





## Cedar Run Trail - SNP, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
3.4 mls	3	5	1	2	1
<b>Hiking Time:</b>	4.5 hours with a half hour for lunch				
<b>Elev. Gain:</b>	1,510 ft				

Not very long, this down and back hike can still be somewhat of a workout as you gain 1,500 ft on the way back in only 1.7 miles. If you make the hike in the early spring, Cedar Run should be flowing with several beautiful ponds and small waterfalls. The main falls at the base of the hike have a great natural water slide and there is a small swimming hole about 40 yards beyond it.

Start the hike by heading down Cedar Run Trail. Pass the Big Meadows Trail that comes in from the left after just 20 yards, continue downward on the Cedar Run Trail where the grade will gradually increase. In about 0.8 miles, Cedar Run will become visible on your right with several small ponds along the way.

At 1.5 miles cross Cedar Run and climb the opposite bank. 0.2 miles further you arrive at the Cedar Run natural water slide, with a small pond at its base. In 50 more yards, reach your destination, the tallest falls on the hike with Half Mile Cliffs visible on the opposite site of the run. Leave the trail and have lunch at the small pond at the bottom of the falls.

To return just retrace your steps up the trail to the parking lot.