



In the trail descriptions, the numbers in parentheses refer to the trail numbers on this map. The double asterisks mark those trails that are also open to mountain bicycles. **Hikers and bikers: please use caution when using the multiuse trails. All trail users should yield the right-of-way to the horse carriage on the Lower Jungle Trail.**

Please note: This map does not reflect changes in elevation or altitude. Detailed topo maps are available for purchase at Recreation Office and Front Desk.

Indian Trail (1) is a 1.7 mile loop trail circling Mountain Lake. It offers scenic views of the lake and hotel. It is surrounded by ancient hemlock, birch, oak and other species. Rhododendron canopies shade the trail and the natural springs feeding the Lake. The trail is fairly flat, but be careful of the many rocks and tree roots along the way. Birders and wildflower enthusiasts are sure to be pleased by the opportunities provided along Indian Trail

Bald Knob Road and Bald Knob Trail (14) lead to a thrilling overlook of the surrounding valleys and the Lake (hike along the Knob to the right). The trail is steep and rocky, providing a challenge to the experienced hiker. The road offers a more gradual climb approximately 0.7 miles long. Both are bordered by similar vegetation and reveal the stunting effects of altitude on local trees. However, the road offers more opportunities to view butterflies and wildflowers.

****Salt Lick Trail (12)** offers an excellent view of the hotel and cabins. From the hotel, deer can often be seen on the trail and hill below it.

Bear Cliffs Trail (5) can be accessed from Bald Knob Road, Lower Jungle and Old Turnpike Trail. Large rocks and small tree stumps create challenging obstacles along this 1.9 mile trail to a stunning overlook and a maze of mysterious cliffs. The cliffs and part of the trail are on Forest Service land.

Upper Jungle Trail (8) offers 0.6 miles of gentle terrain sloping downward toward White Pine Road. The path is bordered by ferns and azalea and partially shaded by striped maple and oaks. Numerous brush piles and standing snags along the trail provide excellent habitat for wildlife. Deer,

chipmunks, butterflies and various song-birds are most commonly seen, but ground-hogs and a Great Horned Owl have been seen on occasion.

****Golf Course Road** offers access to several Mountain Lake trails as well as the historic Old Clubhouse and a breathtaking view of the valley. The road extends approximately 1.5 miles through oak and hickory forest. Golf Course Meadow surrounds the last quarter mile of the road, presenting a diverse array of wildflowers and many birdwatching opportunities.

****Upper Doe Run Trail (11)** offers a short, gently sloping path through hickory and beech forest. Fire azalea and striped maple dominate the understory and provide excellent habitat for butterflies. Sections of this trail serve as spray fields for the Hotel's primary and secondary wastewater treatment plant. This project allows Mountain Lake to redistribute water safely back to the environment. It is being monitored by the Forestry Department at Virginia Tech.

****White Dot Trail (10)** is a challenging 2.5 mile hike starting at the far end of Golf Course Road. Oaks, birch and striped maple drape the path in cool shade. Wildflowers and ferns blanket the forest floor creating wildlife habitat and a natural butterfly garden.

****Lower Doe Run Trail (9)** is a gently sloping, secluded trail meandering a mile through hardwood dominated forest. Large standing snags provide prime habitat for wildlife and reveal many stages of tree decomposition. Opportunities for observing wildlife on this remote trail are great.

Old Turnpike Trail (3) is a flat, grassy trail

stretching approximately 1 mile to the horse barn. The fern lined path offers a leisurely hike through oak and hemlock forest and access to several other trails.

****Lower Jungle Trail (2)** (the Carriage Road) offers a leisurely hike over a fern lined gravel road ending at the horse barn. The horse-drawn carriage uses this road for rides between the Hotel and the stables - so please yield the right-of-way when encountering the carriage. Hemlock, birch and oak dominate the canopy along this path, but a rare wildflower, Jack-In-The-Pulpit, will capture the observant hiker's eye. Large snags along the trail provide shelter and food for many forms of wildlife and unique opportunities for observing them.

****Middle Jungle Trail (7)** offers a more challenging hike with rocky paths and steep inclines on parts of the trail which is shaded by a dense understory of striped maple and the more dominant eastern hemlock. Massive brush piles near the horse barn provide habitat for many animals.

****Homestead Trail and John's Creek Trail (15)** lead their travelers through a fantastic array of natural and historic highlights. This network will take you through mature hardwood forests, ancient Hemlocks, the headwaters of a mountain stream, the remnants of two homestead sites, and a civil war wagon road. The Upper Homestead includes a small apple orchard and the foundation stones to several structures inhabited until the 1930's. John's Creek Trail ends at the headwaters, so be sure to backtrack to continue on the Homestead loop.

Some Bird Species seen at Mountain Lake

Turkey Vulture	Cooper's Hawk
Ruffed Grouse	Red-tailed Hawk
Spotted Sandpiper	American Woodcock
Mourning Dove	Barred Owl
Chimney Swift	Great Horned Owl
American Goldfinch	Northern Flicker
Red-bellied Woodpecker	Eastern Wood-pewee
Downy Woodpecker	Acadian Flycatcher
Hairy Woodpecker	Least Flycatcher
Pileated Woodpecker	Great Crested Flycatcher
Eastern Phoebe	Blue Jay
Barn Swallow	Common Raven
Black-capped Chickadee	Tufted Titmouse
Red-breasted Nuthatch	Brown Creeper
White-breasted Nuthatch	Blue-gray Gnatcatcher
Eastern Bluebird	Veery
Wood Thrush	American Robin
Gray Catbird	Cedar Waxwing
European Starling	Northern Parula
Solitary Vireo	Yellow Warbler
Yellow-throated Vireo	Chestnut-sided Warbler
Red-eyed Vireo	Magnolia Warbler
Blackburnian Warbler	Blackpoll Warbler
Black-and-white Warbler	Cerulean Warbler
American Redstart	Mourning Warbler
Ovenbird	Canada Warbler
Common Yellowthroat	Scarlet Tanager
Northern Cardinal	Rose-breasted Grosbeak
Indigo Bunting	Rufous-sided Towhee
Chipping Sparrow	Dark-eyed Junco
Field Sparrow	Red-winged Blackbird
Song Sparrow	Eastern Meadowlark
Common Grackle	Brown-headed Cowbird
Northern Oriole	Pine Siskin
American Crow	
Northern Rough-winged Swallow	
Ruby-throated hummingbird	
Black-throated Blue Warbler	
Black-throated Green Warbler	

**Wilderness Conservancy
at Mountain Lake**
Pembroke, VA 24136
(540) 626-7121 ext. 444
FAX (540) 626-7172

TRAIL MAP AND GUIDE

**Mountain Lake Hotel
&
Wilderness Conservancy
at Mountain Lake**

*We hope that you enjoy
your visit to Mountain Lake and
your outdoor experience on the property.
The scenery is spectacular,
the forest beautiful
and the wildlife abundant.
We ask that you take nothing
but pictures
and leave nothing but footprints*

