



# Shenandoah Overlook

## Beauty Comes Naturally Here

*Imagine having to look through a hole in a fence to view a beautiful waterfall . . . .*

It happened at our first world-renowned natural wonder, Niagara Falls. Private landowners built commercial structures and barriers that blocked access.

Imagine sitting on the balcony of a hotel, viewing a majestic waterfall through a clear-cut swath of trees. It happened at Yosemite Falls, which was "turning into a great swindle like Niagara . . . for fleecing the public." The degradation of these areas helped spur the movement for scenic preservation in America.

Another waterfall led more directly to the creation of our first national park. Artist Thomas Moran's painting of the lower falls of "The Grand Canyon of the Yellowstone" inspired awe of nature and desire for preservation in the public and helped motivate Congress to establish Yellowstone in 1872.

In 1924, a commission searched to find an area to create a western-like national park more accessible to the large eastern population. The Blue Ridge offered the solitude of wilderness, the wonder of wildflowers, calming brooks and streams, the amazement of the stealth of a bobcat, or the inspiration of hawks in flight.

Vacationers have been drawn to the natural wonders of the Blue Ridge, such as the six waterfalls of rugged Whiteoak Canyon, for over 100 years. Early on, one entrepreneur built a changing house and swimming pool near the top of Whiteoak Falls to enhance the visitors' experience.

Since Shenandoah National Park's establishment in 1935, visitors have enjoyed all of the park's natural features free of impediments or spectacles. You won't be entertained by piped-in music or colored lights illuminating a waterfall, but you may be inspired by the pure, simple beauty of nature.

Park Emergency Number:  
**(800) 732-0911**

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**Leash Your Dog  
in Shenandoah!**

(see "Pets in the  
Park" on page 2)

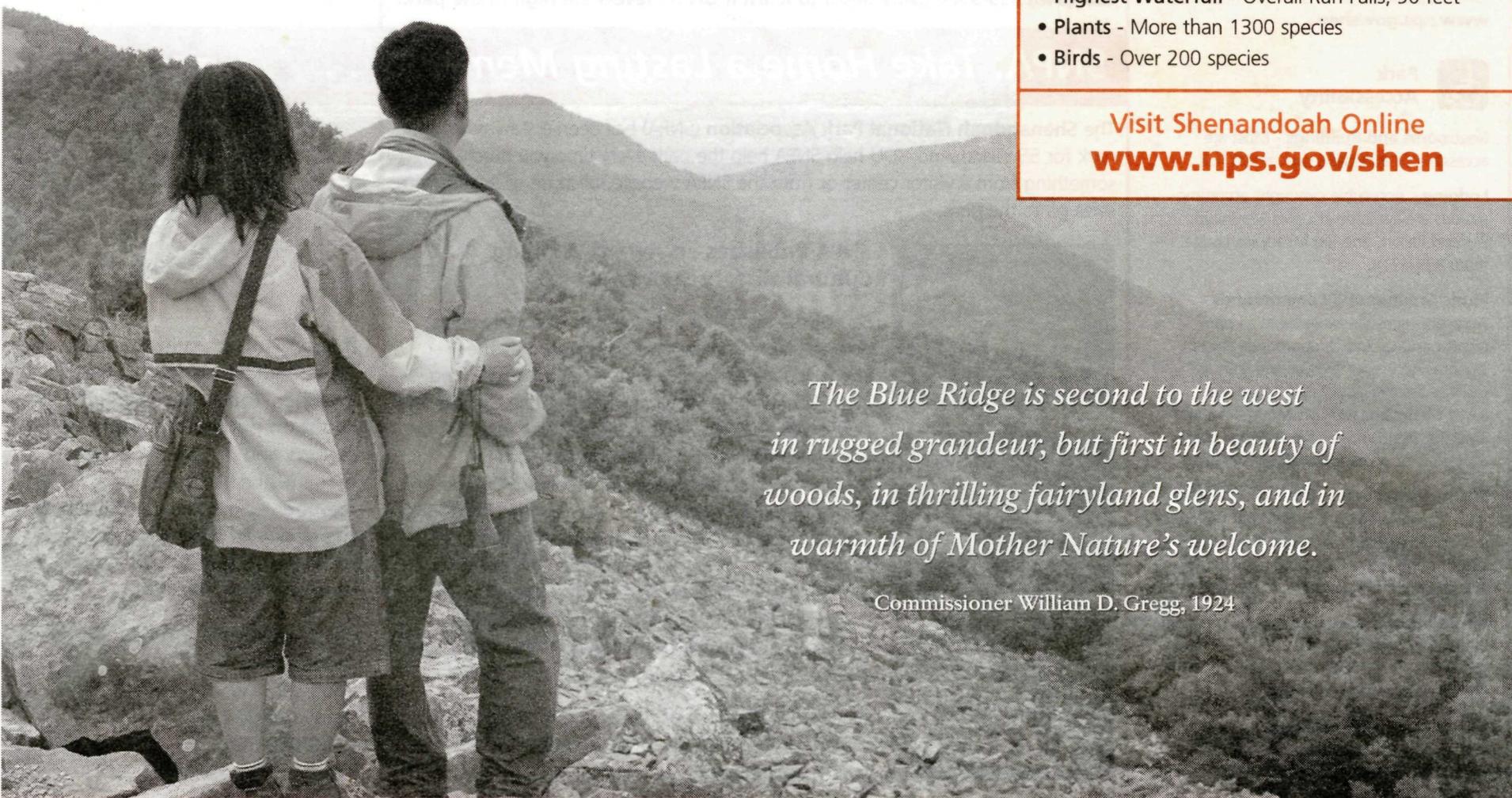
### Quick Facts about Shenandoah:

