

HIGH KNOB | REGION

SOUTHWEST VIRGINIA



highknobswwa.com

Get Outside in
NORTON
VIRGINIA

HIGH KNOB
Virginia's Backyard

VIRGINIA IS FOR OUTDOOR LOVERS



ATTRACTIONS

TRAILS

- 1 Flag Rock Area Trails
- 2 Legion Park Trail
- 3 Chief Bengé Scout Trail
- 4 Clinch River State Park
- 5 Devil's Fork Trail
- 6 Guest River Gorge Trail
- 7 High Knob Trail
- 8 Little Stony National Recreation Trail & Little Stony Falls
- 9 Powell River Trail
- 10 Stone Mountain Trail

WATER ATTRACTIONS

- 1 Norton Reservoirs
- 2 Bark Camp Lake
- 3 Bear Creek Reservoir
- 4 Big Cherry Reservoir
- 5 Clinch River
- 6 Devil's Bathtub
- 7 High Knob Lake
- 8 Little Stony Creek Fishing Access
- 9 Powell River

SCENIC OVERLOOKS

- 1 Flag Rock Overlook
- 2 High Knob Observation Tower
- 3 Powell Valley Overlook

RECREATION AREAS

- 1 Flag Rock Recreation Area
- 2 Norton Reservoir Trailhead & Fishing Access
- 3 Bark Camp Recreation Area
- 4 Clinch River State Park
- 5 High Knob Recreation Area
- 6 Natural Tunnel State Park
- 7 Hanging Rock Day Use Area

OTHER ATTRACTIONS

- 1 Central Drive-In Movie Theatre
- 2 Country Cabin II
- 3 H.W. Meador Coal Museum
- 4 John Fox Jr. Museum
- 5 June Tolliver House
- 6 Lays Hardware Center for the Arts
- 7 MountainRose Vineyard
- 8 Southwest Virginia Museum
- 9 Trail of the Lonesome Pine Outdoor Drama
- 10 University of Virginia's College at Wise

STATE & FOREST SERVICE ROADS

- Paved Road
 Gravel Road
 - - - - - Natural Surface Trail
- #### FOREST SERVICE ROADS
- Forest Road 238* -/-/...
 - Forest Road 704*
 - Forest Road 700*
 - Forest Road 701
- *Closed Seasonally

- #### STATE MAINTAINED ROADS
- State Route 619 -/-/...
 - U.S. 23 —
 - U.S. 58 Alternate —
 - State Route 72 —
 - Sentry Rd / Big Cherry Rd / Forest Rd 237
 - State Route 663/Jaybird Branch Road —
 - State Route 706 —
 - State Route 699 / Pine Camp Rd —
 - State Route 822 —

WELCOME TO THE HIGH KNOB REGION!

The High Knob Region is named for High Knob, the highest point in the Cumberland Mountains. The 4,200-foot High Knob summit is part of Stone Mountain which, at 13 miles wide and 26 miles long, connects many of the communities and recreation sites across the region. The High Knob Region includes nine Southwest Virginia towns in Wise, Scott, and Lee counties and the City of Norton.

Home to three state parks (Clinch River, Natural Tunnel, and Southwest Virginia Museum), the more than 90,000-acre Clinch Ranger District on the Jefferson National Forest, and other community parks and trails, the region boasts a variety of outdoor adventures, from hiking, cycling (road, gravel, and mountain) and camping to paddling, fishing, hunting, and horseback riding.

The High Knob Region is also part of a global epicenter for biological diversity in the central Appalachians, with a variety of wildlife and plant species calling the region home.

Consider driving the 40+ mile Thomas Jefferson Scenic Byway Loop, which passes by several of the region's recreation sites, scenic vistas, and trails.

This map offers information about some of the region's premier outdoor recreation sites. More details about the High Knob Region can be found by downloading the High Knob Adventure Guide at www.nortonva.gov/highknobadventures.



High Knob Tower
Photo Credit: Kyle LaFerriere

BEFORE YOU GO

Recreate Responsibly: Show Your Love for The High Knob Region

- Please stay on designated trails. Don't create shortcuts.
- Pack out your trash.
- Be friendly and courteous to fellow trail users. Bicyclists yield to foot traffic. Bicyclists and foot traffic yield to horses.
- If trails are excessively muddy, please avoid using them.
- Respect wildlife and keep a safe distance from any you encounter.
- Follow Leave No Trace principles. See www.lnt.org.

