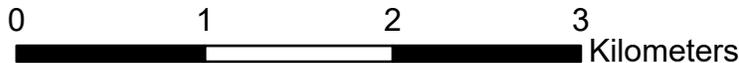
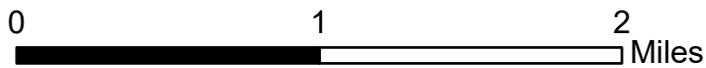
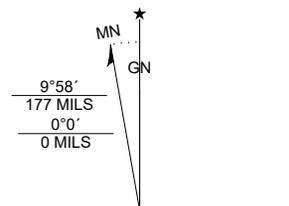


# KTNPBlog Shenandoah: White Rocks via Nicholson Hollow (15.2 miles)

GCS WGS 1984 Scale 1:40,000 Contour Interval 20 feet



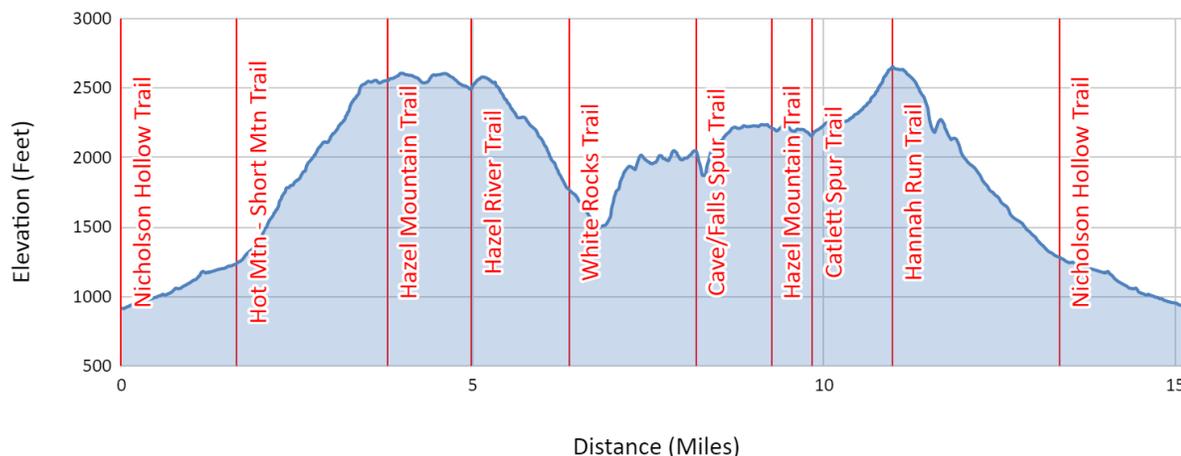
Day 1 - 8.2 mi, +2650, -1538  
 Day 2 - 7.0 mi, +1092, -2204



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## Backpacking White Rocks via Nicholson Hollow Trail Elevation (15.2 miles)

Calculated from 1/3 arc seconds DEM



**Type:** 1 Night Backpacking Lollipop Loop

**Total Distance:** 15.2 miles (24.5 km) round trip

**Cumulative Elevation Gain/Loss:** 3742 feet (1141 m)

- **Day 1:** 8.2 miles (13.2 km). **Overall Cumulative Gain and Loss:** 2650 feet (808 m) gain, 1538 feet (469 m) loss. **Time:** 6.5 hours, which includes lunch and occasional breaks. **Overnight:** A backcountry campsite near the intersection of White Rocks Trail and Cave/Falls Spur Trail

- **Day 2:** 7.0 miles (11.3 km). **Overall Cumulative Gain and Loss:** 1092 feet (333 m) gain, 2204 feet (671 m) loss. **Time:** 5.5 hours which includes lunch and breaks.

**Trail Markings:** White blazes for the AT, yellow for horse trails, and blue for everything else

**Difficulty:** Moderate

**Crowds:** Low

**Water:** Multiple streams and waterfalls

**Directions to Old Rag Parking:** 38.5637304,-78.3087885, on Nethers Road

### Trail Directions

- **0.0 mi** - From the Old Rag parking lot, head 0.1 miles west on Nethers Road. At the fork, turn right onto a gravel road (there's a trail marker at the fork). After 170 feet you'll see the Nicholson Hollow Trailhead on your right. Start your hike here. Two stream crossings will come in short succession after hiking 125 feet.
- **1.2 mi** - At the intersection with Corbin Mountain Trail, continue straight.
- **1.7 mi** - Turn right onto Hot Mountain-Short Mountain Trail. This trail has the steepest incline on the route.
- **3.8 mi** - Turn left onto Hazel Mountain Trail
- **4.3 mi** - Continue straight on Hazel Mountain Trail at the intersection with Catlett Mountain Trail
- **4.8 mi** - Continue on yellow-blazed Hazel Mountain Trail at the intersection with Sam's Ridge Trail
- **5.0 mi** - Turn right onto Hazel River Trail, which will descend steeply
- **6.4 mi** - Turn left onto White Rocks Trail. About 0.1 miles in, you'll cross Hazel River and start ascending. The trail follows a ridgeline that goes up and down four summits.
- **8.2 mi** - Intersection with Cave/Falls Spur Trail, which leads down to Hazel Falls. There are several campsites in the area, which is where we stayed. Go down Cave/Falls Spur Trail to a water source, Hazel Falls, and a cave.
- **9.3 mi** - Turn left onto Hazel Mountain Trail
- **9.8 mi** - Turn right onto blue-blazed Catlett Spur Trail
- **10.9 mi** - Turn right onto Catlett Mountain Trail and go for 230 feet, then turn left onto Hannah Run Trail.
- **13.4 mi** - Turn left onto Nicholson Hollow Trail
- **13.6 mi** - Continue straight on Nicholson Hollow Trail at the intersection with Hot Mountain-Short Mountain. At this point, you've completed the "loop" part of the hike.
- **14.0 mi** - Continue straight on Nicholson Hollow Trail at the intersection with Corbin Mountain Trail.
- **15.2 mi** - Back at the Nicholson Hollow Trailhead. Continue back up the gravel road until you come back to Nethers Road. Head left 0.1 miles until back at the Old Rag Parking Lot.