

TRAIL RUN LOOP DESCRIPTION (2009 Revised) Race Start @ 07:00a.m. @ Discovery Ctr.

ALL RUNNERS WILL NEED TO CHECK IN AT THE CABIN ON THE TUSCARORA TRAIL AND AT THE START / TRANSITION AREA ON EVERY LOOP. FAILING TO DO SO WILL MAKE YOU UNOFFICIAL.

Take Blue Suck Falls Trail to Tuscarora Trail.

Take Left onto Tuscarora Trail. Continue on the Tuscarora Trail.

At intersection of the Tuscarora Trail and the Tuscarora Overlook Trail, take a left and go to the overlook and check in at the cabin. Mile 4. Very limited water and food for emergencies here.

Turn around and go back to the intersection of Tuscarora Overlook Trail and Tuscarora Trail and take a left onto Tuscarora Trail.

Continue on Tuscarora Trail to Stony Run Trail. Take Left on Stony Run Trail. Continue on the Stony Run Trail to Locust Gap trail.

Take Left onto Locust Gap trail. Continue on the Locust Gap trail to Beards Gap Hollow Trail.

Take Right onto Beards Gap Hollow Trail. Continue on the Beards Gap Hollow Trail. Aid station at the end of the Beards Gap Hollow Trail at park service gravel road. Mile 9.

Take gravel road to SR 629. At SR 629 take a left, run on the road to access Wilson Creek Trail.

Take Right access Wilson Creek Trail at old chimney stack.

Take Left at old chimney stack onto Wilson Creek Trail. Continue on Wilson Creek Trail to SR 629 at the entrance to the Cabins.

Take Right on SR 629. Take SR 629 to Beaver Dam Campground "B".

Take Left into Beaver Dam Campground "B", go to end of campground to access Salt Stump Trail. Aid station at the beginning of the Salt Stump Trail. Mile 10.5.

Take Salt Stump to Backway Hollow Trail.

Take Left onto Backway Hollow Trail. Continue on Backway Hollow Trail to Huff Trail.

Take Left onto Huff Trail. Continue on Huff Trail to Middle Hollow Trail.

Take Left onto Middle Hollow Trail. Continue on Middle Hollow Trail to Heron Trail.

Take right onto Heron Trail. Continue on Heron Trail.

Cross the bridge at the intersection of Heron Trail and Blue Suck Trail.

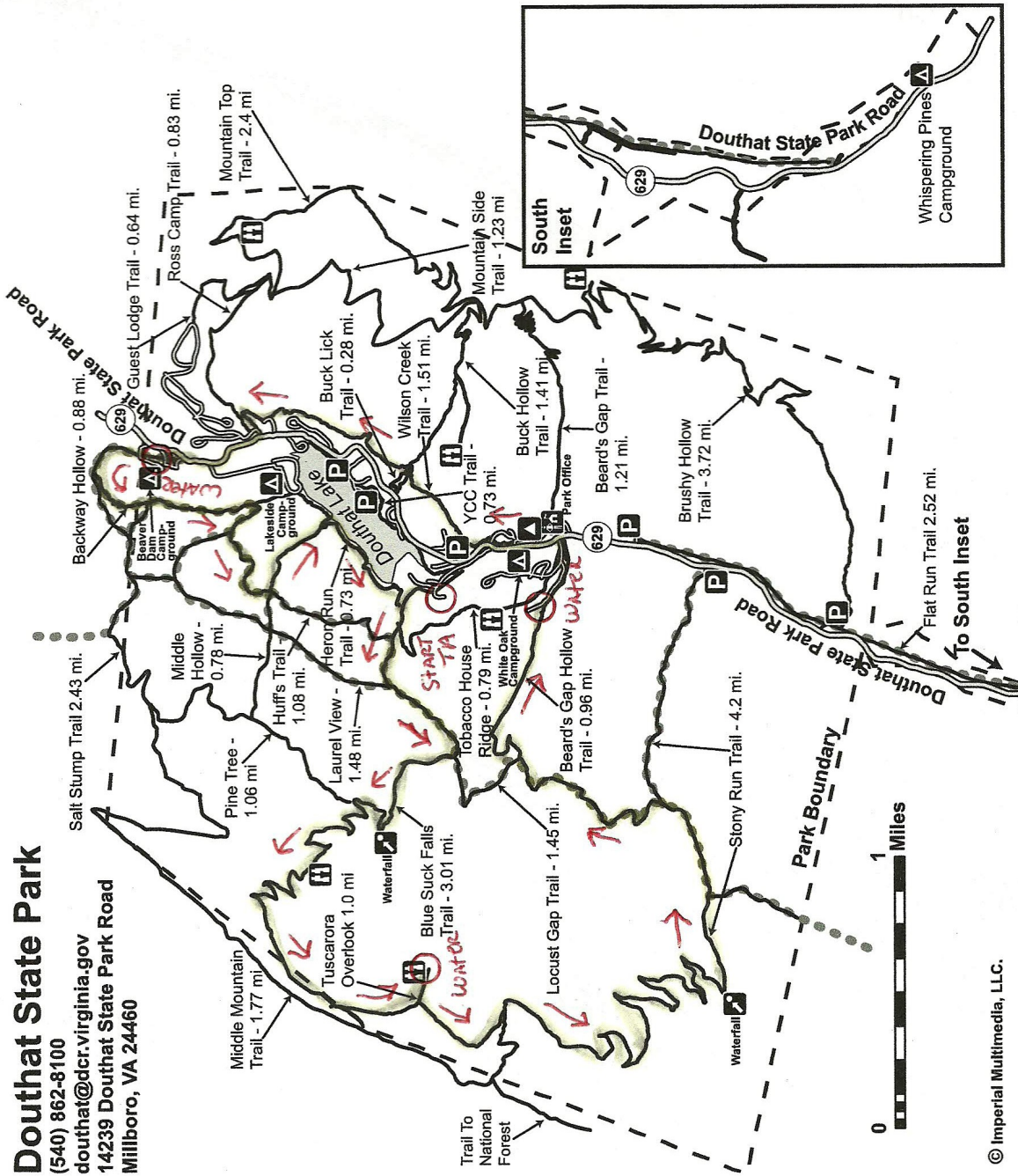
Take left to head back to Start/Finish/Transition Area(TA).

