

## Limberlost Hike

- 🌀\* 1.7-mile circuit      ⌚ 1½-hrs hiking time  
⚠️ Easiest      ⚡ 130-ft elevation gain

Take the trail to the right of the trailhead and follow the greenstone path back to your starting point. Detailed accessibility information at the trailhead. **NO PETS.**

## Millers Head Hike

- 🌀\* 1.6-mile round trip      ⌚ 2-hrs hiking time  
⚠️ Easiest      ⚡ 450-ft elevation gain

From the trailhead just up the hill from the Amphitheater, take the Millers Head Trail to a spectacular viewpoint and site of a former fire tower. The trail is rocky and the return is a bit steep.

## Stony Man Hike

- 🌀 1.6-mile circuit      ⌚ 1-hrs hiking time  
⚠️ Easiest      ⚡ 340-ft elevation gain

Take the Appalachian Trail (A.T.) to the trail post. Continue on the blue-blazed Stony Man Trail to the viewpoint. Then continue on the Stony Man Trail to its intersection with the A.T. and retrace your steps to your starting point. **NO PETS.**

## Passamaquoddy Loop Hike

- 🌀 3.4-mile circuit      ⌚ 3-hrs hiking time  
⚠️ Moderate      ⚡ 770-ft elevation gain

From the north end of the Stony Man parking area, look for the trail post and the yellow-blazed Furnace Spring Horse Trail. Take it to the blue-blazed Passamaquoddy Trail where you will turn right. Follow the Passamaquoddy Trail to its junction with the A.T., turn right and follow it back to the parking area.

## Hiking Difficulty Scale

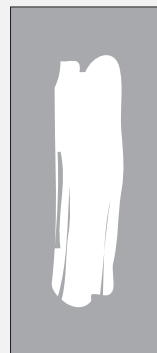
**Easiest:** Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

**Moderate:** A moderate hike 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.

## 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 are not allowed on Limberlost and Stony Man Trails.** Where allowed, 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 avoid trampling sensitive vegetation.
- Be sure someone knows where you are and when to expect your return..

## Fun to Know

When you hike in the Skyland area you are carrying on a long tradition. Before Shenandoah National Park was established, and even before we used the word “hike,” vacationers to Skyland Resort in the late 1800s and early 1900s “tramped” these same trails and enjoyed these same spectacular views. Stop by Massanutten Lodge to learn more about the history of Skyland