

DOWNTOWN NORTON

# Get Outside in NORTON VIRGINIA

## Flag Rock Area Trails

- 1 LAKE LAKE SHOW .95 MI.
- 2 TWISTED FOREST .99 MI.
- 3 SUGAR MAPLE .64 MI.
- 4 OAK .47 MI.
- 5 MOONSHINER'S .75 MI.
- 6 LOST CREEK .9 MI.
- 7 PICKEM MOUNTAIN .75 MI.
- 8 FERN GULLY .61 MI.
- 9 GRIND CENTRAL .26 MI.
- 10 LEGION PARK 1.1 MI.
- 11 MAGNOLIA 1.36 MI.
- 12 CHESTNUT .30 MI.
- 13 SALAMANDER .4 MI.
- 14 ROCK CANDY .23 MI.
- 15 SANCTUARY .17 MI.
- 16 MOCKINGBIRD 1.28 MI.

- NOVICE
- INTERMEDIATE
- ◆ ADVANCED
- ◆ EXPERT
- PAVED ROAD
- UNPAVED ROAD
- EMERGENCY WAYPOINT
- P PARKING LOT/TRAILHEAD

0' 250' 500' 750'

HIGH KNOB OBSERVATION TOWER



VIRGINIA  
IS FOR  
OUTDOOR  
LOVERS

More info at [FRAT.BIKE](http://FRAT.BIKE)



## Get Outside in FLAG ROCK RECREATION AREA

### SUGGESTED TRAIL LOOPS

#### PICKEM MOUNTAIN LOOP - 5.4 miles

**Terrain:** Single-track/Double-track

**Difficulty:** Intermediate

**Description:** Route begins at Norton Reservoir Trailhead and travels Flag Rock Area Trails and old roadbeds on the Jefferson National Forest. Several gradual climbs and descents.

**Trails:** Take Lake Lake Show to Mockingbird; Mockingbird to Grind Central; Grind Central to Fern Gully; Fern Gully to Forest Road 2420; Left onto Forest Road 2420; Left on Pickem Mountain; Pickem Mountain to Moonshiner's; Moonshiner's to Salamander; and Salamander to Lake Lake Show. Stay straight at Lake Lake Show junction back to Norton Reservoir Trailhead.

#### TOUR DE FLAG ROCK - 5.5 miles

**Terrain:** Single-track

**Difficulty:** Intermediate

**Description:** Route begins at Norton Reservoir Trailhead.

**Trails:** Take Lake Lake Show to Mockingbird. Travel Mockingbird to its terminus. Turn left onto old roadbed and then left onto Salamander. Turn right at Salamander's terminus onto Lake Lake Show. Follow Lake Lake Show to Sugar Maple Trail. Take Sugar Maple to Magnolia. Take Magnolia to Chestnut. Travel Chestnut to Twisted Forest. Take Twisted Forest back to Norton Reservoir Trailhead.

#### FLAG ROCK OVERLOOK SPIN - 3.4 miles

**Terrain:** Single-track

**Difficulty:** Novice

**Description:** Route begins at Norton Reservoir Trailhead.

**Trails:** Take Lake Lake Show to Sugar Maple. Travel Sugar Maple to its terminus at Shelter Trailhead. Ride paved Flag Rock Road to Flag Rock Overlook. Ride paved road back to Shelter Trailhead. Turn right onto Magnolia. Take Magnolia to Chestnut. Travel Chestnut to Twisted Forest. Follow Twisted Forest back to Norton Reservoir Trailhead.

### TRAILHEAD ACCESS

The Flag Rock Area Trails system has multiple access points. Suggested trailheads include Shelter and Norton Reservoir.

**Shelter Trailhead:** If taking Exit 1 for Norton off U.S. 23, turn right. Travel 12th Street/State Route 619 for two miles. Turn left at Flag Rock Recreation Area entrance (Flag Rock Road). Drive almost six-tenths of a mile. The Shelter Trailhead is located on the right in a parking lot with two big picnic shelters.

**Norton Reservoir Trailhead:** If taking Exit 1 for Norton off U.S. 23, turn right. Travel 12th Street/ State Route 619 for almost 2.4 miles. The Norton Reservoir Trailhead will be located on the left in a large gravel lot. There is a brown sign at this location for the Norton Reservoirs.

### TRAIL DAYS

#### Give back to your trails!

Volunteers are welcome and needed to help expand and maintain the Flag Rock Area Trails system. Monthly trail work nights are held April-October. Interested individuals can also visit [www.frat.bike](http://www.frat.bike) for more information on how to volunteer. Please report trail maintenance issues to [FRAT@nortonva.gov](mailto:FRAT@nortonva.gov).

#### Explore your trails!

Several annual events are held on the Flag Rock Area Trails system. Visit [www.facebook.com/explorenortonva](http://www.facebook.com/explorenortonva) and [www.explorenortonva.com](http://www.explorenortonva.com) for more details.

**Group Mountain Bike Rides:** 6 p.m. Tuesdays, April-October

**Volunteer Trail Work Nights:** 6-8 p.m. Last Tuesday of the month, April-October

**Evening Group Trail Runs:** 5:30 p.m. Thursdays, April-October

**Lunch Group Trail Runs:** 12 p.m. Thursdays, November-December

**Fit Farmer 12K Trail Run:** Third Saturday in May

**Woodbooger Chase Triathlon:** Second Sunday in June

**Cloudsplitter 100:** Third weekend in October

### BEFORE YOU GO

#### TAKE CARE OF YOUR TRAILS!

Please stay on designated trails. Don't create shortcuts.

Pack out your trash.

Be friendly and courteous to fellow trail users. Bicyclists yield to hikers and trail runners.

If trails are excessively muddy, please avoid using them. We want to add more trail miles but damage done to existing trails from riding or walking them when wet means trail builders must spend more time repairing these trails and less time building new trails.

Respect wildlife and keep a safe distance from any you encounter.

Dogs must be leashed or under owner's control at all times.

Permitted uses include mountain biking and foot travel.

Hunting and horseback riding are not allowed on Flag Rock Area Trails.

Follow Leave No Trace principles. See [www.Int.org](http://www.Int.org).

#### HELPFUL HINTS FOR AN ENJOYABLE TRAIL EXPERIENCE

Enjoy trails and recreation activities in Flag Rock Recreation Area at your own risk.

Bring food and water

Bring a trail map. Trail maps can be found at [www.frat.bike](http://www.frat.bike) or by visiting Norton City Hall, 618 Virginia Avenue NW.

Wear weather-appropriate clothing.

Bring a flashlight/headlamp.

Plan your route. Share your trip plan with others.

Ride, hike, or run with others.

Carry your cellphone and identification. If you need emergency assistance, trail signs have codes (i.e. FR 38) listed that can help emergency personnel pinpoint your location.

If biking, wear a helmet.

If biking, bring a repair kit (pump, CO2 cartridge, patch kit, tube, multi-tool). Always check your bike before riding to ensure wheels, brakes, drivetrain, and suspension are in good shape.