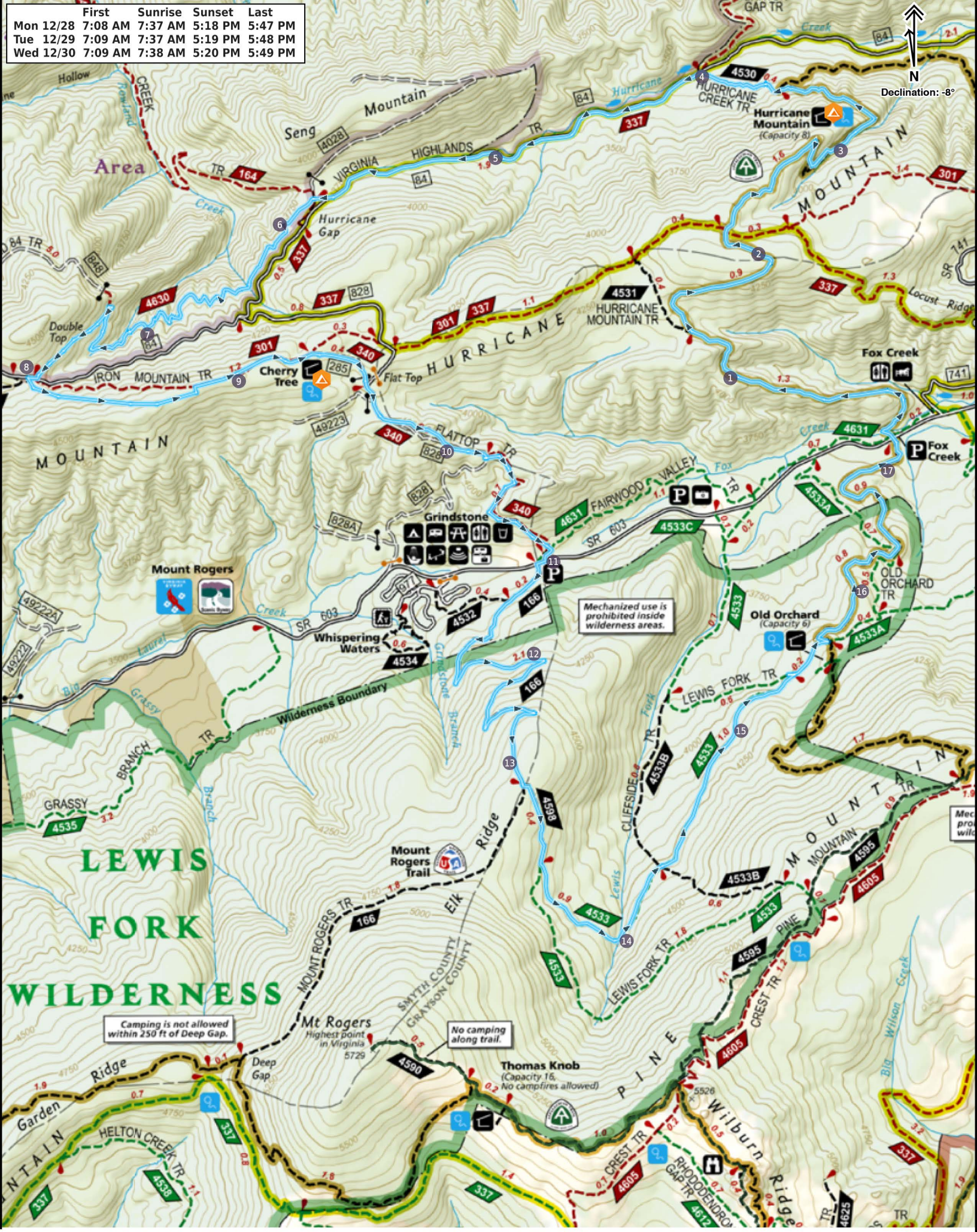


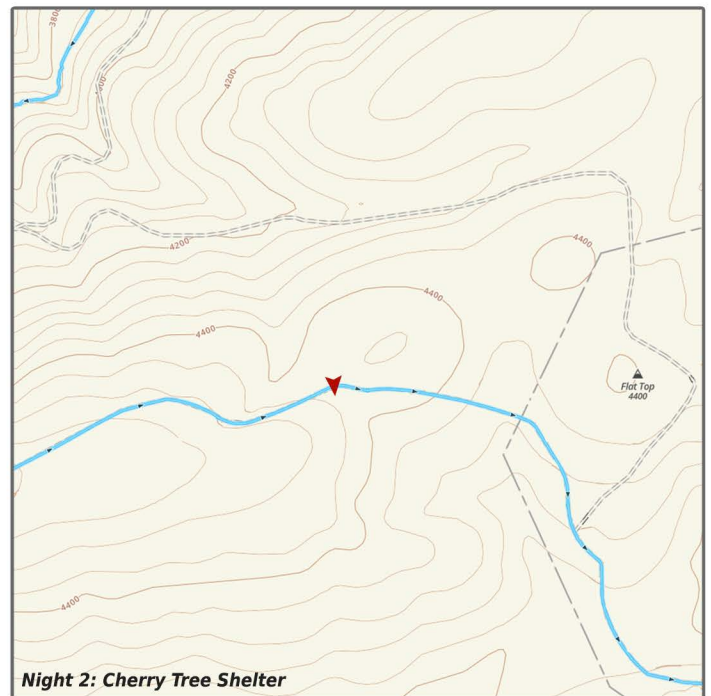
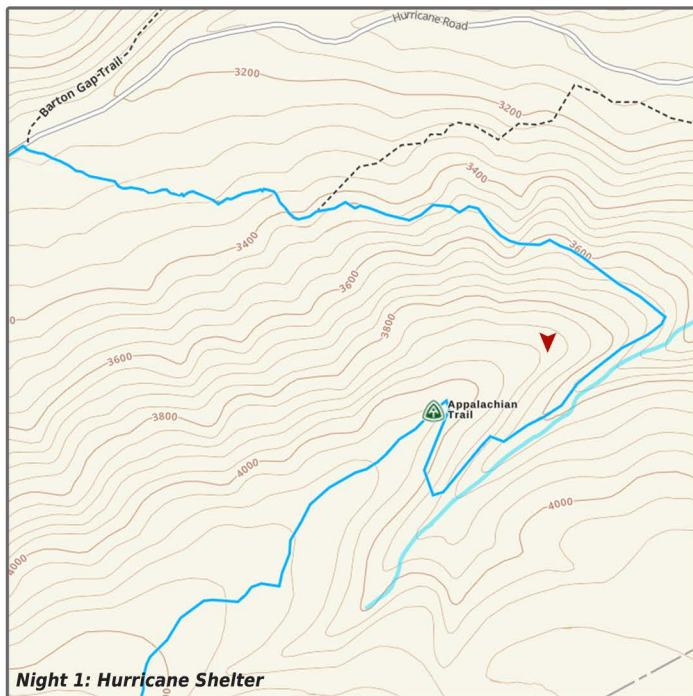
	First	Sunrise	Sunset	Last
Mon 12/28	7:08 AM	7:37 AM	5:18 PM	5:47 PM
Tue 12/29	7:09 AM	7:37 AM	5:19 PM	5:48 PM
Wed 12/30	7:09 AM	7:38 AM	5:20 PM	5:49 PM



Declination: -8°



Location	Distance (leg)	Gain (leg)	Loss (leg)	Distance (overall)	Gain (overall)	Loss (overall)	Day	Start Time	Duration	Clock Time Pace: 1.5 mph
Car to Hurricane Mtn Tr via AT	1.30	726	-73	1.30	726	-73	Monday	12:00:00 PM	0:52:00	12:52:00 PM
Right/NE on AT to Iron Mtn Trail	0.90	239	-111	2.20	965	-184	Monday	12:52:00 PM	0:36:00	1:28:00 PM
Str8/NE on AT to Hurricane Shelter (Camp 1)	0.88	1	-440	3.08	966	-624	Monday	1:28:00 PM	0:35:12	2:03:12 PM
Day & Overall Mileage Sub-Total:	3.08	966	-624	3.08	966	-624			2:03:12	
Camp to AT/Hurricane Creek Tr Int	0.52	67	-414	3.60	1033	-1038	Tuesday	8:00:00 AM	0:20:48	8:20:48 AM
Left/NW Hurricane Creek Tr to VA Highlands Tr	0.35	0	-182	3.95	1033	-1220	Tuesday	8:20:48 AM	0:14:00	8:34:48 AM
VA Highlands to Hurricane Gap	1.76	571	-22	5.71	1604	-1242	Tuesday	8:34:48 AM	1:10:24	9:45:12 AM
Left/SW on Old 84 Tr to Double Top Int	1.74	781	-460	7.45	2385	-1702	Tuesday	9:45:12 AM	1:09:36	10:54:48 AM
