

◇ = **Easier**

◇◇◇◇ = **Challenging**

A. Bald Knob Trail ◇◇◇◇0.5mi. Elev.gain 375'.

A short but steep and direct trail to the highest point on the mountain and most expansive overlook at 4,365'.Redblaze.

B.Upper Jungle Trail ◇◇◇0.9mi. Elev.change 300'.

Sloping down to White Pine Rd.,this trail cuts through forests of fern,azalea,stripedmaple and oak.Blueblaze.

C.Upper Doe Run◇◇1mi.Elev.change 240'

A mellow, forested trail that also wanders near the spray fields for the lodge's grey water redistribution. Redblaze.

D.Golf Course Rd◇◇◇1.2mi. Elev.change 220'.

A wide but rough, gravel road leading up to the old golf course meadow, clubhouse ruin, and overlook. No blaze.

E.White Dot Trail ◇◇◇1.6mi. Elev. change 420', steep incline and decline. From the Old Golf Course overlook, follow the tree line to take the left turn onto this challenging trail. Whiteblaze.

F.Lower Doe Run ◇◇◇ 0.9 mi. Elev. change 370'.

Remote trail leading down to White Pine Rd. with fun switchbacks through hardwood forest. Redblaze.

G.White Pine Rd ◇◇1.0mi. Elev. change 380'.

A gradual slope on a wide and mostly gravel road following along Pond Drainstream. Noblaze.

H.Middle Jungle Trail ◇◇◇1.2mi. Elev. Change180'.

A forested trail with a mostly gentle slope and some rock. Leads down to a bridge crossing Pond Drainstream.Blueblaze.

I.Lake Loop Trail◇◇◇◇1.5mi. **NOBIKES!**

A scenic loop around the lake bed takes the hiker over rock and root, through rhododendron, ancient hemlock and majestic boulders. Blackblaze.

J.LowerJungleTrail ◇1mi.

One of the few "flat" trails, this wide, gravel path is ideal for beginners. Be aware that the tractor-pulled wagon ride also travels this path on occasion. The fitness trail is also along this path. No blaze along gravel, turns left before Salt Pond Stables to single track trail blazed blue.

K.Old Turnpike◇◇0.9mi.Elev.change75'.

Encounter rock,grass and gentle slope along the original route 613 Turnpike. Ferns and wildlife abound on this path.Pinkblaze.

L.Cliff Trail ◇◇ 0.25mi.

Short and rocky,this trail takes you under the large rocky cliff of BaldKnob and by remnants of an old stonewall.Whiteblaze.

N.Bear Cliff Trail ◇◇◇◇2.0mi.Elev. change 210'.

This rocky trail along the ridge crosses onto Mtn Lake Biological Station property — NOBIKESORPETS on MLBS property—to an overlook near deep crevices. Yellow blaze.

O.Bear Cliff Connector ◇◇◇◇◇0.25mi. Elev. change 165'.

Climb or descend the very steep and rocky route up the side of the ridge to Bear Cliff Trail. Greenblaze.

P. Chestnut Lodge Connector◇◇◇ 0.1 mi.

Short and narrow connector path.Greenblaze.

Q. Homestead Trail ◇◇◇◇1.75mi. Elev. change 615'.

This challenging path takes the hiker or biker through mature hardwood forests and the remnants of two homestead sites. Pink blaze.

R.John's Creek Trail ◇◇◇0.6mi.Veer off the Homestead trail to stroll along the creek and thick rhododendron.Yellowblaze.

S.Bald Knob Rd◇◇1mi.Elevation gain 375'.

Wide, gravel road up the ridge to the most popular overlook on the trail system. A nice alternative to the steep trail.Noblaze.

T. Homestead Connector ◇0.3mi. Explore the rocky outcrop to the south side of the knob to gaze east towards Blacksburg.Blueblaze.

U. Girls Camp Rd ◇0.85 mi. Wide, gravel road used by vehicles to access Blueberry Ridge. Noblaze.

V.SaltLick Spur◇0.1mi.A grassy over look towards Lodge and Bald Knob.Noblaze.