- Skyline Drive - 105 miles long, 75 Overlooks
- Total Acreage - 197,438 acres
- Designated Wilderness - 79,579 acres
- Highest Peak - Hawksbill Mountain, 4,050 feet
- Hiking Trails - 516 miles, including 101 miles of the Appalachian Trail
- Highest Waterfall - Overall Run Falls, 90 feet
- Plants - More than 1300 species
- Birds - Over 200 species

Visit Shenandoah Online  
**[www.nps.gov/shen](http://www.nps.gov/shen)**

*The Blue Ridge is second to the west  
in rugged grandeur, but first in beauty of  
woods, in thrilling fairyland glens, and in  
warmth of Mother Nature's welcome.*

Commissioner William D. Gregg, 1924



# Things To Know . . .

## Shenandoah Overlook

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[www.nps.gov/shen](http://www.nps.gov/shen)



## Park Accessibility

**Restrooms and Buildings** - Most are accessible or accessible with assistance.

**Lodging** - Accessible overnight accommodations are available at Lewis Mountain, Skyland Resort, and Big Meadows Lodge. (800) 999-4714.

### Picnic Grounds and Campgrounds

Accessible sites are available at all park picnic grounds and campgrounds (except Dundo). Accessible shower and laundry facilities are available at Big Meadows, Lewis Mountain, and Loft Mountain campgrounds. Restrooms at picnic grounds are accessible or accessible with assistance.

**Trails** - The Limberlost Trail is an accessible trail, a gently sloping 1.3-mile loop featuring a 5'-wide greenstone surface. The trail circles through forest and mountain laurel and includes a 65' bridge and 150' boardwalk.

**Information** or assistance may be obtained by telephoning the Virginia Relay Center at (800) 828-1120 (TDD) or (800) 828-1140 (Voice) or by writing to the park:

**Shenandoah National Park**  
3655 US Hwy 211 East  
Luray, VA 22835

## They're Wonderful—and Wild!



## Respect Wildlife in Shenandoah!

Shenandoah National Park is home to many wild animals. You'll see some while you're here. Be careful NOT to feed the deer or bears or any other animals, though—they're WILD. And don't approach them too closely. Help the park protect wild animals in their natural state so that your children and grandchildren can enjoy them, too.

## The Air We Breathe

The colorless gas called **ozone** exists naturally in the stratosphere, where it shields the earth from the sun's ultraviolet rays. However, ozone is considered an air pollutant when close to ground level—where it is formed by a chemical reaction between volatile organic compounds and oxides of nitrogen in the presence of sunlight and heat. When these ozone levels are high, usually from May through September, some people develop inflammation of the respiratory tract or other problems when exercising strenuously.

High ozone levels in Shenandoah National Park do occur, though not often. The National Park Service has provided an Ozone Advisory System to alert people when high levels are detected, so they can adjust their outdoor activity as needed. Visit [www.nps.gov/shen](http://www.nps.gov/shen) for additional information.

**Call (540) 999-3500 (May-Sept) to learn if ozone levels are high in the park.**

## Pets in the Park

**Pets are welcome in the park, if they are kept on a six-foot lead at all times.**

Pets are **not** permitted on guided programs because they can be distracting to hike leaders and participants. In addition, to ensure your pet's safety and the safety of others, pets are **not** permitted on the following trails:

- Fox Hollow Trail (mile 4.6)
- Traces Trail (mile 22.2)
- Stony Man Trail (mile 41.7)
- Limberlost Trail (milepost 43)
- Dark Hollow Falls Trail (mile 50.7)
- Story of the Forest Trail (milepost 51)
- Bearfence Mountain Trail (mile 56.4)
- Frazier Discovery Trail (mile 79.5)
- Old Rag Ridge Trail
- Old Rag Saddle Trail (above the Shelter)

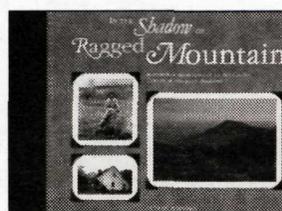
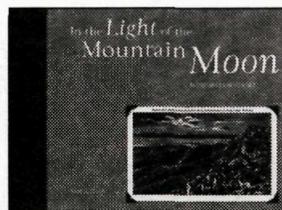
## SNPA: Take Home a Lasting Memory . . .

The **Shenandoah National Park Association (SNPA)** has been a steward of the park for 55 years! And YOU help SNPA help the park every time you purchase something from a visitor center or from the SNPA website, because all profits from sales go to the park.



