

	First	Sunrise	Sunset	Last
Sat, 5/25	5:46 AM	6:15 AM	8:33 PM	9:02 PM
Sun, 5/26	5:46 AM	6:15 AM	8:34 PM	9:03 PM
Mon, 5/27	5:45 AM	6:14 AM	8:35 PM	9:04 PM



Mechanized use is prohibited inside wilderness areas.

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No camping along trail.

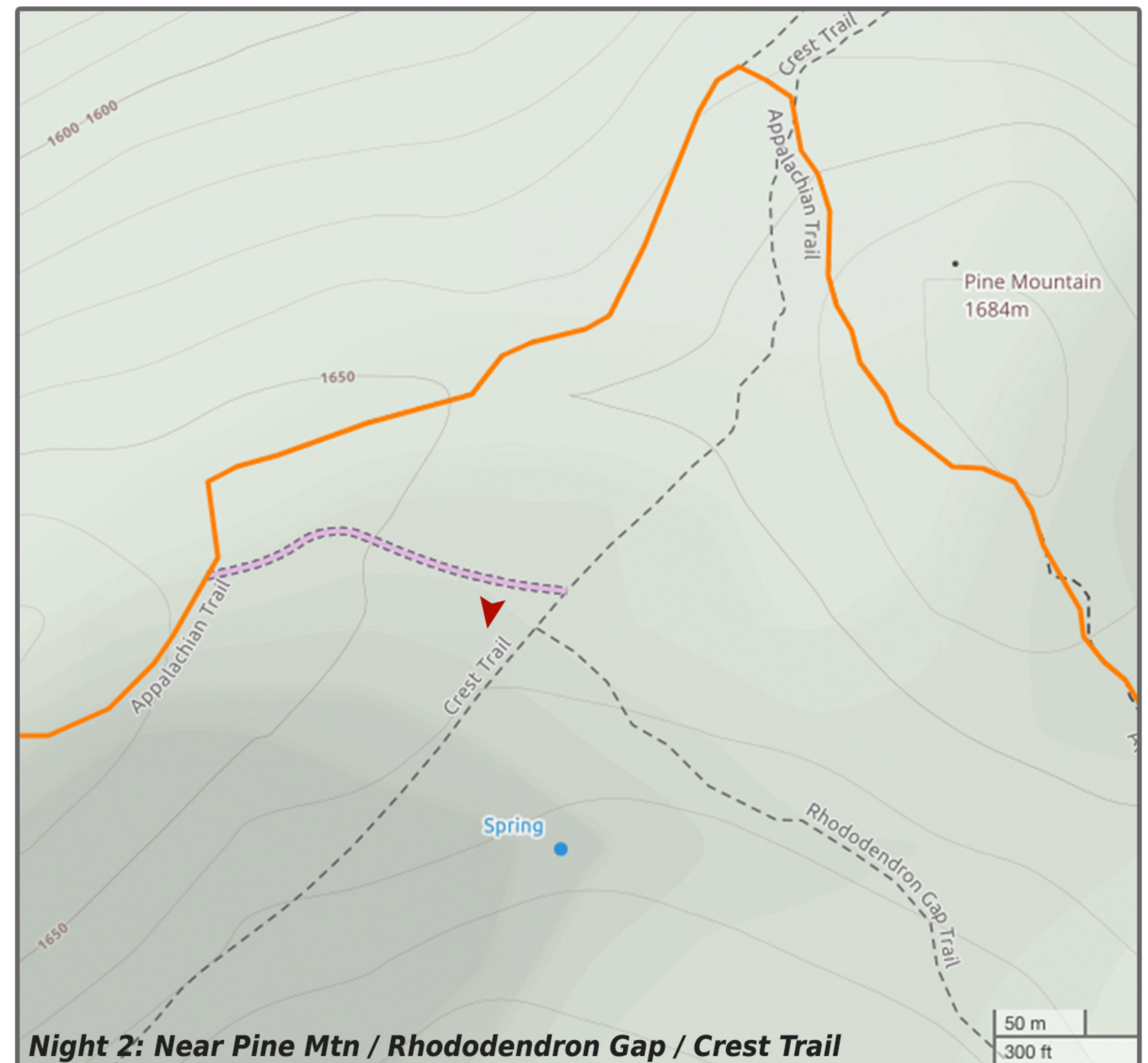
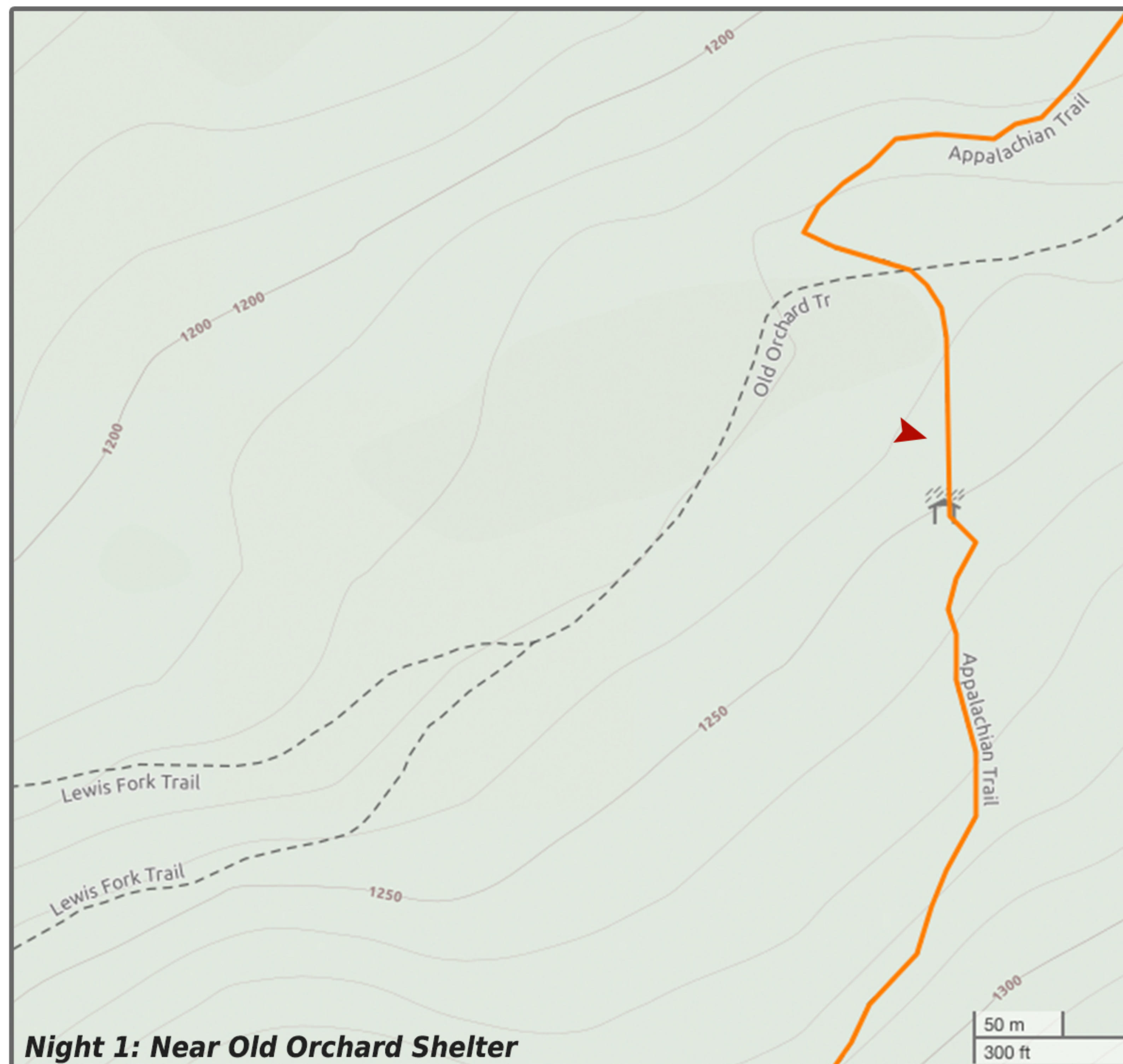
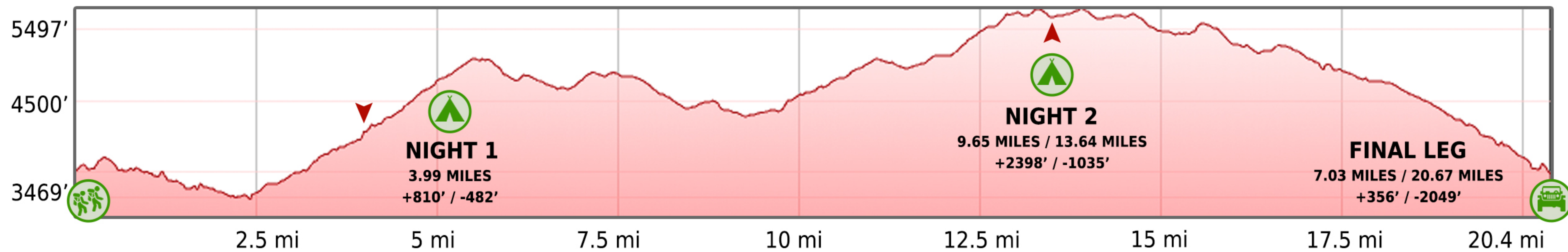
Camping is not allowed within 250 ft of Deep Gap.

