

Directions to Trout Pond Recreation Area:

From Strasburg, Virginia, follow State Route 55 west for 18 miles to Wardensville, West Virginia. Turn left on SR 23/10 and travel for about 6 miles. Turn right on SR 259/5 and travel 6 miles to Forest Service Road 500. Turn right and travel about 1 mile to the Trout Pond Recreation Area entrance.

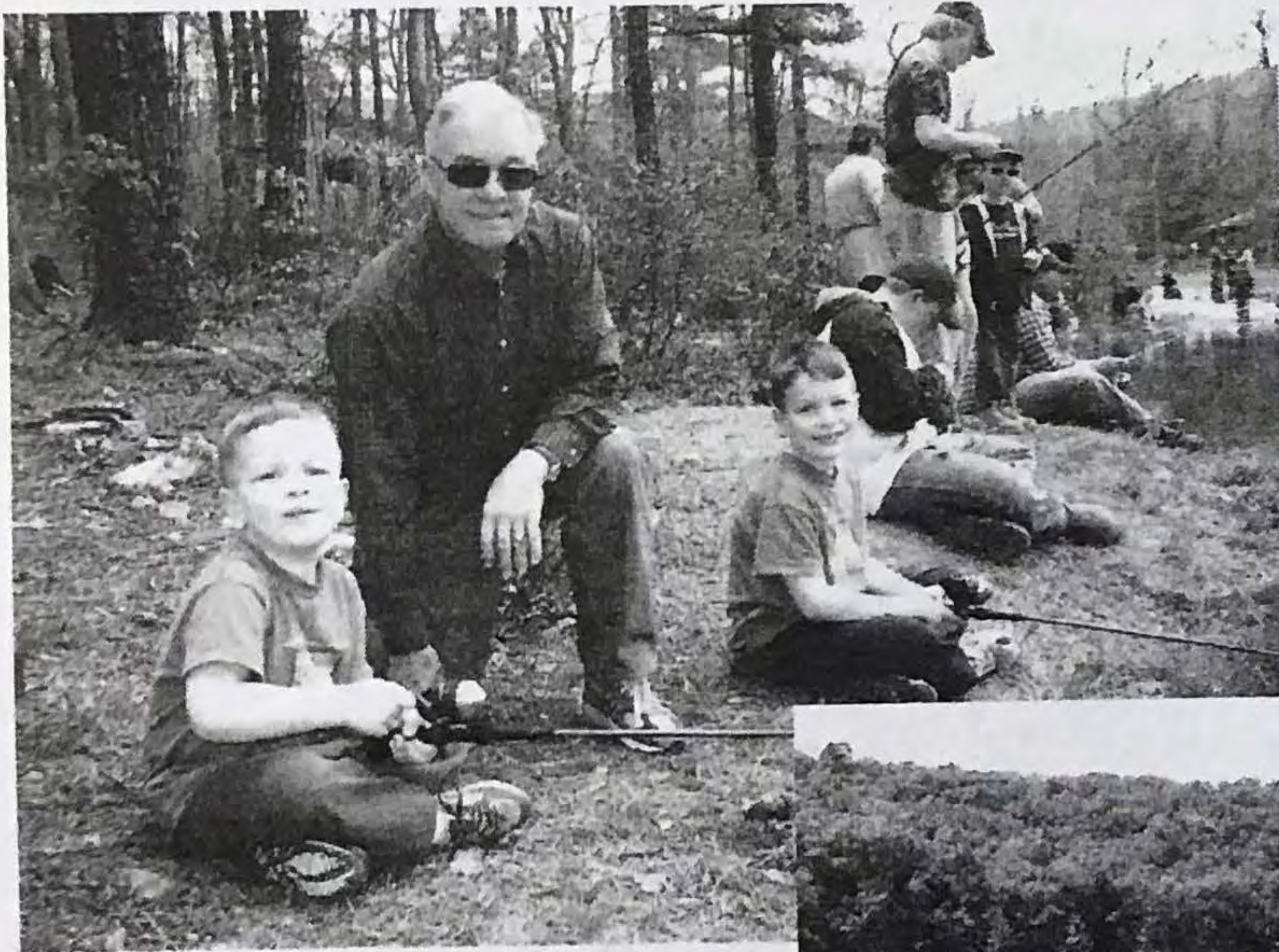
From Broadway, Virginia, follow State Route 259 past Lost City, West Virginia. Turn right on SR 259 and travel 6 miles to Forest Service Road 500. Turn right and travel about 1 mile to the Trout Pond Recreation Area entrance.

