

Distance:

6 Miles Round Trip with 800 ft of climbing

Features:

Two nice waterfalls in gorge with sandstone cliffs along the sides. Hike up good trail with several bridges.

Hike Description:

Hikers cross mound barriers and soon make the first of a number of fords.

Driving Directions:

From Gate City, VA:

1. Turn onto VA 71 north (no sign here).
2. After one mile, turn left on VA 72 and proceed north (through Ft. Blackmore and Dungannon, Va.) for 22.1 miles.
3. Look for USFS sign, to USFS Hanging Rock Recreation Area (about 2.6 miles north of Dungannon, Va).
4. At extremely sharp switchback, go straight (left side of highway) into picnic area and park.