The Half Marathoners are done. The Marathoners and 40 Ultra runners will check in at the entrance to the TA. There will be an aid station here. Marathoners and 40 Ultra runners are able to access their supplies for the next loop(s) in the TA. The Marathoners will have one more loop and the 40 Mile Ultra runners will have two more loops.

ALL RUNNERS WILL NEED TO CHECK IN AT THE CABIN ON THE TUSCARORA TRAIL AND AT THE START / TRANSITION AREA ON EVERY LOOP. FAILING TO DO SO WILL MAKE YOU UNOFFICIAL.

Douthat State Park

(540) 862-8100
 douthat@dcr.virginia.gov
 14239 Douthat State Park Road
 Millboro, VA 24460



Trail	Blaze	Mileage	Usage	Difficulty
Backway Hollow	Yellow	0.88	H, B	■
Beard's Gap Hollow	White	0.96	H, B	■
Beard's Gap	Blue	1.21	H, B	◆
Blue Suck Falls	Blue	3.01	H, B	◆
Brushy Hollow	Orange	3.72	H, B	◆
Buck Hollow	Blue	1.41	H, B	◆
Buck Lick	Red	0.28	H	●
Flat Run	Red	2.52	H, B	●
Guest Lodge	Blue	0.64	H, B	●
Heron Run	Blue	0.73	H	●
Huff's	Gold	1.08	H, B	●
Laurel View	White	1.48	H, B	■
Locust Gap	Yellow	1.45	H, B	■
Middle Hollow	Orange	0.78	H, B	■
Middle Mountain	White	1.77	H, B	■
Mountain Side	White	1.23	H	◆
Mountain Top	Yellow	2.4	H, B	◆
Pine Tree	Yellow	1.06	H, B	◆
Ross Camp	Orange	0.83	H, B	◆
Salt Stump	Orange	2.43	H, B	◆
Stony Run	Orange	4.2	H, B	◆
Tobacco House Ridge	Yellow	0.79	H, B	◆
Tuscarora Overlook	Yellow	1	H, B	◆
Wilson Creek	White	1.51	H, B	◆
YCC	Blue	0.73	H	◆
Alleghany Highlands Multiuse, Equestrian State Trail	N/A	6 (in park)	H, B, HB	■

H = Hiking B = Biking HB = Horseback Riding
 ● = Easy ■ = Moderate ◆ = Difficult

- Park Office
- Campground
- Scenic Overlook
- Point Of Interest
- Parking
- Information Station
- Alleghany Highlands
- Multiuse, Equestrian
- State Trail. (Shares 6 mi. of Park Trail System)



This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.