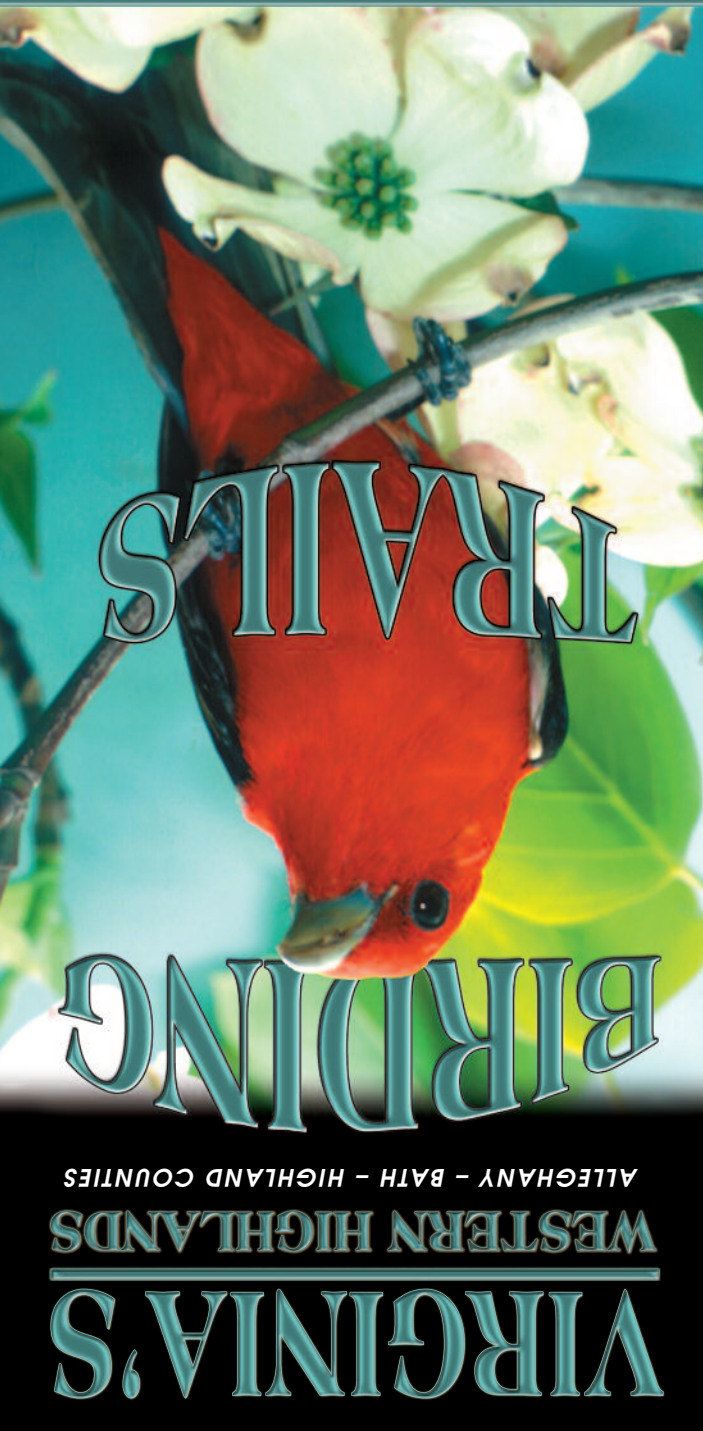


# VIRGINIA'S WESTERN HIGHLANDS



"Scenic Roads in Virginia" courtesy of the Virginia Department of Transportation, Office of Public Affairs.





Experience The Wonder...  
...a land of rugged mountains, quiet valleys,  
sparkling streams and endless skies... many other trails  
and outdoor recreation opportunities...



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VIRGINIA IS FOR LOWERS

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#	PHOTO	BIRD-COMMON NAME	HABITAT
1		White-breasted Nuthatch	H
2		Song Sparrow	O
3		Red-winged Blackbird	O
4		Northern Mockingbird	O
5		Northern Cardinal (male)	B
6		Ruffed Grouse	H
7		Tufted Titmouse	H
8		Brown Thrasher	B
9		Bald Eagle	W
10		American Goldfinch (winter plumage)	B
11		Scarlet Tanager	H
12		Cedar Waxwing	C
13		Carolina Wren	B
14		Indigo Bunting	E
15		Pileated Woodpecker	H
16		Mallard	W
17		American Redstart	C
18		Evening Grosbeak	W
19		Canada Goose	O
20		American Kestrel	O
21		Eastern Meadowlark	W
22		Belted Kingfisher	W
23		Hooded Merganser	W
24		Great Blue Heron	E
25		Baltimore Oriole	H
26		Northern Flicker	B
27		Ruby-throated Hummingbird	B
28		Northern Cardinal (female)	O
29		Killdeer	W
30		Wood Duck	H
31		Wood Thrush	O
32		Eastern Bluebird	H
33		Wild Turkey	H
34		Hooded Warbler	O
35		Red-tailed Hawk	E
36		Eastern Towhee	W
37		Osprey	B
38		Blue Jay	H

Habitat Key: O = Open Areas, C = Conifer, H = Hardwoods, W = Near Water, B = Brush/Shrub, E = Edge

## Birding Trails In ALLEGHANY COUNTY

### 1. EVAN'S TRACT

Take Hwy 220S turn left onto VA SR 633 for 2.5 miles. After crossing the one-lane bridge over river, the tract is on the left. Parking is signed as "U.S. Forest Service Walter L. Robinson Access Point."

