



Mount Rogers Loop - 2 Days

Day 1

- Start from: Grindstone Campground/Mt Rogers Trailhead on Rt 603
- Hike on the Mt Rogers trail for 4.1 miles, make a left onto the Appalachian Trail and continue for 3 miles.
- Optional - take the spur trail on the left for the Mt Rogers summit
- Continue to the Tomas Knob Shelter - stop for water if needed (it may be dry later in the summer)
- Cross Wilburn Ridge - enjoy the meadows and rocky outcroppings (and hopefully ponies)
- Camp at Wise Shelter
- Total milage: 13.7 miles

Day 2

- Continue hiking along the AT - Approx. 5 miles - Pass through horse camp TH and enjoy wooded trails
- Stop at the Old Orchard shelter for water (it may be dry later in the summer/fall)
- Hike 1.9 miles to Rt 603
- Cross the road and hike another 1.8 miles to the trailhead parking lot or Grindstone
- Total milage: 22 (ish) miles