

VICKI'S DEATH MARCH

OLD RAG / WHITE OAK CANYON / A.T. / STONY MAN / NICHOLSON HOLLOW

http://www.nps.gov/shen/planyourvisit/upload/old_rag_area.pdf - for map

- ** Left out of Parking Lot on Route 600 and **UP** to Old Rag Trail Head/Weakley Hollow Fire Rd
- ****UP** the Weakley Hollow Fire Road to junction with Old Rag Fire Road at the saddle (**A**)
- ** Straight across and **DOWN** what is now Berry Hollow Fire Road to Berry Hollow parking lot
- ** **LEFT** out of parking lot and continue **DOWN** what is now a paved road to lower White Oak Canyon parking lot (on your **RIGHT** immediately after crossing a bridge)
- ** At end of lower White Oak Canyon parking lot, enter White Oak Canyon trail at **RIGHT** of ranger's station (**B**)
- **Continue **UP** White Oak trail (blazed blue) to top of Lower Falls (**C**)
- ** **LEFT** (you can wade across creek, or cross using bridge another 50 yards or so upstream) at intersection with White Oak Canyon Fire Road/Big Meadows Horse Trail and easy **UP** on combination fire road/horse trail (blazed yellow). (**D**)
- ** Stay **LEFT** on Big Meadows Horse Trail when it splits from White Oak Canyon fire road (the horse trail will then turn into single track) - if you get to Skyline Drive on the fire road, you have gone a couple hundred yards past this turn.
- ** **RIGHT** on Cedar Run Trail (blazed blue), to Hawksbill parking area on Skyline Drive. (**E**)
- ** Continue across Skyline Drive **UP** to summit of Hawksbill on wide trail (blazed blue).
- ** Descend from Hawksbill summit on fire road for a couple of hundred yards, and take a **RIGHT** onto Salamander connector trail **DOWN** to the AT.
- ** **RIGHT** on the AT (blazed white) to the Stables (**F**)
- ** Appalachian Trail continues in front of stables, and then it goes **RIGHT** to cross Skyline Drive; continue on the white-blazed AT towards Skyland.
- ** **LEFT** on a fire road just after a large water tank and **DOWN** to Skyland for aid.
- ** Return to the AT by going back up that fire road from Skyland, and take a **LEFT** back on the AT to Skyline Drive and the Stony Man parking lot.
- ** Stay on right side of Skyline Drive for length of parking lot, then **LEFT** across the road to AT and Stony Man Trail (blue and white blazed)
- ** Stay to **LEFT** and continue **UP** on blue blazed Stony Man Trail to summit. When blue trail splits near summit, stay to the **RIGHT** to get to the top, and then on the way back down take the blue blazed trail that is on the **RIGHT**. **DO NOT** take yellow blazed trail on the far right.
- ** **DOWN** the Stony Man Trail (blue blazed) to the junction with the AT (at its highest point in Shenandoah National Park). Go **LEFT** on the AT (white blaze) to Little Stony Man.
- ** Go **RIGHT** and continue on AT at its junction with Passamaquoddy Trail. Continue rolling on AT (white blazed) past at least three right turns and one additional left turn for trails such as Nicholson Hollow and Crusher Ridge. After the last Nicholson Hollow and Crusher Trail connectors, take the next **RIGHT**. The concrete post does not identify this connector trail, but take it into the small, 6-car parking lot, and across Skyline Drive. The Corbin Cabin Cut-off Trail is on the other side of Skyline Drive from this small parking lot.
- ** **DOWN** Corbin Cabin Cut-off Trail (blue blazed) to Hughes River and across to Corbin Cabin.
- ** At cabin, **LEFT** on Nicholson Hollow Trail (blue blazed), paralleling the Hughes River.
- ** Continue on Nicholson Hollow Trail all the way to Route 600. If you are parked in the lower parking lot, then take a **LEFT** when you come out on the road, otherwise you will go right and up the hill to the upper parking lot of Old Rag.

