



Daleville  
BM 1292

Sewage  
Disposal  
Lord Botetourt  
High Sch



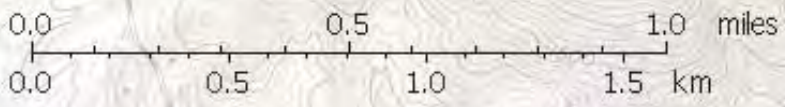
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## Carvin Cove/Hay Rock - Daleville, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
8.0 mls	★	★	★	★	N/A
<b>Hiking Time:</b>	3.5 hours plus a half hour for lunch				
<b>Elev. Gain:</b>	1,640 ft				
<b>Links:</b>	Park at the Park & Ride next to the Exxon station on US220				

Are you tired of ridgeline hikes that have beautiful views of trees? If so, then head to Daleville, VA and go south on the A.T. for view after view of the Carvin Cove Reservoir below and mountains beyond. We marked 3 great overlooks but there are many more before finally reaching Hay Rock.

The climb to the ridgeline is about 2 miles. We last did this hike in late June, and can only imagine what this hike will be like in the Fall. You may need more time with all the stops to take in the views :)

The trail begins at the guard rail behind the commuter parking area. There is room for 3-4 cars to park in front of the guard rail.

- ▶ **Mile 0.0** – Cross the road to the guard rail and continue 0.2 miles on the unmarked trail until you reach the A.T. Intersection.
- ▶ **Mile 0.2** – At the A.T. intersection bear left onto the white blazed A.T. In the next 0.9 miles you will cross a creek and railroad tracks before reaching the RATC Information Kiosk.
- ▶ **Mile 1.1** – RATC Information Kiosk. An easy hike to this point and we were beginning to wonder what happened to those lovely rocks we have come to expect on the A.T. in VA, should have kept our thoughts to ourselves!! From this point it becomes steeper and the trail more rocky.
- ▶ **Mile 1.9** – Cross under a high voltage power line, and you'll cross this once again on the ridge. There are a few switchbacks prior to reaching the ridge at the 1.9 mile mark, passing under another high voltage power line. The power lines took away from some of the beauty of this hike, but the views will make you forget them. The view to the northeast is Daleville.
- ▶ **Mile 4.0** – Over the next 0.8 miles we marked 3 (there are others) really good overlooks with views to the west of McAfee Knob before finally reaching Hay Rock. There is a little bit of a climb to get to the best view on Hay Rock accessed via the crevice near the north side. Please be careful as it is steep to get to the top. **This section is not advised for small children.** Some of the previous overlooks are better suited for lunch than Hay Rock.
- ▶ Enjoy your time here then retrace your steps back to the parking area on Route US220.