Mile 3.7 (both sides): Long trestle, site of old Watauga station.

Mile 1.8 (both sides): Entrance to Great Knobs, views of Berry Creek.

Mile 0.0 (trailhead): Site of Black's Fort, precedent of Abingdon.

Mile 33.4 (both sides): Reconstructed Whitetop Station and highest point - 3576 ft.

Mile 30.5 (left side): Restored Green Cove Station.

Mile 27.0 (both sides): Creek Junction, 563 ft. trestle.

Mile 23.0 (both sides): Taylors Valley. Daniel Boone campsite.

Mile 19.5 (left side): Recreation Area facility, Appalachian Trail access.

Mile 15.5 (both sides): Entrance to Damascus, Appalachian Trail junction.

Mile 17.5 (both sides): Iron Bridge, enter Mt. Rogers National Recreation Area.

Mile 19.5 (left side): Recreation Area facility, Appalachian Trail access.

Mile 23.0 (both sides): Taylors Valley. Daniel Boone campsite.

Mile 27.0 (both sides): Creek Junction, 563 ft. trestle.

Mile 30.5 (left side): Restored Green Cove Station.

Mile 33.4 (both sides): Reconstructed Whitetop Station and highest point - 3576 ft.
The Virginia Creeper Trail is a 34.3-mile public access, shared-use trail connecting Abingdon, Virginia with the Virginia-North Carolina border 1.1 miles east of Whitetop Station, VA.

The Virginia Creeper Trail began as a Native American footpath used by the European pioneers and early explorer Daniel Boone. Around 1900, W.E. Mingea constructed the Virginia-Carolina Railroad from Abingdon to Damascus. In 1905, the Hasinger Lumber Company extended the line to Kornarok and Elkland, North Carolina. In its day, the line hauled lumber, iron ore, supplies, and passengers. Its nickname, Virginia Creeper, came from the early steam locomotives that struggled slowly up the railroad's steep grades. The Virginia Creeper engine and tender are now on display at the Abingdon railroadhead. Virginia Creeper is also the name of a vine that grows prolifically in this area.

With 47 trestles, sharp curves, and steep grades, the Virginia Creeper was the typical mountain railroad. Train crews faced wash-outs, rock slides, and other hazards, but it was economics that sounded the line's death whistle. Having failed to turn a profit since the Great Depression, the Creeper ran its last train on March 31, 1977.

Through the work of volunteers and with help from local and federal governments, the Creeper became a National Recreation Trail. The Virginia Creeper is one of the country's premier rail trails, honored as the inductee into the 2014 Rails-to-Trails Conservancy's Hall of Fame.

The Virginia Creeper Trail traverses through some of the most rugged and picturesque scenery in the Eastern United States and is widely lauded as one of the most beautiful trails on the continent. Enjoy your visit!

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Although the public legally has the right to use the trail, much of the actual land is privately owned. Stay on the trail, close any gates, respect all property and livestock, and be courteous to landowners and other trail users.

Please observe these Trail Rules, Safety and Etiquette:

As the trail traverses private and public property, we ask that all users exercise respect and courtesy.

Although helmets are not required, they are highly recommended and are standard issue with bike rentals.

Travel single file and keep to the right except when passing.

When passing other riders, walkers, runners, or equestrian traffic, pass to the left, calling out "passing on the left" or sound a mechanical warning like a bell.

Keep your speed under control, especially when traveling downhill, and keep your eyes on the trail and trail surface, watching out for oncoming traffic, rocks, washouts, and other hazards.

All pedestrians and cyclists must yield to equestrian users.

Due to the very curvy nature of the VCT, it is impossible to see around certain curves. Please don't stop in the trail traffic lanes. Pull off to the side when taking a break or enjoying the scenery.

Trestles and bridges are very slippery when wet or covered in leaf fall and curves. Please don't stop in the trail traffic lanes. Pull off to the side when taking a break or enjoying the scenery.

Trails and bridges are very slippery when wet or covered in leaf fall and curves. Please don't stop in the trail traffic lanes. Pull off to the side when taking a break or enjoying the scenery.

Please do not block gates or park on the trail.

Obey all stop signs at road crossings. Vehicular traffic will not yield.

Dogs should be on a leash not exceeding 6 feet in length.

Know where you are on the trail by observing the concrete mileposts and trestle numbers.

Please pack out all litter, including animal waste and cigarette butts.

Fireworks are not allowed.

In the event of an accident or sudden illness, dial 9-1-1 with your location (nearest mile marker and/or trestle number). If cell service is not available, ask another trail user to go to the nearest house or station to call emergency services.

Maps by Ed Davis

a member of the Geography Department faculty

Emory & Henry College

Welcome to the Lower Section of The Virginia Creeper Trail

For more information, please contact:
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