



Bears Den/Sam Moore Shelter - Bluemont Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
6.6 mls	3	3	3	3	3
<p>Hiking Time: 3.5 hours plus a half hour for lunch Elev. Gain: 1,780 ft Parking: Turn right at the first drive way marked Bears Den, follow the gravel road to <u>parking area</u>. Small parking fee applies. 39.11018, -77.85398</p>					

[Click Here For Detailed Location](#)



This can be a challenging hike along the 'roller-coaster' section of the Appalachian Trail in Northern Virginia. The hike starts out with an expansive view to the west from the Bears Den Overlook then heads south on the Appalachian Trail passing over several ridges on the way to the Sam Moore Shelter in 3.3 miles. There are three campsites along the route, with the best next to Spout Run with enough space to accommodate several tents. There is also a large tent camping area at the shelter with several fire rings.

Other popular hikes in the immediate area are: Raven Rocks, Ashby Hollow, Hollow Brook, and the short Bears Den Overlook hike from the Snickers Gap/Rt. 7 commuter lot. This hike can also be completed starting from the commuter lot at Snickers Gap/Rt. 7 then heading south on the Appalachian Trail. This will add an additional 1.4 miles/230ft, making for a hike total 8.0 miles/2,010ft.

- ▶ **Mile 0.0** - From the Bears Den Trail Center parking area start up the gravel road and immediately stay left at the stone wall following the blue blazed connector trail. The trail leads to the Bears Den Overlook and intersection with the white blazed Appalachian Trail.
- ▶ **Mile 0.2** - At the intersection with the Appalachian Trail descend to the right and Bears Den Overlook. From the overlook the view westward is of the Winchester valley and the Shenandoah River. Return back to the intersection with the connector trail then descend southwards on the white blazed Appalachian Trail. The trail is rocky and steep, making several switchbacks.
- ▶ **Mile 0.9** - Pass a campsite on your right, then cross a small wooden footbridge over the first of several streams. The A.T. will pass over several small ridges then descend to Spout Run.
- ▶ **Mile 2.0** - Arrive at Spout Run where there is a large campsite area suitable for multiple tents next to the stream. Spout Run is very rarely dry, so this campsite is reliable to have a water source. Cross Spout Run and climb the longest ascent of the hike. Gain 530 vertical feet on the way to the hilltop. You'll know you're at the ridge when the trail passes through two large boulders.
- ▶ **Mile 2.8** - At the top of the hill there is another large campsite with an obstructed view to the southwest. This campsite does not have a water source. Descend through a rocky area then in 0.4 miles reach the final stream crossing on the way out. In spring and summer a large number of Green Corn Lilly's grow around the stream. Cross the stream, and arrive at the intersection with the Sam Moore Shelter connector trail.
- ▶ **Mile 3.2** - Turn left and follow the blue blazed connector trail 0.1 miles to the shelter.
- ▶ **Mile 3.3** - Arrive at the Sam Moore Shelter and camping/picnic area. At the shelter there is also a day use covered picnic table, privy 70 yards behind the shelter, and just on the other side of the shelter, next to the stream, a large tent camping area with its own fire ring. Return to Bears Den via the same route on the A.T.
- ▶ **Mile 6.6** - Arrive back at the Bears Den Trail Center parking area.