

The Mountain Lake Conservancy's purpose is to further Mary Moody Northen's desire to forge bonds between people and nature in Mountain Lake's unique environment.

The Mountain Lake Conservancy is a non-profit organization founded to help manage and protect the 2,600 acres of Mountain Lake property, and to provide environmental and cultural education for the public. Beginning in 2008, the Conservancy also began to manage and develop recreational opportunities for hotel guests and our community that are in line with our mission, vision and core values.

Trail Name - Challenge

◆ = Least / ◆◆◆◆ = Most

- 1 - Indian Trail - ◆◆◆◆
- 2 - Lower Jungle Trail - ◆
- 3 - Old Turnpike Trail - ◆◆◆
- 4 - Golf Course Road - ◆◆◆
- 5 - Bear Cliffs Trail -- ◆◆◆◆◆
- 6 - Spring Trail - ◆◆◆◆◆
- 7 - Middle Jungle Trail - ◆◆
- 8 - Upper Jungle Trail- ◆
- 9 - Lower Doe Run - ◆◆◆
- 10 - White Dot Trail - ◆◆◆
- 11 - Upper Doe Run - ◆◆
- 12 - Salt Lick - ◆
- 13 - Bald Knob Road - ◆◆
- 14 - Bald Knob Trail - ◆◆◆
- 15 - Homestead Trail - ◆◆◆◆◆
- 16 - John's Creek Trail - ◆◆◆◆◆
- 17 - Toejammer - ◆◆◆◆
- 18 - Moonstomper - ◆◆◆◆

Bird Species often seen at Mountain Lake

Turkey Vulture	Cooper's Hawk	Ovenbird	Canada Warbler
Ruffed Grouse	Red-tailed Hawk	Common Yellowthroat	Scarlet Tanager
Spotted Sandpiper	American Woodcock	Northern Cardinal	Rose-breasted Grosbeak
Mourning Dove	Barred Owl	Indigo Bunting	Rufous-sided Towhee
Chimney Swift	Great Horned Owl	Chipping Sparrow	Dark-eyed Junco
American Goldfinch	Northern Flicker	Field Sparrow	Red-winged Blackbird
Red-bellied Woodpecker	Eastern Wood-pewee	Song Sparrow	Eastern Meadowlark
Downy Woodpecker	Acadian Flycatcher	Common Grackle	Brown-headed Cowbird
Hairy Woodpecker	Least Flycatcher	Northern Oriole	Pine Siskin
Pileated Woodpecker	Great Crested Flycatcher	American Crow	
Eastern Phoebe	Blue Jay	Northern Rough-winged Swallow	
Barn Swallow	Common Raven	Ruby-throated hummingbird	
Black-capped Chickadee	Tufted Titmouse	Black-throated Blue Warbler	
Red-breasted Nuthatch	Brown Creeper	Black-throated Green Warbler	
White-breasted Nuthatch	Blue-gray Gnatcatcher		
Eastern Bluebird	Veery		
Wood Thrush	American Robin		
Gray Catbird	Cedar Waxwing		
European Starling	Northern Parula		
Solitary Vireo	Yellow Warbler		
Yellow-throated Vireo	Chestnut-sided Warbler		
Red-eyed Vireo	Magnolia Warbler		
Blackburnian Warbler	Blackpoll Warbler		
Black-and-white Warbler	Cerulean Warbler		
American Redstart	Mourning Warbler		

