

Limberlost Hike

Approximately 1.3 – 2.3 miles

SDMP = Skyline Drive Mile Post

The Limberlost Trail is marked by blue painted slashes/blazes on the trees and is a handicapped accessible gravel trail and is great for strollers. There is little elevation change on this trail.

Hikers can either drive to a parking area at the Limberlost trailhead (SDMP 43.0) or walk from the Skyland Resort Conference Hall to the Limberlost Trail. **If walking to the Limberlost trailhead, please note that approximately 0.5 mile is on Whiteoak Canyon Trail, which is NOT handicap accessible.**

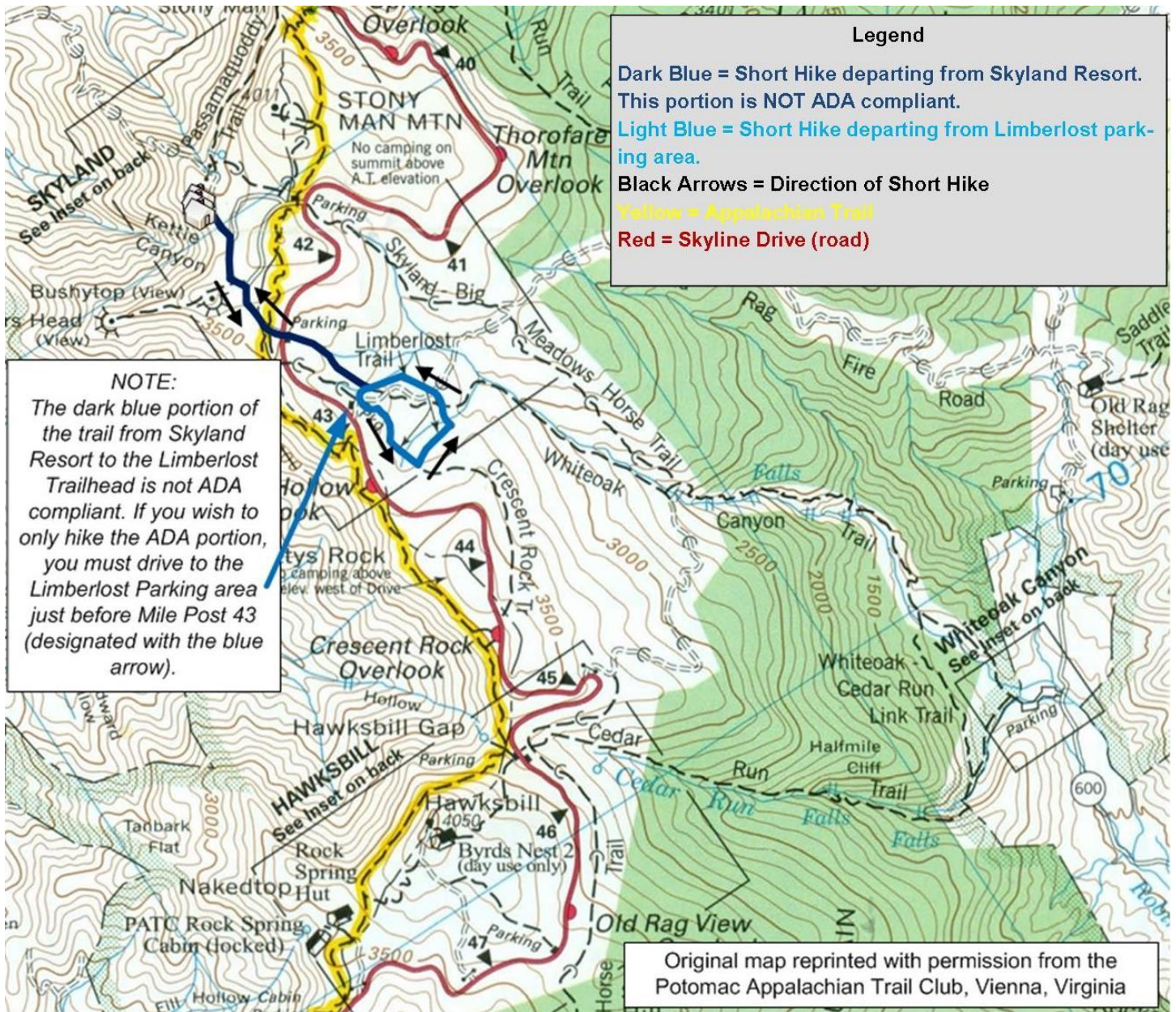
Hiking to Limberlost trailhead from Skyland Resort Conference Hall, 2.5 – 3.3 miles

- 0.5 mile - Follow the road up the hill to the signs for the Stables. You will see the stables and parking to your right. Continue on the resort access road crossing over Skyline Drive to the Whiteoak Canyon Trail parking lot.
- 0.5 mile - Enter the Whiteoak Canyon Trail and follow the blue blazes on the trees until the trail intersects with the Limberlost Trail.
- Turn right on the Limberlost trail and continue past the parking area.
- Pass the Crescent Rock Trail intersection and remain on Limberlost Trail over a footbridge.
- Just after you pass a second footbridge you will once again intersect with the Whiteoak Canyon Trail. You may either turn left on to Whiteoak Canyon Trail to complete your hike and return to Skyland Resort. Or you may continue on Limberlost back to the original intersection point with Whiteoak Canyon Trail.
- If you continue on Limberlost, once you reach the second intersection with Whiteoak Canyon, turn right on to Whiteoak Canyon to complete your hike.
- Cross Skyline Drive: **stay left on road** and follow sign for “Amphitheater”, go up hill, passing Amphitheater, and down road to Conference Hall. IGNORE road signs to Skyland Resort; that will take you the long way back.

Driving to Limberlost Trail then Hiking, 1.3 miles

- From the Skyland Conference Hall/lodging area, follow the road and signs to Skyline Drive and turn south on Skyline Drive to the Limberlost Parking area, SDMP 43.0.
- From the Limberlost parking area, turn right on the Limberlost Trail.
- Pass the Crescent Rock Trail intersection and remain on Limberlost Trail over a footbridge.
- Just after you pass a second footbridge you will intersect with the Whiteoak Canyon Trail. Remain on the Limberlost Trail.
- You will reach the second intersection with Whiteoak Canyon just before the parking area.

Maps and most descriptions courtesy of *Potomac Appalachian Trail Club*



Most descriptions courtesy of ***Appalachian Trail Guide to Shenandoah National Park, 2009 Thirteenth Edition, published by Potomac Appalachian Trail Club (pgs. 50-52, 122-123).***