

## Little Devils Stairs Loop Hike

🔄 7.4-mile circuit

🕒 8½-hrs hiking time

⚠️ Strenuous

⬆️ 1,897-ft elevation gain

From the Keyser Run parking area at mile 19.4, take the Keyser Run Fire Road (yellow-blazed) and follow it to the parking area on the boundary. Please respect private property and stay on the fire road. Pick up the blue-blazed Little Devils Stairs Trail and follow it back to Keyser Run Fire Road and the parking area.

## Sugarloaf Loop Hike

🔄 5-mile circuit

🕒 7-hrs hiking time

⚠️ Moderate

⬆️ 1,120-ft elevation gain

From the Piney River parking area at mile 22, take the Piney Branch Upper Trail to its intersection with the Pole Bridge Link Trail. Go left on the Pole Bridge Link Trail and then left on Sugarloaf Trail. This will bring you out near Skyline Drive above Hogback Overlook. Turn left to take the Appalachian Trail (white-blazed) back to your starting point.

## Knob Mountain–Jeremys Run Hike

🔄 6-mile circuit

🕒 7½-hrs hiking time

⚠️ Moderately strenuous

⬆️ 1,303-ft elevation gain

From the parking lot at Elkwallow Wayside at mile 24, take the Appalachian Trail (white blazed) to its junction with Jeremys Run Trail (blue blazed). The A.T. goes sharply left here, but stay straight onto Jeremys Run Upper Trail. Then take a right onto the Knob Mountain Cutoff Trail and another right on Knob Mountain Trail (yellow-blazed). Follow it to Mathews Arm Campground registration station where you can take the Elkwallow Trail back to the wayside.

## Hiking Difficulty Scale

**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

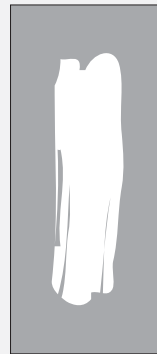
**Moderately Strenuous:** Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

**Strenuous:** Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

**Very Strenuous:** Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

## Markers & Blazes

**Trail markers** are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



**Trail blazes** are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



## Need to Know

- Pets must be on a leash no longer than 6' at all times.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Stay on the trail and respect private property.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Please respect family cemeteries.

## Good to Know

You may see evidence of the families who once lived in this area. When the Park was established, it was carved out of eight counties and 1,081 tracts of privately owned land. Numerous families were displaced. We can show our appreciation by respecting their cemeteries and honoring their sacrifices.

## Leave No Trace

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.