### SNPA Publishes an Award-Winning Cultural History Series

Part of the history of Shenandoah National Park is now available in three books published by the Shenandoah National Park Association. *Everything Was Wonderful: A Pictorial History of the Civilian Conservation Corps in Shenandoah National Park* by Reed L. Engle won the Media Award from the National Association of Interpretation in 2000. *In the Light of the Mountain Moon: An Illustrated History of Skyland*, also by Engle, won the same award in 2004. *In the Shadow of Ragged Mountain: Historical Archaeology of Nicholson, Corbin, & Weakley Hollows* by Audrey Horning is the most recently published book in the series, telling the story of the mountain residents in three hollows in what is now the park.



All three books are available at visitor centers, concession facilities, by phone at 540-999-3582, or on the website, [www.snpbooks.org](http://www.snpbooks.org)



## JOIN US!

If you want to do even more, SNPA invites you to become a member. You'll receive a 20% discount on purchases in park visitor centers and at visitor centers in many other national parks. As a member, you'll learn more about the park and have the satisfaction of knowing that you're doing more to take care of it.

**Shenandoah National Park Association**  
3655 US Hwy 211 East  
Luray, VA 22835  
(540) 999-3582  
[www.snpbooks.org](http://www.snpbooks.org)

# ... While You're Here

## Backcountry



Most of Shenandoah National Park is open to **backcountry camping**. **Permits** are required and are available free from park headquarters, visitor centers, and most entrance stations, as well as at the north and south entry points for the Appalachian Trail, and Old Rag Fee Station. Seven trailside huts along the Appalachian Trail are available for long distance hikers. These huts are operated by the Potomac Appalachian Trail Club (PATC). Other trail shelters are for day use only.

Six locked, primitive **cabins**, maintained by the PATC, are located in the park. The cabins are equipped with mattresses, blankets, and cookware. Some cabins will accommodate as many as 11 persons. To get additional information or to make reservations, call PATC at (703) 242-0693 or (703) 242-0315 between 7 and 9 p.m. Monday-Thursday or between 12 and 2 p.m. Thursday-Friday. Or write to the club:

Potomac Appalachian Trail Club  
118 Park Street, SE  
Vienna, VA 22180  
[www.patc.net](http://www.patc.net)

## Who Are They?

As you drive and hike through Shenandoah National Park this year, you may come upon groups of busy people. Do you know who these workers are?

Volunteers from the **Potomac Appalachian Trail Club (PATC)** maintain all 101 miles of the Appalachian Trail in the park and many other trails as well. They clear the trail, build waterbars, remove downed trees, and in general keep an eye out for your safety.

Staff from the **Mid-Atlantic Exotic Plant Management Team (EPMT)** will be working to control Oriental bitter-sweet, an invasive nonnative species, especially in the Big Meadows area.

Staff from the Mid-Atlantic EPMT will also be in the North and South Districts of the park controlling another invasive species, mile-a-minute weed.

**Scientists** will be working at cliff sites throughout the park, studying the natural resources at these sites and how best to protect them. This three-year project will involve scientists from the Virginia Department of Conservation and Recreation, the U.S. Geological Survey, the National Park Service Geological Resources Division, and Virginia Tech. Eventually, the park will work with scientists and the public to develop a Cliff Management Plan.

Members of the **Youth Conservation Corps (YCC)** will be doing trail and maintenance work, including cutting vegetation, clearing rock walls of weeds, and cleaning fire pits in campgrounds.

**Park staff** will be mowing along Skyline Drive and in developed areas such as campgrounds and picnic grounds.

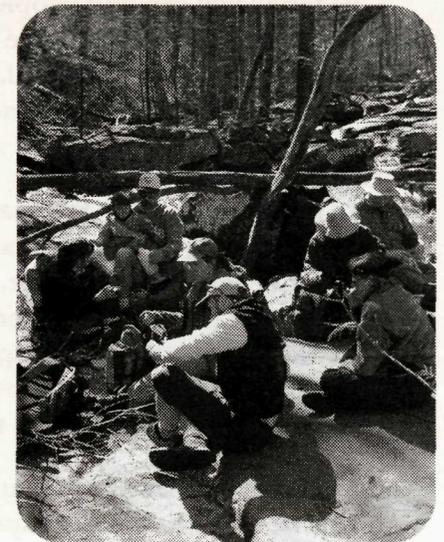


## Leave No Trace



### Stewardship in Action

Protecting the park is everyone's job. Whether you're visiting the park for a week-long excursion into the backcountry or simply enjoying the views from Skyline Drive for the day, you can protect Shenandoah by practicing the principles of **Leave No Trace**.



**Plan Ahead and Prepare** – Carry plenty of water and wear sturdy shoes on all hikes.

**Travel and Camp on Durable Surfaces** – Stay on trails to avoid damaging fragile vegetation.

**Dispose of Waste Properly** – Properly dispose of all trash, including biodegradable material.

**Leave What You Find** – All plants, animals, rocks, and artifacts are protected by law. Leave them as you find them.

**Minimize Campfire Impacts** – Fires are allowed only in pre-constructed fire grates at campgrounds, picnic areas, and day-use shelters.

**Respect Wildlife** – Observe wildlife from a distance. Keep park wildlife healthy by not feeding them.

**Be Considerate of Other Visitors** – Excessive noise, unleashed pets, and damaged surroundings take away from everyone's experience.

