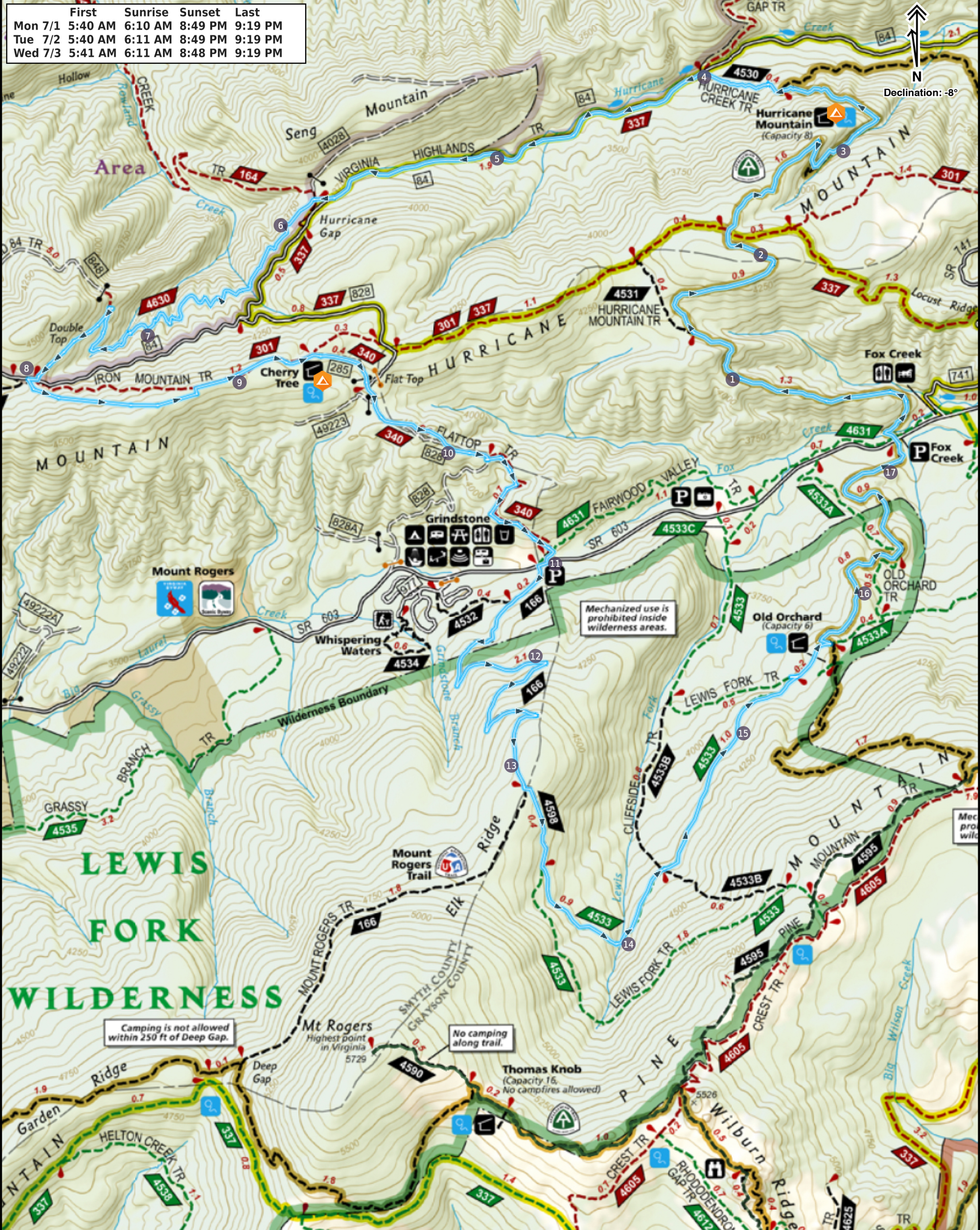


	First	Sunrise	Sunset	Last
Mon 7/1	5:40 AM	6:10 AM	8:49 PM	9:19 PM
Tue 7/2	5:40 AM	6:11 AM	8:49 PM	9:19 PM
Wed 7/3	5:41 AM	6:11 AM	8:48 PM	9:19 PM