SEE REVERSE FOR SHORTCUTS AND BONUS MILE OPTIONS

Shortcuts:

(A) - If you want to just climb up Old Rag, there are two ways to approach: one is to make it a loop by taking the trail from the Upper Old Rag Parking Lot to the summit and then down to the saddle, the point where Old Rag, Weakley Hollow and Berry Hollow fire roads all come together; or you can go up Weakley Hollow fire road and then take a left at that saddle and follow the road and then the trail to the summit. Return the same way for an easy out-n-back, or continue on blue trail across rocks for a mile on the top of Old Rag and then down the Old Rag Trail to the upper parking lot. **OR** If you want to do a roughly 10-mile loop, take a right at the saddle and go **UP** the Old Rag Fire Road. Hang a right on to the Corbin Mountain Trail (this would be the third right as you climb Old Rag Fire Road). Stay on the Corbin Mountain Trail all the way down to the Hughes River, continue straight on other side of river on what is now the Nicholson Hollow Trail and follow that to Route 600 and ultimately the parking lot.

(B) - Not sure how helpful a short cut this is, but if you go **LEFT** on Cedar Run Trail, then it is just 3 miles to Hawksbill Gap parking (3 miles of pretty hard climbing, but still over 2 miles shorter this way). Then you could pick up the course from Hawksbill Gap parking above.

(C) - Lots of short cut options here - you can go **RIGHT** and **UP** on Big Meadows Horse Trail (yellow blaze) to Old Rag Fire Road, and then **RIGHT** on fire road, followed by a **LEFT** on Corbin Mt. Trail. Then either follow it all the way down, over the river and continue straight ahead on Nicholson Hollow Trail to the Old Rag parking lot (5.9 miles from trail head), or continue down the Old Rag Fire Road Trail to Weakley Hollow Fire Road intersection, take a **LEFT** and continue **DOWN** to the parking lot (2.4 miles from Old Rag Fire Road to parking lot).

(D) - If you take the White Oak Canyon fire road to Skyline Drive, you can either go **LEFT** to Hawksbill Gap parking lot or **RIGHT** on the road to the Crescent Rock Trail on the right and follow it back to take a **RIGHT** on Limber Lost Trail and then the second **RIGHT** onto Old Rag Fire Road. Then follow instructions to Corbin Mountain Trail or Weakley Hollow Fire Road (above) from there.

(E) - If you want to avoid the climb to Hawksbill (the third and last really tough climb of the day), then after you cross Skyline Drive take a **RIGHT** on to the connector trail to the AT, go **RIGHT** on the AT and follow it to the Stables, where you can pick up the directions again above.

(F) – Shortcut here would be to go **RIGHT** down Stables parking lot across Skyline Drive to White Oak Canyon Trail upper parking lot and trail head. Follow White Oak Canyon Trail down to Old Rag Fire Road, take a **LEFT** and **DOWN** to Weakley Hollow Fire Road and parking lot.

This is the last really useful shortcut. If you want to add **BONUS** miles and climbing late in the run instead . . .

**** Follow instructions to Corbin Cabin and the Nicholson Hollow Trail above – follow Nicholson Hollow Trail along river, crossing the river at one point about a mile downstream from the cabin, taking you from the right bank to the left bank. The Nicholson Hollow Trail will take a sharp **LEFT** away from the river and up a hill at one point – here you should look **RIGHT**. There is a dry crossing, and another blue blazed trail on the other side. This is the Corbin Mountain Trail. Go **UP and UP** this trail for about 4 miles to the Old Rag Fire Road. Then take a **LEFT** for a big **DOWN** to the Weakley Hollow/Berry Hollow Fire Road junction. **LEFT** and continuing **DOWN** on the Weakley Hollow Fire Road back to the upper Old Rag Parking Lot. This will add some great up and down hill work late in the run, and at least an additional 4-5 miles.