





## Sky Meadows Farms/Lost Mountain - Paris, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
5.2 mls	2	1	3	4	N/A
<b>Hiking Time:</b>	2.5 hours plus a half hour for lunch				
<b>Elev. Gain:</b>	580 ft				
<b>Parking:</b>	Park at the car parking area in front of the barns. DO NOT park in the large upper lot as this is reserved for horse trailers.				
<b>Notes:</b>	The trails are for use by equestrians and hikers ONLY. Dogs must be on a leash no longer than 6 feet				

Sky Meadows Farms/Lost Mountain is the equestrian section in Sky Meadows on the eastern side of VA17. What many people are not aware of is this area of the park is also accessible to hikers, and has over 7 miles of trails that pass ponds, through fields, and has a beautiful westerly overlook on Lost Mountain.

Stop at the kiosk when entering the park and pay the small entrance fee. Parking is located in the area in front of the barns. Please do not park in the top larger lot as these spaces are reserved for horse trailers.

The trails are not blazed, but each intersection is well marked with trail sign posts. The hike directions here are for a 5.2 mile double loop, but as most trails are interconnecting many combinations of hikes can be made.

From the top parking area it's a short walk to the intersection of the Rolling Meadows Trail. Turn left and follow the trail around the fields until reaching the intersection of the Hayfield Trail.

Turn right on the Hayfield Trail where it enters another field and soon follows a stream. Notice a bench across the stream at the midpoint, the bench is located above the migratory duck ponds that are not visible from the Hayfield Trail. The bench is accessible from the Old Pasture Trail.

Turn left where the Hayfield Trail ends at the Rolling Meadows Trail, then shortly cross a small stream. The Rolling Meadows Trail will wind through the upper meadow before passing the southern end of the Lost Mountain Trail. Continue on the Rolling Meadows Trail, pass the Old Pasture Trail, then arrive at the four way intersection of the Lost Mountain Trail and Washington's Ridge Trail.

There is a bench at the intersection with a great view to the west and main section of the Sky Meadows Park.

**Note:** The hike now continues uphill on the narrower Lost Mountain Trail. If doing this hike in the fall or winter the trail is unblazed and difficult to follow with leaves on the ground.

Follow the Lost Mountain Trail as it enters the woods climbing the ridge. The trail will enter a utility clear cut for 25 yards before re-entering the woods and following the ridge. Pass through several small gullies then head downhill and passing the intersection of the Washington's Ridge Trail.

Shortly after passing the Washington's Ridge Trail arrive back at the intersection of the Rolling Meadows Trail. Turn left and follow the Rolling Meadows Trail, re-crossing the stream, passing the intersection of the Hayfield Trail, then in 0.6 miles arriving back at the beginning of the loop and connector trail to the parking area.