



GET OUTSIDE IN NORTON, VIRGINIA: DIGITAL TRAIL GUIDE

FLAG ROCK AREA TRAILS LOOP

DISTANCE/DIFFICULTY: 3 MILES/EASY

ABOUT FLAG ROCK AREA TRAILS: The Flag Rock Area Trails system is a 10-plus mile trail system open to foot travel and mountain biking. The trail system is located in the City of Norton's Flag Rock Recreation Area, a thousand-acre park that also offers opportunities to camp, picnic, fish, and rock climb/boulder. The park features several scenic overlooks and is home to sanctuaries for the mythical "Woodbooger," a bigfoot-like creature rumored to roam Flag Rock, and the real-life green salamander. See www.flagrock.com for more details about Flag Rock Recreation Area. Visit www.frat.bike for more details about Flag Rock Area Trails system.

TRAIL MAPS: Flag Rock Area Trails maps are available at Norton City Hall, 618 Virginia Avenue NW, Norton. Digital copies are also available at www.frat.bike. Trails are not blazed but there are wooden signs at all trail junctions. *Note: Do not rely on yellow blazes that appear on the trail system. These blazes do not represent any trails but were installed for a running race that is partially held on the trail system.*

TRAILHEAD ACCESS: The hike starts at the Norton Reservoir Trailhead. This trailhead is located in a graveled lot about three-tenths of a mile past the main entrance for Flag Rock Recreation Area. See <https://tinyurl.com/reservoirtrailhead> for directions to the trailhead from any location.

THE HIKE: The loop starts on the Lake Lake Show Trail. The trail entrance is at the front of the parking lot. There is a wooden archway where the trail starts.

- Wind down (lots of switchbacks) Lake Lake Show approximately .13 miles before reaching a road crossing. Cross the road and stay straight on the single-track (Lake Lake Show). Do not go left down an old graveled roadbed.
- At .2 miles, you'll cross a bridge across a small creek.
- At .3 miles, bear right to leave Lake Lake Show and transition onto Mockingbird Trail. There is a trail sign at this junction.
- At .45 miles, cross a couple bridges.
- At .6 miles, reach junction with the Grind Central Trail. Stay straight and remain on Mockingbird Trail.
- At 0.98 miles, another trail will join Mockingbird Trail from below. Stay straight here and continue uphill to remain on Mockingbird.
- At 1.47 miles you'll reach a junction with an old roadbed. Turn left onto the roadbed (Reservoir Road). There is a trail sign posted here.

- Less than a tenth of a mile later, take another left off the roadbed to access the Salamander Trail. There is a trail sign here.
- At 1.6 miles, bear slight right to continue on Salamander Trail. This junction is just past a curved bridge that you'll cross.
- At 1.9 miles, reach the Norton Reservoir Dam. Turn right and cross the dam.
- Once across the dam, climb a short, stout hill and turn right to continue on the Lake Lake Show Trail. This is not currently signed.
- At 2.24 miles, cross an old roadbed and stay straight to continue on Lake Lake Show.
- Shortly after crossing the old roadbed, reach a junction for four trails. Stay straight to access the Twisted Forest Trail.
- At 2.4 miles, Twisted Forest crosses a gravel road.
- At 2.7 miles, reach Twisted Forest's junction with Oak Trail. Turn right to continue on Twisted Forest. There is a trail sign posted here.
- At 3 miles, return to the Norton Reservoir Trailhead.