## Where Does the Trash Go?

When you're in Shenandoah amidst the forest, wildflowers, and wildlife, think just a little bit about trash and where you should put it! Right here in the park, thousands of pounds of trash are collected each year. As part of a government-wide program designed to reduce the amount of trash ending up in landfills, the park has set up several recycling centers. There are bins for aluminum cans, glass, and clear plastics, and a dumpster for other trash at the following sites.



**Dickey Ridge Visitor Center Parking Lot** (mile 4.6)

**Dickey Ridge Picnic Grounds** (mile 4.7)

**Mathews Arm Campground** (mile 22.2)

**Elkwallow Picnic Grounds** (mile 24.1)

**Panorama** (mile 31.5)

**Pinnacles Picnic Grounds** (mile 36.7)

**Big Meadows Campground** (mile 51.2)

**Big Meadows Picnic Grounds** (mile 51.2)

**South River Picnic Grounds** (mile 62.8)

**Loft Mountain Campground** (mile 79.5)

# WATERFALLS OF SHENANDOAH

• Inspiring • Peaceful • Roaring • Scenic • Relaxing • Breathtaking • Refreshing • Cascading • Rushing • Wondrous • Beautiful • Powerful • Energizing • Cooling • Humbling •

## Why Are Waterfalls So Enticing?

When the strongest force of water we experience in our daily lives is from the shower head or garden hose, the power of unrestrained, wild water is thrilling. Millions of gallons of water coursing over a rocky edge, tumbling down, crashing into rocks and pools with bouncing sprays delight our senses.

The power and grace of unfettered nature can be awe-inspiring. At the base of any waterfall you can find people simply gazing, lost in contemplation. Some find the waterfall a symbol of self-renewal. Some are soothed by the rushing sound of water against rock.

In the 1890s, George Freeman Pollock began leading overnight "tramping parties" to Whiteoak Canyon. There, he said, patrons of his Skyland Resort would "eat heartily...tell tales, sing songs, and, finally lie down upon the beds of boughs and let the roar of the waterfall lull us to sleep."

Waterfalls can be places of uncommon natural beauty. The constant spray and shady nooks encourage mosses, ferns, and mushrooms. Wildflowers sprouting through the soft mats of green include trout lily, early saxifrage, miterwort, wild columbine, violet, and jewelweed.

Streams with waterfalls can be good habitat for brook trout. This native fish prefers cold, clear water that is rich in dissolved oxygen.

The constant churning of water in the plunge pool at the base of the falls enriches the water's oxygen supply. The fish also find resting and hiding places in the pools.

The numerous falls of the Blue Ridge played an important role in the creation of Shenandoah National Park. Promoters in the 1920s and '30s emphasized the waterfalls here, in addition to high peaks and scenic valley views. They took commissioners and politicians to spots with significant natural resources, including Whiteoak Canyon, a rugged ravine with six impressive waterfalls. They showed breathtaking photographs and film footage to a public that was largely unaware that such wild beauty existed so close to large cities.

Curious visitors came to see what locals already knew – an outing to a mountain waterfall could be an unforgettable experience. In October 1880 a party of picnickers rode to Dark Hollow Falls, describing "a lonely, dark place in the woods where the Robinson

River takes its rise. Here the water, coming from a spring at the top of the mountain, falls over one precipice and another, down steep, rocky gulches for 400 feet. We climbed up perpendicular heights to see the prettiest part of the falls...we started for home...tired and sleepy, carrying with us pleasant recollections of our trip up the mountain."

It is lonely no more. The trail to Dark Hollow Falls is one of the most popular in the park. It's not far from a lodge and a campground, so it lures overnight visitors as well as day trippers.

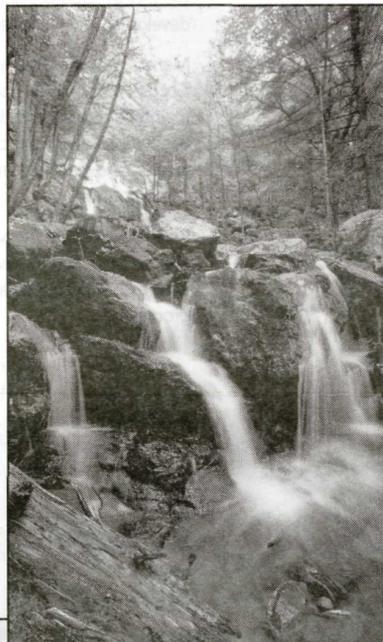
If you'd like to enjoy a waterfall with fewer crowds, you may consider a longer or more strenuous hike. Or try following the stream below a waterfall (only if there is a trail). You may come across another pleasant, less-visited cascade.

The best time to view waterfalls is usually in the spring, when ground water levels are high from snowmelt and rainfall. As the season becomes drier, the water levels dip. Some waterfalls are down to a trickle by mid-summer. If you don't want to be disappointed, check at a visitor center before heading out. Rangers

may not know the exact condition of a particular waterfall, but they can tell you about recent dry or rainy spells.

