






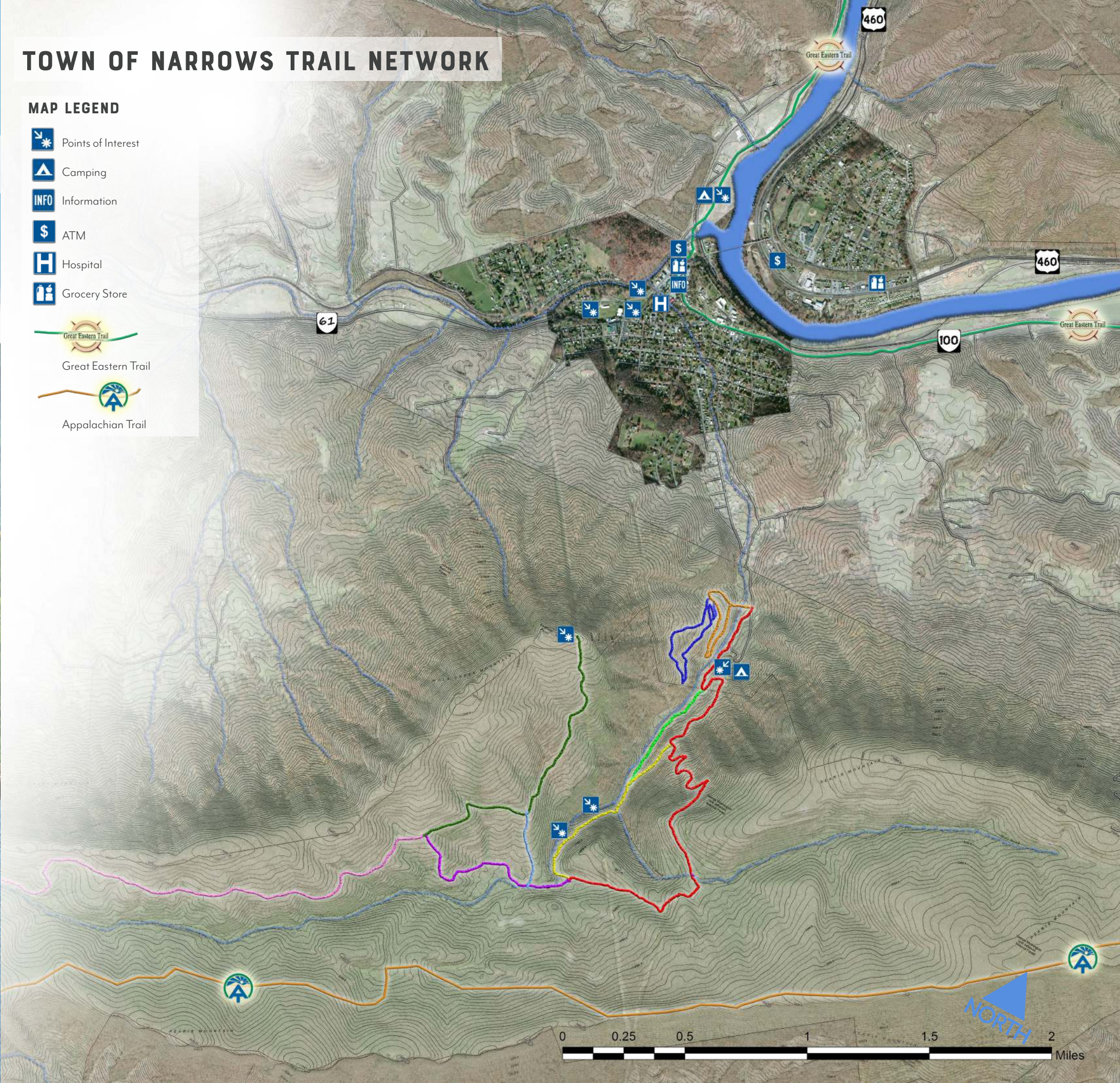


# TOWN OF NARROWS TRAIL GUIDE

## TOWN OF NARROWS TRAIL NETWORK

### MAP LEGEND

-  Points of Interest
-  Camping
-  Information
-  ATM
-  Hospital
-  Grocery Store
-  Great Eastern Trail
-  Appalachian Trail





### THE GREAT EASTERN TRAIL



America's newest long-distance hiking trail through the Appalachians! The GET runs from Alabama to New York, traveling right through downtown Narrows via Lurich Road, past Camp Success and Main Street, and continues along Route 100 until it intersects with the Appalachian Trail (AT). Earl Shaffer, the first individual to hike the entire AT, noted the network of parallel trails to the west. It was his concept to link those trails into a new long-distance trail through the mountains. In 2007, the trail groups involved in the effort incorporated as the Great Eastern Trail Association. The GET is projected to be 2,000 miles long when complete.

Great Eastern Trail: 1,800 miles, difficult, long distance trail.

### THE APPALACHIAN TRAIL



Stretching along the crests and valleys of the Appalachian mountain range, the continuously marked footpath is one of the longest in the world. Known as the "AT," 2-3 million people visit each year and about 2,000 people attempt to thru-hike the entire trail. The trail was originally completed in 1937 and today is a unit of the National Park System that stretches from Georgia to Maine. The segment of trail near Narrows meanders along the ridgetops of Pearis Mountain.

Appalachian Trail: 2,180 miles, difficult, long-distance trail.



## PORTAL TO OUTDOOR ADVENTURES

Welcome to Narrows! Our community is a portal to outdoor family adventures. Downtown is just a stone's throw away from the New River, Wolf Creek, Mill Creek Nature Park, the Appalachian Trail, and the Great Eastern Trail. You can choose to hike, bike, fish, raft, canoe, or simply enjoy the serenity of the mountains and waterways.

When the world becomes too intrusive with its noisy busyness and you crave a get-away, visit this Small Town America. We hope you'll enjoy your visit in NARROWS, VA... NATURALLY!



### DIRECTIONS FROM MAIN ST IN NARROWS:

Follow Main Street headed out of Town. Turn right at Riffe's Funeral Home on Northview St. Follow Northview Street until you reach the Mill Creek Nature Park parking lot.

### DIRECTIONS FROM RT.100 PEARISBURG:

Follow Rt. 100 into Narrows. Turn left at Riffe's Funeral Home on Northview St. Follow Northview Street until you reach Mill Creek Nature Park parking lot.

### MILL CREEK TRAIL INDEX

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

**Upper Loop:** 1 mile easy loop off of lower loop. Marked with red blazes.

**Lower Loop:** 0.8 mile, easy loop. Marked with orange blazes.

**Catwalk (yellow):** 0.87 mile, difficult upper half features a technical rock garden, with 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.

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

**Shortcut:** 0.33 miles, easy, downhill, pine packed descent – connecting Grassy Road and Piney Road.



## MILL CREEK NATURE PARK

Within the mountains of Narrows, this nature park spans 145 acres of beautiful landscape. There are trails leading to scenic falls and Jefferson National Forest. Visitors can enjoy hiking, mountain biking, and fishing. In 2013, the park received a silver award in "Best of the Blue Ridge" and was also featured in a national commercial for Barbarsol Shave cream. Some of the trails are shown on this map and described below.

