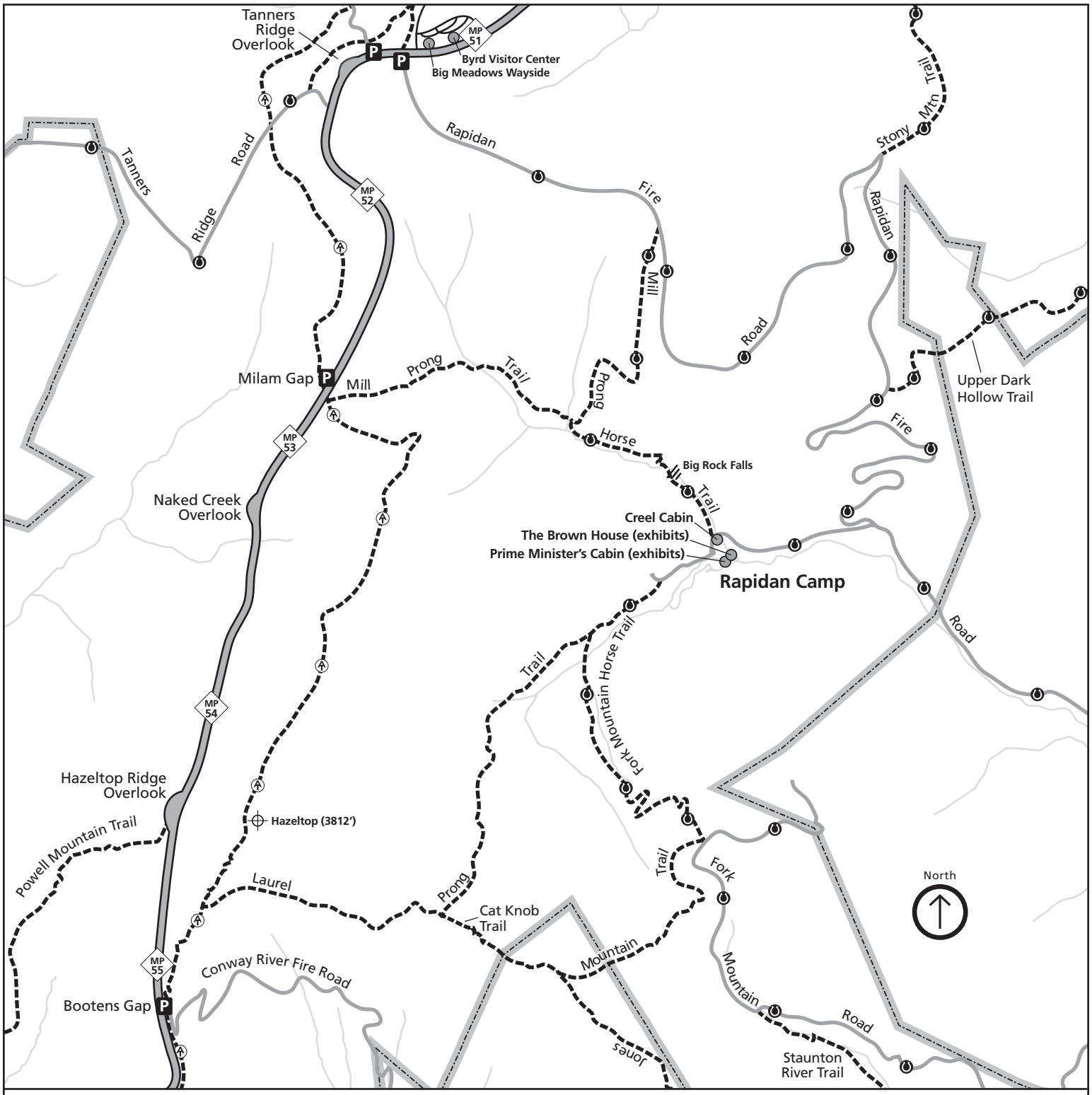
Rapidan Camp Area | Shenandoah National Park

National Park Service
U.S. Department of the Interior

2017



Hiking Trail
Hiking Trail (Appalachian Trail)
Hiking Trail (Horses)
Unpaved Road
Unpaved Road (Horses)
Paved Road
Skyline Drive
Park Boundary
Stream
Parking
Building
Summit
Waterfall

0 1.0 Kilometer
0 1.0 Mile

Emergency 1-800-732-0911 • **Information** 540-999-3500 • **Online** www.nps.gov/shen

Rapidan Camp Hike

4-mile round trip | **2¾-hrs hiking time**
Moderate | **870-ft elevation gain**

From the Milam Gap parking area at mile 52.4, cross Skyline Drive and take the Appalachian Trail a few feet to the trailpost. Go left onto the blue-blazed Mill Prong Trail. At the second stream crossing, stay right on the yellow-blazed Mill Prong Horse Trail and follow it downhill to the camp. Return by the same route. 3 stream crossings.

Appalachian Trail to Tanners Ridge Road Hike

2.1-mile round trip | **1½-hrs hiking time**
Easiest | **175-ft elevation gain**

From the Milam Gap parking area at mile 52.4, follow the Appalachian Trail (A.T.) north. This fairly level hike takes you through a former homestead. In about a mile the A.T. intersects with the Tanners Ridge Road. Retrace your steps.

Mill Prong – Laurel Prong Loop Hike

7.4-mile circuit | **8-hrs hiking time**
Moderately Strenuous | **1520-ft elevation gain**

From the Milam Gap parking area at mile 52.4, cross Skyline Drive and take the Appalachian Trail (A.T.) a few feet to the trailpost. Go left onto the blue-blazed Mill Prong Trail. Take a slight right onto the yellow-blazed Mill Prong Horse Trail and follow it to Rapidan Camp. After exploring the camp, take the Laurel Prong Trail (an old road trace) which is yellow-blazed for about a half mile. Continue straight on Laurel Prong when it becomes blue-blazed and stay on it past the junction with Cat Knob Trail. At the junction with the A.T. turn right and follow it north across Hazeltop, the third highest peak in Shenandoah. The A.T. will take you back to Milam Gap. 3 stream crossings.

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.

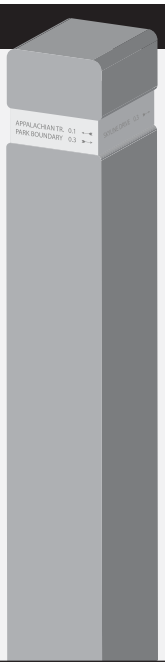
Moderately Strenuous: Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

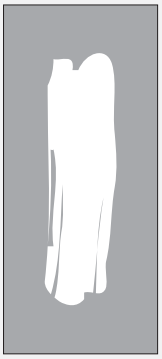
Strenuous: Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

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.
- Do not attempt to cross streams during icy conditions or flooding.
- 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.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Filter or treat water from streams before drinking.
- Please respect family cemeteries

Good to Know

The A.T. to Tanners Ridge Road takes you through a former farm. Look for rock walls and old road traces. When you get to Tanners Ridge Road, you will see the Thomas-Madows family cemetery, one of over 100 cemeteries in the Park. Former residents still maintain and bury family in some of the cemeteries. Please respect both the cemeteries and any artifacts you may encounter.

Fun to Know

Rapidan Camp was the "summer white house" of President Herbert Hoover and the First Lady, Lou Henry Hoover. The President's cabin, The Brown House has been restored and historically refurnished. An adjacent building houses an exhibit about the Hoovers and the camp. Check at the visitor center to find out when the buildings are open. There are also informational signs throughout the camp.

Trail maintenance and map funded by recreation fee dollars.