

Backcountry Camping Trip Guide

One Night

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



South River and Pocosin from Swift Run

Standard - circuit

Level: Experienced

Total Length: 15 miles

Trip Description: Waterfalls (83' high), park history, early spring wildflowers, early fall color

Entry: 65 MP - Swift Run (north)

Exit: 65 MP - Swift Run (north)

Map(s): PATC #10 Central District

Day One

Campsite: Pocosin Horse Trail - backcountry

6 to 7 miles

Hike up the Swift Run Gap entrance station road to Skyline Drive, up to 0.2 mile.

Hike north on the AT (Appalachian Trail) for 3.0 miles

Turn right onto South River Falls Trail, hiking 1.2 miles (viewpoint for 83' waterfall at 1.0 mile).

Turn left toward South River Fire Road, hiking 0.4 mile.

Turn right onto South River Fire Road and hike less than one mile.

Turn left onto Pocosin Trail and look for a dry campsite within the next mile (bring water).

Day Two

8 to 9 miles

Finish hiking Pocosin Trail (total 1.3 miles).

Turn left onto Pocosin Road and hike uphill 1.1 miles.

Turn left onto the Appalachian Trail (AT) and hike south 6.4 miles to Swift Run Gap

Hike the road downhill toward the entrance station to your vehicle (up to 0.2 mile)

Notes

Wear blaze orange during hunting season, as you will pass through small areas of Rapidan Wildlife Management Area where hunting is allowed (see topographic map).