

## Hungry Mother State Park - Marion, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
6.5 mls	★	★	★	★	N/A
<b>Hiking Time:</b> 3.0 hours plus a half hour for lunch <b>Elev. Gain:</b> 1,323 ft <b>Parking:</b> Park at the Molly Knob trailhead					

You'll have to go to Southwest Virginia to hike this trail. It's one of the best maintained trails we have been on with some great views, the best being at Molly Knob. The trail is not too strenuous except for the Molly Knob Vista Trail. There are sections of the trail with thick coverings of rhododendron on either side that will be absolutely beautiful when blooming.

There is a large lake that is part of the park with the last 2 miles of the trail paralleling the lake shore for much of that. At the end of the hike we stopped at the amphitheater bridge and got a great reflection photo.

The trail starts at the parking area for the Molly Knob Trail near the CCC Cabins. After parking, go uphill on the road for about 100 yards to the Trail Kiosk. Take a right at the kiosk onto the white-blazed Molly Knob Trail. You will catch a couple of good views of the lake before you reach the Ridge Trail intersection in 0.4 miles. Bear to the left to stay on the Molly Knob Trail. There is a viewing deck at this intersection looking up to Molly Knob. Continue for another 0.9 miles on a wide but steady upward trail until the Molly's Vista Trail intersection. Take a left onto the purple-blazed Molly's Vista Trail and go 0.4 to reach the top of the Knob and the best views of the day. This is the toughest part of the whole hike. If you go a little downhill beyond the benches you should catch a glimpse of the lake. Enjoy the views, eat some lunch, and then retrace your path back to the intersection.

Take a left to get back onto the white blazed Molly's Knob trail and in 0.5 mile reach the CCC Trail intersection. Bear to the left onto the orange-blazed CCC Trail, do not take the right onto the CCC Trail unless you want to cut off about 1 mile from the hike. You are going the right way if you see a sign saying "Boat Ramp Parking 1.2 miles". You will reach the Lake Trail Loop intersection in 1.0 miles as you follow a creek. Bear right onto the blue-blazed Lake Trail Loop heading towards the Beach Overlook. You will see the boat landing area not long after being on this trail. The CCC Trail intersection is on your right in 0.8 miles but stay straight. Go in and out of 2 deep switchbacks around creeks before reaching the Ridge Trail Intersection on your right in 1.4 miles. The last intersection is reached in 0.4 miles, bear to the right and go 100 yards to complete the hike, returning to the Parking Area.