For more information:

Lee Ranger District

540-984-4101.

www.fs.usda.gov/gwj/



Kids enjoying Trout Pond's annual fishing derby

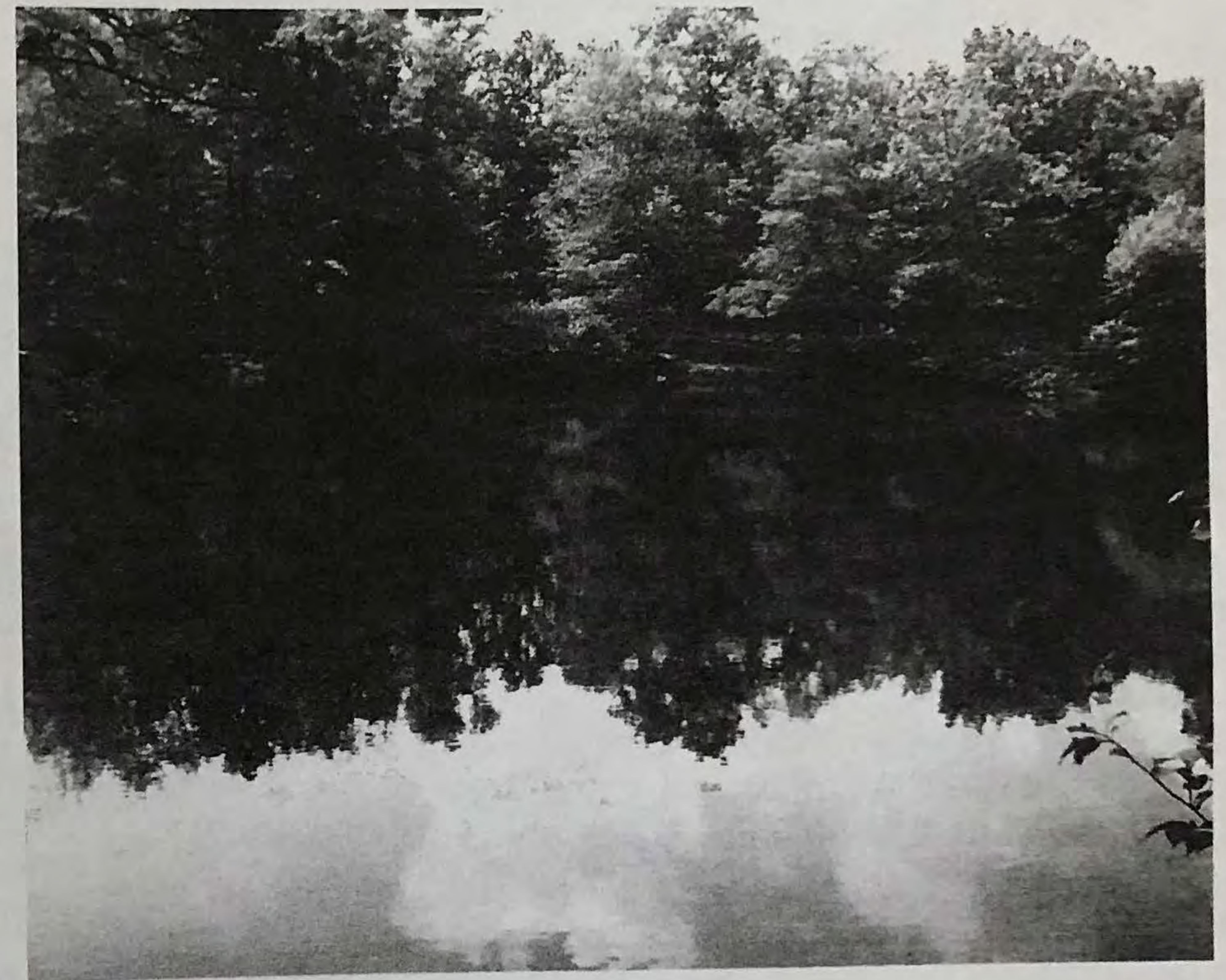


Canoes in Rockcliff Lake



Forest Service
U.S. DEPARTMENT OF AGRICULTURE

Camping and Hiking Guide to Trout Pond Recreation Area



Trout Pond, named for the only natural lake in West Virginia, is a unique area of lakes, streams, mountains and sinkholes surrounded by the beautiful hills of West Virginia.

George Washington & Jefferson NFs
Lee Ranger District

Welcome! To Trout Pond Recreation Area



This recreation area has much to offer - camping, picnicking, swimming, hiking, fishing, boating and more. We hope you enjoy your stay.

