



## Massanutten Mountain Elizabeth Furnace Area Loop Trails

### Sherman to Shawl Gap Loop

There are several loop options in this area. Travel the Massanutten Trail to Botts Trail until you reach Sherman Gap. Head north on the Massanutten Trail up to Shawl Gap and then return to parking area by way of the Massanutten Trail.

**Parking:**

At Signal Knob Parking Area, across from Elizabeth Furnace Group Camp on SR 678

**Length:**

10.5 mile loop

**Map(s):**

Trails Illustrated Map 792, PATC Map G

**Trail Difficulty:**

Moderate - difficult

**Trail Surface:**

rocky and/or steep in places

**Trail Use Allowed:**

Equestrian, Hiking, Mountain Bike

### Mudhole Gap/Bear Wallow Trails

Begin at Bear Wallow, follow the Tuscarora Trail to the Massanutten National Recreation Trail. From here you can take a side trip up to Signal Knob by following the old road up to the knob. Or, you can continue along the Massanutten Trail south towards the Mudhole Gap Trail and the parking area. You may need to walk your horse for a short distance on the east side of Bear Wallow.

**Parking:**

Bear Wallow Parking Area, across from Elizabeth Furnace Recreation Area on SR 678

**Length:**

10 mile loop

**Trail Difficulty:**

Moderate

**Trail Surface:**

rocky and/or steep in places

**Trail Use Allowed:**

Equestrian, Hiking, Mountain Bike

***The Tuscarora and Massanutten National Recreation Trails run parallel or are co-located in several locations in this area. Short trails in this area act as connectors between these two long distance trails providing many circuit opportunities.***

***Maps and guide books are available describing these and other trails in more detail at the Lee Ranger District Office and on-line.  
[www.fs.fed.us/r8/gwj](http://www.fs.fed.us/r8/gwj)***

***Don't leave home without your map!***



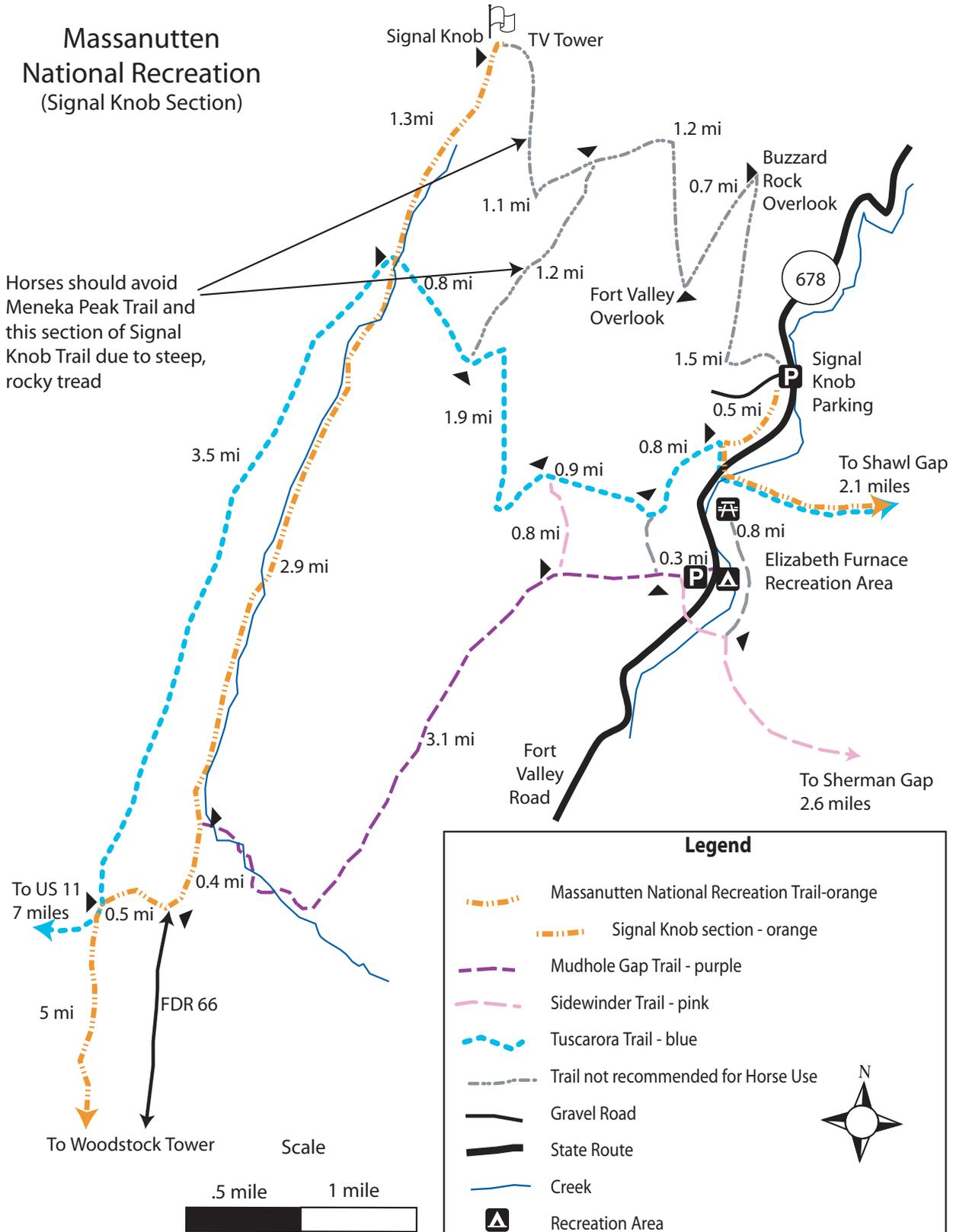
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United States Department of Agriculture  
Forest Service  
Southern Region  
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# Massanutten National Recreation (Signal Knob Section)

Horses should avoid Meneka Peak Trail and this section of Signal Knob Trail due to steep, rocky tread



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