

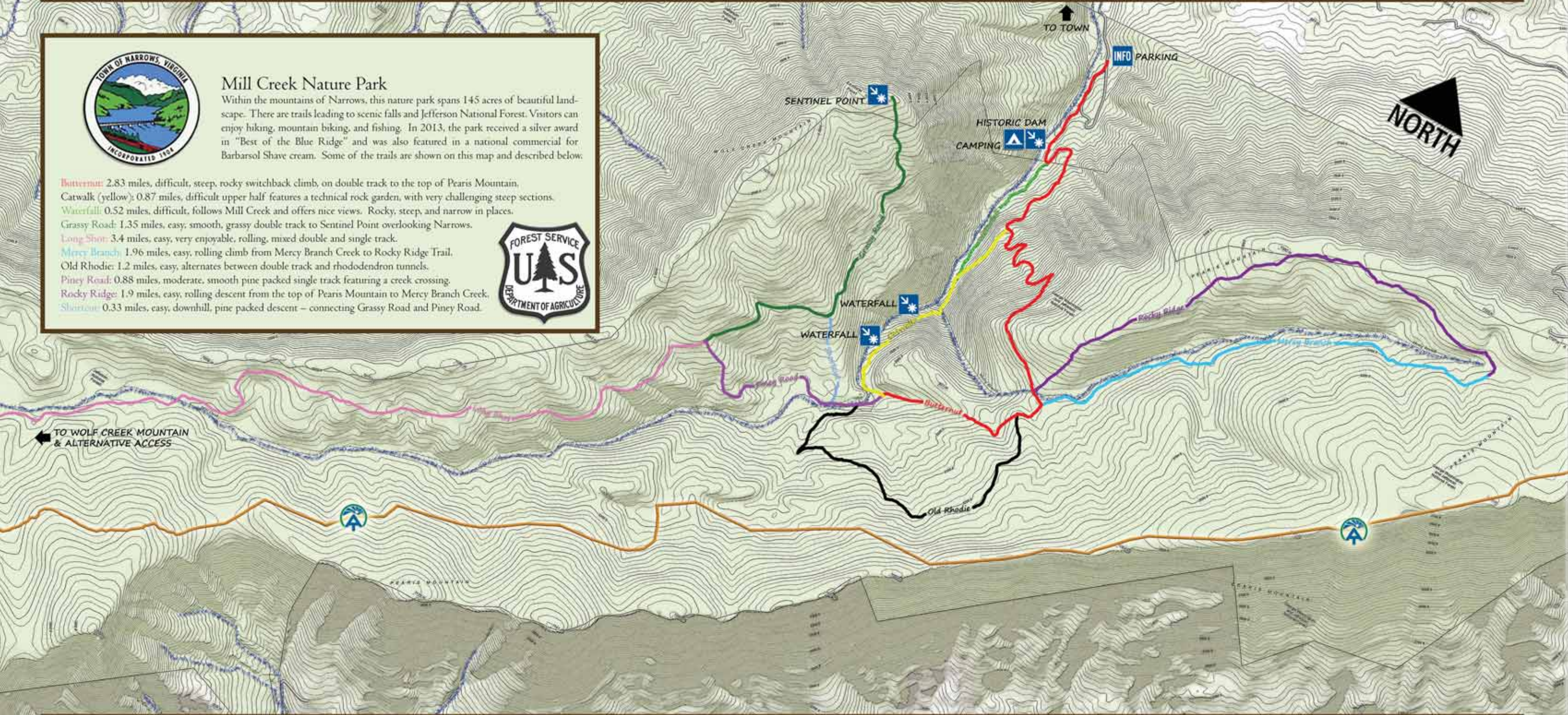
Mill Creek Trail System



Mill Creek Nature Park

Within the mountains of Narrows, this nature park spans 145 acres of beautiful landscape. There are trails leading to scenic falls and Jefferson National Forest. Visitors can enjoy hiking, mountain biking, and fishing. In 2013, the park received a silver award in "Best of the Blue Ridge" and was also featured in a national commercial for Barbasol Shave cream. Some of the trails are shown on this map and described below.

- Butternut:** 2.83 miles, difficult, steep, rocky switchback climb, on double track to the top of Pearis Mountain.
- Catwalk (yellow):** 0.87 miles, difficult upper half features a technical rock garden, with very challenging steep sections.
- Waterfall:** 0.52 miles, difficult, follows Mill Creek and offers nice views. Rocky, steep, and narrow in places.
- 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.



 APPALACHIAN TRAIL

 CAMPING

 INFORMATION

 POINT OF INTEREST

