



# SHENANDOAH NATIONAL PARK

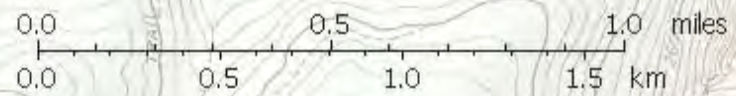
Dean Mtn X3037

Bald Face Mtn X3390

Upper Pocosi

SHENANDOAH NAT PARK

RAPIDAN WILDLIFE MANAGEMENT AREA



www.HikingUpward.com

## South River Falls - Central SNP, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
10.4 mls	★	★	★	★	N/A
<b>Hiking Time:</b> 4.5 hours plus a half hour for lunch <b>Elev. Gain:</b> 2,300 ft <b>Parking:</b> Parking at the South River Picnic area (MP63). N38.38115 W78.51707					

This hike can be done as a nice short 4.8 mile loop hike to see the Falls or a longer 10.6 mile circuit hike to see the Falls, 2 cemeteries, the Upper Pocosin Mission ruins (Interview of Preston Breeden by JMU, he lived near here prior to forced eviction), and the PATC Pocosin Cabin.

The 83' Falls, 3rd largest in SNP, are easily accessed via the South River Picnic Area (MP63). There is a walled overlook at mile 1.3 to view the Falls and for a great view of the Falls, a further walk down to the base of the Falls is encouraged.

- ▶ **Mile 0.0** – The trail begins near the restrooms about ¾ of the way around the South River Picnic Area.
- ▶ **Mile 0.2** – Intersection with the Appalachian Trail, stay straight on the Blue-blazed South River Falls Trail.
- ▶ **Mile 1.3** – After a steep descent and a couple of creek crossings you will arrive at the South River Falls walled overlook for view of Falls. Continue on the trail to the Fire Road Intersection.
- ▶ **Mile 1.5** – Fire Road Intersection, take right to go to base of Falls, highly recommend doing this, a little tough coming up but worth it.
- ▶ **Mile 2.2** – Continue down fire road until it ends and then follow narrow/rocky path to the base. When the water is flowing the pool at the bottom would feel good to take a swim.
- ▶ **Mile 2.9** – Return back to Intersection at Mile 1.5, tough little climb out of the Gorge, continue past intersection, staying on fire road, trail is yellow-blazed at this point
- ▶ **Mile 3.3** – Reach South River Fire Road. Decision point:
  - ▶ For short 4.8 mile loop stay straight and in 0.8 miles reach the Appalachian Trail, take a left onto the AT and in 0.5 miles reach the South River Falls Trail, take a right to reach South River Falls Picnic Area to complete hike.
  - ▶ For longer 10.5 circuit hike continue following the directions below.

*Note: Over the next 1.2 miles you will cross into the Rapidan Wildlife Management Area and various Private Properties, stay on the trail and you will be fine, you will even cross a yellow road barrier. The blazes are sketchy at best on this section.*

- ▶ **Mile 3.3** - Bear hard right onto the South River Falls Fire Road.
- ▶ **Mile 4.5** – Intersection with Pocosin Horse Trail, bear left.
- ▶ **Mile 4.7** – Intersection with short Spur Trail to South River Cemetery, bear right.
- ▶ **Mile 4.8** – South River Cemetery.
- ▶ **Mile 6.0** – Return to previous intersection and bear right continuing on the Pocosin Horse Trail, reaching the Upper Pocosin Mission ruins. The Upper Pocosin Mission cemetery is to the left and the Mission to the right. The trail bears to the left and becomes the Pocosin Fire Road at this point.
- ▶ **Mile 6.8** – Pocosin Cabin on the left. This can be rented from PATC. Great view from the front of the cabin looking east. Return to fire road, bear left.
- ▶ **Mile 7.0** – Appalachian Trail Intersection, bear left heading South on the AT.
- ▶ **Mile 7.5** – After a couple of breath catching switchbacks reach a vista with views northward, probably best when the leaves are off the trees.
- ▶ **Mile 8.6** – Summit of Bald Face Mtn with a vista to the west, once again probably better when the leaves are off.
- ▶ **Mile 9.9** – Intersection with South River Fire Road, go through intersection, staying on the AT.
- ▶ **Mile 10.4** – Intersection with South River Falls Trail, take right to head back to Parking Area.
- ▶ **Mile 10.5** - Parking Area.