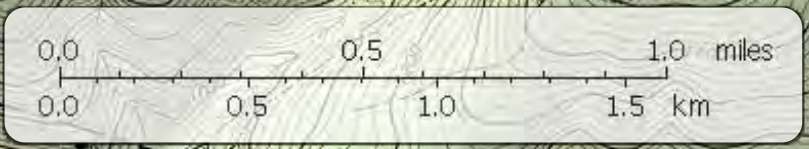


www.HikingUpward.com



Ashby Gap - Paris, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
8.5 mls	★	★	N/A	★	★
Hiking Time: 4.5 hours plus a half hour for lunch Elev. Gain: 1,520 ft Parking: The parking area is recessed 75 yards off VA601, with the entrance obscured when heading north on VA601					

Another nice spring or fall hike closer to the DC Metro area. This is a out and back hike with two side loops, the main features being the small mountain streams, wildflowers, Myron Glaser Cabin, and the Rod Hollow Shelter. The best time to do this hike is springtime when the wildflowers are out and the streams are at their fullest.

From the parking area on VA601 follow the blue blazed trail down from the end of the parking area for 0.1 miles to the intersection of the Appalachian Trail (AT). Turn right uphill/north on the AT as it passes over the first of four ridges, cross a small stream, pass over the second ridge, then arrive at the blue blazed trail that makes a side loop to the Myron Glaser cabin.

Turn left downhill on the blue blazed trail where it shortly joins a small road and turns right. Cross another stream and walk up to the Myron Glaser cabin. The cabin is maintained by the Potomac Appalachian Trail Club and is available for rental to PATC members only. The blue blazed trail passes around the back of the cabin and climbs back to the AT in another 0.2 miles.

Turn left on the AT crossing the next ridge and descending through Duke Hollow. After crossing the stream in Duke Hollow it will be another 0.4 miles to the Fisher Hill Loop Scenic Trail. The trail passes over Fisher Hill without any vistas, and is more of a scenic walk in the woods. Turn left on the blue blazed Fisher Hill Loop Scenic Trail as it passes over the top Fisher Hill then descends and rejoins the AT in 1.0 miles.

Turn right/south on the AT for 0.4 miles to the junction of the Rod Hollow Shelter. The shelter is 0.2 miles from the AT and usually has a good water source next to the stream in Rod Hollow. Continue south on the AT passing the the Fisher Hill Loop Scenic Trail in 0.4 miles you ascended earlier.

From this point you can follow the AT the 2.9 miles back to the parking area blue connector trail, or retrace your hike back past the Myron Glaser cabin.