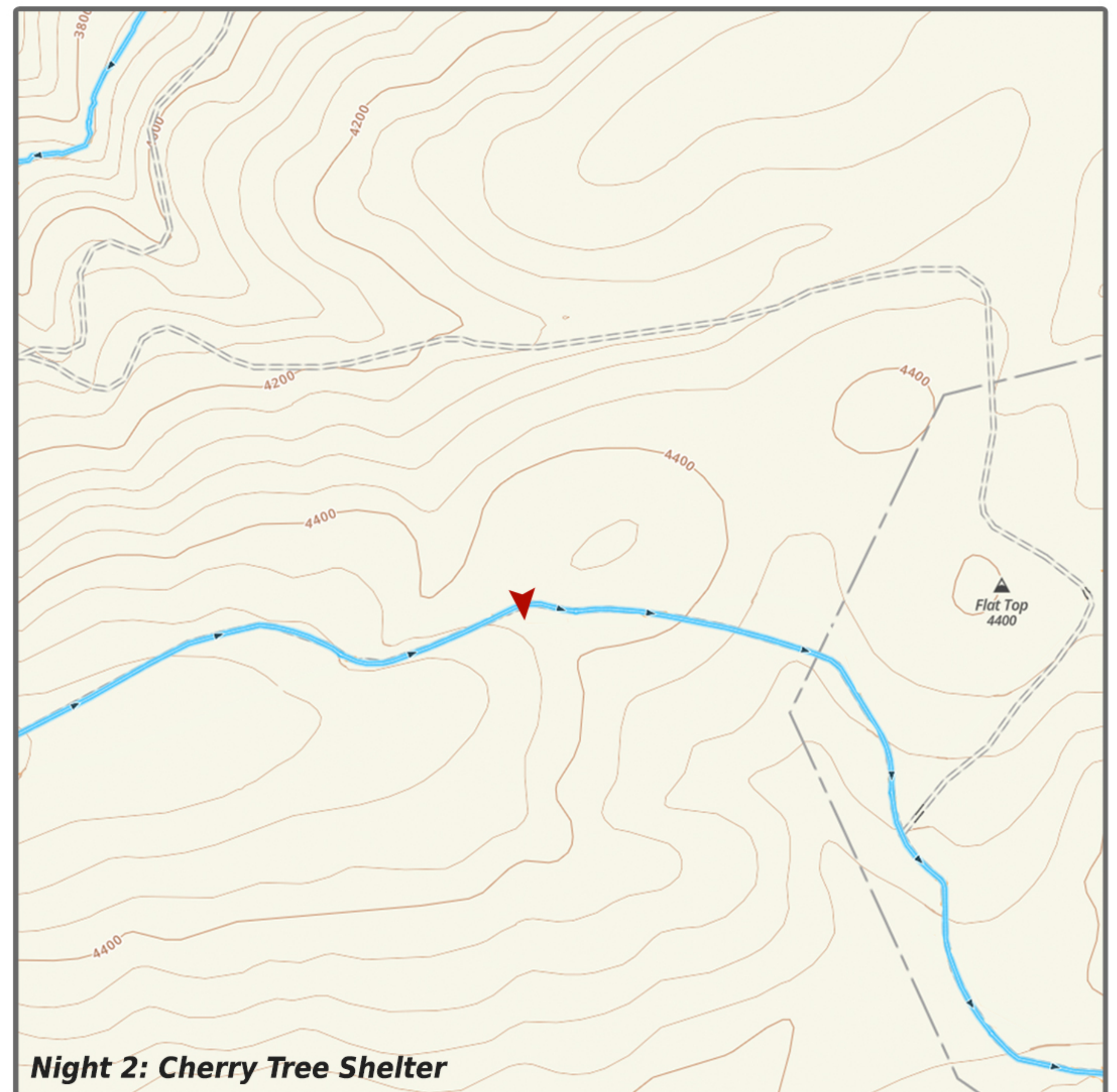
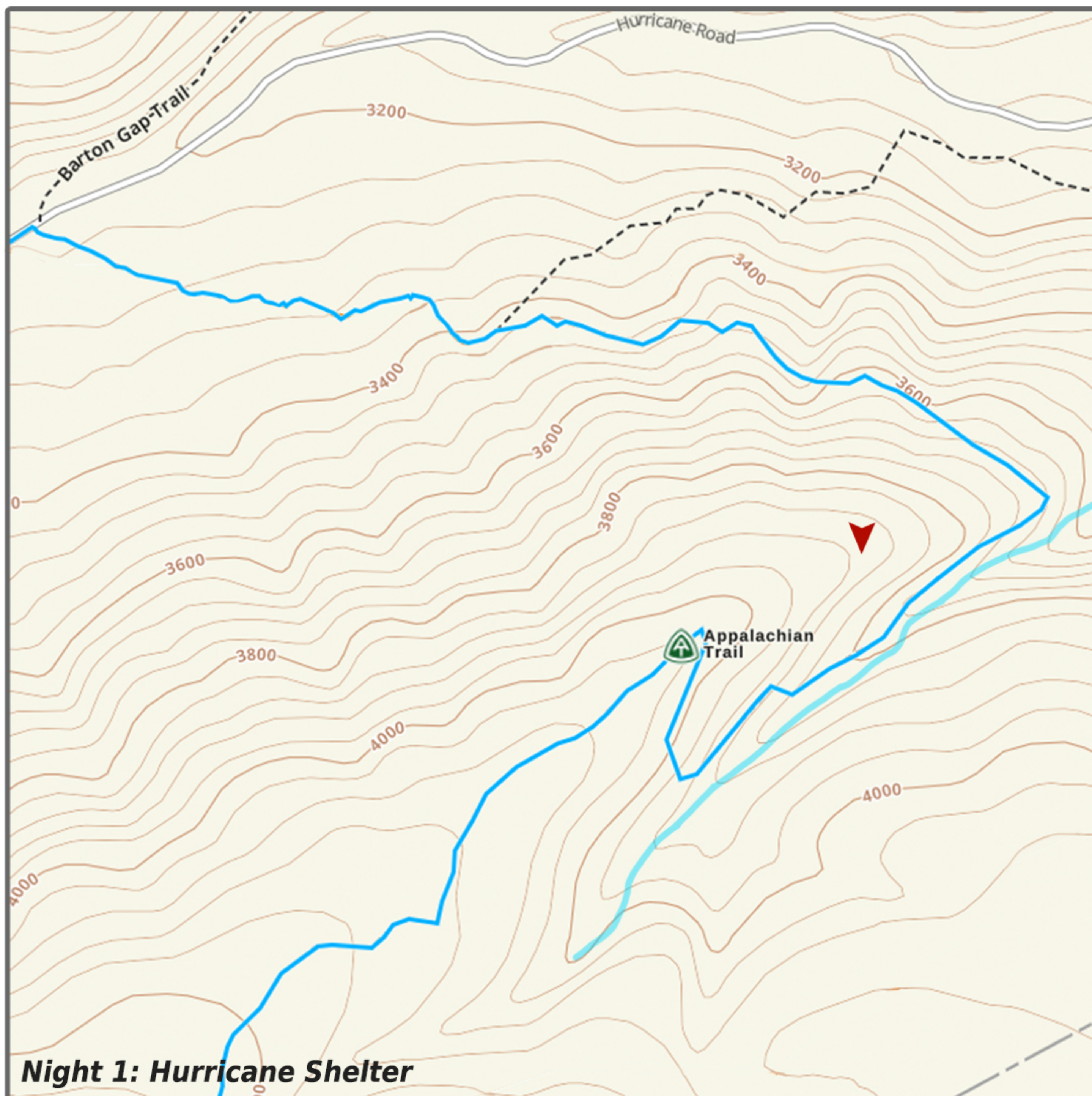
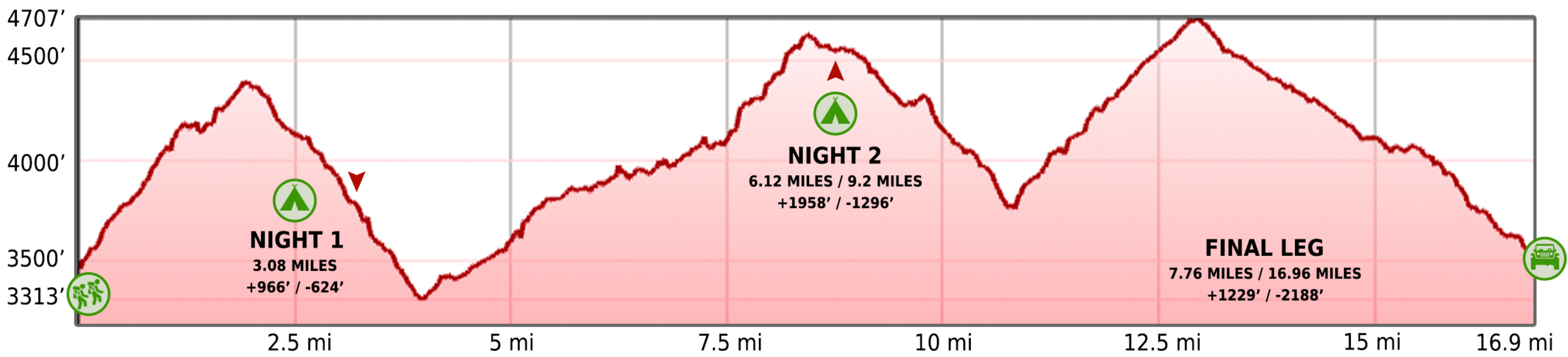


Camping is not allowed within 250 ft of Deep Gap.

No camping along trail.

Thomas Knob  
(Capacity 16, No campfires allowed)

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
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>3.08</b>	<b>966</b>	<b>-624</b>	<b>3.08</b>	<b>966</b>	<b>-624</b>			<b>2:03:12</b>	
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 Hurricane Road/84	0.35	0	-182	3.95	1033	-1220	Tuesday	8:20:48 AM	0:14:00	8:34:48 AM
Hurricane Road/84 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 Hurricane Rd/84	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
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>6.12</b>	<b>1,958</b>	<b>-1296</b>	<b>9.20</b>	<b>2,924</b>	<b>-1,920</b>			<b>4:04:48</b>	
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 Fox Creek Pkg Lot (Car)	1.47	44	-602	16.96	4153	-4108	Wednesday	12:11:36 PM	0:58:48	1:10:24 PM
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>7.76</b>	<b>1,229</b>	<b>-2188</b>	<b>16.96</b>	<b>4,153</b>	<b>-4,108</b>			<b>5:10:24</b>	
<b>Grand Totals:</b>	<b>16.96</b>	<b>4,153</b>	<b>-4,108</b>					<b>11:18:24</b>	<b>Pace: 1.5</b>	



**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

