

Compton Peak, West and East Hike

- 2.4-mile round trip 1.75-hours hiking time
Moderate 855-foot elevation gain

From the Compton Gap parking area at mile 10.4, cross Skyline Drive and look for the concrete trail marker indicating the Appalachian Trail (A.T.). Take the A.T. south to the intersection and go right. Continue to the western viewpoint. Return to the intersection and continue straight to the eastern viewpoint.

Fort Windham Rocks Hike

- 0.8-mile round trip .5-hour hiking time
Easiest 130-foot elevation gain

From the Compton Gap parking area at mile 10.4, follow the Appalachian Trail (A.T.) north to its intersection with the Dickey Ridge Trail. Turn left. In about 300 yards, look for Fort Windham Rocks on the right, deeply split boulders rising 50 feet above ground.

Lands Run Falls Hike

- 1.3-mile round trip 1.5-hours hiking time
Easiest 325-foot elevation gain

From the Lands Run parking area at mile 9.2, follow the fire road downhill for about 0.6-mile and look for a small stream that flows under the road (it may be waterless in dry conditions). Follow the stream about 25 feet to the right to the top of a small falls. There is a series of cascades that descend about 80 feet into a gorge. It's a beautiful area to explore, but use caution around the falls and steep, rocky areas.

Hiking Difficulty Scale

Easiest: Generally suitable for anyone who enjoys walking. Mostly level or with a slight incline. Generally less than 3 miles.

Moderate: Generally suitable for novice hikers seeking a bit of a challenge. The terrain will involve a moderate incline and may have some steeper sections. Generally 3 to 5 miles.

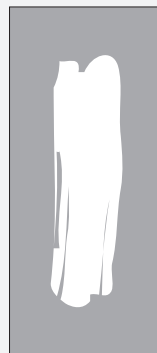
Moderately Strenuous: Generally challenging for an unconditioned person. The terrain will involve a steady and often steep incline. Generally 5 to 8 miles.

Strenuous: Will challenge most hikers. The hike will generally be longer and steeper, but may be deemed strenuous because of the elevation gain. Generally 7 to 10 miles.

Very Strenuous: Only well-conditioned and well-prepared hikers should attempt. Generally long and steep, and may include rock scrambling, stream crossings, and other challenging terrain. Generally 8 miles and over.

Markers & Blazes

Trail markers are at trailheads and intersections. The metal bands are stamped with directional and mileage information.



Trail blazes are found on trees and rocks throughout the Park. The color identifies the trail type:

- Blue** - Hiking trail
- White** - Appalachian Trail
- Yellow** - Open to horses



Need to Know

- Pets must be on a leash no longer than 6 feet at all times.
- Do not attempt to cross streams during icy conditions or flooding.
- It's dangerous and potentially deadly to climb on the rocks near waterfalls.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Cell and GPS services are unreliable.

Good to Know

You can see one of the best examples of columnar jointing in Shenandoah on the Compton Peak hike if you are up for a bit of climbing. Once you are at the eastern viewpoint, follow the blue blazes down and around to the base of the cliff - look up from there to see the columnar jointing. It's steep and rocky, but worth the trip.

Fun to Know

What's so cool about Fort Windham rocks? It's greenstone and is part of a series of lava flows that includes the Pedlar granodiorite - the oldest rocks in the Park. These are covered with lichen and weathering rapidly so you'll see some wonderful colors!

Leave No Trace

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Respect wildlife.
- Be considerate of other visitors.