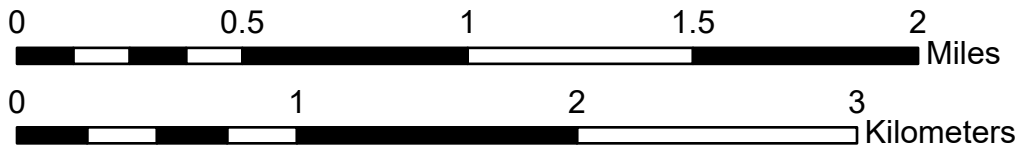
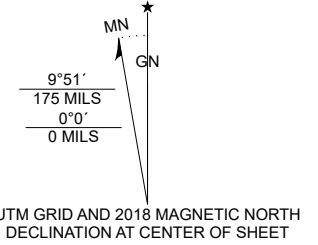


KTNBlog Shenandoah: Rapidan Camp Loop Trail (7.1 miles)



GCS WGS 1984
 Scale 1:27,000
 Contour Interval 20 Feet
 Cumulative Elevation ±1405 feet



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Map Last Updated: Sept 2020

UTM GRID AND 2018 MAGNETIC NORTH DECLINATION AT CENTER OF SHEET

Type: Out and back dayhike

Total Distance: 7.1 miles (11.4 km) round trip

Cumulative Elevation Gain/Loss: 1405 feet (428 m)

Time: 6 hours, including lunch and breaks

Trail Markings: White blazes for the AT, yellow for horse trails, and blue for everything else

Difficulty: Moderate

Crowds: Low to moderate

Water: Various streams and creeks along the way, Big Rock Falls

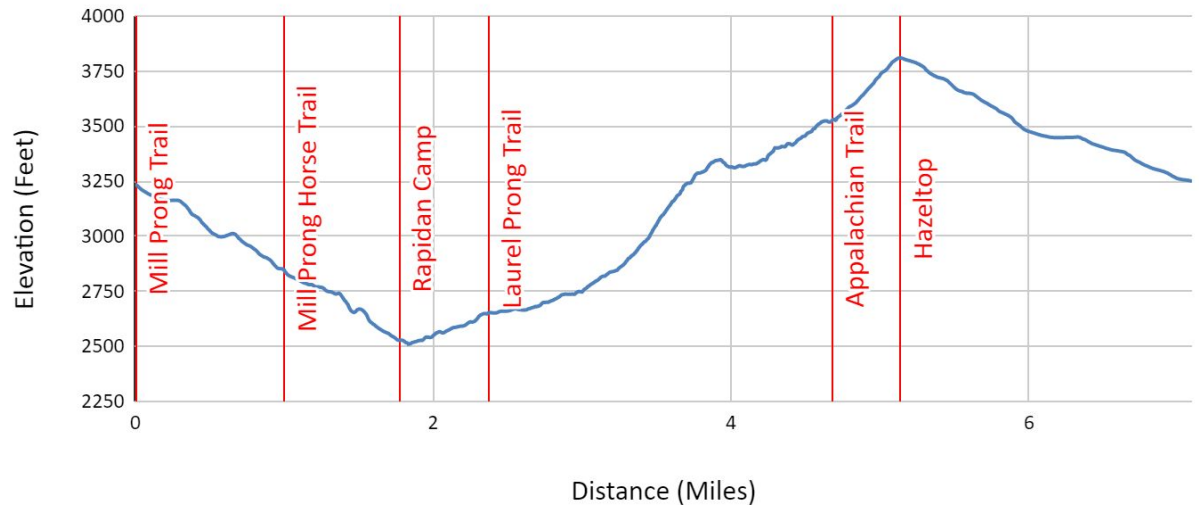
Highlights: History, Views, Wildflowers, Waterfall

Notes: This route can be done clockwise or counterclockwise. If camping, make sure you're at least 0.5 miles from Rapidan Camp.

Directions to Milam Gap: 38.5034567, -78.4614056. Near mile-marker 53 on Skyline Drive.

Rapidan Camp Loop Trail Elevation (7.1 miles)

Calculated from 1/3 arc seconds DEM



Trail Directions

- **0.0 mi** - From Milam Gap, cross Skyline Drive on the south side of the lot. You'll be on the Appalachian Trail. In about 125 feet, turn left onto blue-blazed Mill Prong Trail. The trail will descend until you reach Rapidan Camp.
- **1.0 mi** - After crossing a couple streams, Mill Prong Trail ends as it abuts the yellow-blazed Mill Prong Horse Trail. At the fork, turn right.
- **1.5 mi** - Big Rock Falls, the last time you'll cross Mill Prong
- **1.8 mi** - Cross the gravel Camp Hoover Road. Slightly to the right is a gravel path that goes into the heart of Rapidan Camp and past The Creel. Explore as much as you like, then head west toward Laurel Prong Horse Trail. If you're not sure which way to go, continue along Camp Hoover Road until you reach an intersection with Laurel Prong Horse Trail, which also looks like a road initially.
- **1.9 mi** - On your right is a sign and a set of stairs leading up to Five Tents. Continue straight on yellow-blazed Laurel Prong Horse Trail (or check out Five Tents if you have time). The trail will start ascending around this point.
- **2.4 mi** - Continue straight onto the blue-blazed Laurel Prong Trail. Laurel Prong will be the hardest part of the hike due to its ascent.
- **3.7 mi** - At the fork, turn right to continue on Laurel Prong Trail. Cat Knob Trail will be to your left.
- **4.7 mi** - Turn right onto the white-blazed Appalachian Trail.
- **5.1 mi** - On the left, look for a short trail to a panoramic viewpoint that looks west. This is near the summit of Hazeltop. After this, you'll start descending all the way back to Milam Gap.
- **7.1 mi** - Return to the intersection with Mill Prong Trail. Continue straight on the AT, and cross Skyline Drive to return to Milam Gap.