If you make the journey as important as the destination, there's no need to be disappointed if the falls are not at their best. Look around as you go. Wildflowers may be as close as the edge of the trail. Butterflies might be drifting over the stream. Fish may be fanning their fins in clear pools. Take time to listen. Birds may be flitting in the branches or singing overhead. Chipmunks could be skittering across log highways.

And, if you're lucky, you can take home the memory of the sweet music of the waterfall, as naturalist John Muir did over a century ago.



*Never shall I forget these glad cascade songs, the low booming, the roaring, the keen silvery clashing of the cool water rushing exulting from form to form beneath irised spray.* -John Muir

## Exploring Shenandoah's Waterfalls

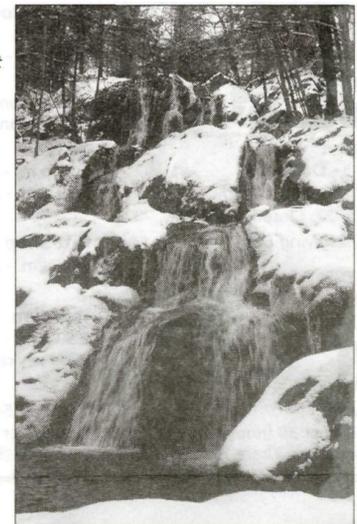
There are no waterfalls in the park that you can drive to. They all require physical exertion for at least a mile and a half. One half of that hike is uphill. Here are some tips to help make your next hike to a waterfall a safe and pleasant one.

- **Take a map or trail booklet along.** The trail may not be a loop – it might continue on past the falls. You need to know where to stop and turn around.
- **Read the trailhead map.** Understand how far you are going and what the elevation change is.
- **Know your limits.** Your heart will be working twice as hard on the uphill return leg of your hike. Your knee joints will be bearing the brunt of whatever load you carry (including those extra pounds or an exhausted child).
- **Take water.** Hikers returning from a waterfall sometimes feel nauseous or light-headed from dehydration. That downhill hike that seemed like a breeze is now producing copious sweating on the uphill trip. Replace body fluids as you hike. (Do not drink from streams in the park without first boiling or purifying the water.)
- **Wear comfortable, sturdy shoes.** Flip-flops, pumps, and shoes with high heels don't provide much support on steep, rocky, wet trails. Tennis shoes and walking shoes are better. Hiking boots are best.
- **Don't climb on or near the falls.** Rocks exposed to continual water spray can be quite slippery, even if they look dry.

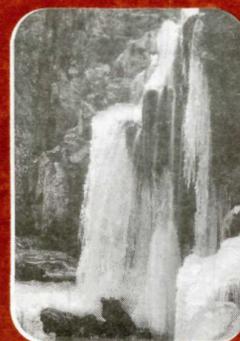
• **If you're tempted to take a dip in a plunge pool, keep in mind that it may be deeper than it appears;** rocks above and under the surface can be slippery; and the water can be shockingly cold. Temperatures of mountain streams in summer can be in the 50s F. (12-13 C.).

• **Check the trailhead map to see if pets are allowed.** If so, remember to keep them leashed at all times. Pets are not permitted on the Dark Hollow Falls Trail.

• **On all park trails, practice Leave No Trace principles.** Carry a day pack or fanny pack for water bottles and snacks. Leave the rocks, mosses, plants, insects, and salamanders where you find them. Keep your feet on the trail or on dry, exposed rock surfaces.



Dark Hollow Falls is a delight in every season. A series of rushing and frothing cascades, the waterfall invites you to stay awhile, to feel its power, to become refreshed and renewed. Later, walk down in the winter, if the trail is free of ice and snow. Experience winter's silence, and then the roar of the falls.



One of the most frequently asked questions at Shenandoah National Park visitor centers is . . .

**"Where's the nearest waterfall?"**

The booklet *Hikes to Waterfalls in Shenandoah National Park* is the best-selling item in the inventory of the Shenandoah National Park Association. This and other hiking guides can be purchased in the park at entrance stations, visitor centers, concession facilities, or online at [www.snpbooks.org](http://www.snpbooks.org)

# Visitor Services

**This schedule effective until November 27, 2005**

Lodges, restaurants, waysides, gift shops, campstores, stables, and showers are operated by ARAMARK, the official park concessioner.



**Restrooms are available at all facilities.**

## Dickey Ridge

(Mile 4.6)



### Visitor Center

September 5 - October 31  
8:30 a.m. - 5:00 p.m. (Daily)  
November 1- 27: Closed Tue/Wed  
Closed Thanksgiving Day

## Mathews Arm

(Mile 22.2)



### Campground

May 27 - October 30 (noon)  
No trailer hookups. There is sewage disposal. First-come, first-served. \$16

## Elkwallow

(Mile 24.1)



### March 25 - October 30 (6:30 p.m.)

The Wayside offers breakfast and lunch/dinner selections, with outdoor seating and groceries, wood, ice, gifts, camper supplies, and gasoline.

### Food Service

September 6 - September 29  
9:00 a.m. - 5:30 p.m.  
September 30 - October 30  
9:00 a.m. - 6:30 p.m.

### All Other Services

September 6 - September 29  
9:00 a.m. - 5:30 p.m.  
September 30 - October 30  
9:00 a.m. - 6:30 p.m.

