



Fridley Gap - Shenandoah, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
10.5 mls	★	★	★	★	★
Hiking Time:	6.5 hours with a half hour for lunch				
Elev. Gain:	2,780 ft with three different ascents				
Parking:	Just past the the entrance to GWNF, FS65A turns right, Park at the small parking area at this intersection.				

Fridley Gap, in the George Washington National Forest, has a little bit of everything. From gentle mountain streams to ridge climbs and a great swimming hole, this hike has it all. The best part of this hike, which is nestled two hours away from DC just south of the the town of Shenandoah, is its solitude.

Start by walking up FS65 (636 you were just on, not FS65A which turns right uphill) to the orange blazed trail head on the left side of the road at .2 miles.

Cross Boone run for the first time and ascend Massanutten Trail South for .5 miles criss crossing Boone Run several more times, until coming to the junction of the blue blazed Boone Shelter Trail that comes in from the left.

Continue straight on the orange blazed trail as it gets steeper before coming to a four way junction at a clearing in another 1.1 miles.

Turn left up Massanutten Trail South and reach the ridge in another .5 miles before turning left and descends Third Mountain. The trail will cross Fridley Run and turn right, ascend and switch back before coming to the ridge line of Forth Mountain 1 mile from crossing Fridley Run.

Descend the Fourth Mountain ridge and cross Fridley Run in 1.4 miles. Take the left trail at the junction for 50 yards and come to a swimming hole--a great place for lunch.

Begin your return by going 50 yards back to the junction turning left on Massanutten South Trail for .1 miles.

Turn right on purple blazed Fridley Gap Trail. The next .8 miles is the steepest portion of the hike until cresting Third Mountain and descending another .3 miles and reaching the junction of Martin Bottom Trail.

Turn right on Fridley Gap Trail, gently ascending for .6 miles to the clearing and four way junction you passed earlier. Continue straight down Massanutten Trail South for the remaining 2.2 miles back to the parking area.