

Useful Hiking Book for Central Valley & Ridge Region

De Hart, Allen. The Trails of Virginia. 2003.

The late de Hart developed several revisions of a comprehensive guide to trails in Virginia. His book lists trails by entity (national forest, park, wildlife management area, state park etc), subdivision and trail name. Each trail or loop of several trails includes mileage, features, very exacting instructions on finding the trailhead, and short hike description. The trailhead finding instructions are invaluable in dealing with many Virginia areas which are often remote, accessed by a confusing network of back roads and in many cases, lacking a decent map for finding access or trails. I found de Hart's organization hard to follow; using index in back to find a particular trail by name worked best. Also, the last edition (2003) was written before several Virginia wilderness were designated in 2009; not all wilderness trails are in this guide.

Trails or loops in this book (listed by wilderness area) include:

Peters Mountain: Allegheny Trail

Mountain Lake: Loop including Chestnut, War Spur & War Spur connector trails; loop with Chestnut, AT, connector, Potts Mountain (Mountain Lake Horse Trail) and return on road; Sartain Trail.

Available at these sellers (links will not open in new tab, click on upper left arrow to return here):

<https://www.amazon.com/Trails-Virginia-Hiking-Old-Dominion/dp/0807854719>

<https://www.barnesandnoble.com/w/the-trails-of-virginia-allen-de-hart/1111439314>