## Panorama

(Mile 31.5)

Closed for construction

## Pinnacles

(Mile 36.7)



Pinnacles and all other picnic grounds in the park are open year-round.

## Skyland

(Miles 41.7 and 42.5)



### March 24 - November 27 (noon)

Skyland offers visitors a variety of lodging, from comfortable rooms overlooking the valley to rustic historic cabins to spacious suites.

### Dining Room

Breakfast  
7:30 a.m. - 10:30 a.m.  
Lunch  
12:00 noon - 2:30 p.m.  
12:00 noon - 3:30 p.m. (Oct. Sat/Sun)  
Dinner  
5:30 p.m. - 9:00 p.m. (Sun-Thur)  
5:30 p.m. - 9:30 p.m. (Fri/Sat)

### Gift Shop

8:00 a.m. - 9:00 p.m.

### Taproom

2:30 p.m. - 11:00 p.m.  
(Food service ends and last call at 10:30 p.m.)

### Stables (540)-999-2210

September 6 - November 26  
9:15 a.m. (Sat/Sun only), 10:30 a.m.,  
12:30 p.m., 1:45 p.m., 3:00 p.m.

## Big Meadows Area

(Milepost 51 and mile 51.2)



### Harry F. Byrd, Sr. Visitor Center

September 5 - October 31  
8:30 a.m. - 5:00 p.m. (Daily)  
November 1 - 27: Closed Wed/Thur

### Campground

March 25 - November 27 (noon)  
No trailer hookups, but there is sewage disposal. Reservations can be made up to five months in advance by calling (800) 365-CAMP or online at <http://reservations.nps.gov> \$19

### Wayside

March 25 - November 27 (5:30 p.m.)  
The Wayside houses a full-service dining room with carryout service. Other services include a gift shop, campstore, and gasoline.

### Wayside Dining Room

Breakfast  
September 6 - November 27  
9:00 a.m. - 11:00 a.m.  
Lunch/Dinner  
September 6 - September 29  
October 24 - November 27  
11:00 a.m. - 5:30 p.m.

### September 30 - October 23

11:00 a.m. - 6:00 p.m. (Mon-Fri)  
11:00 a.m. - 7:00 p.m. (Sat/Sun)

### Gas/Campstore/Gift Shop

September 6 - September 29  
October 24 - November 27  
9:00 a.m. - 5:30 p.m.  
September 30 - October 23  
9:00 a.m. - 6:30 p.m. (Mon-Fri)  
9:00 a.m. - 8:00 p.m. (Sat/Sun)

### Showers/Laundry/Woodyard

September 6 - November 6  
7:30 a.m. - 7:00 p.m. (Sun-Thurs)  
7:30 a.m. - 8:00 p.m. (Fri/Sat)  
November 7 - November 26  
7:30 a.m. - 7:00 p.m. (Fri/Sat)  
November 27: 7:30 - noon

### Big Meadows Lodge

April 28 - November 6 (noon)  
Big Meadows offers rooms in the lodge, rustic cabins, motel-type rooms, and modern suites.

### Dining Room

Breakfast  
September 6 - November 6  
7:30 a.m. - 10:00 a.m.

### Lunch

September 6 - September 29  
12:00 noon - 2:00 p.m. (Sat/Sun)  
September 30 - November 5  
12:00 noon - 2:00 p.m. (Daily)

### Dinner

5:30 p.m. - 9:00 p.m. (Sun-Thur)  
5:30 p.m. - 9:30 p.m. (Fri/Sat)

### Taproom

September 6 - November 5  
4:00 p.m. - 11:00 p.m. (Mon-Fri)  
2:00 p.m. - 11:00 p.m. (Sat/Sun)  
(Food service ends and last call at 10:30 p.m.)

### Gift Shop

8:00 a.m. - 9:00 p.m.

## Lewis Mountain

(Mile 57.6)



### April 29 - October 30 (noon)

Lewis Mountain has housekeeping cabins with covered patios, picnic tables, and grills. Other services: groceries, gifts, wood, ice/showers/laundry.  
**Campground**  
No trailer hookups or sewage disposal. \$16

### All Services

September 6 - September 29  
9:00 a.m. - 5:30 p.m.  
September 30 - October 30  
9:00 a.m. - 6:00 p.m. (Sun-Thurs)  
9:00 a.m. - 7:00 p.m. (Fri/Sat)  
October 30:  
Campstore Only: 9 a.m. - 12:00 noon  
(Cabins close Sunday, October 30, at noon)

## South River

(Mile 62.6)



South River and all other picnic grounds in the park are open year-round.

## Loft Mountain Area

(Mile 79.5)



**Information Center - CLOSED**

### Wayside

May 6 - October 30  
The Wayside has a dining room, gift shop, and gasoline.