www.MtnLakeConservancy.org

Mountain Lake
Conservancy



**Trail Map &
Birding Guide**



**MOUNTAIN LAKE
HOTEL**

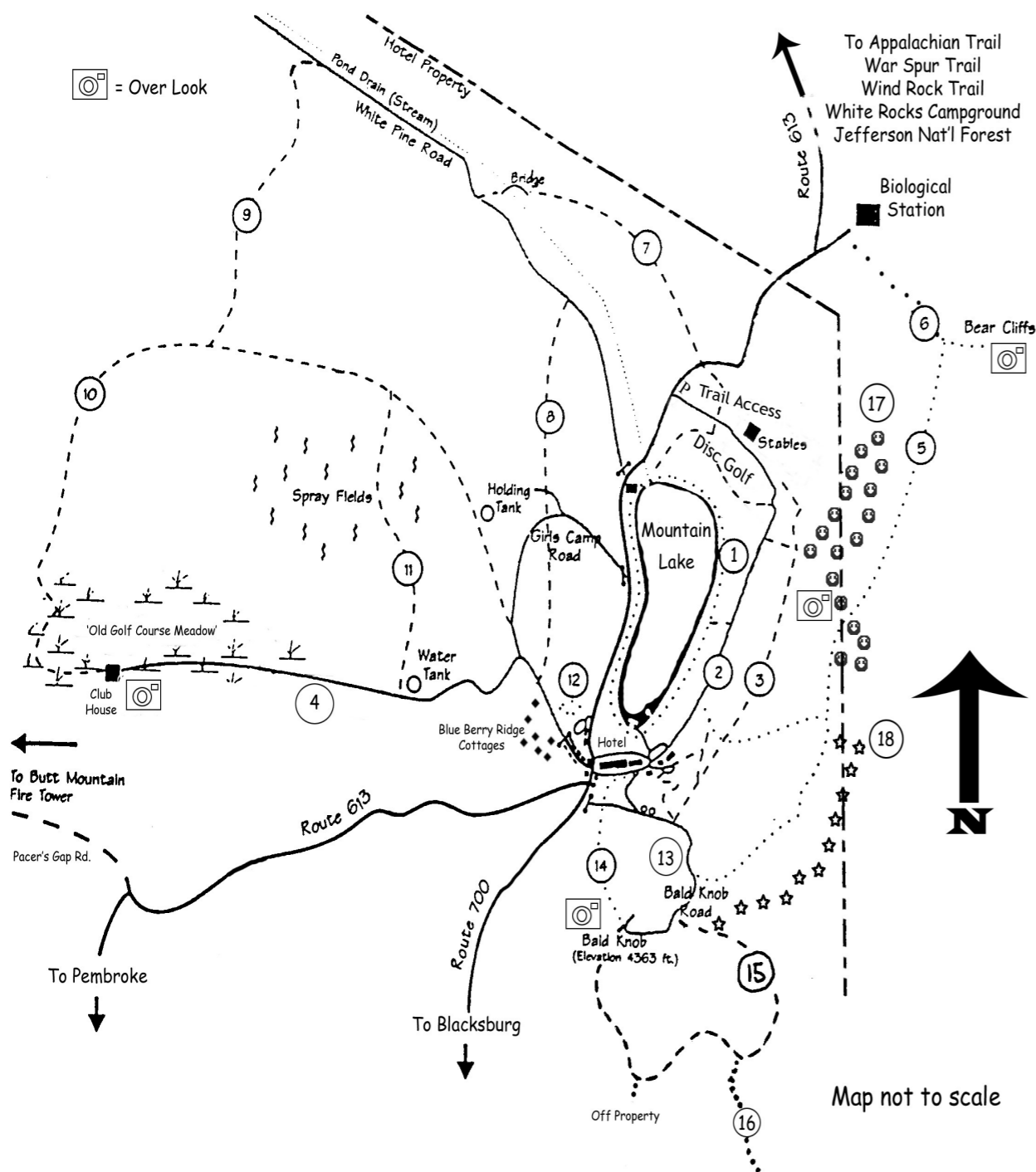
The Mountain Lake Conservancy

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We hope that you enjoy your visit to Mountain Lake and your outdoor experience on the property. The scenery is spectacular, the forest beautiful and the wildlife abundant. We ask that you take nothing but pictures and leave nothing but footprints.

Hikers and bikers: please use caution on the multi-use trails.
 All trail users should stay to the right of oncoming traffic, share the trail, and follow the rules of the road.
 All trails closed to horses and ATVs.



Please note: This map does not reflect changes in elevation or altitude. Custom designed, full-color, shaded relief USGS Topo Trail maps are available for purchase at the Conservancy Visitor's Center and the Rec Office.

1 - Indian Trail * is a 1.7 mile loop trail circling Mountain Lake. It offers scenic views of the lake and hotel. It is surrounded by ancient hemlock, yellow birch, oaks and other species. Rhododendron canopies shade the trail and the natural springs that feed the Lake. The trail is fairly flat, but be careful of the many rocks and tree roots along the way. Birders and wildflower enthusiasts are sure to be pleased by the viewing opportunities provided along Indian Trail. *No bikes on this environmentally sensitive trail please.*

2 - Lower Jungle Trail (aka - the Fitness Trail) offers a leisurely hike over a fern lined, gravel road ending at the horse barn. The tractor drawn hay ride uses this road between the Hotel and the stables. Please use caution when encountering this activity. Hemlock, birch and oak dominate the canopy along this path, but a rare wildflower, Jack-In-The-Pulpit, will capture the observant hiker's eye. Rotting logs along the trail provide shelter and food for many forms of wildlife and unique opportunities for observing them.