Reservations may be made in advance for most campsites and must be made in advance for the two group picnic areas.

Contact www.Recreation.gov or call toll free 1-877-444-6777 for more information.

The **Family Campground** has 50 sites each with a fire ring and picnic table. Fourteen sites with electricity. Hot-water showers and heated restrooms within an easy walk. Dump station. Reservations accepted.

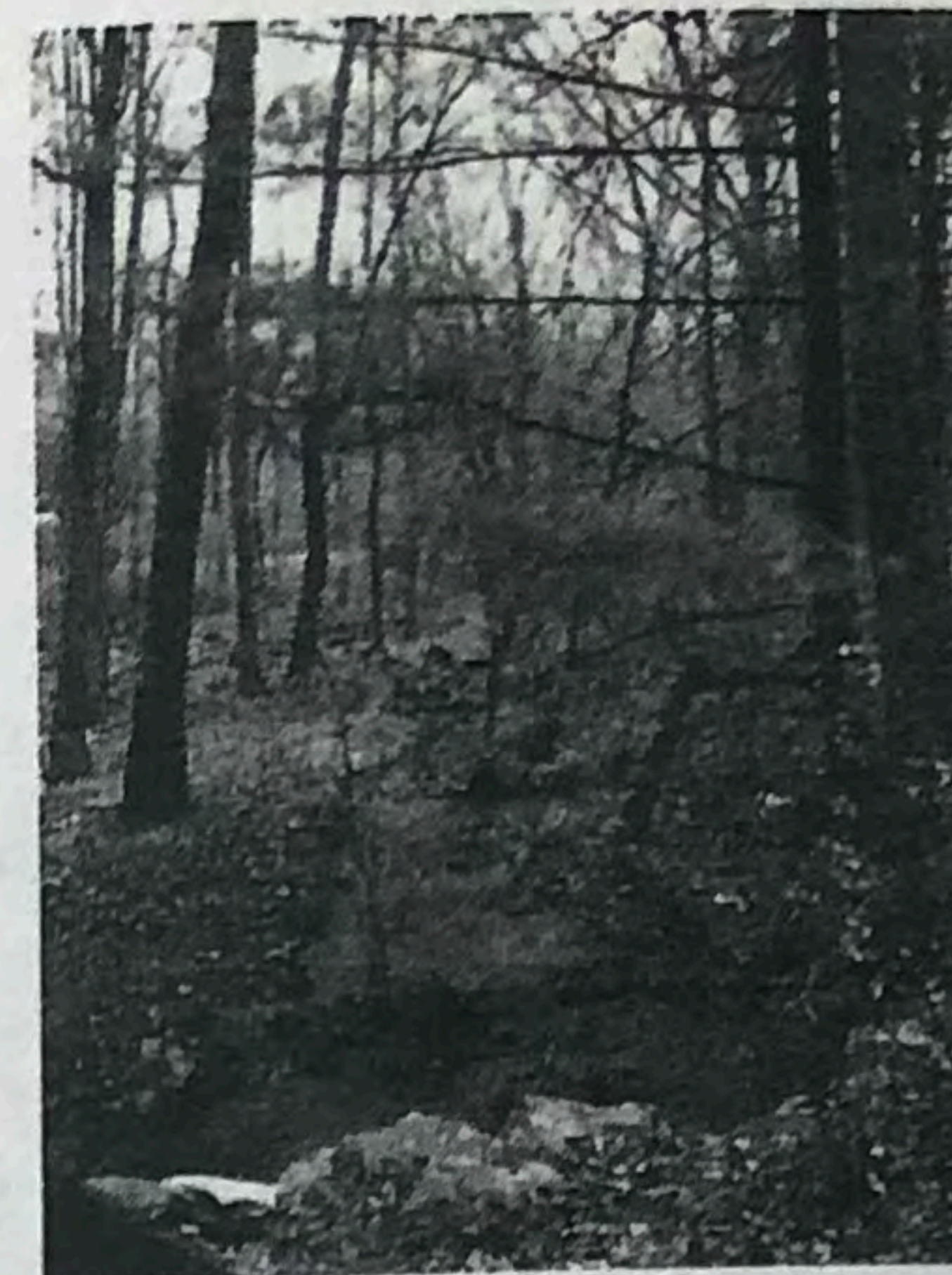
The two **Group Picnic Sites** can each accommodate 100 people. One site has a covered picnic shelter, the other is uncovered. Reservations required.