### Gas/Food/Gift Shop

September 6 - October 30  
9:00 a.m. - 5:30 p.m. (Sun-Thurs)  
9:00 a.m. - 6:30 p.m. (Fri/Sat)

### Campground

May 20 - October 30 (noon)  
No trailer hookups, but there is sewage disposal. First-come, first-served. \$16

### Campstore

The campstore, near Loft Mountain campground, offers camping supplies, wood, ice, groceries, and shower/laundry.  
September 6 - September 29  
9:00 a.m. - 5:30 p.m.  
September 30 - October 29  
9:00 a.m. - 7:00 p.m. (Sun-Thurs)  
9:00 a.m. - 8:00 p.m. (Fri/Sat)

### Showers/Laundry

September 6 - October 29  
7:30 a.m. - 8:00 p.m.  
October 30: 7:30 a.m. - 12:00 noon

## Dundo

(Mile 83.7)



### Dundo Group Campground

April 15 - October 30 (noon)  
A primitive group campground. Reservations are required. Call (800) 365-CAMP, or online, <http://reservations.nps.gov> \$32

## Lodging Reservations



(800) 999-4714 (toll free)  
(540) 743-5108 (local)

[www.visitshenandoah.com](http://www.visitshenandoah.com)

# Historically Speaking

## ARAMARK Events

Continuing a tradition set by George Freeman Pollock, who founded a resort at Skyland long before Shenandoah National Park was established, ARAMARK, the park's concessioner, offers a variety of activities for visitors. A few of the offered events are highlighted here. For a full list of activities and their dates and times, see ARAMARK's activities brochure, or call the concessioner at (800) 999-4714, or visit the website at [www.visitshenandoah.com](http://www.visitshenandoah.com)

### Virginia Wine Tasting

For those 21 and older, Virginia wineries host wine tastings at Big Meadows Lodge and at Skyland Resort. A charge of \$8.50 per person includes assorted cheeses plus a hand-crafted glass to take home. Call for dates and reservations.



### Tea With the First Ladies

Historian Babs Melton, director of the Museum of American Presidents, takes tea sippers on a journey through the history of two of America's most spirited women, Lou Hoover and Eleanor Roosevelt.



Desserts from the First Ladies' favorite recipes and a variety of teas are served. At Big Meadows Lodge. \$12 per person. Call for dates and reservations.

### The Wonders of Wildlife

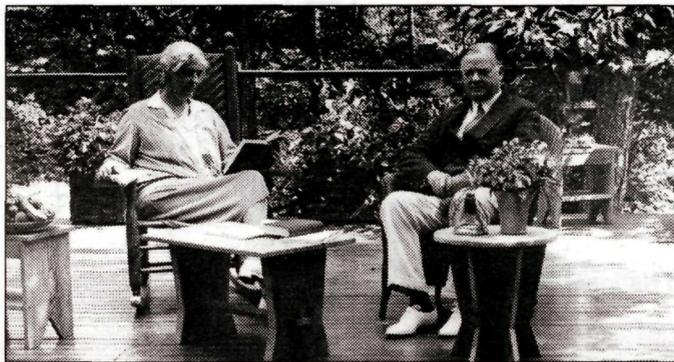


Marlene A. Condon, nature writer and photographer, will present a 45-minute slide/narrative show about the

wildlife activities that keep the natural world functioning. In the Massanutten Room in Big Meadows Lodge. FREE. Call for dates and reservations.

Discover many more events at [www.visitshenandoah.com](http://www.visitshenandoah.com)

## Escaping Washington



*I have never seen him happier than when he was on the Rapidan.*

White House aide speaking of President Herbert Hoover

Make an historic escape part of your trip to Shenandoah National Park. One of former President Herbert Hoover's favorite places to escape from the pressures of Washington, D.C., was **Rapidan Camp**, nestled in the Blue Ridge Mountains along the beautiful Rapidan River. President and Mrs. Hoover donated the camp for the park when his term as president ended.

The camp is nearing the end of a multi-year restoration and historic refurbishing. Visitors can see the **President's cabin**, **The Brown House**, as it was during the Hoovers' time there, rustically and simply furnished by First Lady Lou Henry Hoover. It's easy to see why the first couple escaped to Rapidan to fish the cool mountain streams, walk along the ridges, and relax in seclusion from the heat and hustle of Washington. A new exhibit planned for the **Prime Minister's cabin** will acquaint visitors with the Hoovers, revealing the story of their connection with nature and commitment to public service.

Visitors to today's Rapidan Camp can experience yesterday's escape. A four-mile hike or a van ride from Byrd Visitor Center (check **Ranger Program Schedule** for days and times) will take you to this presidential retreat to discover its special qualities, to relax, and to return rejuvenated.

## Cabin Restoration

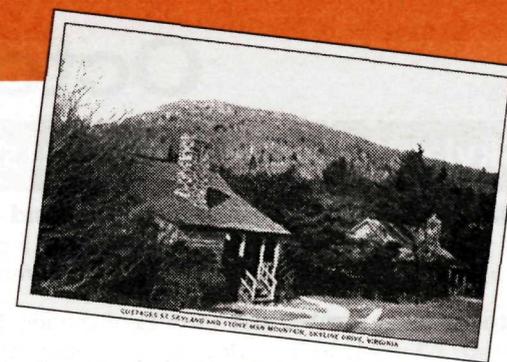
The park concessioner, ARAMARK, has completed restoration of three historic Skyland cabins. **Whispering Pines**, **Vollmer**, and **Peak View** cabins were all built near or on lots originally owned by Skyland investor Robinson Bosler in 1911 and 1912. Although initially single-family cabins, the buildings were subdivided into multiple family units in the 1930s and additionally altered in the 1970s.

