



Mount Pleasant - Oronoco, Virginia

| Length | Difficulty | Streams | Views | Solitude | Camping |
|--|---|---------|-------|----------|---------|
| 5.5 mls | 3 | N/A | 5 | 2 | 3 |
| Hiking Time: Elev. Gain: Parking: | 3.5 hours with a half hour for lunch 1,350 ft From VA634/Coffey Town Rd: Right onto gravel VA755/Wiggins Spring Rd. following the Mount Pleasant Sign, In 1.3 miles VA755 enters the GWNF and becomes FS48, In 1.4 miles from entering the GWNF pass a small parking area on the left where the AT crosses the road, It may be necessary to park here if the seasonal gate is closed. Continue 0.2 miles turn right at the sign for the Mount Pleasant trailhead, park in 100 yards at the trailhead. | | | | |

A short day hike suitable for most fitness levels. Mount Pleasant has both an east and west summit, each with spectacular views. Designated by congress in 1994 as the Mount Pleasant National Scenic Area, the trails are kept in fantastic shape by the NBATC. For the campers, the ridge has several large campsites suitable for multiple tents.

At the parking area there are three trail heads. The two Henry Lanum Memorial trails pass through wooden horse gates. Take the right Henry Lanum Memorial Trail. You will return down the left one. Once passing through the gate the blue blazed trail is mostly flat for the first 1.1 miles. Make sure to follow the blue blazes at 1.1 miles as the trail turns off the old FS road to the right, then in 0.1 miles arrives at a trail junction.

Turn left uphill following the sign and blue blazed trail. This is the steepest section of the trail where it traverses up the mountain arriving at the ridge in 1.0 miles, and intersection of the Mount Pleasant Summit Trail. Stay straight on the blue blazed Mount Pleasant Summit Trail, and in 40 yards pass a trail marked 'Water' on the left that heads downhill to a seasonal spring. Continue on the Mount Pleasant Summit Trail as it winds its way up the mountain.

In 0.3 miles be alert to follow the trail back to the left, the old summit trail continues straight. In another 0.2 miles arrive at the saddle between the two peaks. Make sure to visit them both!

The westerly summit, turning right at the saddle, has two small campsites, the second just before the overlook. Keep in mind that because of its geology the Mount Pleasant summit can experience strong winds. Also, to reach the overlook at the westerly summit you have to scramble 7 feet up through a rock scree.

Return back down from the summit to the Henry Lanum Memorial Trail intersection. Turn right, along the ridge towards Pompey Mountain. There are two large campsites within the first 0.1 miles. In 0.8 miles, and at the high point of Pompey Mountain, take the unmarked trail to the right for 75 yards to a rock outcrop and views to the northeast.

Return to the Henry Lanum Memorial Trail, turn right, and now head downhill for 0.5 miles before the trail heads to the left along the ridge for another 0.4 miles, then descends the remaining 0.7 miles back to the parking area.