The **Day Use Area** includes a white sand beach, swimming area, bathhouse, boat launch, playground, and 30 picnic sites. Rockcliff Lake Trail has four wheelchair accessible fishing piers. There is a fee to use this site.

Fishing is permitted here. You should know and obey state fishing regulations. Everyone 15 years old and older is required to have a valid West Virginia State fishing license, a Conservation/Law Enforcement Stamp and a National Forest Stamp. If you are fishing for trout you must have a Trout Stamp.

Youth under 15 must be accompanied by a licensed adult.

Fish found in Rockcliff Lake: Catfish, Bluegill, Rainbow or Brook Trout, Largemouth Bass, Smallmouth Bass, Crappie, Sunfish.



Área recreativa tarifas

Tarifa de uso del día: \$5 por vehículo para un máximo de 8 pasajeros y \$1 por persona para Walk-ins, y furgonetas y autobuses que transportan a más de 8 pasajeros.

Tarifa de camping: \$22 por camping individual por noche. \$40 por camping doble por noche. \$5 tarifa de conexión eléctrica (14 campings solamente).

Cómo pagar: Si la estación de entrada no está abierta, utilice la estación de pago automático. Siga las instrucciones que se publican en la pizarra de información.

América el hermoso Senior y pases de acceso son bienvenidos aquí. Estos pases proporcionan al propietario del pase y hasta 4 personas en el vehículo un descuento del 50% para el uso diurno y las tarifas de camping, excluyendo la tasa de gancho eléctrico.

Las tarifas del campamento deben pagarse dentro de los 30 minutos de la llegada. El talón del sobre debe estar en una vista clara en el salpicadero del vehículo. Hable con su anfitrión del campamento acerca de cómo obtener una etiqueta de panel de área de uso diurno para su vehículo.

Reglas de área de uso diurno:

No se permite el alcohol.

Esta área permanecerá cerrada al atardecer.

La tarifa de natación está incluida en la tarifa de uso diario.

Coloque los desechos en los receptáculos suministrados.

Sea considerado con otros usuarios.

Apague la música y evite los ruidos fuertes.

Bienvenido al área recreativa de Trout Pond



Para disfrutar de este bosque nacional, lea y obedezca las reglas.

