

Know Before You Go....

*Tell someone what trail you are taking
and when you plan to return.*

Take along these trail essentials:

- * Map
- * Compass/GPS/Cellphone
- * Flashlight/headlamp
- * Extra food
- * Extra clothing and rain gear
- * First aid supplies
- * Pocket knife
- * Matches & firestarter
- * Extra water (Purify all water from streams before drinking to eliminate the risk of Giardia.)
- * Sunscreen/sunglasses
- * Emergency Shelter
- * Knowledge

Be Bear Aware!

You are traveling in bear country. Always maintain a safe and respectful distance from wildlife. When camping, keep a clean campsite.



Leave No Trace

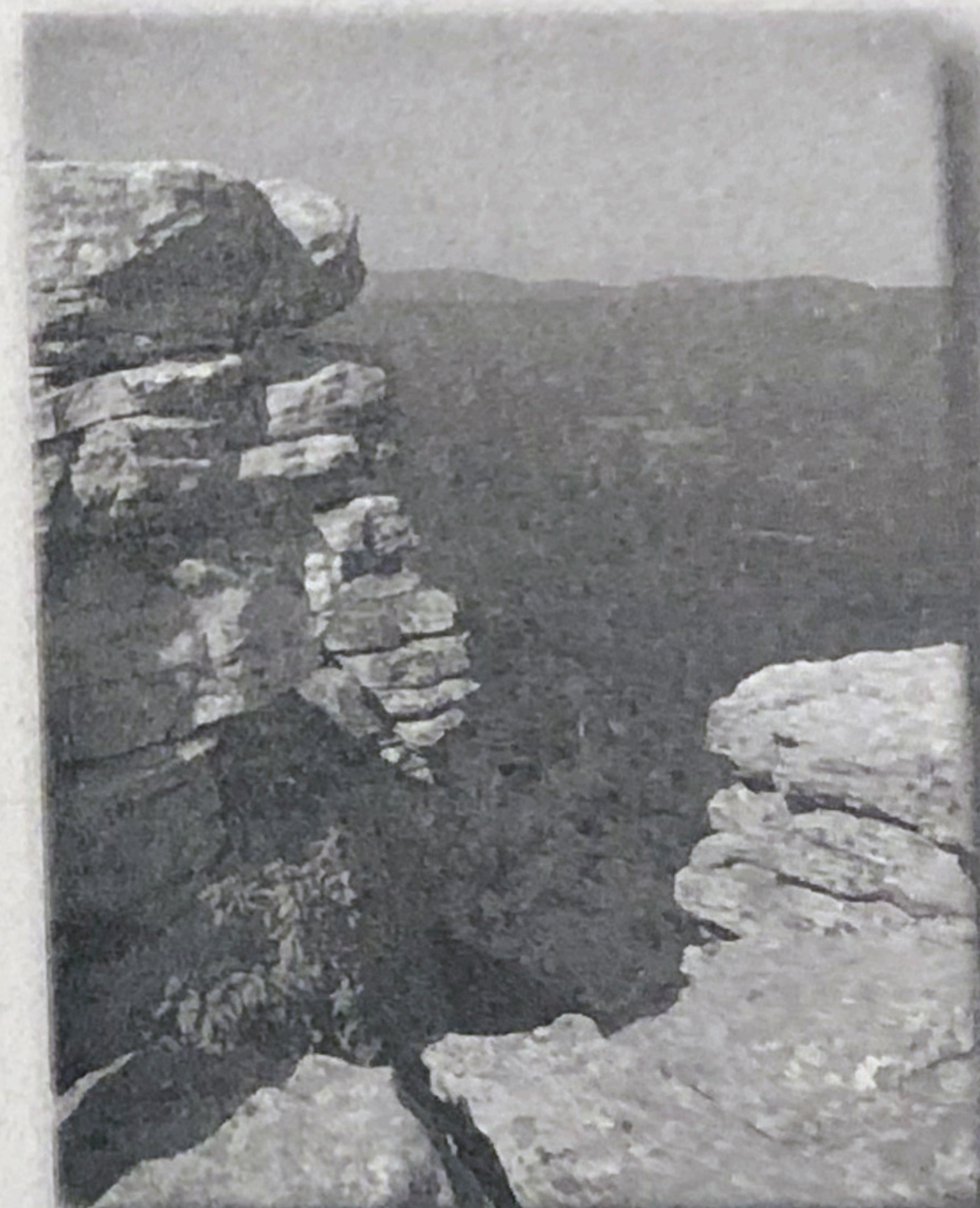
Learn more at www.lnt.org

You can help protect the outdoor experience for future generations.

- * Proper planning will help you avoid difficult and dangerous situations.
- * Stay on trails. Keep your campsite small and in areas where vegetation is absent.
- * Pack out all trash, leftover food and litter.
- * Bury human waste using the cathole method.
- * Leave rocks, plants and other natural objects as you find them for the next person to enjoy.
- * Keep campfires small or use a cookstove. Extinguish all fires before leaving an area.
- * Do not feed or harass the wildlife.
- * Be considerate of other visitors.

Great North Mountain Trails

Includes Wilson/Vances Cove, Big Schloss, Halfmoon, and Laurel Run Areas



View from Big Schloss Overlook

For trail information:
Lee Ranger District,
George Washington & Jefferson NFs
(540) 984-4101
95 Railroad Avenue
Edinburg, VA 22824