



2025

TrailLink Unlimited 

Guides



Virginia Creeper National Recreation Trail

Virginia



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Severely impacted by Hurricane Helene, the rest of the Virginia Creeper Trail remains CLOSED. There is no access to the Virginia Creeper Trail past Damascus at this time. The US Forest Service has completed the initial assessment of trestles on the upper half of the trail and has identified 18 destroyed trestles and 13 standing/damaged.

Please refer to the [Virginia Creeper Trail Conservancy](#) and the [Town of Damascus](#) for the more information.

Overview

Inducted into RTC's Rail-Trail Hall of Fame in 2014, the Virginia Creeper National Recreation Trail offers scenic wonders ranging from dense forests, open fields, and lush waterways to railroad relics and delightful small towns. Visitors and residents alike love the length of the trail, its multiple access points, and the wide range of uses; in addition to walking and biking, horseback riding is permitted on the full length of the trail.

There are so many trestles along the route that each is numbered, with an identifying plaque at either end. Originally, there were more than 100 trestles spanning the region's web of picturesque creeks and rivers; 47 remain on the rail trail today.

Many bike shops in Abingdon (the western terminus) and Damascus (roughly halfway through the trail) offer bike rentals and shuttles to the eastern terminus at the Whitetop Station trailhead (elevation 3,500') at the Virginia-North Carolina border. Most trail users opt for a shuttle from Abingdon or Damascus up to Whitetop Station and then hike or ride back down. Riders can also head to Abingdon directly from Damascus or, for a more challenging route, bike up from Abingdon or Damascus to Whitetop Station.

About the Route

The first 17-mile stretch heading west from Whitetop to Damascus travels downhill through terrific scenery, from Christmas tree farms and grazing cattle to river views and deep forestland. It includes four access points, some of which are housed in restored railroad depots. Green Cove Station, the oldest station on the trail, was once a post office, general store, and cargo location. Today, it serves as a museum with artifacts on display—including original mailboxes—and frequently features photography exhibits and live music from local groups. The Appalachian Trail weaves on and off the



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States: Virginia

Counties: Grayson, Washington

Length: 33.7 miles

Trail end points: 300 Green Spring Rd.
(Abingdon) to 2053 Dolinger Rd. (Whitetop)

Trail surfaces: Gravel

Trail category: Rail-Trail

Trail activities: Fishing, Horseback
Riding, Mountain Biking, Walking, Cross
Country Skiing

Parking & Trail Access

The Virginia Creeper National Recreation Trail runs between 300 Green Spring Rd. (Abingdon), where parking is available, and 2053 Dolinger Rd. (Whitetop).

Parking is also available at:

- Old Alvarado Station, 21180 Alvarado Rd. (Abingdon)
- 21150-21000 Co Rd 728 (Damascus)
- 41259 Green Cove Rd. (Damascus)

Please see [TrailLink Map](#) for all parking options and detailed directions.



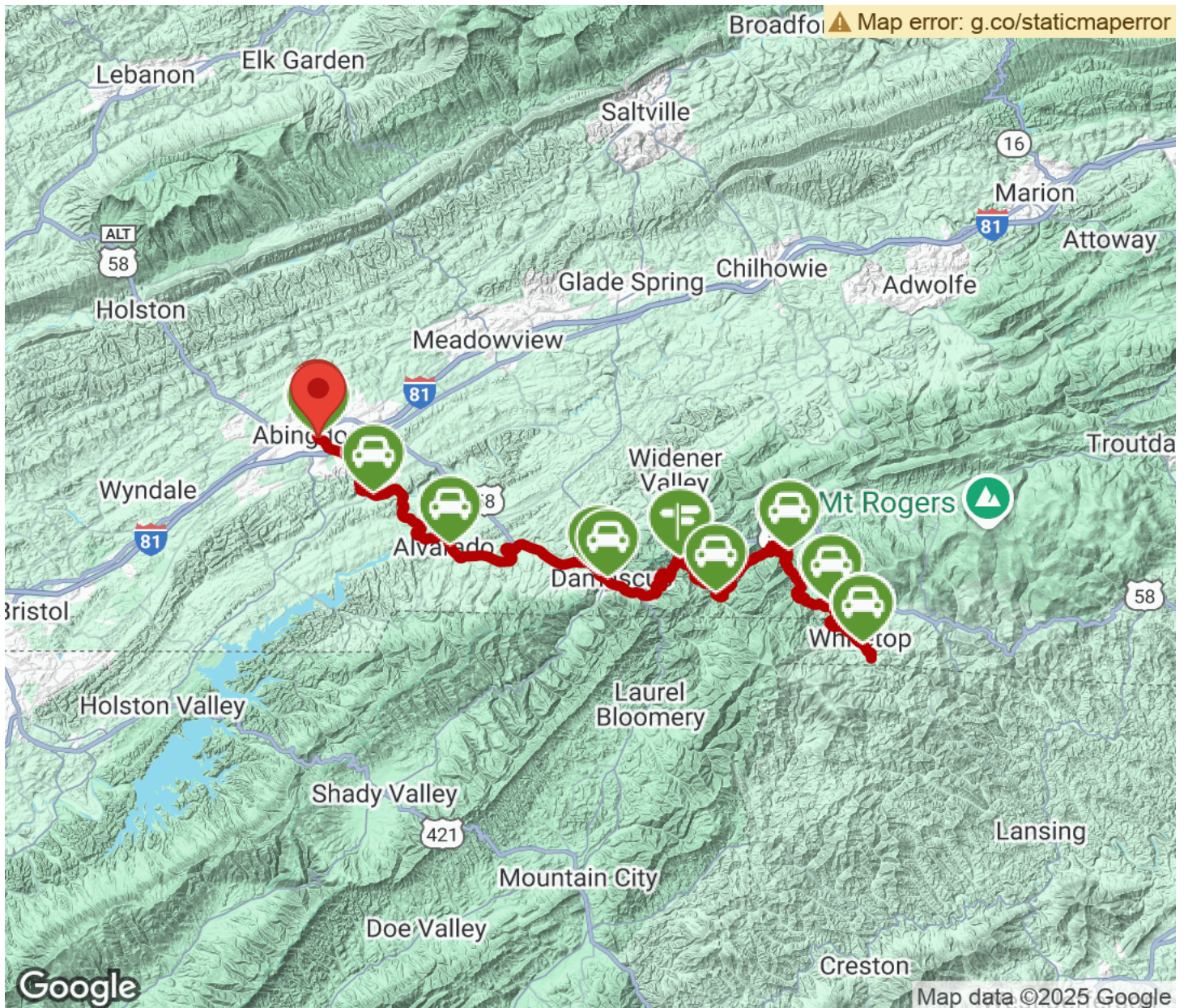
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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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