



Sugar Knob - Wardensville, West Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
11.2 mls	☆	☆	☆	☆	☆
Hiking Time:	6 hours with a half hour for lunch				
Elev. Gain:	2,070 ft				
Parking:	Park on the left before crossing Waites Run				

The Sugar Knob hike up Pond Run Trail and down Racer Camp Hollow Trail has some of the best stream scenery in the George Washington National Forest. This is one of several great loops in the Great North Mountain Area with fantastic camp sites all along its route.

Just before the bridge over Waites Run start the hike up Pond Run Trail. Pond Run Trail is both blue and green blazed (green blazes designate deer study areas and can be found throughout the Great North Mountain region). It will cross the run a number of times as it winds its way up the valley. After 2.5 miles cross a wooden ford placed over wet land area and arrive at the ridge.

At the trail intersection you can make a quick side trip by going directly ahead on the white blazed lookout trail for 100 yards and a great view to the west. Return to the trail and turn right (left if you didn't go to the lookout).

In 0.5 miles the forestry road will turn right uphill, continue straight on the blue blazed trail as it winds around the mountain for 1.3 miles before reaching the intersection of the orange blazed Mill Mountain Trail that continues straight ahead.

Turn left continuing on the blue blazed trail as it descends slightly on its way to Sugar Knob. In 0.6 miles arrive at the four way intersection of the Peer Trail, to your left, and the Stony Creek Trail, to your right.

Continue straight on the blue blazed trail for 0.9 miles as it passes over Sugar Knob then descends continuing to another four way intersection.

Turn left downhill on the orange blazed Racer Camp Hollow Trail as it passes several great camp spots and crosses the run several times before turning right uphill in 1.6 miles.

After climbing uphill for 100 yards the trail will turn left traversing the mountain for another 0.9 miles and reaching the junction of the pink blazed Old Mail Path and wildlife clearing.

Turn left downhill into the clearing and at the bottom of the clearing enter the pink blazed Old Mail Path as it winds downhill before arriving in 1.0 mile at a wooden foot bridge and crossing Waites Run. Continue downstream on the pink blazed trail for another 0.5 miles before arriving at the yellow blazed FS road.

Turn left downhill on the FS road and in 0.4 miles pass a closed gate. Continue downhill on the FS road with Waites Run now on your left for 1.0 mile and crossing a bridge arriving back at the parking area.