



6

HIKING / TRAIL RUNNING




FRIDLEY GAP

Located in the George Washington National Forest




This shaded hike along Mountain Run stream leads to an idyllic swimming hole fed by a small waterfall. An informal camping spot overlooks the swimming hole and small waterfalls. The trail is ideal for hot summer days. Mountain laurel and other native flowering plants bloom along the trail in the early summer.

DIRECTIONS & PARKING

GOOGLE: Mountain Run Swimming Hole

-  **Driving:** 20-25 minutes east of Harrisonburg
-  **Signs and Marking:** The Fridley Gap Trail is blazed purple
-  **Parking:** Follow signs for "Camp Overlook" most of the way if arriving from Rt. 11. A large dirt parking area and end of Airey Lane sits on edge of National Forest. There is plenty of parking.

PRACTICAL PLANNING INFORMATION

-  **Services Along Trail:** None.
-  **Food & Water:** None, but access to Fridley Run along most of the way. Be sure to filter/purify.
-  **Phone Service:** Limited to none

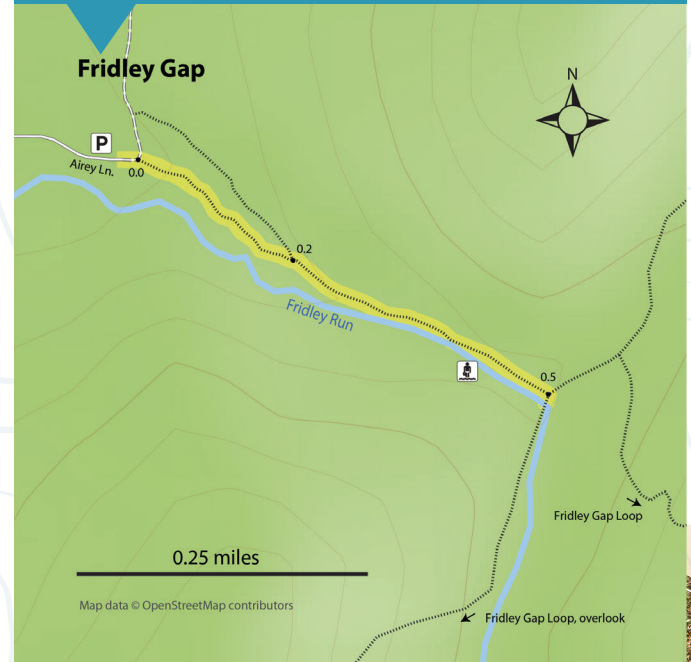


TRAIL INFORMATION



Time: 1 hour
Distance: 1 mile
Elevation: +/- 153 ft.

Terrain: Dirt footpath with some rocky sections along the creek
Preferred direction: Out and back



NAVIGATING THE TRAIL

From the parking area, follow the Fridley's Gap Trail east. When you reach the junction (0.2 miles), stay to the right and follow the trail along the side of Mountain Run. The trail is rocky and can be slippery. Water shoes or sandals are recommended. Alongside the trail, the rocky stream has many areas suitable for wading and water play. The main swimming hole will become accessible within 0.4 miles and is just a few steps to the right of the trail. Be aware that snake sightings are frequent along the trail.

This short hike can be extended into a challenging 6-mile loop with 2000 feet of elevation gain. Ample time should be allowed if undertaking this challenging hike. After 0.45 miles, cross a small creek over steppingstones. Then, at 0.5 miles, turn right at the junction of the Fridley Gap and Massanutten South Trails. Cross Mountain Run over steppingstones and ascend up the Massanutten South Trail. This trail is very hilly and rocky. Continue for 1 mile where the trail reaches the top of the ridge on Fourth Mountain. A narrow path on the right will lead to an overlook of Harrisonburg and the Shenandoah Valley below. Descend down the same trail to the parking area.

Hunting season is most of November through January each year. During this time, be aware hunters may be more active on national forest lands. Wear bright clothing to make yourself more visible and consider a brightly colored hat or vest. Whistle, sing, or carry on a conversation to alert hunters your presence. For more information, visit the Virginia DWR website.

