

Backcountry Camping Trip Guide

One Night

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



Rocky Mount and Gap Run

Standard - Circuit

Level: Experienced

Total Length: 10 miles

Trip Description: Remote wilderness area, good views, park history

Entry: 76 MP - Two Mile Run OL

Exit: 76 MP - Two Mile Run OL

Map(s): PATC #11 South District

Day One

Campsite: Gap Run Trail - backcountry

5.4 to 6.4 miles

Park at Rocky Mount trailhead.

Hike Rocky Mount Trail, 5.4 miles passing wilderness views just before the summit of Rocky Mount.

Descend steeply.

Turn right onto Gap Run Trail and look for a place to camp in the next mile or so.

Day Two

3.5 to 4.5 miles

Continue hiking on Gap Run Trail (total of 2.3 miles from Rocky Mount Trail).

Turn left onto Rocky Mount and hike 2.2 miles to return to your vehicle.

Notes

Some sections of Rocky Mount Trail are very steep. Don't let the mileage fool you, this is a strenuous hike.

You may park in the grass at the Rocky Mount trailhead (76.1) or park at Two-Mile Run Overlook and hike a short distance north on Skyline Drive to the trailhead.

Options

You may hike in the other direction, just be mentally and physically prepared for a long uphill climb. If you have problems with steep downhill hiking, reversing the direction may be easier for you.