La zona está abierta de 8:00 a.m. a anochecer.

Para su seguridad, no se permite nadar fuera de la zona de cordada.

No se permiten comidas ni bebidas en la zona de baño, la playa o el

cesped adyacente a la playa.

Los perros deben ser atados en todo momento.

No se admiten perros en la zona de baño, en la zona de la playa o en el césped adyacente a la playa.

No se permite el alcohol.

¡ Atención pescadores!

Aquí se permite pescar. Usted debe conocer y obedecer las regulaciones de pesca estatales. Todas 15 años de edad y mayores se requiere tener una licencia de pesca estatal de Virginia Occidental válida, un sello de conservación/aplicación de la ley y un sello forestal nacional.

Si usted está pescando para la trucha debe tener un sello de trucha.

Los jóvenes menores de 15 años deben estar acompañados por un adulto con licencia.

Peces encontrados en el lago Rockcliff: bagre, Bluegill, Rainbow o Brook Trout, lobina, Smallmouth Bass, Crappie, pez luna.

Disfrute de sus bosques nacionales.



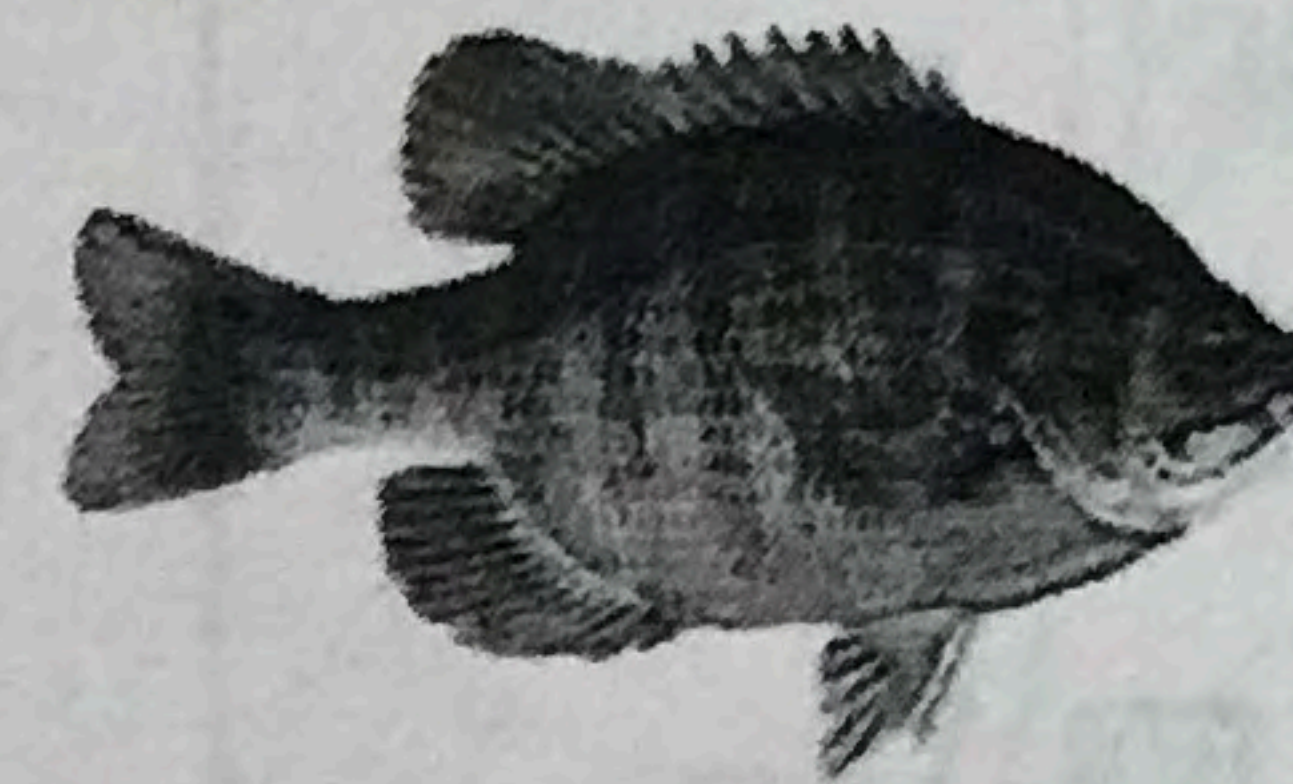
Recreation Area Fees

Day use fee: \$8 per vehicle for up to 8 passengers and \$2 per person for people walking in, and vans and buses carrying more than 8 passengers.

Camping Fee: \$25 per single campsite per night. \$40 per double campsite per night. \$7 Electric hookup fee (14 campsites only).

How to Pay: If the fee booth is not open, use the self pay station. Follow the directions posted on the information board.

America the Beautiful Senior and Access Passes are welcome here. These passes provide the pass owner and up to 4 people in the vehicle a 50% discount for the day use and camping fees, not including electric hook up fee.



Camp fees must be paid within 30 minutes of your arrival. Envelop stub must be in clear view on your vehicle dashboard. Talk to your camp host about getting a day use area dashboard tag for your vehicle.

Boat Use and Storage

Only boats with electric motors, or non-motorized boats are allowed on Rockcliff Lake.

Boats may be stored at Rockcliff Lake for a maximum of 3-days.