X. Barn Connector◇0.25 mi. Elev. Change210'.

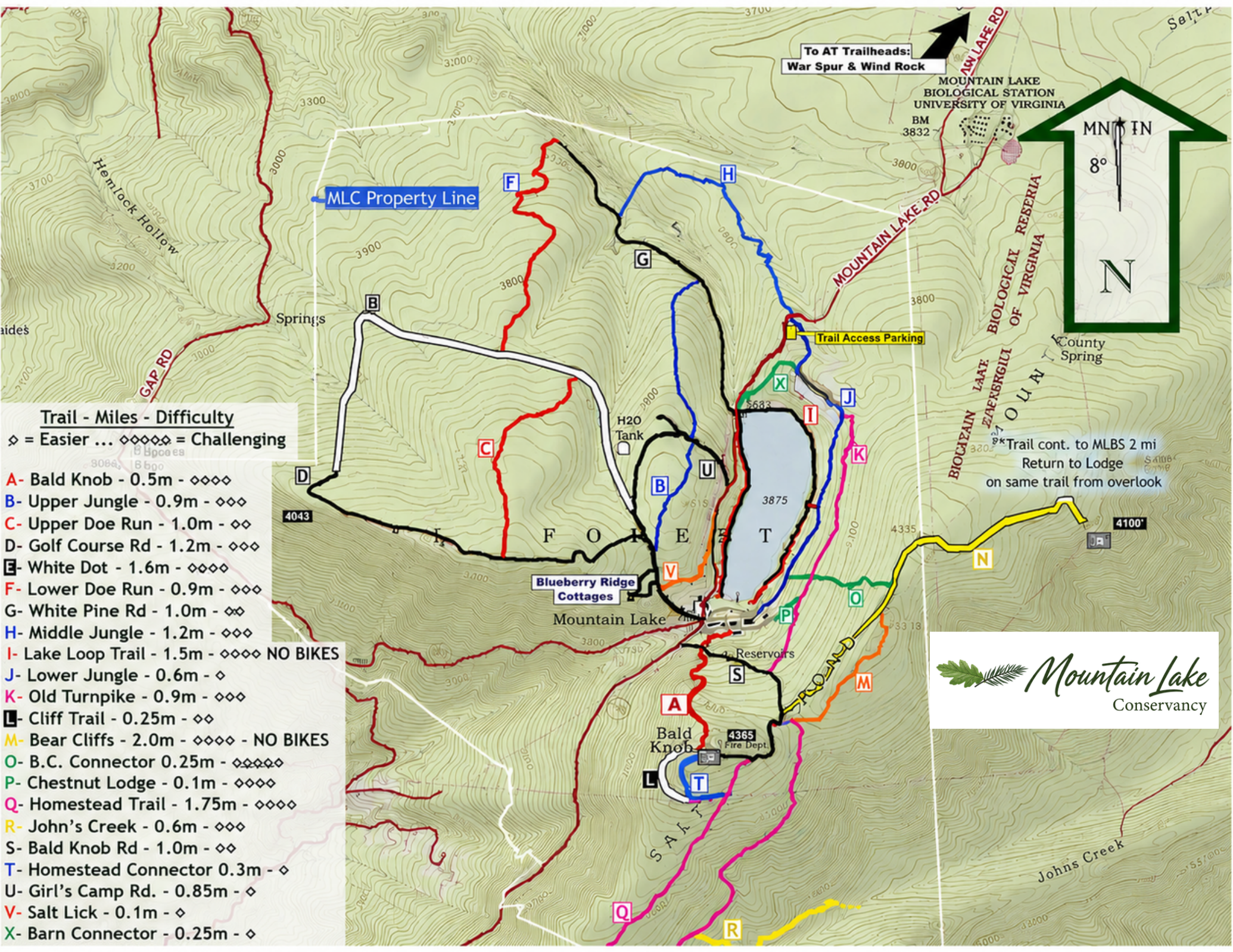
A short path connecting the Indian Trail to Salt Pond Stables.Greenblaze.



Trail Map



The Mission of the Mountain Lake Conservancy is to further Mary Moody Northern's desire to forge bonds between people and nature in Mountain Lake's unique environment.



Trail - Miles - Difficulty

◇ = Easier ... ◇◇◇◇ = Challenging

- A- Bald Knob - 0.5m - ◇◇◇◇
- B- Upper Jungle - 0.9m - ◇◇◇
- C- Upper Doe Run - 1.0m - ◇◇
- D- Golf Course Rd - 1.2m - ◇◇◇
- E- White Dot - 1.6m - ◇◇◇◇
- F- Lower Doe Run - 0.9m - ◇◇◇
- G- White Pine Rd - 1.0m - ◇◇
- H- Middle Jungle - 1.2m - ◇◇◇
- I- Lake Loop Trail - 1.5m - ◇◇◇◇ NO BIKES
- J- Lower Jungle - 0.6m - ◇
- K- Old Turnpike - 0.9m - ◇◇◇
- L- Cliff Trail - 0.25m - ◇◇
- M- Bear Cliffs - 2.0m - ◇◇◇◇ - NO BIKES
- O- B.C. Connector 0.25m - ◇◇◇◇◇
- P- Chestnut Lodge - 0.1m - ◇◇◇◇
- Q- Homestead Trail - 1.75m - ◇◇◇◇
- R- John's Creek - 0.6m - ◇◇◇
- S- Bald Knob Rd - 1.0m - ◇◇
- T- Homestead Connector 0.3m - ◇
- U- Girl's Camp Rd. - 0.85m - ◇
- V- Salt Lick - 0.1m - ◇
- X- Barn Connector - 0.25m - ◇

 *Mountain Lake*
Conservancy