Helpful hints for an enjoyable trail experience

- Bring food and water.
- Bring a trail map. See Visitor Resources section for information on obtaining regional trail maps.
- Wear weather-appropriate clothing.
- Bring a flashlight/headlamp.
- Plan your route. Share your trip plan with others.
- Carry your cell phone and identification.

FIND YOUR HIGH KNOB ADVENTURE VISITOR RESOURCES

VISITOR INFO CENTERS

U.S. Forest Service
Clinch Ranger District
1700 Park Ave. SW, Norton
(276) 679-8370
www.fs.usda.gov/recarea/gwj/recarea/?recid=77718

City of Norton
618 Virginia Ave. NW
(276) 679-1160
www.explorenortonva.com

Big Stone Gap Visitor Center
306 Wood Ave. E., Big Stone Gap
(276) 523-2303
www.bigstonegap.com

Lee County Tourism
www.ilovelee.org

Scott County Tourism
www.explorescottcountyva.org

Wise County Tourism
206 East Main Street, Wise
www.visitwisecounty.com

Heart of Appalachia Tourism Authority
3028 4th Ave. Market Square, St. Paul
(276) 762-0011
www.heartofappalachia.com

Southwest Regional Recreation Authority
11325 Norton-Coeburn Rd., Coeburn
(276) 807-7581
www.spearheadtrails.com

Wise County Chamber of Commerce
765 Park Ave. SW, Norton
(276) 679-0961
www.wisecountychamber.org

Clinch River State Park
www.dcr.virginia.gov/state-parks/clinch-river

Natural Tunnel State Park
1420 Natural Tunnel Parkway, Duffield
www.dcr.virginia.gov/state-parks/natural-tunnel

Southwest Virginia Museum
10 West First St., Big Stone Gap
(276) 523-1322
<https://www.dcr.virginia.gov/state-parks/southwest-virginia-museum>

OUTFITTERS & GEAR RENTALS

Clinch Life Outfitters
3022 5th Ave., St. Paul
(276) 608-6907
www.clinchlifeoutfitters.com

Clinch River Adventures
16642 E. Riverside Dr., St. Paul
(276) 275-4154
www.clinchrivadventures.com

Clinch River Life
15264 U.S. 23 North, Duffield
(276) 690-9199
www.clinchrivervlife.com

Iron Works Cycling
520 Wood Ave. E., Big Stone Gap
(276) 207-8232
www.facebook.com/ironworkscycling

Pathfinders Outdoor Adventures
534 Park Ave., Norton
(276) 219-4001
www.pathfindersoa.com

Squatchy Adventures
1750 Clinch River Highway, Duffield
(276) 202-6074
www.squatchyadventures.com

Stone Mountain Adventures
1253 12th Street SE, Norton
(276) 207-7024
www.stonemountainadventures.com

MAP HIGHLIGHTS

HIGH KNOB WILDLIFE

The High Knob Region is part of a global epicenter for biological diversity in the central Appalachians. A variety of plant and wildlife species call the region home, including some found exclusively here. Check out the Appalachian Wonders wildlife viewing loop. All information is courtesy Virginia Department of Wildlife Resources' Virginia Bird & Wildlife Trail. See www.dwr.virginia.gov/vbwt for more information. Also check out the Lonesome Pine, Big Stone Gap, Saint Paul, and Daniel Boone loops for more regional wildlife viewing areas.



Barred Owl



Green Salamander

Appalachian Wonders Loop:

For avid birders, this loop offers ample opportunities to view a variety of bird species, including 24 species of breeding warblers, four species of thrushes, and other rare and unusual species. This loop is also home to a variety of flora and salamanders, insects, and mammals such as foxes and black bears. Locations along the loop include the University of Virginia's College at Wise, Bear Creek (Wise) Reservoir, Guest River Gorge Trail, Little Stony National Recreation Trail, Bark Camp Lake, Gladly Fork Wetland, High Knob Recreation Area, and Legion Park Trail.

FISHING & PADDLING

www.nortonva.gov/gofish

Upper Norton Reservoir: 9.8-acres. State-stocked trout fishery. The reservoir has a wheelchair accessible fishing pier.

Bark Camp Lake: 61-acre lake. State stocked trout fishery. This site has two wheelchair accessible fishing piers and an accessible trail on the northern shoreline.

