

PORTAL TO OUTDOOR FAMILY ADVENTURES

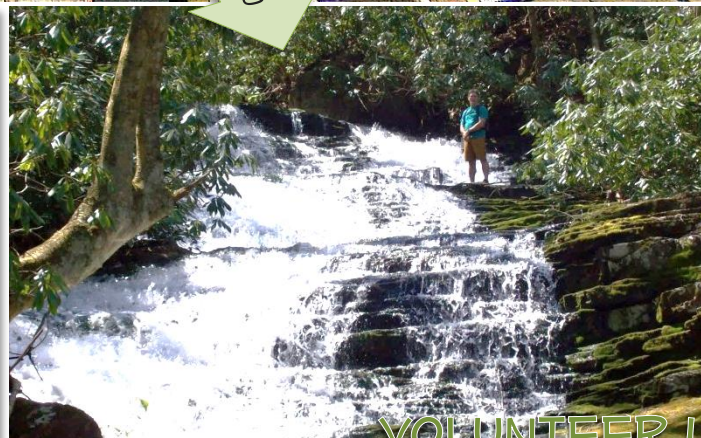


Welcome to Narrows!

Our community is a portal to outdoor family adventures. Downtown is just a stone's throw away from the New River, Wolf Creek, Mill Creek Nature Park, the Appalachian Trail, and the Great Eastern Trail. You can choose to hike, bike, fish, raft, canoe, or simply enjoy the serenity of the mountains and waterways.

When the world becomes too intrusive with its noisy busyness and you crave a get-away, visit this Small Town America. We hope you'll enjoy your visit to Narrows, VA...NATURALLY!

Information: www.TheTownofNarrows.org



VOLUNTEER!

Join the Narrows Trail Club and help us maintain our hiking assets! For more information, email: jayo@suddenlink.net

HIKER'S GUIDE



The Trails of Mill Creek Nature Park

Butternut: 2.83 miles, difficult, steep, rocky switchback climb, on double track to the top of Pearis Mountain.

Catwalk: 0.87 miles, difficult upper half features a technical rock garden, with very challenging steep sections.

Grassy Road: 1.35 miles, easy, smooth, grassy double track to Sentinel Point overlooking Narrows.

Long Shot: 3.4 miles, easy, very enjoyable, rolling, mixed double and single track.

Mercy Branch: 1.96 miles, easy, rolling climb from Mercy Branch Creek to Rocky Ridge Trail.

Old Rhodie: 1.2 miles, easy, alternates between double track and rhododendron tunnels.

Piney Road: 0.88 miles, moderate, smooth pine packed single track featuring a creek crossing.

Rocky Ridge: 1.9 miles, easy, rolling descent from the top of Pearis Mountain to Mercy Branch Creek.

Shortcut: 0.33 miles, easy, downhill, pine packed descent – connecting Grassy Road and Piney Road.