Rules and Regulations for Trout Pond Recreation Area

To fully enjoy this national forest site, please read and obey the following rules.

1. The day use area is open from 8 am to sunset.
2. Swimming is permitted inside the roped area only.
3. No food or drink permitted in the swim area, beach or grass area adjacent to the beach.
4. Dogs must be leashed at all times.
5. No dogs in the swim area, beach or grass area adjacent to the beach.
6. No alcohol permitted.
7. Observe quiet hours 10 pm to 6 am.
8. All vehicles must fit in your campsite or be parked in the day use area parking lot.

Trout Pond Group Shelter (by reservation)

1. No Alcohol.
2. This area is closed at sunset.
3. Swimming fee is included in the shelter rental fee.
4. Put trash in the containers provided.

Picnic Area

1. No alcohol.
2. Put trash in the containers provided.
3. No camping
4. Be considerate of other users. Let nature's sounds prevail- turn your music down and avoid loud voices or noises.

Restrooms

1. Please flush toilets.
2. Use sanitary bins for feminine hygiene products.
3. Please advise campground hosts of any plumbing problems.



Southern Copperhead

Snakes

Both the Southern Copperhead and Timber Rattlesnake can be found at Trout Pond Recreation Area. Both are pit vipers and have a triangular shaped head. Give all snakes the right of way and watch where you put your hands and feet when walking in the recreation area.

If you are bitten by a poisonous snake, stay calm. Immobilize the limb or body. Call 911 and get to the hospital as soon as possible.

Poison Ivy

This plant can grow as a vine or a bush type plant. You can find it growing just about anywhere at Trout Pond. There are three shiny leaves that turn a bright red, gold and orange in fall. These plants contain an oil that upon contact with your skin will cause inflammation, swelling, blisters and itching. Wash the affected area immediately with soap and water or dab with alcohol. In severe cases, consult your physician.



Poison Ivy

Personal Safety

Sinkholes—Do not enter sinkholes. Observe from above.