Bear Creek (Wise) Reservoir: 26.3-acre lake located in Wise.

Big Cherry Reservoir: 250-acre lake in Big Stone Gap.

Big Stony Creek: Special regulation trout water. Catch-and-release.

Clear Creek: Located just outside downtown Norton. Stocked with rainbow trout three times a year between Oct. 1 and April 30.

Clinch River: This famously biodiverse river travels through Virginia from Tazewell County to the Tennessee state line.

High Knob Lake: 4-acre lake in High Knob Recreation Area on the Jefferson National Forest.

Little Stony Creek: Special regulation trout water. Catch and release.

Powell River: Numerous fishing opportunities along the river's approximate 80-mile journey through Wise and Lee counties.



Angler on Clear Creek
Photo Credit: Brad Deel

CAMPING

www.nortonva.gov/stay

Flag Rock Campground: City of Norton campground. 18 sites.

Bark Camp Recreation Area: U.S. Forest Service campground. 34 sites.

Cave Springs Recreation Area: U.S. Forest Service campground. 37 sites.

High Knob Recreation Area: U.S. Forest Service campground. 13 sites.

Natural Tunnel State Park: Cabins, yurts, lodge, two campgrounds.

Camp Clinch: Private campground, Duffield.

Clinch River Life: Private campground, Duffield. 5 primitive sites.

Jessie Lea Campground/RV Park: Private campground, Big Stone Gap. 32 sites.

Maggie Way RV Park: Private campground, St. Paul. 25+ sites.

Squatchy Adventures: Private campground, Duffield.



Flag Rock Campground
Photo Credit: Sammy Belcher

TRAILS

www.nortonva.gov/hiking

Flag Rock Area Trails: 10+ mile trail system in Flag Rock Recreation Area for mountain biking and foot traffic.

Chief Benge Scout Trail: 15.6-mile trail. Travels from High Knob Observation Tower in Wise County to Little Stony National Recreation Trail in Scott County.

Clinch River State Park (St. Paul site): The St. Paul parcel of Clinch River State Park has eight miles of trails that travel along the Clinch River and climb atop a ridgeline, offering expansive views.

Devil's Fork Trail: This popular hiking trail, located in Scott County, is a 6.9-mile strenuous loop hike that includes the Devil's Bathtub landmark. You can also hike a shorter, more direct route to the Bathtub, which is a little over 1.5 miles one-way. Please note this trail has technical terrain and multiple stream crossings. Check weather conditions before starting as water levels could be higher following significant rainfall. Start your hike early enough to finish before sunset.

Guest River Gorge Trail: 5.5-mile rail-trail. Follows the Guest River to its confluence with the Clinch River. Trail is handicap accessible.

Little Stony National Recreation Trail: 2.7-mile one-way hike in Scott County. Follows Little Stony Creek and passes several waterfalls, including Little Stony Falls.

Natural Tunnel State Park: The park has seven hiking trails that highlight the park's unique features, including the tunnel floor, Lover's Leap, Tunnel Hill, and Gorge Ridge.

Powell River Trail: 3.4-mile round-trip rail-trail. Paved path follows the Powell River and travels along the abandoned L&N Railroad line. Trail is handicap accessible.

Stone Mountain Trail: 14.3-mile trail begins just outside downtown Big Stone Gap. Travels to Cave Springs Recreation Area in Lee County. Parts of trail pass through the Stone Mountain Wilderness.



Little Stony Nat'l Recreation Trail
Photo Credit: Kyle LaFerriere

SCENIC VIEWS

Flag Rock Overlook: A short gravel path from a parking area in Flag Rock Recreation Area leads to a rock outcrop that offers views of Flag Rock, downtown Norton, and surrounding mountains. See <https://southwestvirginiaci.wixsite.com/flagrock> for more viewshed details.

High Knob Tower: Standing atop the 4,200-foot High Knob summit, five states are visible from the tower platform, including Kentucky, Tennessee, Virginia, North Carolina, and West Virginia. See <https://southwestvirginiaci.wixsite.com/highknob> for more viewshed details. The 0.25-mile paved pathway to the tower platform is wheelchair-accessible.

Powell Valley Overlook: This roadside overlook has sweeping views of the valley between Powell and Little Stone Mountains. The paved path to the overlook is handicap accessible.



View from Flag Rock Overlook
Photo Credit: Brad Deel