



**Alleghany
Highlands**
OF VIRGINIA

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THREE DAYS OF OUTDOOR ADVENTURES

It's not surprising that people flock to the Alleghany Highlands for outdoor adventures. Approximately 50% of the land is National Forest. The rugged mountains provide more than just great scenery, they make ideal terrain for hiking, biking and wildlife viewing. The rivers, streams and lakes offer great places for fishing, paddling and tubing. All those adventures combined with charming towns featuring great food and unique accommodations, and you've got a perfect three-day getaway.



DAY ONE:

START: Enjoy a peaceful morning bike ride on the *Jackson River Scenic Trail*. The 16-mile trail is built on an old railroad bed that runs mostly parallel to the *Jackson River*. It's a multi-purpose trail for bikers, walkers, runners and horseback riding. With the exception of e-bikes, motorized vehicles are not allowed, making it a relaxing and family-friendly place.

There are multiple places to access the trail. The northern terminus is in neighboring Bath County, while the southernmost access is the *Intervale Trailhead* just off of Route 220, a few minutes from downtown Covington, where there is ample parking and a seasonal outfitter that offers bike rentals.



NEXT: If you started your trail ride at the *Intervale Trailhead*, you're ready for your afternoon adventure. In addition to bike rentals, *Alleghany Outdoors* also runs river trips on the *Jackson*. One of their most popular activities is river tubing. A giant horseshoe bend in the rivers allows you to carry your tube a short walk up the trail, and then spend an hour on a leisurely float back to the starting point. Repeat the loops two or three times for a relaxing way to spend the afternoon.



DAY TWO:

START: Cast a line in one of the many great fishing spots in the Alleghany Highlands. *Escatawba Farms* offers 2.5 miles of private access on *Dunlap Creek*. They limit the number of anglers to ensure a peaceful day of fly fishing and a chance to reel in rainbow, brook and brown trout.

There are other species to catch and plenty of public access to streams, rivers and lakes around the Alleghany Highlands. *Lake Moomaw* is known as a "two story" fish hatchery, meaning it is deep enough for both warm water fish like bass, catfish and crappie, as well as cold water fish, like trout. Below *Gathright Dam*, the *Jackson River* is a blue ribbon trout fishing stream visited by anglers from all around the country.



NEXT: See the beauty of the Alleghany Highlands from a new perspective – on horseback. The expert team at *Let's Ride Horses* offers trail rides for all skill levels. One-, two- and three-hour excursions are available at stunning locations, including *Douthat State Park*, *Jackson River Scenic Trail* and the *George Washington National Forest*.



DAY THREE:

START: Today, you'll cover some miles. *Douthat State Park* has 43 miles of trails that can be explored on foot or mountain bike. You can choose the challenge and scenery that is right for you. A walk around *Douthat Lake* is a fairly easy choice. The 3.2 mile hike or ride to *Blue Suck Falls* is more challenging, but pays off with a beautiful view of the falls. Other trails lead to mountaintops and offer sweeping views of the park and beyond.

Single day access to *Douthat State Park* is available for a modest fee. Tent and RV campsites are available. Rustic cabins at *Douthat* are very popular, so make reservations early.