

What isn't there to do on the Virginia Creeper Trail?

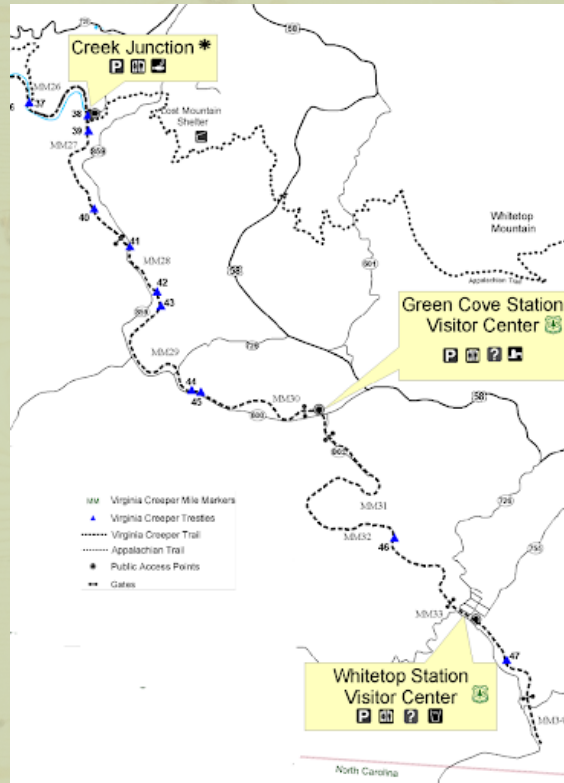
The Virginia Creeper Trail

**Trail Open Daily Dawn to Dusk
(8am - 6pm)**

Welcome Center & Facilities vary seasonally.

The Conservancy's address:

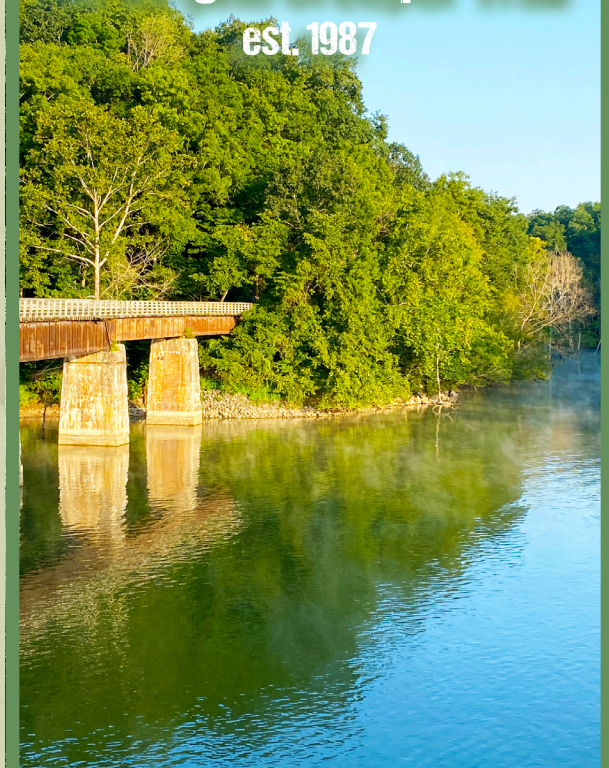
Virginia Creeper Trail Welcome Center
300 Green Spring Road
Abingdon, VA 24210



Come soon and visit often
— for an adventure all
yours!



The Virginia Creeper Trail
est. 1987



34 miles long.
From Whitetop Mountain, Virginia
to the North Carolina state line

Explore History and Nature on the Beautiful Virginia Creeper Trail

So what is the VCT?



The Virginia Creeper Trail was established in 1987, but began as a Native American footpath, and was later used by pioneers and explorers until a railroad company began expanding the route. Today, the VCT is best known as a biking trail, but in reality, the VCT is a multi-use trail with opportunities to bike, walk, run, fish, horseback ride, people watch, cross country ski, and geocache, along with chances to observe and learn about the native fauna and flora, as well as the fascinating historical and economic role the railroad played in southwest Virginia.

The Trail Experience

One of the most valuable aspects of the VCT is that you create your own experience. The diverse landscape, the elevation variability, and multiple access points all combine to make for a design-your-own Creeper Trail adventure and a chance to individualize your experience according to your time constraints, and what portions of the trail you'd like to see of the trail.

From near the top of Whitetop Mountain, the elevation moderately decreases throughout the trail. Heading down from

Whitetop to Damascus takes approximately 2.5 to 3 hours, depending on your biking pace, while Damascus to the trailhead in Abington takes about additional 2 hours. If you're looking for a more challenging ride, take the ascending route from Abingdon or Damascus to Whitetop Mountain.

Bike Rentals, Good Eats, & More!

Most visitors rent bikes from any of the multiple bike shops, outfitters, and shuttle operators in Damascus and Abingdon, who can also provide shuttle service to the access point of your choice whether it be at Whitetop Station, Abingdon, or Damascus. You'll find the prices reasonable and the owners and staff friendly, knowledgeable, and accommodating. You can always BYOB (bring your own bike,) and then grab a shuttle from a bike shop to your desired drop-off!

No matter what direction you're headed, you'll find many places to eat in both Damascus and Abingdon and several great little cafés and ice cream stop, right along the trail – even a pet fountain just off the trail in Abingdon! In addition, there are several vault toilets trailside, as well as restroom facilities at several of the restored rail depots and at the trailhead.



**ONLY \$25
ALL DAY
BIKE RENTAL**

**NEED MORE INFO?
CALL US (276) 575 - 4477**

Visit us at:
<https://www.vacrepertrail.org/>