Generally, sinkholes form slowly over time as groundwater dissolves limestone bedrock. However, at Trout Pond Recreation Area, sinkholes can suddenly form or grow larger during heavy rains. Storm waters rush into sinkholes and create a groundwater flood that erodes and collapses the groundwater passageways in limestone and the overlying gravel deposits. Heavy rainstorms also can flood dry sinkholes, creating deep pools that drown everything in the sinkhole. **Stay out of sinkholes!**

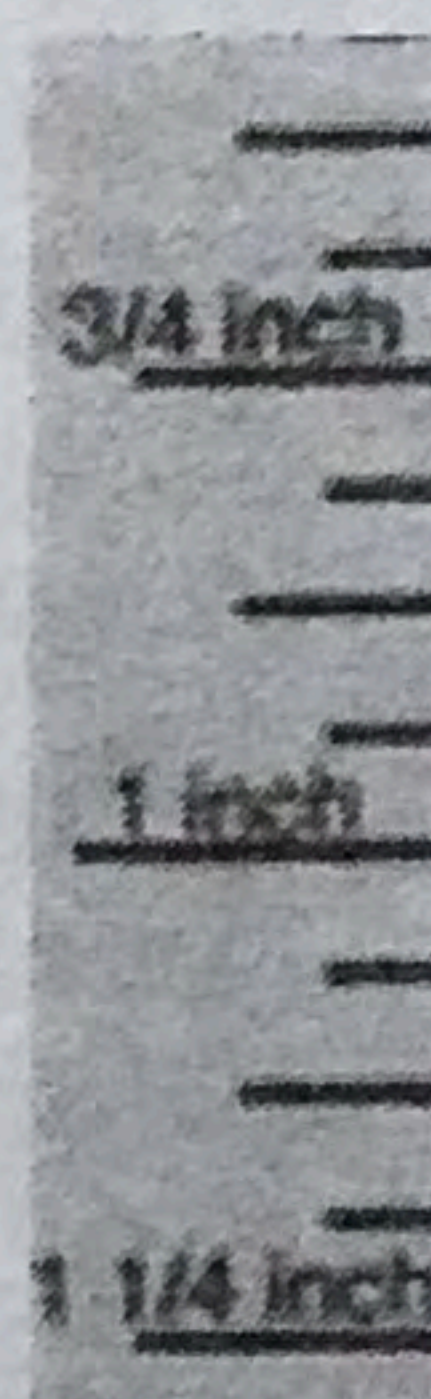
Ticks and Disease

There are two ticks found most often in this area. The American dog tick and the deer tick. The American dog tick is a potential carrier of Rocky Mountain Spotted Fever (RMSF). The deer tick is a potential vector of Lyme disease and has been implicated in the transmission of ehrlichiosis. **In any case of suspected tick transmitted disease, consult with a physician.**

