

THE FOREST

In west central Virginia, the Jefferson National Forest extends from the James River southwestward for 218 miles to within 50 miles of the western border of the state. The 690,000-acre Forest lies within and parallels the Valley and Ridge Provinces of the Blue Ridge Mountains in the southern Appalachians.

Primary access through the length of the Forest is Interstate 81, which follows the Shenandoah, Roanoke, New River and Holston Valleys. With the exception of Interstate 77, which bisects the Forest, almost all travelways in a north-south direction are winding two-lane roads that can be negotiated safely at lower speeds.

Elevations range from 600 feet on the James River in the northeast corner of the forest, to 5729 feet on the top of Mount Rogers, the highest point in the state. The average annual temperature for the mountainous southwest part of the state is 54°F, with a normal in January of 39°F, and in July of 72°F at Wytheville, Virginia. The average annual precipitation in the Wytheville area is 37 inches. The precipitation is well distributed throughout the year without distinct dry or wet periods. The maximum rainfall occurs during the summer.

Snow is common in the winter with up to 30 inches in the mountains. Thundersnows occur on the average of 32 to 50 days each year, generally between May and September.

The forest cover is mainly Appalachian mixed hardwoods interspersed with conifers. Some isolated northern hardwood types occur on the highest elevations, and are sometimes associated with natural "barren" areas containing no trees but special varieties of low and often flowering vegetation. There is profusion of color throughout the year in the valleys and mountains of the Jefferson. Except for the very middle of winter, there are always some wild plants blooming, or showing their fall or spring colors.

The diversity of vegetation and elevation provides a variety of wildlife habitat equal to any in the Middle Atlantic states. Big game hunted on the Jefferson include deer, bear and turkey. Grouse, quail, dove and squirrel are also hunted in season. The popularity of non-game animals is increasing as visitors have learned to appreciate the abundance and the large variety of little animals. More than 160 kinds of birds live or migrate through the Forest.

The Forest has 16 developed camps, with 580 single and double family camping units, and 17 developed picnic areas with 2,000 units. One group picnic area can accommodate 400 people. The summer recreation season, when all facilities are open, runs from May through September. Some camping facilities are also open during hunting and fishing seasons.

Administered by the U.S. Department of Agriculture, Forest Service, the Jefferson is one of two National Forests in Virginia. The Forest Service is dedicated to the principle of multiple-use management of wood, water, forage, wildlife and recreation.

ATTRACTIONS
The Jefferson National Forest offers visitors a variety of outdoor recreation experiences. Some of the more popular activities are:

CAMPING-PICNICKING
Camping and picnicking are permitted Forest uses, unless otherwise indicated. Accommodations are available at 16 camps and 17 picnic areas.

TRAILS
There are 250 miles of hiking and riding trails on the Jefferson. Of these, four are especially noteworthy:

The **Appalachian National Scenic Trail** — 300 miles of this 2,000-mile hiking trail pass through the Jefferson.

The **Catawacas National Recreation Trail** — is a particularly scenic 4-mile round trip hike to a 20-ft. waterfall. For your safety, obey all signs and banners in the vicinity of the falls.

tions at developed campgrounds and picnic grounds are on a first come, first served basis, and require reservations. There are 14 day occupancy limits in campgrounds. A site must be occupied by someone in the party at some time during each 24-hour period. Horses are not permitted in campgrounds, however, several districts provide special camping areas for visitors who bring horses. A daily occupancy fee is charged at most camps.

Typical facilities at campgrounds are tent pads, cooking grills, picnic tables and toilets. Some campgrounds have warm water showers and special attractions such as fishing lakes and beaches, outdoor amphitheaters, nature trails and naturalist programs.

Falls up to 22 feet in length can be accommodated at specified areas. No water or electrical hookups are provided, but central dumping stations may be provided for trailers.

Day use (picnic) areas are open from dawn to dusk. There is generally no charge for picnicking except in special areas designed for large groups.

