



## Slabcamp Run/Locust Spring - GWNF, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
9.4 mls	★	★	★	★	★
<b>Hiking Time:</b>	2 Day Backpack, 6 Hours Total				
<b>Elev. Gain:</b>	1,450 ft				
<b>Parking:</b>	From WV28 turn onto FR106 for 0.4 miles at the sign for Locust Springs Picnic Area, Turn left onto FR60 for 0.3 miles, Turn right onto FR142 for 0.2 miles and park at the Locust Springs Picnic Area.				

The Slabcamp Run/Locust Spring circuit hike is part of the Laurel Fork wilderness area. Laurel Fork is one of the few very secluded backcountry forests left in Virginia. With high meadows, wetlands, and the fast running Laurel Fork on the valley floor, this has to be one of the best backpacks in the region.

**Trail Notes:** All trails in the Laurel Fork area are blue blazed. In conjunction with the USDA Forest Service HikingUpward.com reblazed the Locust Spring Run, Locust Spring Run Spur, and Slabcamp Run trails in June 2007.

From the right bottom of the picnic area start down the the Locust Spring Run Trail as it heads through old growth forest for 1.2 miles before arriving at the Buck Run Connector Trail. Turn right, cross the run, then immediately turn left downhill remaining on the blue blazed Locust Spring Run Trail. Cross over the run two more times before crossing a small side stream and passing an old wooden trail sign in 0.3 miles. In another 0.2 miles cross the run again and arrive at the intersection of the Locust Spring Run Spur Trail.

Turn right very steeply uphill on the Locust Spring Run Spur Trail for 100 yards, then stay right as the trail follows an old forestry road. Pass a beaver dam downhill on the right in 1.1 miles, and in another 0.1 miles turn left uphill following the blues blazes. In 0.1 miles arrive at the ridge, and intersection of the Slabcamp Run Trail and FS106.

Continue straight, through the closed gate onto the blue blazed Slabcamp Run Trail. The trail is 70 yards wide for the first 0.2 miles as it begins to descend the mountain. In 0.2 miles the trail veers slightly right, and in 0.1 miles arrives at a wetlands area on the right. Continue straight slightly uphill before following the trail on the right side of the clearing.

At this point the trail re-enters the forest as it follows Slabcamp Run on the left bank. Continue to follow the blue blazes as the trail descends towards Laurel Fork. In 1.0 miles from the wetlands clearing there is a large flat camping are on the banks of Slabcamp Run, suitable for several tents. As the trail continues towards the valley floor, and Laurel Fork, it will become considerably more rocky and crisscross the run several times. When the terrain levels out near the valley floor, the trail moves to the right bank of the run, then ends at Laurel Fork.

Ford Laurel Fork and in in 200 yards on the Laurel Fork Trail there is a large campsite. 250 yards past the campsite ford Laurel Fork for the last time, and in another 0.1 miles cross Locust Spring Run before arriving at the intersection of the Locust Spring Run Trail and another large camping area.

Turn left uphill on the blue blazed Locust Spring Run Trail as it heads upstream on the right bank of the run. At 1.3 miles the trail crosses the run and follows the left bank before arriving back at the intersection of the Locust Spring Run Spur Trail in another 0.2 miles.

Continue straight on the Locust Spring Run Trail re-crossing the run and retracing your steps back to the intersection of the Buck Run Connector Trail. Turn left staying on the Locust Spring Run Trail for the remaining 1.2 miles back to the Locust Spring Picnic Area.