

Visit Mill Creek

Hiking and biking trails, creek and waterfalls, picnic pavilion near parking, hikers shelter next to historic dam, serene and peaceful, and year-round access.

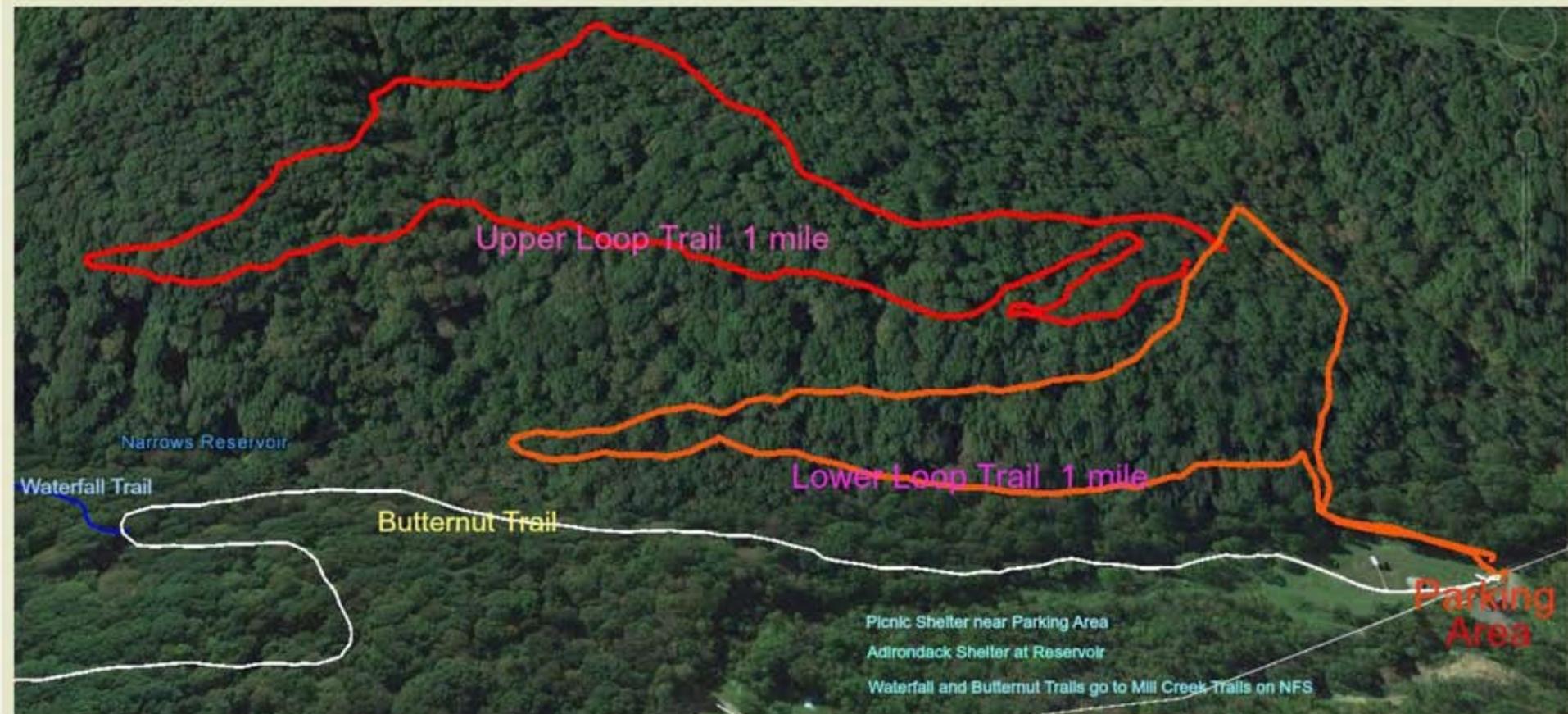


Interested in helping to maintain the Mill Creek Nature Park?
Volunteer with the Narrows Trail Club!
For more information email jayo@suddenlink.net

Mill Creek Trail Guide

Maps
Guides
Park Info
Pictures
& More





Within the mountains of Narrows, this nature park spans 145-acres of beautiful landscape. There are short trails leading to scenic falls and visitors can enjoy hiking, mountain biking and fishing. The more challenging hiking and biking trails lead to the Jefferson National Forest. Mill Creek received a silver award in "Best of the Blue Ridge" in 2013 and was also featured in a national commercial for Barbarsol shave cream.

Directions

Follow Northview Street approximately 3 blocks, turn right onto College Street, then take the next left onto Poplar Street. Continue on Poplar Street for .8 miles to the stop sign and turn right on the gravel road (through the open gate) to the parking area for Mill Creek Nature Park. Alternately- follow Northview Street to end and continue on gravel road (through open gate) to parking area.

For more maps and information on local bike rides please visit:

<http://www.townofnarrows.org/departments/parks-recreation/mill-creek-nature-park-bike-rides/>

Trails & Descriptions

Butternut: 2.83 miles, difficult, steep, rocky switchback climb, on double track to the top of Pearis Mountain

Catwalk: 0.87 miles, difficult upper half features a technical rock garden, very challenging steep sections

Waterfall: 0.52 miles, difficult, follows Mill Creek and offers nice views. Rocky, steep, and narrow in places

Grassy Road: 1.35 miles, easy, smooth, grassy double track to Sentinel Point overlooking Narrows

Long Shot: 3.4 miles, easy, very enjoyable, rolling, mixed double and single track

Mercy Branch: 1.96 miles, easy rolling climb from Mercy Branch Creek to Rocky Ridge Trail

Old Rhodie: 1.2 miles, easy, alternates between double track and rhododendron tunnels

Piney Road: 0.88 miles, moderate, smooth pine packed single track featuring a creek crossing

Rocky Ridge: 1.9 miles, easy, rolling descent from the top of Pearis Mountain to Mercy Branch Creek

Shortcut: 0.33 miles, easy, downhill, pine-packed descent connecting Grassy Road and Piney Road

Mill Creek Nature Park Trails

