



## Trout Pond - Lost City, West Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
8.5 mls	★	★	★	★	★
<b>Hiking Time:</b> <b>Elev. Gain:</b>	5.0 hours with a half hour for lunch 1,710 ft Turn left before the white gate into parking area				

This hike passes through the Trout Pond Recreation Area, one of the most scenic campgrounds in the GWNF. There are two main bodies of water, Trout Pond, and the much larger Rockcliff Lake, along with many BBQ's and picnic tables making it a popular weekend destination spot.

From the back of the parking area (if you are at the lake and paved parking location you have gone too far by 1.0 mile) start along the blue blazed trail as it winds its way down, and in 0.6 miles reaches the southern most tip of Rockcliff Lake and intersection of the white blazed Doris Agnew Lake Trail. Turn right crossing the first of two wooden foot bridges before arriving at the small man made beach on Rockcliff Lake.

Turn right through the parking area following the paved road to the next parking area on the left in 75 yards. Turn left onto the Campground Trail towards Trout Pond. Shortly pass restrooms before reaching a set of split rail fences. Trout Pond will be directly in front of you, turn right remaining on the trail and in 80 yards cross over a paved road. In another 90 yards the trail will end at a restroom building and the main campground area. Turn right following a paved road and passing numbered camp spots. Shortly the road will split, stay right and in another 75 yards, just after camping spot #26, arrive at the purple blazed Trout Pond/Junior Poe Trail.

Turn right uphill on the purple blazed trail and in 80 yards the trail splits, remain straight uphill. The trail was originally a fire road, becoming very steep in places. 1.0 mile from the campground reach the Lina Constable Overlook. The overlook has great views to the west and back down to Rockcliff Lake, as well as a nice bench to take a rest. Continue up the now less steep purple blazed trail, and pass through two wildlife clearings before reaching the trail highpoint and intersection of the Honey Bee Knob Trail. Continue down the purple blazed trail for another 0.1 miles where the trail ends at forestry road FDR59.

Turn left uphill walking along the forestry road. Remain alert as you may encounter light traffic. In 0.9 miles reach the ridge and junction of the Laurel Run and North Mountain trails. This is also the border of Virginia and West Virginia. Continue following the forestry road as it now becomes FDR691 on the Virginia side of the ridge. Shortly pass a parking area on the right before the road makes a sharp turn to the left at the hike high point. The next 0.5 miles offer fantastic views to the east of Big Schloss, Tibbet Knob, Shenandoah National Park and Massanutten Mountain in the distance.

In 0.6 miles for the high point turn left on the yellow blazed Long Mountain Trail re-entering West Virginia, there is also a small campsite at this junction. Head downhill on the yellow blazed trail passing two wildlife clearings as the trail winds its way towards the valley. In 2.4 miles from the forestry road, and as the trail levels out, reach the intersection of the purple blazed trail.

Turn left onto the purple trail passing several large sink holes of more than 30ft in diameter. These sink holes were created by water eroding the limestone in the ground bellow. DO NOT go into the sinkholes as they are unstable. Drain holes are near the bottom hidden under the leaves. Your weight could break the thin layer of rock collapsing into the caverns below.

Arrive at the next intersection in 0.5 miles where the purple blazed trail now turns left. Turn right on the the orange blazed trail following the sign towards the Trout Pond Store and Dam. In 0.5 miles cross a small creek where there is one of the most unusually rock formations in the entire GWNF.

Immediately after crossing the creek, turn left continuing on the orange blazed trail crossing an adjoining creek and heading towards Rockcliff Lake. In 0.3 miles the trail makes a turn uphill to the right before switching back to the left. Shortly enter a small meadow where the orange blazed trail ends at the edge of Rockcliff Lake. Join the white blazed Doris Agnew Lake Trail, staying on the right of the lake, following the trail to the lakes southern most tip and intersection of the blue blazed trail you descended on earlier. Turn right uphill on the blue blazed trail following it back the 0.6 miles to the parking area.