

BEAR'S DEN TRAIL RUN



Directions to the run:

From center of Leesburg, take Highway Rt. 7 West, approximately 20 miles (passed Round Hill and Bluemont).

Climb the hill (Snicker's Gap).

Look for flashing yellow sign to indicate Rt. 601.

Turn left onto Rt. 601 (Blueridge Mountain Road).

Go about a half a mile and turn right at the first driveway (green mailbox that says Bears Den).

Follow the gravel driveway and park at the end.

Description of run:

Starting at the Bears Den Trail Center, connect with the Appalachian Trail and head south for a major roller coaster hill workout. Enjoy the scenic overlook at Bears Den Rocks. As an alternative, Route 2 starts and ends on the Route 7 parking lot off of Blueridge Mountain Rd.

Hill Rating: 4 (major hill workout)

Surface: T (all trails, except for Rt 7 portion of Church Loop)

Route 1: South to Sam Moore Shelter – 5.4 miles

Starting at the Bears Den Hostel head south on the AT to the Sam Moore Shelter.

Return to the Bears Den Hostel.

Route 2: Bears Den Church Loop - 5.5 miles

Starting at the top of the Blue Ridge in the parking area at the intersection of Mountain Road and Route 7, head south onto the trail and follow to the Appalachian Trail.

Make a left onto the Appalachian Trail and head south to the view after a long climb.

Turn around and descend down the mountain to the stream at the bottom.

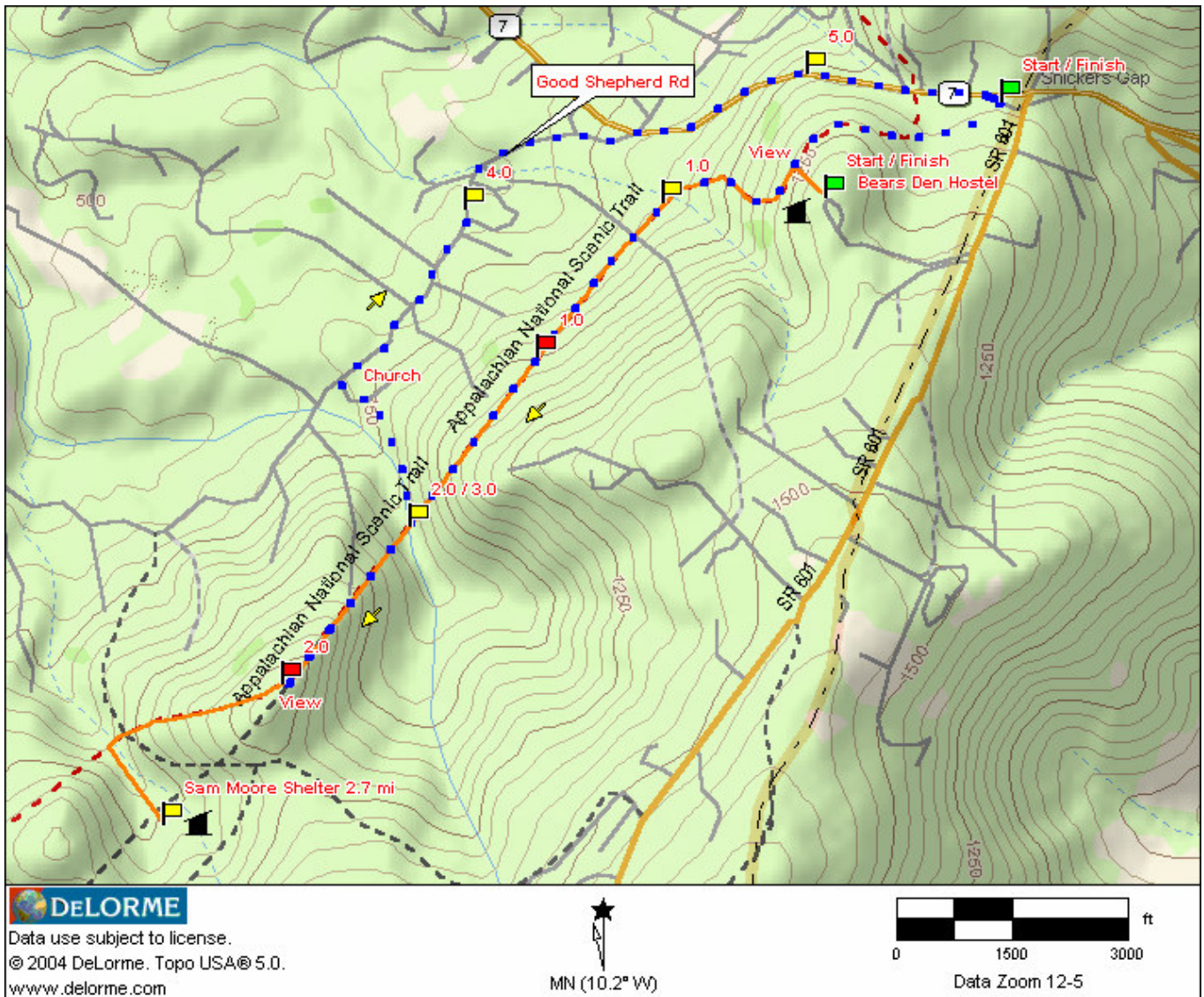
Make a left onto a side trail that leads you to a church and Good Shepherd Road.

Make a right onto Good Shepherd Road and follow it to Route 7.

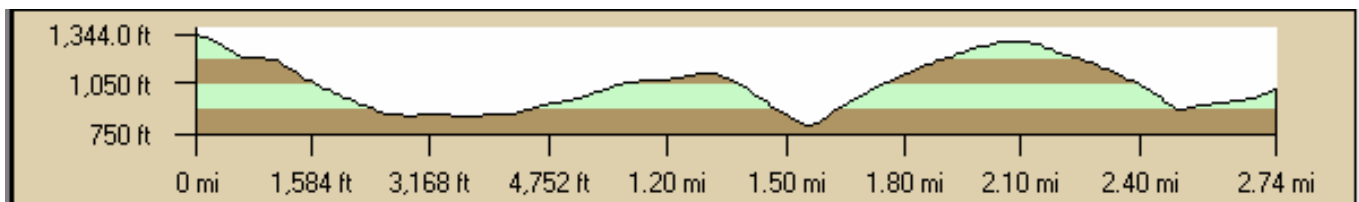
Make a right onto Route 7 and follow it back to the parking area.

(see course map on next page)

Map of Routes:



Elevation (Sam Moore Shelter Loop):



Elevation (Bears Den Church Loop):