Camping is not permitted in day use areas or some areas of concentrated use, but is encouraged throughout the general Forest area except where posted otherwise. Primitive camping in the general Forest area outside of developed sites has always been a popular activity on National Forests. Campers are encouraged to practice no trace camping techniques which leave the area in the same natural condition in which it was found.

of flowering rhododendron and dragnites lined with blueberries is a favorite place for visitors to southwest Virginia.

SPECIAL AREAS
The **James River Face Wilderness** — on the northeast end of the forest is an 8,703-acre area set aside and managed for its wilderness characteristics. Closed to any kind of vehicular use, the area is accessible only by foot trail.

The **Mount Rogers National Recreation Area** — is a 114,000-acre part of the Jefferson National Forest, which has been dedicated by Congress to be managed for outdoor recreation. The area features the greatest variety of outdoor recreation opportunities on the forest.

HUNTING AND FISHING
The Jefferson is a major area of forest wildlife habitat in southwest Virginia. Consequently, hunting and fishing are popular outdoor activities, and wildlife watching and nature photography.

Hunting and fishing on the Jefferson are regulated by Virginia game laws. Various licensing permits are required and can be purchased at county clerk offices and many sporting goods stores. Detailed information on regulations and licenses can be obtained from the Virginia Commission of Game and Inland Fisheries, P.O. Box 11104, Richmond, Virginia 23232.

SUPPLIES
Groceries and supplies are usually available within a half-hour drive of most recreation areas. The summer visitor can often find a large variety of

fresh, locally grown fruits and vegetables at roadside stands and in the many small communities throughout the area.

The Virginia Highlands Horse Trail — is a 68-mile trail designed for horseback riding and wagon trains. A corral and primitive camping area are available for those who trailer horses.

A special area for hikers and horsebackers is the Pine Mountain high country adjacent to Mt. Rogers. Closed to motor vehicles, the 5,000 acres of open grassy meadows, huge rock outcrops, fields

IF YOU GET LOST
If you must move, do it slowly and carefully. Plan your travel; don't just take off randomly. If you get lost, stop, look to the right, and if you can't see it, look to the left. If it comes out somewhere, if no trail is found, head downhill. In this country downhill always leads to a trail, bridge, road or community. But remember, heading downhill can be going up at times, especially through rhododendron thickets along stream banks.

When you hike with children — or anyone for that matter — keep them in sight at all times. Discuss beforehand what should be done in the event you are separated. It is good policy for everyone in your group to have a high pitched whistle with them (police whistles on lanyards), particularly children. The best insurance is to make your destination, route and return time known to a responsible person.

team up to overwhelm the body's ability to produce enough heat to sustain normal functions. Wet clothing speeds the heat loss that leads to hypothermia, but wool retains much of its insulating qualities even when wet. Other materials are said to have less insulating value when wet. Wise hikers carry a poncho or other rainproof gear, a spare set of dry clothing, and matches.

Symptoms:
Uncontrolled shivering.
Numbness, slow, slurred speech, incoherence.
Memory lapses.
Irritable, fumbling hands.
Stumbling, lurching gait.
Drowsiness, inability to get up a rest.

Treatment:
Get the victim out of wind and rain.
Remove victim's wet clothing.
Get victim into dry clothes and warm surroundings, such as a sleeping bag.
Give the victim warm drinks, but not alcohol.
Build a fire; put wet-wrapped warm rocks or warm containers next to victim.
Seek medical help as soon as victim is able to be moved.

