

# Shenandoah National Park

## Backcountry Camping Trip Guide



**Trip Name:** Rocky Mount and Gap Run

**Description:** Remote wilderness area, good views, park history

**Entry:** 76 MP - Two Mile Run OL

**Exit:** 76 MP - Two Mile Run OL

**Map(s):** PATC #11 South District

**Level:** Experienced

**Total Length:** 10 miles

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### Day One

Campsite: Gap Run Trail - backcountry

5.4 to 6.4 miles

Park at Rocky Mount trailhead.

Hike Rocky Mount Trail, 5.4 miles passing wilderness views just before the summit of Rocky Mount.

Descend steeply.

Turn right onto Gap Run Trail and look for a place to camp in the next mile or so.

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### Day Two

3.5 to 4.5 miles

Continue hiking on Gap Run Trail (total of 2.3 miles from Rocky Mount Trail).

Turn left onto Rocky Mount and hike 2.2 miles to return to your vehicle.

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### Notes

Some sections of Rocky Mount Trail are very steep. Don't let the mileage fool you, this is a strenuous hike.

You may park in the grass at the Rocky Mount trailhead (76.1) or park at Two-Mile Run Overlook and hike a short distance north on Skyline Drive to the trailhead.

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### Options

You may hike in the other direction, just be mentally and physically prepared for a long uphill climb.

If you have problems with steep downhill hiking, reversing the direction may be easier for you.

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**Emergency Phone:** 1-800-732-0911

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