



High Rock/Shockey's Knob - Sleepy Creek Wildlife Management Area

Length	Difficulty	Streams	Views	Solitude	Camping
7.0 mls	★	★	★	★	★
Hiking Time: 4.5 hours with 1/2 for lunch Elev. Gain: 1,010 ft Parking: Turn right off the gravel Historic Packhorse Trail road onto a forestry road. Continue 0.1 miles to the parking area and closed red gate. 39.39073, -78.20875					



[Click Here For Detailed Location](#)

The Sleepy Creek Wildlife Management Area in West Virginia has a robust trail system. This 7 mile circuit passes several highlights of the area, including the High Rock Overlook eastward towards Virginia, as well as a beautiful view to the west from the Tuscarora Trail of Morgan County WV. There are no views from tree covered Shockey's Knob, however it does have one of the best shelters around with a spring close by. The hike also makes for a great backpacking weekend by camping at the shelter.

If you're looking for a shorter hike, the out and back to High Rock Overlook using the white blazed High Rock Trail is a great option. That route is a total of 4.9 miles and 690 feet of elevation gain.

- ▶ **Mile 0.0** - From the parking area pass around the red gate (your return trail, the yellow blazed Millrace Trail is at the southern end of the parking area). Follow the white blazed High Rock Trail following an forestry access road. The forestry road can be rutted and muddy in places. In 0.7 miles pass the first of two wildlife clearings. Pass the second clearing in another 0.2 miles, then continue on the forestry road for 0.1 miles to a small clearing where the High Rock Trail turns left off the forestry road.
- ▶ **Mile 1.3** - The High Rock Trail passes a small campsite in the clearing before re-entering the forest between a stand of pine trees. The trail descends and crosses Little Brush Creek. Follow the trail through a mossy area where it turns left uphill. This rerouted section of trail was completed by the Cadillac Crew from the Potomac Appalachian Trail Club in June 2017. This new section of trail reroutes what was a very steep section of trail. The High Rock Trail will rejoin the older section at 2.0 miles and become steeper. Continue uphill for another 0.4 miles where the High Rock Trail ends at the ridge and intersection with the Tuscarora Trail.
- ▶ **Mile 2.4** - To visit the High Rock Overlook turn right/north on the blue blazed Tuscarora Trail. The rock fin will come into view on the right side of the trail in 75 yards. Continue for 100 yards to the north end of the rock fin where a white blazed trail leads to the overlook.
- ▶ **Mile 2.45** - From the High Rock Overlook the view east looks back towards Virginia. Check out the [drone video](#) for a birds eye view. Follow the Tuscarora Trail back to the intersection with the High Rock trail and continue straight on the blue blazed Tuscarora Trail as it generally follows the ridge. Initially the Tuscarora Trail follows a disused forestry road, then becomes a single lane trail that is overgrown in places.
- ▶ **Mile 4.0** - The Tuscarora Trail will veer left remaining on the ridge where it intersects an old forestry road. Continue on the trail another 0.4 miles to a flatter section where the trail passes directly past an overlook westward.
- ▶ **Mile 4.4** - From the overlook there are views of the valley in Morgan County WV. Continue another 0.1 miles where the Tuscarora Trails turns left joining another old forestry road then immediately arrives at the Shockey's Knob Shelter Trail.
- ▶ **Mile 4.5** - Turn right on the white blazed Shockey's Knob Shelter Trail. Pay attention to the trail blazes as it will soon turn left over the ridge and descend to Shockey's Knob shelter.
- ▶ **Mile 4.8** - The Shockey's Knob shelter has a upper bunk with large fire pit and separate picnic table. A spring is located just uphill from the shelter. Note that the Shockey's Knob shelter is on a first-come first-serve basis and cannot be reserved. Continue on the white blazed trail loop behind the shelter going to the right and arriving at the Tuscarora Trail in 0.1 miles.
- ▶ **Mile 4.9** - Turn right downhill on the blue blazed Tuscarora Trail as it winds its way to the valley then intersects with the Millrace Trail in 0.7 miles.
- ▶ **Mile 5.6** - Turn left downhill on the yellow blazed Millrace Trail continuing with several more switchbacks before flattening out and crossing over Little Brush Creek. The trail climbs back to the north soon passing a stone bench. The Millrace Trail then follows a private road on the right for the remaining 0.6 miles back to the parking area.
- ▶ **Mile 7.0** - Arrive back at the parking area.