Special Regulation Trout Streams: See state regulations.

Do not feed or harass the ponies.



Location	Distance (leg)	Gain (leg)	Loss (leg)	Distance (overall)	Gain (overall)	Loss (overall)	Day	Start Time	Duration	Clock Time Pace: 1.5 mph
Car/Grindstone/Tie Trail to Mt. Rogers TR	0.40	157	0	0.40	157	0	Saturday	12:00:00 PM	0:16:00	12:16:00 PM
N/L on Mt. Rogers TR to Fairwood Pkg Lot	0.28	0	-112	0.68	157	-112	Saturday	12:16:00 PM	0:11:12	12:27:12 PM
Fairwood to Old Orchard	1.26	52	-274	1.94	209	-386	Saturday	12:27:12 PM	0:50:24	1:17:36 PM
Old Orchard to AT/Fox Creek Parking Lot	0.52	0	-68	2.46	209	-454	Saturday	1:17:36 PM	0:20:48	1:38:24 PM
AT to Old Orchard TR INT #1	0.84	307	0	3.30	516	-454	Saturday	1:38:24 PM	0:33:36	2:12:00 PM
AT to Old Orchard TR INT #2 and Camp 1	0.69	294	-28	3.99	810	-482	Saturday	2:12:00 PM	0:27:36	2:39:36 PM
Day & Overall Mileage Sub-Total:	3.99	810	-482	3.99	810	-482			2:39:36	
Camp to Pine Mtn TR via AT	1.58	910	0	5.57	1,720	-482	Sunday	9:00:00 AM	1:03:12	10:03:12 AM
AT to Scales	1.33	33	-347	6.90	1,753	-829	Sunday	10:03:12 AM	0:53:12	10:56:24 AM
AT to horse gate (just shy of Bearpen TR)	1.06	188	-98	7.96	1,941	-927	Sunday	10:56:24 AM	0:42:24	11:38:48 AM
AT to bridge Wilson Creek (just past Scales TR)	1.47	72	-438	9.43	2,013	-1,365	Sunday	11:38:48 AM	0:58:48	12:37:36 PM
AT to Wise Shelter (no camping)	0.43	60	0	9.86	2,073	-1,365	Sunday	12:37:36 PM	0:17:12	12:54:48 PM
AT to bridge at Quebec Branch	0.72	220	0	10.58	2,293	-1,365	Sunday	12:54:48 PM	0:28:48	1:23:36 PM
AT to VA Highlands TR	1.73	419	-46	12.31	2,712	-1,411	Sunday	1:23:36 PM	1:09:12	2:32:48 PM
AT to Pine Mtn TR and Camp 2	1.33	496	-106	13.64	3,208	-1,517	Sunday	2:32:48 PM	0:53:12	3:26:00 PM
Day & Overall Mileage Sub-Total:	9.65	2,398	-1,035	13.64	3,208	-1,517			6:26:00	
Camp 2 to Thomas Knob via AT (Peak TR + .20 mi)	0.96	94	-110	14.60	3,302	-1,627	Monday	8:00:00 AM	0:38:24	8:38:24 AM
AT to Deep Gap/Mt. Rogers TR (blue blazed)	1.94	154	-554	16.54	3,456	-2,181	Monday	8:38:24 AM	1:17:36	9:56:00 AM
Mt. Rogers TR to Lewis Fork INT	1.78	106	-425	18.32	3,562	-2,606	Monday	9:56:00 AM	1:11:12	11:07:12 AM
Mt. Rogers TR to Grindstone/Mt Rogers Tie Trail	1.95	2	-803	20.27	3,564	-3,409	Monday	11:07:12 AM	1:18:00	12:25:12 PM
Mt. Rogers Tie Trail to Car (36.68664, 81.54285)	0.40	0	-157	20.67	3,564	-3,566	Monday	12:25:12 PM	0:16:00	12:41:12 PM
Day & Overall Mileage Sub-Total:	7.03	356	-2,049	20.67	3,564	-3,566			4:41:12	
Grand Totals:	20.67	3,564	-3,566					13:46:48	Pace: 1.5	