3 - Old Turnpike Trail is a rolling and rocky, grassy trail stretching approximately 1 mile from the horse barn to Bald Knob Road. The fern lined path offers a leisurely hike through oak and hemlock forest and access to several other trails.

4 - Golf Course Road offers access to several Mountain Lake trails as well as the historic Old Club House and a breathtaking view of the valley. The road extends approximately 1.5 miles through oak and hickory forest. Golf Course Meadow surrounds the last quarter mile of the road, presenting a diverse array of wildflowers and many bird watching opportunities.

5 - Bear Cliffs Trail can be accessed from Bald Knob Road, or from Lower Jungle and Old Turnpike Trail via B.C. Connector. Large rocks and small tree stumps create challenging obstacles along this extremely rocky, 1.9 mile trail to a stunning overlook and a maze of mysterious cliffs. The cliffs and part of the trail are on Forest Service land.

6 - Spring Trail turns off from Bear Cliffs Trail. Rock gardens and challenging terrain lead to the Biological Station from Bear Cliffs. Part of the trail is on Forest Service land.

7 - Middle Jungle Trail gives a more challenging hike with rocky paths and steep inclines on parts of the trail which is shaded by a dense understory of striped maple and the more dominant eastern hemlock.

8 - Upper Jungle Trail offers 0.6 miles of gentle terrain sloping downward toward White Pine Road. The path is bordered by ferns and azalea and partially shaded by striped maple and oaks. Deer, chipmunks, butterflies and various songbirds are most commonly seen, but groundhogs and a Great Horned Owl have been seen on occasion.

9 - Lower Doe Run gently slopes down toward Little Stoney Creek. This secluded trail meanders through a mile of hardwood dominated forest. Large standing snags provide prime habitat for wildlife and reveal many stages of tree decomposition. Opportunities for observing wildlife on this remote trail are great.

10 - White Dot Trail is a challenging 2.5 mile hike starting at the far end of Golf Course Road. Oaks, birch and striped maple drape the path in cool shade. Wildflowers and ferns blanket the forest floor creating wildlife habitat and a natural butterfly garden. Springs percolate from the forest floor along both sides of the trail.

11 - Upper Doe Run offers a gently sloping path through hickory and beech forest. Fire azalea and striped maple dominate the understory and provide excellent habitat for butterflies. Sections of this trail serve as spray fields for the Hotel's wastewater treatment plant. This project allows Mountain Lake to redistribute water safely back to the environment. It is being monitored by the Forestry Department at Virginia Tech.

12 - Salt Lick Trail provides an excellent view of the hotel and cabins. From the hotel, deer can often be seen browsing on the hill below it. The teepee is usually located here.

13 - Bald Knob Road leads to a thrilling overlook of the New River Valley and the Lake (carefully hike along the Knob to the right). The road offers a gradual climb from behind the hotel approximately 0.7 miles long and affords many opportunities to view butterflies and wildflowers.

14 - Bald Knob Trail descends off Bald Knob Overlook back to the hotel. Steep and rocky, it provides a challenge to the experienced hiker. Be sure to notice the stunting effects of altitude on the trees.

15 - Homestead Trail leads through a fascinating array of natural and historic highlights. This network will take you through mature hardwood forests, ancient Hemlocks, and the remnants of two homestead sites, on a civil war era wagon road. The Upper Homestead includes a small apple orchard and the foundation stones to several structures inhabited until the 1930's.

16 - John's Creek Trail this 'out and back' will take you through mature hardwood forests, ancient Hemlocks, and down to the headwaters of the mountain stream it is named for.

17 - Toejammer Trail peels off from Bear Cliffs Trail near the BC Connector crosses over sandstone rock outcroppings and back across Bear Cliffs Trail before leading out to Pivot Rock looking west and then across Salt Pond Ridge near the wetlands and then down past large boulders and coming out onto Old Turnpike near the stables.

18 - Moonstomper Trail follows the crest of Salt Pond Ridge out from Lower Homestead Trail through a stunted Beech forest over jagged rocks and roots before popping out onto Bear Cliffs near the BC Connector.

* Denotes specific trail NOT open to mountain bikes.