



Mount Rogers Loop - 3 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 on to the Tomas Knob Shelter - camp for the night
- Total Milage: 7.1 (plus extra to summit using the spur trail)

Day 2

- Hike 10.5 miles - enjoy the view of meadows, rocky outcroppings and wooded areas
- Stop for water at the Wise Shelter (in case the water source at Old Orchard is dry)
- Camp at the Old Orchard shelter

Day 3

- Hike 1.9 miles to Rt 603
- Cross the road and hike another 1.8 miles to the trailhead parking lot or Grindstone