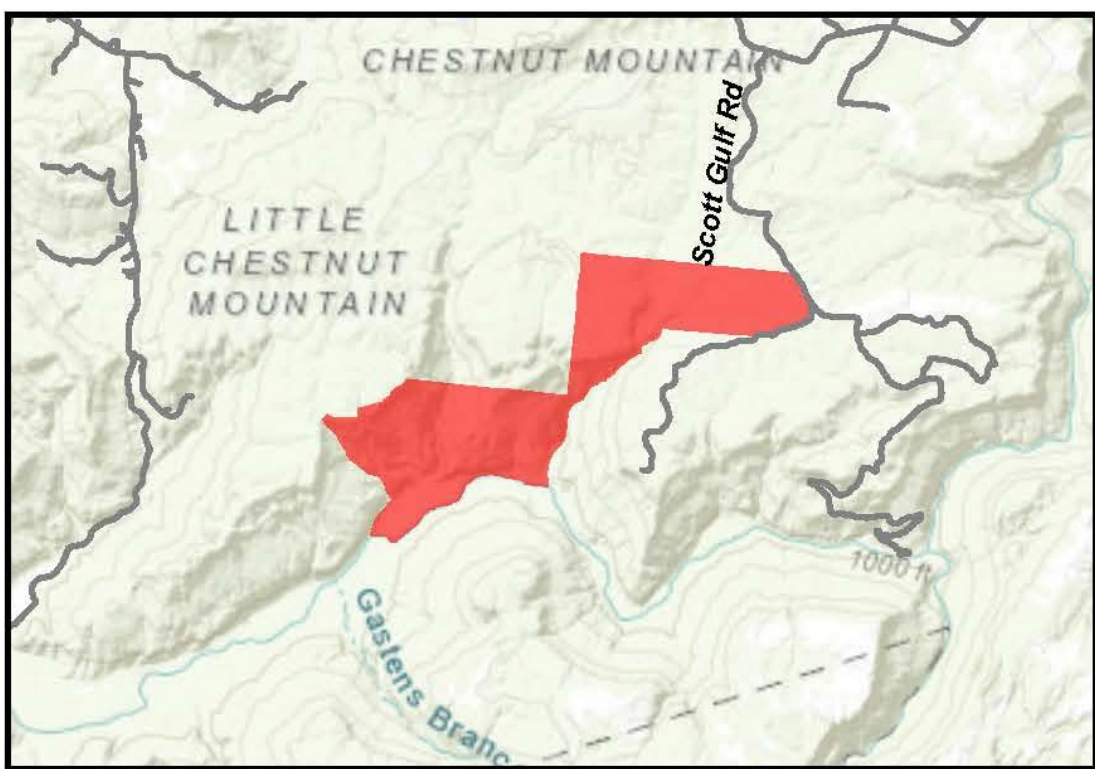
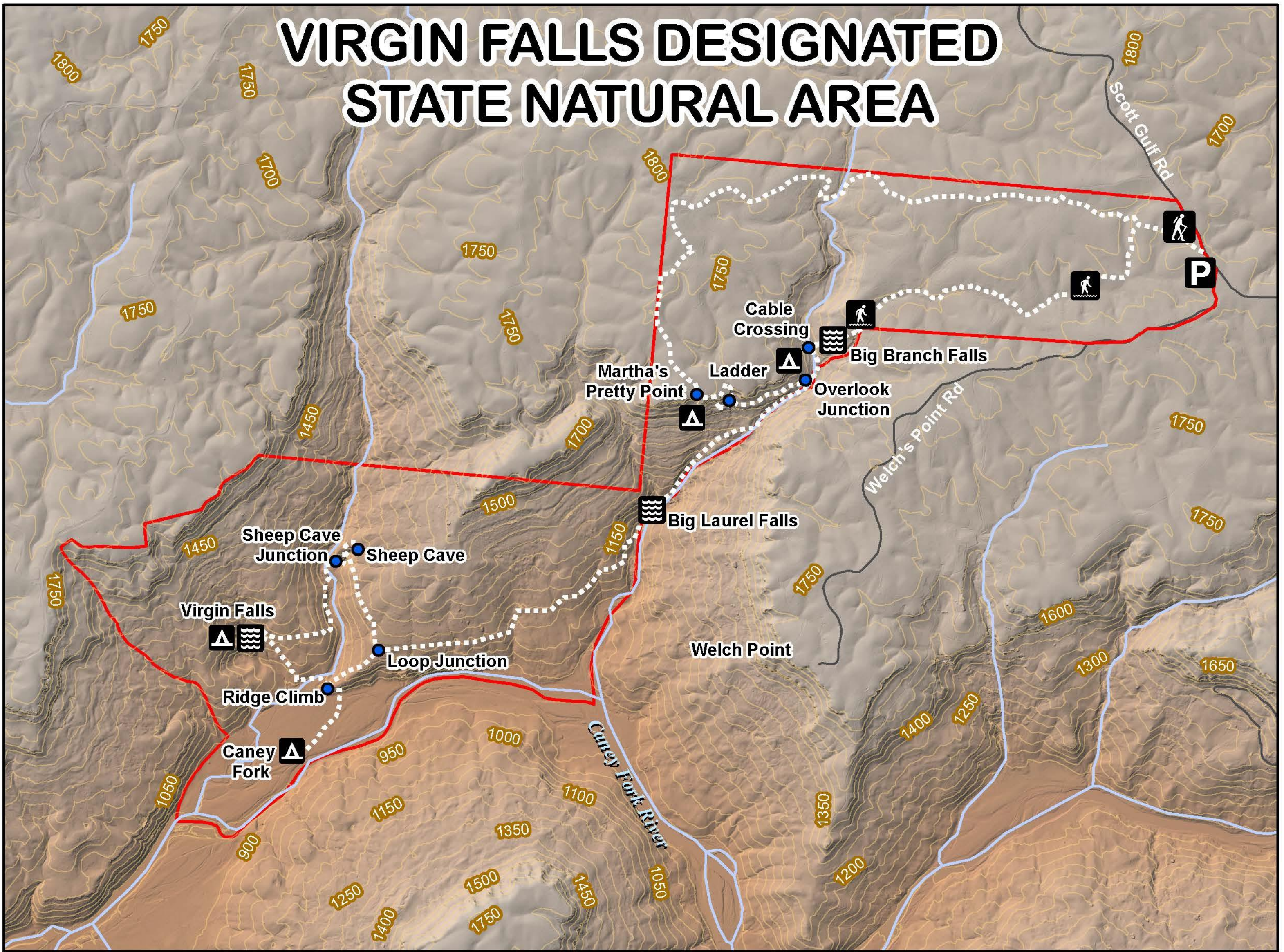