HYPOHYPERMIA
Hypothermia (lowering of body temperature) is a term referring widespread use today. As a medical treatment, it is used to artificially lower body temperature during heart surgery — and is good in nature, however, hypothermia is very dangerous. It can lead to mental and physical collapse, often while the victim is totally unaware of what is happening. Cold temperature, wetness, and exhaus-

JEFFERSON National Forest



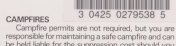
Directions to Recreation Areas

- Back Camp (1)** — 6.3 mi. E of US 58A, right on VA 108 for 4.1 mi., left on VA 899 for 0.3 mi., right on VA 822 for 1.7 mi.
- Be Bottom (2)** — 6.8 mi. W on VA 671 from US 23 at Pound.
- Cane Patch (3)** — 6.2 mi. W on VA 671 from US 23 at Pound.
- Cave Springs (4)** — 2.5 mi. W on Big Stone Gap on US 58A, right on VA 921 for 4.3 mi., right on FS 107 for 0.4 mi.
- Flatwoods (5)** — 3 mi. S of Coeburn on VA 72.
- Hanging Rock (6)** — 8 mi. S of Norton on VA 72, right on FS 625 for 0.2 mi.
- High Knob (7)** — 3 mi. S of Norton on VA 618, left on FS 238 for 1.6 mi.
- Lake Keowee (8)** — 1 mi. SW of Appalachia on US 56A, 2 mi. W on VA 26, 2 mi. on VA 608, left for 1 mi. on VA 621.
- Laurel Fork (9)** — 1 mi. W on VA 630 from US 23 at Pound to boat launch ramp, 1.3 mi. east side on 2 mi. hike from parking area.
- Philly Creek (10)** — 6 mi. W on VA 671 from US 23 at Pound.
- Roanoke (11)** — 7 mi. E of Damascus on US 58; left on FS 537.
- Conner Rock (12)** — 7 mi. S of Wytheville on US 21, right on FS 37.
- Fairwood Shales (13)** — 3 mi. W. of Troutman on VA 603.
- Fox Creek (14)** — 4 mi. W of Troutman on VA 603.
- Goldsboro (15)** — 15 mi. W of Troutman on VA 16, right on VA 505 for 2 mi.
- Henry Mine (17)** — 3.3 mi. S of Speedwell on US 21, left on FS 15 for 2 mi.
- Raccoon Branch (18)** — 1.2 mi. S of Marion on VA 16.
- Raven Cliff (19)** — 6.8 mi. E of Speedwell on VA 16.
- Shenandoah Canyon (20)** — 1.7 mi. N of Gale on VA 94.
- Simplex (21)** — 4 mi. S of Speedwell on US 21, right on FS 97 for 0.5 mi.
- Skull Gap (22)** — 0.1 mi. N of Troutman on US 16, left on VA 603 for 0.5 mi., right on VA 600 for 2 mi., right on FS 84 for 0.2 mi.
- Whispering Mine (23)** — 10 mi. E of Damascus on US 58, straight on VA 603 for 2.5 mi., right on VA 600 for 0.5 mi., right on FS 89 for 2 mi.
- Big Bend (24)** — 13.4 mi. N of Wytheville on US 21, right on FS 264 for 3.8 mi.
- Dark Horse Hollow (25)** — 6.6 mi. N of Wytheville on US 21.
- Stony Fork (26)** — 8.9 mi. N of Wytheville on 177, left on VA 713 for 4 mi.
- Callow Falls (27)** — 6.6 mi. N of Blacksburg on US 460, right on FS 107 for 2.7 mi.
- Cassades (28)** — 3.1 mi. NE of Pembroke on VA 623.
- Instar (29)** — 3.8 mi. E of Pearisburg on VA 460, left on VA 635 for 8.1 mi.
- Panopaeus Pond (30)** — 2 mi. W of Blacksburg on US 460, left on VA 630 for 10.9 mi.

