



Bears Den Overlook - Bluemont, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
1.8 mls	★	N/A	★	★	N/A
Hiking Time: 1.5 hours with breaks Elev. Gain: 310 ft Parking: <i>Commuter Lot Parking:</i> Park on the south side of Rt. 7 at the ridge. 39.11528, -77.84719					

[Click Here For Detailed Location](#)



A short easy hike with a beautiful overlook to the west. Starting at the same parking area on Rt. 7 as the Raven Rocks hike, this out and back hike climbs a gentle 280ft of elevation along the Appalachian Trail to the Bears Den Overlook. Also make the short loop around the Bears Den Trail Center and explore the surrounding grounds. This hike is popular on nice days and the main overlook can be busy. A good way to beat the crowds is to make the hike in the evening and catch the sunset to the west.

- ▶ **Mile 0.0** - From the large commuter parking area on Rt. 7 start down the west side of the ridge staying on the left side of the Rt. 7 guardrail. DO NOT be tempted to take the unmarked trail that starts up the mountain at the end of the parking area. This unblazed trail marked on our map as blue dotted is generally muddy most of the year and has a large amount of poison ivy on either side.
- ▶ **Mile 0.2** - Turn left at the white blazed Appalachian Trail off Rt. 7 heading into the woods uphill. This section has old growth forest, but beware of poison ivy in this area.
- ▶ **Mile 0.3** - Pass the intersection of the non-blazed connector trail (muddy) back to the parking area. The Appalachian Trail will make three main switchbacks climbing the ridge then levels off. There are large granite boulders in the trail with veins of quartz.
- ▶ **Mile 0.6** - Pass the Bears Den Trail Center connector Trail and arrive at the main Bears Den Overlook. Turn around and head uphill on the Bears Den Connector Trail and shortly arrive at the blue blazed Bears Den Loop Trail. Turn left and follow the loop trail through two clearings and pass around the Bears Den Trail Center. Start downhill on the blue blazed southern portion of the loop trail and soon arrive at the intersection of the Appalachian Trail.
- ▶ **Mile 1.1** - Turn right/north on the white blazed Appalachian Trail passing the main overlook and retrace your route back to Rt. 7 turning right back to the parking area.
- ▶ **Mile 1.8** - Arrive back at the parking area on Rt. 7.