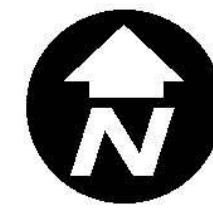


# VIRGIN FALLS DESIGNATED STATE NATURAL AREA



-  Camping
-  Parking
-  Stream Crossing
-  Trail Head
-  Waterfall
-  Trails
-  Natural Area Boundaries

1:28,000  
1 inch = 2,333 feet



## Cumulative Mileage Log for the main Virgin Falls Trail

- 0.00 Scott Gulf Road Trailhead. Start your hike here. The Main Trail is marked with white blazes, side trails with blue blazes.
- 0.25 Junction with the Upland Trail. (The Upland Trail will carry you out to Martha's Pretty point at 2.2 miles). Stay to left (west) on Main Trail
- 1.25 Cross Big Branch on rocks - just above Big Branch Falls
- 1.35 Big Branch Falls, a wet weather cascades, just to left (south) of trail.
- 1.50 Cable Crossing, which is a cable attached to aid crossing of Big Laurel Creek. The Cable Crossing Camp Area is just across the Creek.
- 1.65 Junction with side trail to Martha's Pretty Point (It is .5 miles up to this spectacular overlook. Out and back will add one mile to the overall hike). Continue straight on main trail.
- 2.35 Big Laurel Falls
- 3.50 Junction with the Virgin Falls Loop
- 3.80 Sheep Cave Junction. This side trail adds .15 to the overall hike. But it is worth it. Take the side trail to overlook and cave entrance, then return to main trail.
- 3.95 Return to main trail
- 4.40 Main Virgin Falls Overlook. (From this main overlook, there is also a nice spur trail that carries you to the top, where the creek issues from Virgin Falls Cave at .25 miles. However, this side trip isn't included in mileage).
- 4.60 Trail Junction at steep rocky ridge. Trail down to Caney Fork Camp Area continues straight .2 miles. But turn left (east) up steep ridge area.
- 4.90 Return back to the Loop Junction. From here, it is 3.5 miles back to the Parking Lot on Scotts Gulf Road.
- 8.40 miles total. (Side trail mileage not included, except side trail to Sheep Cave.)