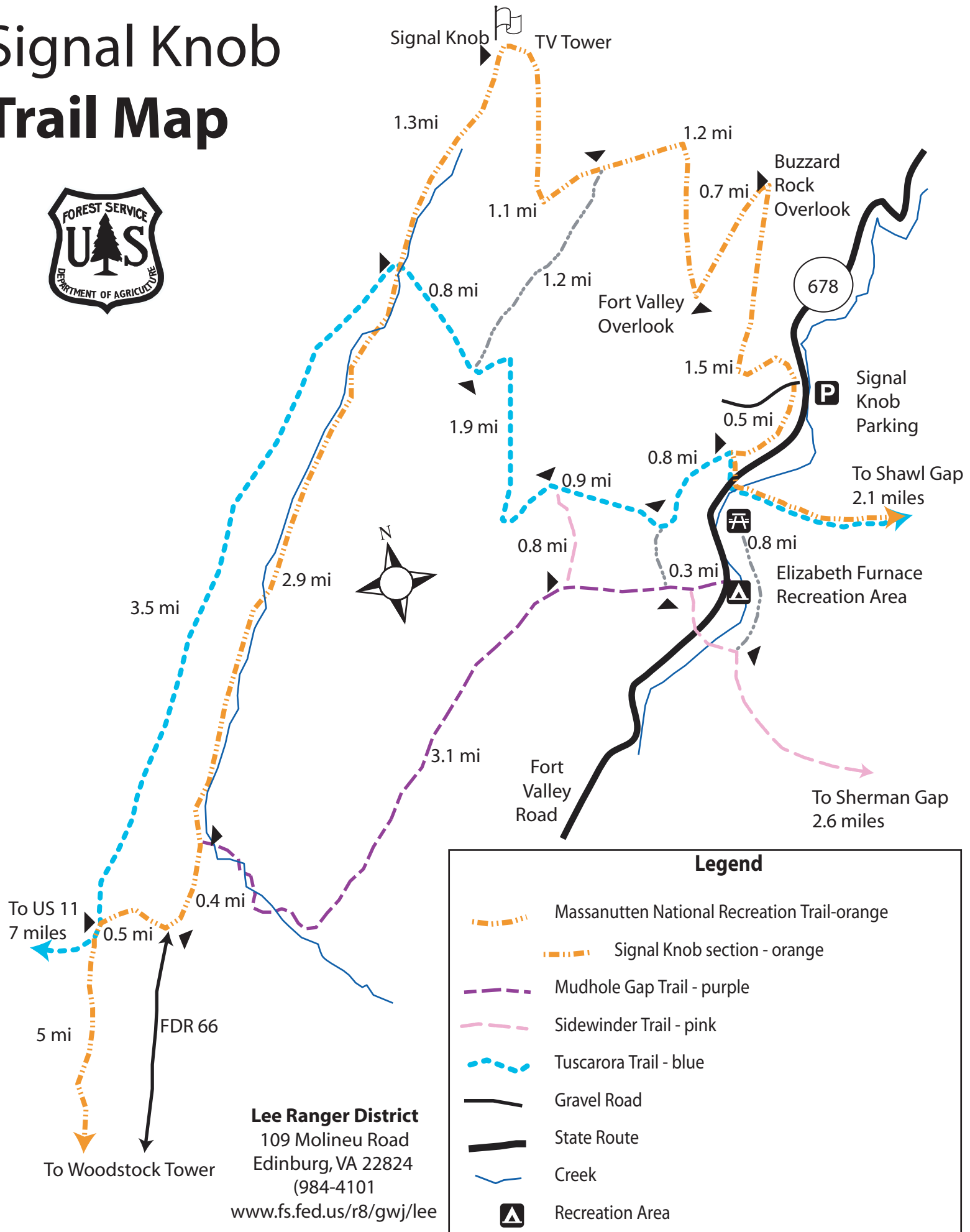


Elizabeth Furnace - Signal Knob Trail Map



Lee Ranger District
 109 Molineu Road
 Edinburg, VA 22824
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www.fs.fed.us/r8/gwj/lee

Signal Knob Trail

Plan Ahead!

A round trip hike to Signal Knob from anywhere along Fort Valley road is from 9-12 miles long. Most hikers average under 2 miles per hour so give yourself more than 6 hours. Wear sturdy shoes.

Dehydration is a serious hazard. Dehydration causes fatigue, nausea, dizziness and leg cramps. The likelihood of falling increases. Drink as much water as you can before starting. Avoid caffeine and alcohol. Carry at least one quart of water per person. Sip water frequently. Do not wait until you feel thirsty.

Mileage:

- 0.0 From Signal Knob Parking Area on the west side of SR678, locate orange blazed trail at north end of parking lot.
- 0.2 pass Forest Service stone cabin.
- 1.5 Overlook toward Buzzard rock looking east. Begin two miles of very rocky trail.
- 2.2 Overlook of Fort Valley looking south
- 3.4 Pass by a white blazed trail on your left.
- 4.4 Pass by a TV transmitter site. Follow blazes.
- 4.5 Signal Knob Overlook toward Winchester and West Virginia border on the ridge of Great North Mountain.
- 5.8 Turn left onto blue blazed trail. Cross Creek and ascend.
- 6.6 pass by a white blazed trail on your left (on ridge of the mountain). Begin descent. Ignore pink and white blazed trails on your right.
- 10.1 Turn left onto orange blazed trail (where blue blazed trail turns right, along with orange blazed trail).
- 10.6 Parking Area.