



Miles and Directions

- 0.0** START at Mountain Lake Resort. From the resort, follow the paved road (Route 613) around the west side of the lake.
- 0.6** Route 613 changes to a dirt road.
- 1.5** Pass the Mountain Lake Biological Station on the right. The University of Virginia sponsors this biological station. Bear left, continuing on Route 613.
- 3.2** Pass the parking area on the right for the War Spur and Chestnut Trail. These trails make a 4.5-mile loop through the Mountain Lake Wilderness of the Jefferson National Forest along Salt Pond Mountain Ridge. War Spur Overlook is less than 2 miles into this loop. Continue north on Route 613.
- 4.0** Start climbing Minnie Ball Hill.
- 5.3** Reach the top of this climb (3,972 feet). Turn left on Rocky Mountain Road at this intersection and follow the rocky jeep trail along the ridge of Big Mountain. There is a dirt parking area for the Appalachian Trail at this intersection.
- 8.6** Go through Bailey Gap (3,637 feet).
- 10.9** Go through Lybrook Gap (3,794 feet).
- 13.0** Reach Butt Mountain Overlook (4,210 feet). Check out the incredible view of the New River Valley. Continue following the main dirt road, now Forest Road 714. Get ready for a long, fast descent down to Little Meadows.
- 15.6** On the right is the trailhead for the Cascades Trail. Continue on FR 714.
- 16.0** Cross over Laurel Creek.
- 16.9** Pedal through Little Meadows.
- 17.1** Cross over Little Stony Creek. Get ready to start climbing again.
- 19.2** Go through Pacers Gap (3,635 feet).
- 20.1** Turn left on Route 613 (paved). This is a very steep section of road that takes you back to the summit at Mountain Lake Resort.
- 21.4** Arrive at Mountain Lake Resort. What a ride!