



2026

TrailLink Unlimited 

Guides



**New River
Trail State
Park**
Virginia



New River Trail State Park

Virginia

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Southwest Virginia's New River Trail is one of America's premier rail-trails; the U.S. Department of the Interior even designated it an official National Recreation Trail in 2002. The trail also functions as a linear state park running along the New River through Grayson, Carroll, Wythe, and Pulaski Counties. In 1986, the Norfolk Southern Railway donated the railroad corridor, which originally served the once-expanding iron industry, to the Commonwealth of Virginia.

About the Route

The mileage markers used on the trail count down beginning with P51 at Galax and P45 at Fries (the numbers

indicate the distance to Pulaski). Much of the trail is downhill from south to north. Equestrians should note that horseback riding is allowed on all sections of the trail except for the first 2.4 miles between Galax and Cliffview. Horse trailer parking is available at the Cliffview parking area and several other parking areas along the trail.

Starting at the trail's northern endpoint in Pulaski and heading south towards Draper, the trail begins in a substantial uphill climb. A mile or so after Draper (mile marker 6), the trail travels downhill to the impressive 950-foot-long Hiwassee trestle at the river. This 5-mile section features numerous trestles and offers a study in mountain railroading, as to how the tracks climbed away from Claytor Lake and the river to reach the mainline at Pulaski.

Many visitors choose to begin at Foster Falls (mile marker 24), the New River State Park headquarters, located about midway along the New River Trail. The park's Foster Falls Boat and Bike Livery (116 Orphanage Dr. in Max Meadows) provides shuttle services and rents bikes, canoes, kayaks, and float tubes.

From here, the trail follows Chestnut Creek for 12 miles until reaching Fries Junction. The creek affords rugged scenery from the narrow valley it carved on its way to the river. At mile marker 39, trail users will encounter the beautiful Fries Junction trestle spanning the New River. Just across the bridge, there is the option of taking a pleasant excursion to Fries, an 11-mile round-trip. This 5.5-mile spur is included in the trail's total length. Sticking to the main trail once again, it is another 12 miles to the southernmost end of the trail in Galax.



New River Trail State Park

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States: Virginia

Counties: Carroll, Grayson, Pulaski, Wythe

Length: 57.5 miles

Trail end points: E Main St/VA 99 & Xaloy Way
(Pulaski) to T George Vaughan Jr Ave (Galax)

Trail surfaces: Crushed Stone

Trail category: Rail-Trail

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

Parking & Trail Access

The New River Trail State Park runs between E Main St (Pulaski) and T George Vaughan Jr Ave (Galax), with parking available at both ends.

Additional Parking can be found at:

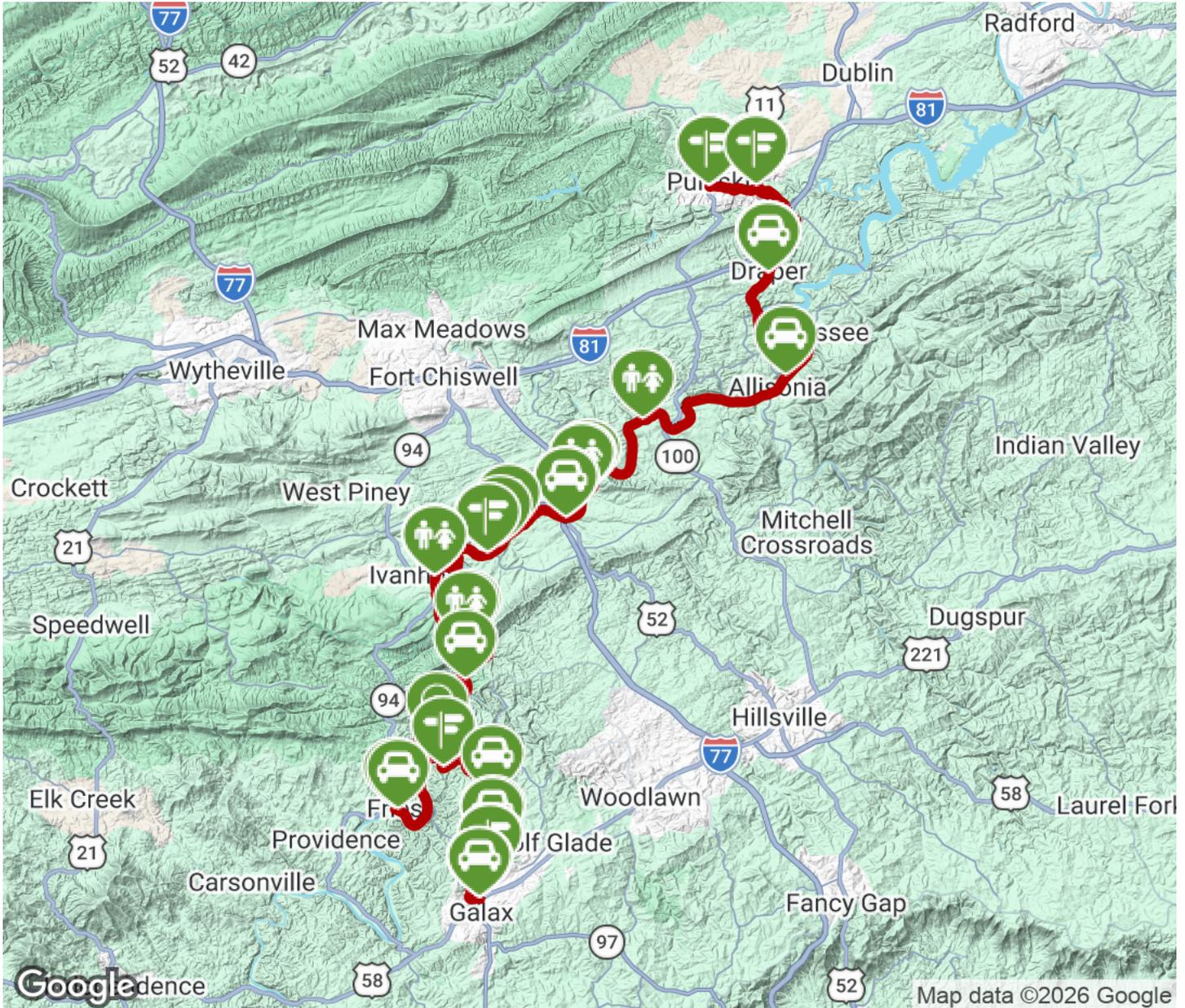
- 3016 Brown Rd (Draper)
- 2323 Buck Dam Rd (Woodlawn)
- 323 Firehouse Dr (Fries)

There are numerous parking options along this trail, please see [TrailLink Map](#) for more parking options and detailed directions.



New River Trail State Park

Virginia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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