### 2. TOP DRIVE

From I-64 E., take exit 35 (Longdale) to U.S. Hwy 60 W. Turn left onto VA SR 770 & bear left at summit onto FR 447, to the North Mountain Overlook.

### 3. SWEET ROAD

From Covington, take State Rt. 185. Turn right at State Rt. 613 at Boiling Springs turn left where it runs into FDR 350 (Sweet Road) it junctions with State Rt. 18 again, turn left and follow to Covington.

### 4. LAKE MOOMAW/GATHRIGHT DAM

From Covington, take U.S. Hwy 220 N. to VA SR 687. Turn left & to VA SR 641 turn left to VA SR 666, turn right & to VA SR 605. Turn right to dam.

### 5. DOLLY ANNE HOLLOW (FR 125), SANDY SPRINGS (FR 125), LIME KILN (FR 194), DOUTHAT ROAD (FR 629)

From Covington, take I-64 Exit 16 & follow State Rt. 220 N. approximately 1.25 miles, turn right at State Rt. 625 it turns into FR 125 (Dolly Anne Road) it junctions with State Rt. 606, turn left approximately 2.00 miles to FR 125 Sandy Springs where it makes a right goes for 12.0 miles to Rt. 629. Turn right to Douthat State Park & Douthat Lake 10.8 miles down the road with I-64 another 4.8 miles.

## Birding Trails In BATH COUNTY

### 1. BOLAR MOUNTAIN AREA/ LAKE MOOMAW

Rt. 220 to Warm Springs, Rt. 39 W to 600 S.

### 2. BACK CREEK PUMPED STORAGE RECREATION AREA

Rt. 220 to Warm Springs, Rt. 39 W to 600 N.

### 3. HIDDEN VALLEY RECREATION AREA

Rt. 220 to Warm Springs, Rt. 39 W to Rt. 621 N. to Hidden Valley Rd.

### 4. DOUTHAT STATE PARK

Rt. 220 to Warm Springs, Rt. 39 E to Rt. 629 S.

### 5. POOR FARM AREA

Rt. 220 N. to Rt. 623 W. (2.3 miles to Poor Farm)

### 6. WALTON TRACT

Rt. 220 N. to Rt. 39 E. to Rt. 42 S. to Rt. 632 W. (Crisers Gap Rd)

### 7. GILLUM RUN TRAIL

Rt. 220 to Rt. 39 E. to Rt. 629 S. to FR 361

### 8. PINEY MOUNTAIN TRAIL

Rt. 220 to Rt. 39 E. to FR 358 N.

### 9. BOTH THE VILLAGES OF HOT SPRINGS AND WARM SPRINGS

are registered Bird Sanctuaries. You can find the majority of the birds in this brochure in these two villages.

## Birding Trails In HIGHLAND COUNTY

### 1. BLUE GRASS VALLEY TRAIL

From Monterey, follow US 220 north to Route 642. Turn left (west) on Route 642 to junction with Route 640 in Blue Grass. Follow Route 640 the length of the Blue Grass Valley, crossing US 250 at Hightown. Turn left (east) on Route 84 to US 220. Follow US 220 north to Monterey.   
↔Monterey ↔Blue Grass Valley ↔Monterey=27.87 mi.

### 2. BULLPASTURE VALLEY TRAIL

From Monterey, follow US 250 east to McDowell. Turn right (south) on Route 678 into the Bullpasture Valley to Williamsville. Turn left on Route 614 and follow gravel road north to US 250.   
↔McDowell ↔Bullpasture/Cowpasture Valleys ↔McDowell=63.11 mi.

### 3. US 220 (South) BLUEBIRD TRAIL

From Monterey, follow US 220 south to the Bath County line. (This stretch of road is lined with blue-bird boxes!)   
↔Monterey ↔Bath County line ↔Monterey=31.26 mi.

### 4. TOWN OF MONTEREY

Located at the junction of US Route 250 and US Route 220, the town of Monterey is a designated bird sanctuary. A number of the town's residents are keen birders, and bird feeders and nesting boxes are located in yards and gardens throughout the town.

### 5. LAUREL FORK

This is a remote wooded area requiring a lengthy scenic drive with the last 21 miles graveled road. Contact the Highland County Chamber of Commerce for a map and detailed directions.

### 6. JACK MOUNTAIN WILDLIFE MANAGEMENT AREA

The graveled road into this area is best suited to foot traffic and/or 4wheel drive. Contact the Highland County Chamber of Commerce for a map and detailed directions.

