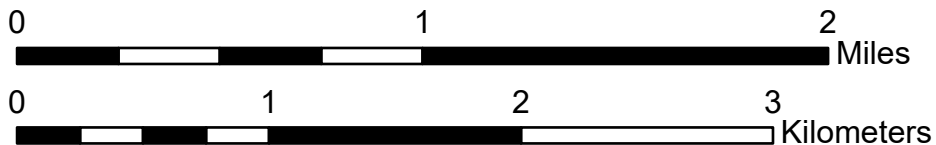
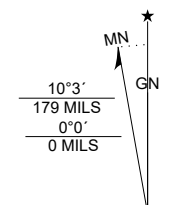


KTNPBlog Shenandoah: Overall Run & Beecher Ridge Trail (11.6 miles)



Day 1 - 5.5 mi
 Day 2 - 6.1 mi
 Total - 11.6 mi

GCS WGS 1984
 Scale 1:30,000
 Contour Interval 20 Feet



Initial styling and data of this Map Document was provided by the US Geological Survey and National Park Service. The edited content in this document are neither done by nor endorsed by the USGS or NPS. Obtain permission before entering private lands. The map maker is not responsible for any issues, use this map at your own risk.

Map Last Updated: Oct 2018

UTM GRID AND 2018 MAGNETIC NORTH DECLINATION AT CENTER OF SHEET

Type: Lollipop Loop

Total Distance: 11.6 miles (18.7 km) round trip

Cumulative Elevation Gain/Loss: 3,296 feet (1,005 m)

Net Elevation Gain/Loss: 2,624 feet (800 m)

- Day 1 (estimates depend on campsite): Distance: 5.5 miles (8.9 km), **Overall Cumulative Gain and Loss:** 371 feet (113 m) Gain, 2969 feet (905 m) Loss, **Time:** 4.5 hours hiking including occasional breaks, **Overnight:** A site along Overall Run Trail

- Day 2 (estimates depend on campsite): Distance: 6.1 miles (9.8 km), **Overall Cumulative Gain and Loss:** 2924 feet (891 m) Gain, 327 feet (100 m) Loss, **Time:** 5 hours hiking including lunch and rest breaks

Trail Markings: Well-marked with yellow, blue, and white blazes depending on the trail type

Difficulty: Moderate, decent elevation gain but otherwise not too bad

Crowds: Lots of people near Overall Run and Mathews Arm, otherwise only saw a few groups.

Water: Plenty of streams, waterfalls, swimming pools

Directions to Miller Creek Parking: 38.7611642, -78.2822475

Trail Directions:

- **Mile 0.0** - From the small parking lot near Hogback Overlook, head southwest on the white blazed Appalachian Trail. The trail will ascend slightly, then descend.
- **Mile 0.4** - Turn right onto the blue blazed Tuscarora-Overall Run Trail.
- **Mile 1.0** - Pass Traces Trail on your left. Bear right to stay on Tuscarora-Overall Run Trail.
- **Mile 2.6** - Pass Mathews Arm Trail on your left. Continue straight on Tuscarora-Overall Run Trail. A small group of waterfalls is on the left after about 1,000 feet.
- **Mile 3.0** - On your left is Overall Run Falls! Enjoy from afar.
- **Mile 4.9** - You've reached the end of Tuscarora-Overall Run Trail. Continue straight onto Overall Run Trail (still blue blazed).
- **Mile 5.0** - To the left, a social trail leads away from Overall Run Trail. Check out the cascades, a series of waterfalls and swimming holes. When you're finished, head back out the same way to Overall Run Trail. Continue on Overall Run Trail and look for a campsite along the next 0.6 miles.
- **Mile 5.6** - Overall Run Trail ends; turn left onto the Overall-Beecher Connector Trail.
- **Mile 6.3** - The trail runs into the yellow blazed Beecher Ridge Trail. Yellow blazes means the trail is shared with horses. Take the left side of Beecher Ridge Trail, which starts gaining elevation. Beecher Ridge is supposed to have a high concentration of black bears, so stay alert!
- **Mile 8.6** - Beecher Ridge Trail ends; turn left onto Mathews Arm Trail.
- **Mile 9.0** - The loop is complete; turn right onto blue blazed Tuscarora-Overall Run Trail, which you were on the previous day.
- **Mile 10.6** - Stay left to continue on Tuscarora-Overall Run Trail.
- **Mile 11.2** - Turn left onto the white blazed Appalachian Trail.
- **Mile 11.6** - Back at the parking lot.

Overall Run and Beecher Ridge Trail Elevation

11.6 miles Loop

