



2025

TrailLink Unlimited 

Guides



Little Stony National Recreation Trail

Virginia



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If you're looking for an easy trip, the Little Stony National Recreation Trail in Jefferson National Forest is the perfect



every step. Within a half-mile of the northern trailhead, you will find a viewing platform across from a 40-foot waterfall. Thick, waxy leaves of rhododendron and mountain laurel frame the white veil of water, and if you visit in May or June, you'll likely catch the spectacular blooms of these plants.

Continue uphill to find two more impressive waterfalls. Several hundred feet beyond these, you will arrive at the Little Stony Falls parking area, where the 16-mile Chief Benge Scout Trail picks up from Forest Road 701.

If you're looking for an easy trip, the Little Stony National Recreation Trail in Jefferson National Forest is the perfect alternative to the nearby [Devils Fork Loop Trail](#). Devils Fork Loop is gorgeous, but it includes a strenuous and often wet climb. Little Stony, on the other hand, offers similarly beautiful views within a mere 2.8 miles, and its footbridges save you from cold, slippery water crossings. You can also take breaks from the trail's 600-foot ascent by resting at the bridges high above the rushing currents and below the hemlock canopy.

Starting at Hanging Rock Picnic Area, follow the yellow blazes marking the trail, which snakes along Little Stony Creek. The trail is rather narrow in areas where it climbs in elevation and travels over boulders, and the slope is steep for a rail-trail, but the exhilarating views are worth



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States: Virginia

Counties: Scott

Length: 2.8miles

Trail end points: Forest Road 701 to Forest Road 805 (Jefferson National Forest)

Trail surfaces: Dirt

Trail category: Rail-Trail

Trail activities: Fishing, Walking

Parking & Trail Access

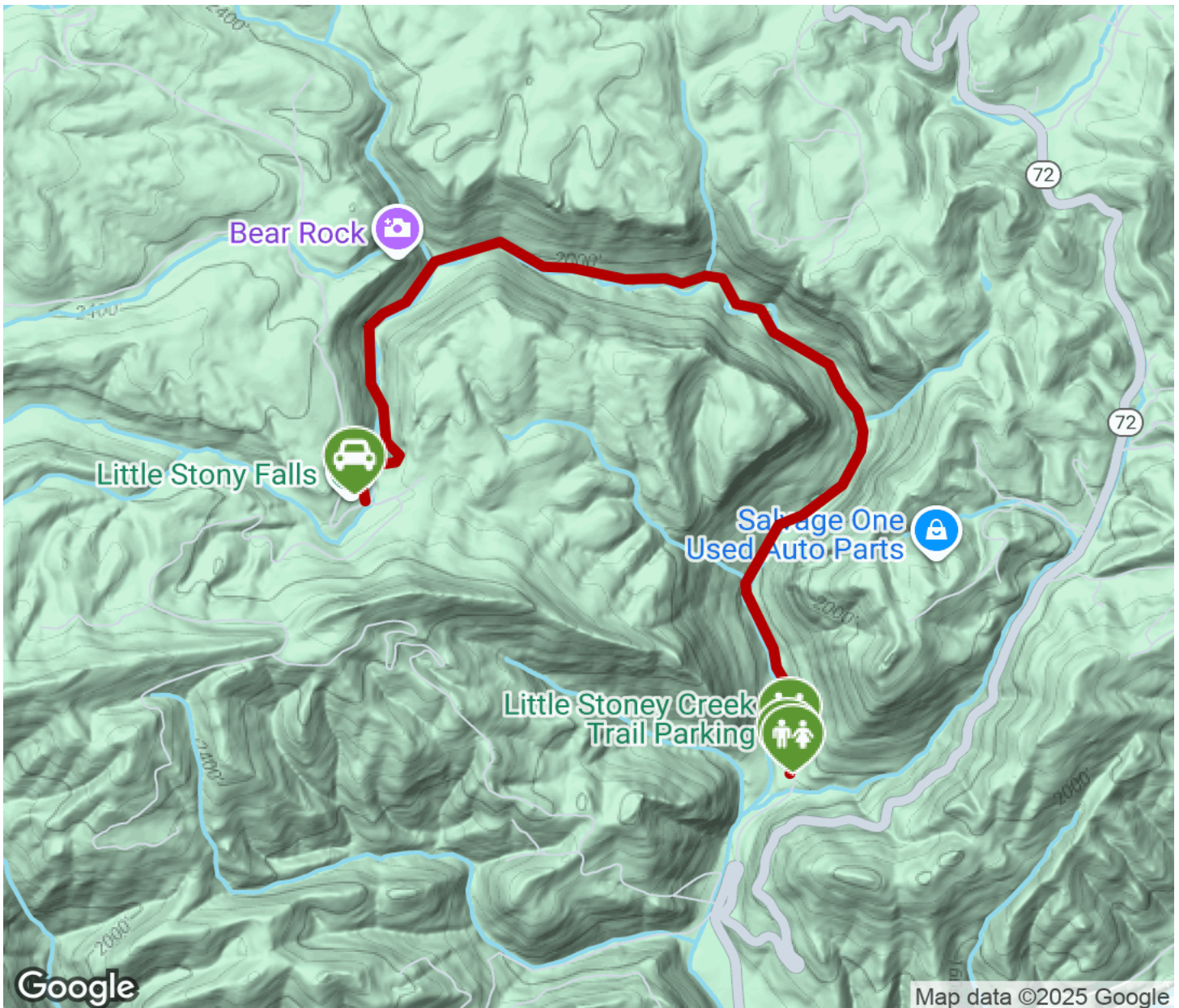
To access the Hanging Rock Picnic Area from US 58 Alternate, head south on State Route 72 near Coeburn. Travel for approximately 7 miles to the Hanging Rock Picnic Area. A sign marks the trailhead.

The upper trailhead, north of Hanging Rock, is a bit more complicated to find. Fortunately, the forest roads that you need to take are peppered with signs to Little Stony Falls. From the junction of SR 72 south and US 58 Alternate, travel south on SR 72 to the minor SR 664. Go west on SR 664 for about 1 mile to Forest Road 700. From there, follow signs to Little Stony Falls.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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by Rails-to-Trails Conservancy

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