Restoration entailed conversion of the historic cabins back to single family units retaining much of the original plan and historic detail. The units feature large living rooms and oak-paneled interiors, kitchenettes, gas fireplaces, and in the case of Whispering Pines, full access for guests with disabilities. The original porches, once a characteristic rustic detail at Skyland, have been reconstructed.

The three cabins, as well as the historic area of Skyland, were entered in the National Register of Historic Places in 2003.



Whispering Pines Cabin



# FALL RANGER PROGRAMS

## September September 5 - September 30, 2005

Skyland Area (miles 41.7 and 42.5)	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Massanutten Lodge and Historic Skyland</b> - The figures and forces of the early days of Skyland Resort come to life in this tour of a cabin restored to its 1916 appearance. 1 hour. 15-person limit. <i>Meet at Skyland Conference Hall for the short stroll to the cabin.</i>		10:30 a.m.		3:00 p.m.			3:00 p.m.
<b>Story of the Limberlost</b> - Stories of change, loss, and hope are found in this dramatic forest. 1.2 miles. 1.5 hrs. <i>Meet at the Limberlost Trailhead (milepost 43).</i>		10:30 a.m.	10:30 a.m.				
<b>Stony Man Hike</b> - Some of the most incredible views are closer than you think! Wear sturdy shoes and bring water. 1.6 miles. 2 hrs. <i>Meet at the Stony Man Trailhead (mile 41.7, the north entrance to Skyland Resort).</i>						2:00 p.m.	
<b>Evening Campfire Program</b> - Join a ranger for this well-loved National Park Service tradition. 45 minutes. <i>Skyland Amphitheater.</i>							8:00 p.m.
Big Meadows Area (milepost 51)	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Presidential Outing</b> - Travel by van 6 miles to Rapidan Camp, President Hoover's summer retreat. 3 hrs. 13-person limit. <i>Reserve by phone (540-999-3283) or in person at Byrd Visitor Center.</i>		1:30 p.m.	9:00 a.m.		1:30 p.m.		1:30 p.m.
<b>More Than a Meadow</b> - Discover the wonders of the unique, 130-acre meadow on this gentle walk. 1 mile. 1.5 hrs. <i>Meet at Byrd Visitor Center.</i>		2:00 p.m.			10:00 a.m.		10:00 a.m.
<b>Appalachian Trail Hike</b> - Hike a portion of the famous mountain trail and discover its fascinating story. Learn how the 2,000-mile footpath has touched the lives of thousands of people. 2 miles. 2 hrs. <i>Meet at Milam Gap Parking Area (mile 52.8).</i>			2:00 p.m.				
<b>At Home in the Wild</b> - Both humans and animals have called Shenandoah home. Hear one of the amazing stories of mountain inhabitants. 30-minute talk. Topics vary. <i>Byrd Visitor Center Terrace.</i>		10:00 a.m.		2:00 p.m.			
<b>Discovery Walk</b> - Explore what's blooming, peeping, crawling, or singing this week! 1 hr. <i>Meet at Byrd Visitor Center.</i>		3:00 p.m.		10:00 a.m.		10:00 a.m.	
<b>Junior Ranger Program</b> - Unlock the mysteries of Shenandoah through fun and educational activities geared for kids ages 7-12. 1.5 hrs. <i>Meet at Byrd Visitor Center.</i>							3:00 p.m.
<b>Evening Campfire Program</b> - Join a ranger for this well-loved National Park Service tradition. 45 minutes. <i>Big Meadows Amphitheater.</i>						8:00 p.m.	8:00 p.m.

## October October 1 - October 23, 2005

Skyland Area (miles 41.7 and 42.5)	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Massanutten Lodge and Historic Skyland</b> - The figures and forces of the early days of Skyland Resort come to life in this tour of a cabin restored to its 1916 appearance. 1 hour. 15-person limit. <i>Meet at Skyland Conference Hall for the short stroll to the cabin.</i>		10:30 a.m.				10:30 a.m.	
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<b>More Than a Meadow</b> - Discover the wonders of the unique, 130-acre meadow on this gentle walk. 1 mile. 1.5 hrs. <i>Meet at Byrd Visitor Center.</i>		2:00 p.m.	10:00 a.m.			2:00 p.m.	
<b>Discovery Walk</b> - Explore what's blooming, peeping, crawling, or singing this week! 1 hr. <i>Meet at Byrd Visitor Center.</i>				10:00 a.m.			
<b>Hawksbill Mountain Hike</b> - Hike to the highest peak in the park for a panoramic view of the Shenandoah Valley. Wear sturdy shoes and bring water. 2.1 miles. 2 hrs. <i>Meet at Upper Hawksbill Parking Area (mile 46.7).</i>				2:00 p.m.			
<b>Evening Campfire Program</b> - Join a ranger for this well-loved National Park Service tradition. 45 minutes. <i>Big Meadows Amphitheater.</i>							8:00 p.m.

Programs will be cancelled in the event of lightning or other extreme conditions.