



White Oak Canyon / Cedar Run - SNP, Virginia

| Length | Difficulty | Streams | Views | Solitude | Camping |
|--|--|---------|-------|----------|---------|
| 7.9 mls | 4 | 5 | 1 | 1 | 1 |
| Hiking Time: Elev. Gain: Parking: | 5.0 hours with a half hour for lunch 2,450 ft Park at the White Oak Trail parking area on Weakley Hollow Rd. 38.53927, -78.34935 | | | | |

This hike has some of the most spectacular waterfalls in the Shenandoah National Park. Combining two out-and-back hikes, White Oak Canyon & Cedar Run, this loop starts at the bottom of the valley and cuts over near the top of the ridge. With five major falls, numerous smaller cascades and pools, this circuit hike is one of the best.

Begin up the blue blazed White Oak Canyon (WOC) Trail, at the top of the upper parking area next to the SNP ranger station. Shortly cross a steel footbridge, then arrive at the intersection of the Cedar Run Trail that will be your return route. Stay straight on the WOC Trail as it winds to the right, then crosses another steel footbridge over WOC Run.

Follow the blue blazed trail on the right side of WOC Run reaching the WOC/Cedar Run Connector Trail in 0.6 miles. Stay straight on the right side of WOC Run for another 0.7 miles, cross a small stream, then arrive the base of the first set of major falls.

The trail will now make several switchbacks as the grade gets steeper, then reaches the second set of falls in 0.6 miles. Again, the trail will switchback several times, then become less steep, and arrive at a concrete marker for the base of the main WOC falls. To see the falls from the base, follow the side trail straight for 100 yards. Continue uphill on the WOC Trail as it steeply climbs the last 0.1 miles to the main WOC falls overlook.

Continuing uphill from the main overlook, and shortly arrive at the yellow blazed Bridge Path Trail that comes in from the right. Stay straight, then cross WOC Run in another 40 yards at the horse rail. If WOC Run is high, continue up the right side of WOC Run and cross a footbridge in 120 yards.

After crossing the run follow the wide yellow blazed WOC Fire Road/Horse Trail. In 1.6 miles the WOC Fire Road/Horse Trail will veer right. Stay left on the narrower yellow blazed trail, marked on a concrete post as "Horse Tr To Big Meadows". In 0.6 miles the horse trail intersects the blue blazed Cedar Run Trail.

Turn left downhill on the blue blazed Cedar Run Trail, then in 1.3 miles cross Cedar Run. In 0.2 miles after crossing Cedar Run reach the top set of main falls at Halfmile Cliff known as "The Slide". 60 yards below the main falls is a pool where Cedar Run passes through a narrow gorge.

Continue downward on the Cedar Run Trail for 0.5 miles where the blue blazed trail makes a sharp left to cross Cedar Run for the last time. After crossing Cedar Run follow the trail for 0.3 miles to the intersection of the WOC/Cedar Run Connector Trail. Turn right downhill on the Cedar Run Trail towards RT600, and in 0.4 miles arrive back at the WOC Trail intersection. Turn right, re-cross the steel footbridge, and arrive back at the parking area.