



Morgan Run - Shenandoah, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
9.0 mls	3	4	2	5	4
Hiking Time:	5.5 hours with a half hour for lunch				
Elev. Gain:	1,850 ft with two ascents				
Directions:	Park on the side Cub Run Road opposite the Morgan Run Trail sign and yellow blazes. NOTE: If coming from the west, and Google Map Directions suggests using the 'Huff Trail', note this is not a drivable road. Enter the GWNF at Catherine Furnace instead.				

Morgan Run, on the southern end of the Massanutten mountain range, passes the wonderful Fridley Gap swimming hole that is also accessible on the Fridley Gap Hike. Mountain streams and waterfalls are at every turn on the Morgan Run section of this secluded loop hike.

After parking, continue walking along the Cub Run gravel forestry road as it gently ascends the valley. This forestry road is not heavily traveled, however, keep an ear out as one or two vehicles may pass by before you reach the intersection of the Martin Bottom Trail 3.0 miles from where you parked.

Turn right up the blue blazed Martin Bottom trail as it climbs through the pass before arriving at the purple blazed Fridley Gap Trail. The blue blazes of the Martin Bottom Trail end, and at this point the trail continues as the purple blazed Fridley Gap Trail.

Turn right uphill on the purple blazed Fridley Gap Trail for the steepest portion of the hike as it climbs Third Mountain, crosses the ridge, then very steeply descends to the intersection of the orange blazed South Trail.

Turn left downhill for 150 yards, then turn right at the post, cross a small run and in 75 yards the Fridley Gap swimming hole will be on your left. This is an excellent place for lunch and a swim in the late summer.

To continue, retrace your steps back over the run, turn left up the orange blazed South Trail, again passing the purple blazed Fridley Gap Trail descended earlier. Continue on the orange blazed trail for 2.8 miles as it crosses Morgan Run several times, cresting the high point then gradually descending and meeting the intersection of the yellow blazed Morgan Run Trail on your right.

Turn right on the narrower yellow blazed Morgan Run Trail which in 200 yards meets Morgan Run then descends through the gap. The trail is rocky in places as it crosses back and forth across the run, passing small waterfalls and old growth forest. 1.2 miles after joining the yellow blazed Morgan Run Trail pass a campsite on your right and emerge onto the forestry road returning to the parking area.