- Wharf Run (31)** — 12 mi. SW of Pearisburg on US 109, right on US 51 for 12 mi., right on VA 656 for 1 mi., right on FS 251 for 2 mi.
- White Pine Horse Camp (32)** — 12 mi. SW of Pearisburg on US 109, right on US 51 for 12 mi., right on VA 656 for 1 mi., right on FS 251 for 2 mi.
- White Rocks (33)** — 2 mi. W of Pearisburg on US 602, right on VA 635 for 17 mi., right on VA 613 for 0.5 mi., left on FS 257 for 1 mi.
- Crink Creek (34)** — 10 mi. NE of New Castle on VA 618, right on VA 324 for 0.5 mi., right on VA 656 for 2 mi.
- Freewick Mines (35)** — 15 mi. NE of New Castle, left on VA 233 for 0.2 mi.
- Roaring Run (36)** — 6.1 mi. W of Eagle Rock on VA 618, right on VA 318 for 0.8 mi.
- Steel Bridge (37)** — 16 mi. NE of New Castle on VA 311, right on VA 318 for 0.8 mi.
- The Press (38)** — 5 mi. NE of New Castle on VA 618, left on VA 613 for 0.3 mi., right on VA 617 for 0.5 mi.
- Cave Mountain Lake (39)** — 1.3 mi. NW of Glasgow on VA 130, left on VA 755 for 2.2 mi., right on VA 781 for 1.6 mi., right on FS 760 for 1 mi.
- Color Hollow Shelter (40)** — Exit 48 on I-81, N of the church, 3 mi. VA 614 for 2 mi.; left on FS 581 for 2.4 mi., 0.1 mi. on VA 614.
- Hepper Creek (41)** — 1.5 mi. NW of Glasgow on VA 130, left on VA 759 for 0.6 mi., left on VA 762 for 1.9 mi., straight on FS 303 for 0.2 mi.
- Lusher Tract (42)** — 1.5 mi. NW of Glasgow on VA 130, left on VA 759 for 0.6 mi., left on VA 762 for 1.9 mi., straight on FS 303 for 0.2 mi.
- Middle Creek (43)** — Exit 48 on I-81, N of Buchanan, 5 mi. VA 618 for 4 mi., left on VA 618 for 0.1 mi.
- North Cove (44)** — Exit 48 on I-81, N of Buchanan, 5 mi. VA 618 for 2.9 mi., left on FS 559 for 2.4 mi.
- Smith Tract (45)** — 1.5 mi. NW of Glasgow on VA 130, left on VA 759 for 0.6 mi., right on VA 781 for 0.1 mi., right on VA 750 for 0.2 mi.

For further information about the Jefferson National Forest or any of its programs, contact:

- Supervisor's Office**
Forest Supervisor
Jefferson National Forest
210 Franklin Road, 209
Roanoke, Virginia 24019
Phone: 703-504-6641
- Backcountry Ranger District**
District Ranger
U.S. Forest Service
Route 1, Box 404
Blacksburg, Virginia 26030
U.S. 460 3 miles northwest of Blacksburg
Phone: 703-504-6641
- Catch Range District**
District Ranger
U.S. Forest Service
Route 1, Box 2024
Wise, Virginia 24293
Phone: 703-864-5195
- Glennwood Ranger District**
District Ranger
U.S. Forest Service
Natural Bridge Station, Virginia 24292
State Route 72, 4 miles south of Coeburn
Phone: 703-228-5551
- Mountain Ranger District**
District Ranger
U.S. Forest Service
Route 1, Box 923
Marion, Virginia 24354
Phone: 703-234-7800
South of Marion
Phone: 703-233-6196
- New Castle Ranger District**
District Ranger
U.S. Forest Service
Route 1, Box 2127
2 1/2 miles east of New Castle
VA 24058
Phone: 703-864-5195
- Wythe Ranger District**
District Ranger
U.S. Forest Service
1111 S. of Wytheville
Wytheville, Virginia 24292
Phone: 703-228-5551
- Job Corps Center**
Conservation Center
Career Director
U.S. Forest Service
Cedarvale, Virginia 24220
State Route 72, 4 miles south of Coeburn
Phone: 703-228-5189



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Camouflaged permits are not required, but you are responsible for maintaining a safe camp and you can cause a wildfire.

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