

Hiking at Wintergreen

There are over 30 miles of hiking trails here at Wintergreen. We have everything from easy to more difficult trails. You can see spectacular views, waterfalls or hike in the open space with nothing but you and the trees. A detailed map is available for sale (\$3) at either the Front Desk or The Nature Foundation at Wintergreen. For our most popular hikes, read on!

Old Appalachian Trail

Distance: 3.0 miles(total) Blaze Color: Red-Yellow

Difficulty Level: MODERATE TO DIFFICULT

Key Feature(s): views of the Shenandoah Valley, hiker's favorite

Trail Notes: This trail has an array of access points and varying hike lengths. Along the trail, there are numerous Greenstone rock ledges that provide hikers with spectacular views of the south & Shenandoah Valley. The trail follows the northwest border of Wintergreen and is located on what used to be the actual Appalachian Trail. Wildflowers are always abundant. South of Laurel Springs Dr. is closed in winter.

The Plunge

Distance: 0.2 miles Blaze Color: Yellow

Difficulty Level: MODERATE

Key Feature(s): spectacular views, geology

Trail Notes: One of the shortest trails on the mountain. The Plunge is an excellent introduction to the beauty and natural history of the area. The rock formations were created millions of years ago and are called pedlar gneiss. The Plunge provides an incredible overlook and family picture spot. On clear days it is possible to observe Lynchburg, 45 miles to the southwest.



Shamokin Springs Nature Preserve

Distance: 0.3 miles

Blaze Color: Yellow

Difficulty Level: EASY

Key Feature(s): Unique area, loop, streams, family favorite

Trail Notes: The Nature Preserve is one of the most unique environments on the mountain. The high elevation and moist soils allow northern tree species like birches and American beech to thrive. The preserve also provides habitat for numerous fern, wildflower, and bird species. The preserve is a favorite with families and can be accompanied by a "Preserve Guide" found at the trail entrance. This is the perfect trail for anyone just wanting to get outside.

Old Appalachia...

Wintergreen lies in a section of the Blue Ridge called "Old Appalachia" where rock formations were formed between 1,100 million to 1.1 billion years ago during a collision event called the Alleghenian Orogeny. This was accomplished much like pushing the ends of a rug together, producing raised folds in the center. Plant and animal life followed and found their respective niches in this complex system of ridgelines, valleys, and rock faces. Wintergreen's forest represents what biologists call an eastern hardwood forest bio-community. It represents a portion of the most unique and diverse plant communities on the planet. Within Wintergreen's forest exist many natural gardens or microhabitats where plant species have adapted themselves to slope direction, altitude, and moisture regimes. Many different species of wildlife find shelter in these microhabitats following the designs of plant communities. The outdoors at Wintergreen is an experience never to be forgotten. Perhaps most exciting is the knowledge that the span of man's life is but an instant compared to the accomplishments of nature. If the natural wonders we see here could speak, they would hold all mankind captive with their story. The trail system maintained by The Nature Foundation at Wintergreen is an introduction to that story.