

Shenandoah National Park

Backcountry Camping Trip Guide



Trip Name: White Rocks

Description: Park history, small cave, and waterfall

Entry: 34 MP - Meadow Spring Area

Exit: 34 MP - Meadow Spring Area

Map(s): PATC #10 Central District

Level: Beginner or Strenuous Beginner

Total Length: 5 to 8.5 miles

Day One

Campsite: White Rocks Trail - backcountry

2.3 to 2.8 miles

Hike down Hazel Mountain Trail 1.6 miles.

Turn left onto White Rocks Trail and hike .7 mile.

An old cemetery exists near this stretch of the trail.

Find a place to camp along White Rocks Trail, near the Cave/Falls junction.

Beware that hazardous dead Hemlock Trees (snags) abound in this area. Do not pitch tents underneath, especially during high winds.

Be sure to take the steep side trail down to the waterfall (for water bottle refill opportunity) and small cave. Great meal preparation areas on durable rock surfaces exist, with views of the falls below.

Day Two

2.3 to 2.8 miles

Return the way you came to reach your vehicle, or see "Options" below.

Notes

There are no high-water stream crossings on the short option, but if you use the option below, crossing Hazel River can be hazardous during the Spring and after rain. Be prepared for a steep climb out if you need to turn around and hike back up White Rocks.

Options

6.2 miles: Strenuous option for Day Two

Continue on White Rock Trail another 1.7 miles past Cave/Falls Trail.

Turn right onto Hazel River Trail and hike 1.6 miles

Turn right onto Hazel Mountain Trail, hiking 2.9 miles to return to your vehicle.
