



Duncan Knob - Luray, VA

Length	Difficulty	Streams	Views	Solitude	Camping
3.6 mls	★	★	★	★	★
Hiking Time: 2 hours plus a half hour for lunch Elev. Gain: 1,090 ft	Gap Creek - Out/Back				
8.5 mls	★	★	★	★	★
Hiking Time: 4 hours plus a half hour for lunch Elev. Gain: 1,510 ft	Scothorn Gap Loop				
Parking	<ul style="list-style-type: none"> ▶ Trail head and parking area for the Gap Creek Trail. 38.70868, -78.56038 ▶ Trail head and parking area for the Scothorn Gap Trail. 38.69143, -78.58004 ▶ Crisman Hollow Road/274 is closed January 10 to March 15 				

[Click Here For Detailed Location](#)



Along with sister hike Duncan Knob Hollow, Duncan Knob climbs Catback Mountain in the Massanutten Range offering solitude, a rock scramble, and great views of the Massanutten Range and Shenandoah Valley. Choose from either the 3.6 mile out and back to the Duncan Knob summit from Gap Creek, or make the longer 8.5 mile circuit hike from Scothorn Gap. There are multiple good camp sites on both hikes, including a site at the summit with gorgeous sunset views to the southwest.

Gap Creek - Out/Back - 3.6 Miles

- ▶ **Mile 0.0** - From the parking area along Crisman Hollow Rd follow the side track and blue blazed Gap Creek Trail for 100 yards to the first campsite on the left. At this point the Gap Creek Trail turns left and crosses a wooden footbridge over Gap Creek. The trail is initially rocky as it climbs Catback Mountain. Make six switchbacks in the first 1.2 miles then arrive at the intersection of the yellow blazed Scothorn Gap Trail that comes in from the right.
- ▶ **Mile 1.2** - Continue climbing on the blue blazed Gap Creek trail for another 0.3 miles to Peach Orchard Gap where there is a large campsite. The white blazed Duncan Knob Overlook Trail is on the left in the saddle.
- ▶ **Mile 1.5** - Turn left onto the white blazed trail then in 0.1 miles pass a campsite on the right. After the campsite the trail becomes more rocky and harder to follow. Look for rock cairns to guide you. As the trail enters the rock slide below Duncan Knob stay to the left and around the largest bolder in the field before heading uphill to the ridge. At the ridge there is a small campsite suitable for a single tent. Follow the trail right to the overlook.
- ▶ **Mile 1.8** - From the overlook there are expansive views to the south of the Shenandoah Valley and west towards New Market Gap. Return back to the intersection with the Gap Creek Trail at Peach Orchard Gap.
- ▶ **Mile 2.1** - Turn right downhill on the blue blazed Gap Creek Trail retracing your route back to the parking area on Crisman Hollow Rd.
- ▶ **Mile 3.6** - Arrive back at the parking are on Crisman Hollow Rd.

Scothorn Gap - Circuit - 8.5

- ▶ **Mile 0.0** - Take the yellow blazed Scothorn Gap Trail uphill after crossing Passage Creek. Traverse one switchback and climb steeply, pass a clearing then a pond at 1.2 miles. Depending on what time of the year it is the pond might be completely dry.
- ▶ **Mile 1.4** - Arrive at a four way intersection. The yellow blazed Scothorn Gap Trail turns left, and directly ahead is the orange blazed Massanutten Trail which you will use to return. To the right is the Massanutten Connector Trail. Turn left staying on the Scothorn Gap Trail. The trail gradually rises and passes a small clearing then ends at the intersection of the blue blazed Gap Creek Trail.
- ▶ **Mile 3.0** - Turn right uphill on the blue blazed Gap Creek Trail for 0.3 miles to Peach Orchard Gap where there is a large campsite. The white blazed Duncan Knob Overlook Trail is on the left in the saddle.
- ▶ **Mile 3.3** - Turn left onto the white blazed trail then in 0.1 miles pass a campsite on the right. After the campsite the trail becomes more rocky and harder to follow. Look for rock cairns to guide you. As the trail enters the rock slide below Duncan Knob stay to the left and around the largest bolder in the field before heading uphill to the ridge. At the ridge there is a small campsite suitable for a single tent. Follow the trail right to the overlook.
- ▶ **Mile 3.6** - From the overlook there are expansive views to the south of the Shenandoah Valley and west towards New Market Gap. Return back to the intersection with the Gap Creek Trail at Peach Orchard Gap.
- ▶ **Mile 3.9** - Turn left downhill on the blue blazed Gap Creek Trail (steep) where the blue blazed trail ends at the intersection with the orange blazed Massanutten Trail. Directly across the run is a large campsite suitable for multiple tents.
- ▶ **Mile 4.4** - Turn right upstream on the orange blazed Massanutten Trail for 1.8 miles, then the trail makes two long switchbacks becoming steeper and crests Middle Mountain at the intersection with the unofficial pink blazed Strickler Knob Trail.
- ▶ **Mile 6.5** - Descend on the orange blazed trail back to the intersection with the yellow blazed Scothorn Gap Trail where the orange trail turns left.
- ▶ **Mile 7.1** - Continue straight on the yellow blazed Scothorn Gap trail past the pond retracing your route back down to the Scothorn Gap parking area on Crisman Hollow Rd.
- ▶ **Mile 8.5** - Arrive back at the parking are on Crisman Hollow Rd.