Left/SW on Double Top to 84/Iron Mtn Tr	0.45	234	-30	7.90	2619	-1732	Tuesday	10:54:48 AM	0:18:00	11:12:48 AM
Left/SE on Iron Mtn Tr (Not 84) to Cherry (Camp 2)	1.30	305	-188	9.20	2924	-1920	Tuesday	11:12:48 AM	0:52:00	12:04:48 PM
Day & Overall Mileage Sub-Total:	6.12	1,958	-1296	9.20	2,924	-1,920			4:04:48	
Cherry Shelter to Fairwood Rd/VA76 Pkg Lot	1.65	81	-758	10.85	3005	-2678	Wednesday	8:00:00 AM	1:06:00	9:06:00 AM
Lot to Mt Rogers Tr to Lewis Fork Spur	2.12	971	-46	12.97	3976	-2724	Wednesday	9:06:00 AM	1:24:48	10:30:48 AM
Lewis Fork Spur to Lewis Fork Split (go left)	0.38	4	-183	13.35	3980	-2907	Wednesday	10:30:48 AM	0:15:12	10:46:00 AM
Lewis Fork to Cliffside Tr	0.89	81	-299	14.24	4061	-3206	Wednesday	10:46:00 AM	0:35:36	11:21:36 AM
Lewis Fork to AT/Old Orchard	1.25	48	-300	15.49	4109	-3506	Wednesday	11:21:36 AM	0:50:00	12:11:36 PM
AT to Foxwood Pkg Lot (Car)	1.47	44	-602	16.96	4153	-4108	Wednesday	12:11:36 PM	0:58:48	1:10:24 PM
Day & Overall Mileage Sub-Total:	7.76	1,229	-2188	16.96	4,153	-4,108			5:10:24	
Grand Totals:	16.96	4,153	-4,108					11:18:24	Pace: 1.5	



Mt. Rogers Nat'l Rec Area
3714 Highway 16
Marion, VA 24354
Toll Free: 1-800-628-7202

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PCT
6' off trunk, 12' to bag, 15' to branch