Mt. Rogers Nat'l Rec Area

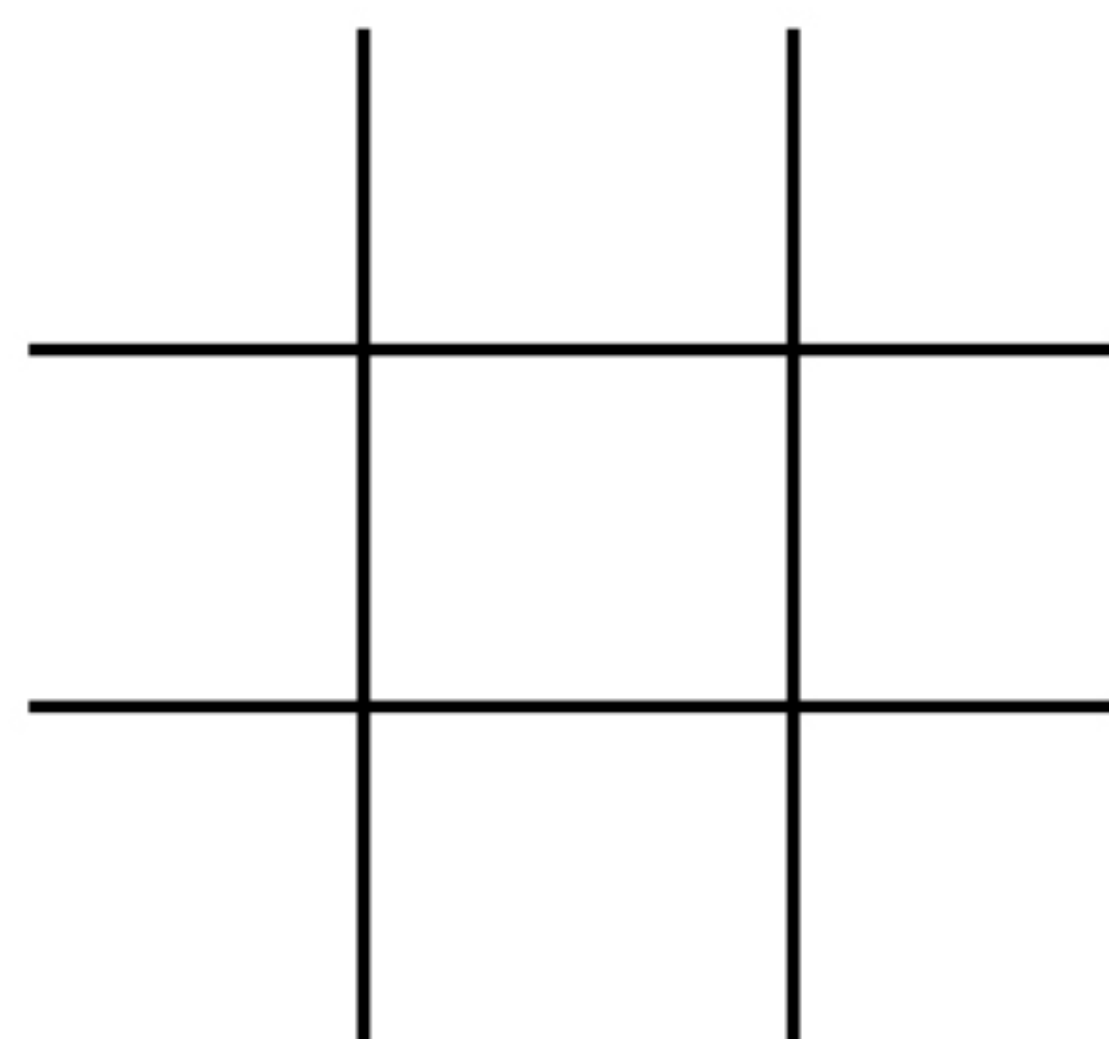
3714 Highway 16
Marion, VA 24354
Toll Free: 1-800-628-7202

Sunrise/Sunset

Sat, May 25, Sunrise 6:15AM, Sunset 8:33PM
Sun, May 26, Sunrise 6:15AM, Sunset 8:34PM
Mon, May 27, Sunrise 6:14AM, Sunset 8:35PM

PCT

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



Wilburn Ridge Detour

Wilburn Ridge Trail runs parallel to AT to the east (rejoins AT in 0.7 mi). From INT, 0.2 mi to rock outcropping; 0.4 mi to WR peak. Trail descends N side of the peak to AT in 0.1 mi.

Spring at Pine Mtn

There is a spring which can be reached by turning left down the Crest Trail and following it 0.2 mi downhill to the intersection of Rhododendron Gap Trail. The Crest Trail spring is generally more dependable in dry months than the spring at Thomas Knob Shelter.

Mt. Rogers Peak Dayhike

Peak spur is 1.14 mi (+/- 110') from Pine Mtn. Spur trail is 1 mile round trip (+/-287') 3.28 mi, 507' gain, 2 h 11 m