

Mill Creek Trails (Narrows, VA)

Directions to North End trail head (Narrows): From hwy 460 take 61 W., cross bridge into Narrows, Take left on Main Street (S. 100). Take next rt. after Giles Chiropractic office to Northview Street. Follow the road 1 mile and parking is on the rt. From parking area take gravel road past gate. Bear rt. at forks in road to Wheezer.

Directions from South End trail head (Wolf Creek Mountain): From Hwy 460 take Pearisburg exit, 100 S. From second red light in Pearisburg go south on 100 for 2.8 miles. Take a rt. on Wilburn Valley Road (Rt. 665), continue for 4.9 miles to end of road. At the stop sign go rt. on Sugar Run Road (Rt. 663). Go 3.3 miles (pavement ends 1.8 miles) to where road forks. Take rt. fork, continue for another 1.7 miles to wide parking space on rt. Closed road on the rt. goes uphill to Doc's Knob Shelter on AT. Closed road on left going down hill is Longshot trail.

Wheezer: 2.83 miles - *Strenuous* - Steep, rocky switchback climb on double track to top of Paris Mountain. Shortly after crossing Mercy Branch, Wheezer mellows out to a fun rolling down hill until reaching junction with Catwalk and Piney Rd.

Catwalk: 0.87 miles - *Difficult* - Upper half is technical rock garden, with very steep sections. Very challenging.

Little Knarly: 1.9 miles - *Easy* - Rolling trail along top of Paris Mountain and finally descending to rejoin Wheezer at creek.

Eyeball: 1.96 miles - *Easy* - This is a gentle, rolling climb along Mercy Branch from Wheezer.

Piney Road: 0.88 miles - *Moderate* - Smooth, pine packed single track, one creek crossing.

Longshot: 3.4 miles - *Easy* - Very enjoyable, rolling, mixed double and single track.

Grassy Road: 1.35 miles - *Easy* - Smooth, grassy double track. Takes you to Sentinel Point, a great view overlooking Narrows and the New River Gap.

Shortcut: 0.33 miles - *Easy down hill* - Smooth, pine packed descent; connecting Grassy Road to Piney Road.

Afterthought: 1.2 miles - *Easy* - Alternates between double track and rhododendron tunnel

