

Backcountry Camping Trip Guide

One Night

National Park Service
U. S. Department of the Interior
Shenandoah National Park
Emergency: 1-800-732-0911



Jeremys Run Basic Circuit Trips

Standard - Circuit

Level: Strenuous Beginner or Experienced

Total Length: 12.5 to 14 miles

Trip Description: Popular wilderness valley, excellent camping and fishing (open for harvest)

Entry: 24 MP - Elkwallow Picnic Area

Exit: 24 MP - Elkwallow Picnic Area

Map(s): PATC # 9 North District

Day One

Campsite: Jeremys Run Trail - backcountry

4 to 5.4 miles

Begin your hike at the Elkwallow Picnic Area.

Hike down the connecting trail to the Appalachian Trail (AT), less than 100 yards.

Turn left on the AT, hiking south 0.2 mile.

Bear right onto Jeremys Run Trail and hike up to 5.2 miles.

Camping is possible in many places in the Jeremys Run drainage (see note below).

Day Two

Campsite: Jeremys Run Trail - backcountry

7-8.5 miles

Finish hiking Jeremys Run Trail (total distance of 5.4 miles from AT).

Turn right onto Knob Mountain Trail and hike 5.3 miles.

Turn right onto Knob Mountain Cut-off Trail and hike 0.5 mile.

Turn left onto Jeremys Run Trail, hiking 0.8 mile.

Turn left onto the AT, hiking north 0.2 mile.

Turn right to return to Elkwallow Picnic Area, 100 yards.

Notes

There are 15 stream crossings on Jeremy's Run and the water can be knee to waist high in the spring and after heavy rains! Therefore, during the spring, winter, and after heavy rains, this trip should only be taken by experienced hikers with the proper gear and mindset. During the summer and fall, provided there haven't been exceptional rains, this is a good but strenuous beginner trip.

There are legal, pre-existing campsites in the Jeremy's Run drainage (and a few persistent illegal campsites, so take care). As you hike downstream from Elkwallow, campsites occur intermittently below Knob Mountain Cut-off Trail. The further you hike downstream, the wider the valley and the more campsites that appear, including places large enough for groups of up to 10 to camp, until you are 1/2 mile above Neighbor and Knob Mountain trails (4.2 miles below the Cutoff). At and below the Neighbor and Knob Mt Trails there are very few legal places to camp.

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Options

Two-night trip – You can have a very enjoyable two-night trip by spending another night on Jeremys Run.

Longer loop, 14 miles

Begin your hike at the Elkwallow Picnic Area.

Hike down the connecting trail to the Appalachian Trail (AT), less than 100 yards

Turn left on the AT, hiking south 0.2 mile.

Turn right onto Jeremys Run and hike 4 to 5.2 miles.

Camping is available frequently along Jeremys Run (see note).

Finish hiking Jeremys Run (total distance from AT 5.4 miles).

Turn left onto Neighbor Mountain and hike 4.6 miles.

Turn left onto AT and hike north, 3.8 miles.

Turn right to return to Elkwallow Picnic Area, 100 yards.