Lyme Disease

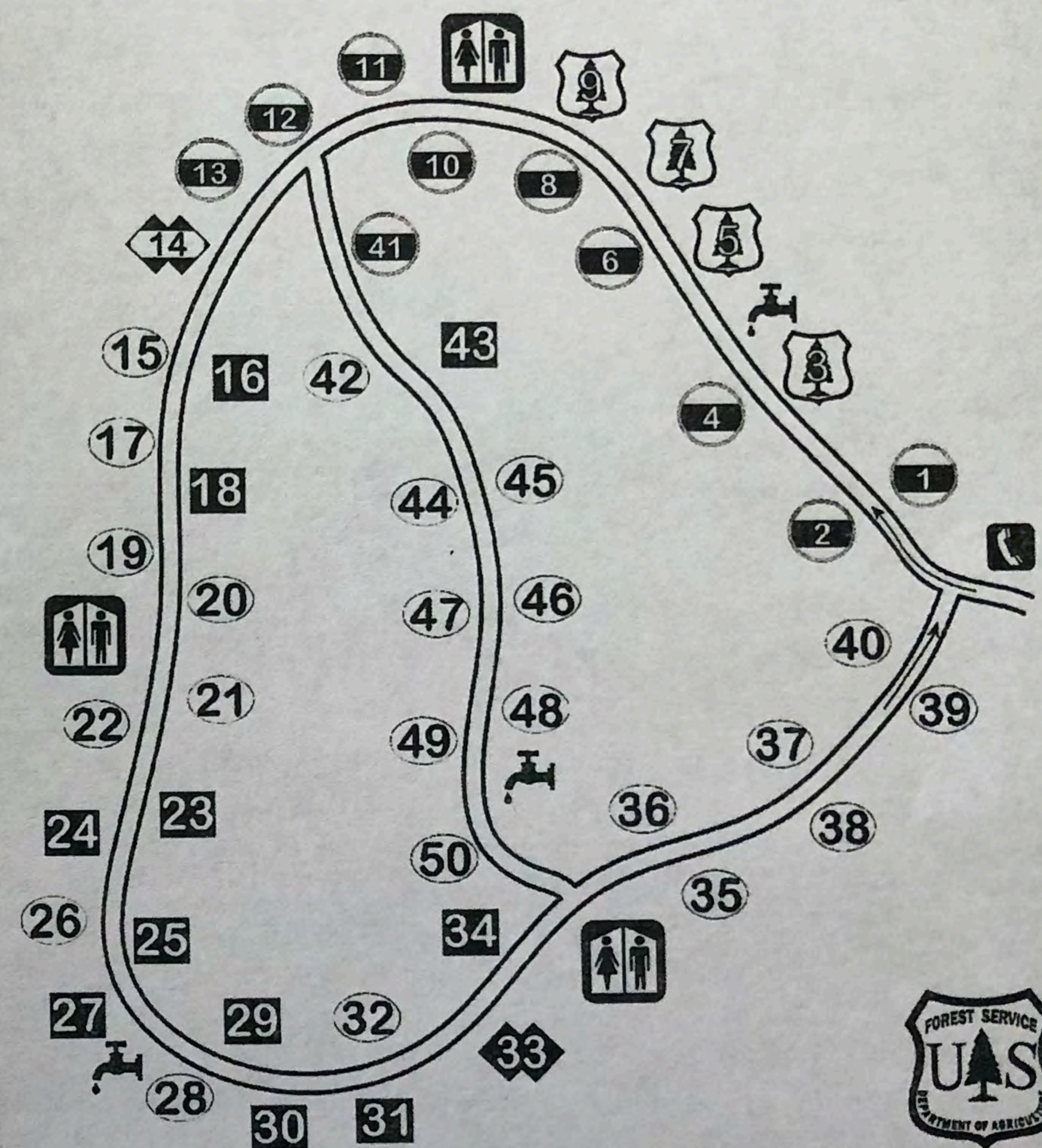
Lyme disease, *Borrelia burgdorferi*, initially develops as an oblong rash, usually 2 or more inches in size, with a clear center that develops at the site of the tick bite, although only 70% of people develop this symptom. The tick needs to be attached for 36 hours to transmit the disease. At a later time people usually develop flu-like symptoms such as nausea, headache, fever, and general stiffness of the neck joints.

After each trip in the woods check yourself and your pets for ticks. Wear light colored clothing and use insecticide with Deet (follow directions carefully especially when using on children). Remove attached tick with tweezers by grasping the tick's head as close to your skin as possible and applying slow steady traction.



Dog Tick (top)
Deer Tick (bottom)

Trout Pond Campground Map



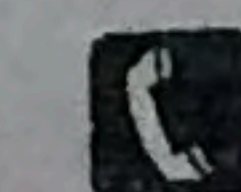
Map Legend



Restrooms - flush toilets/showers



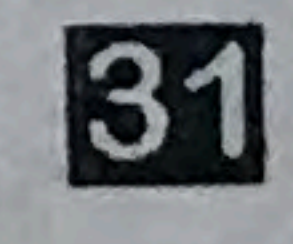
Water Spigot



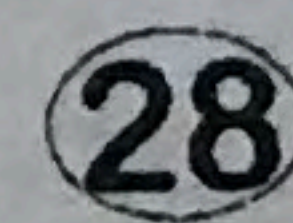
Pay Telephone



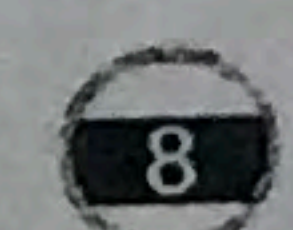
Campground Host Sites



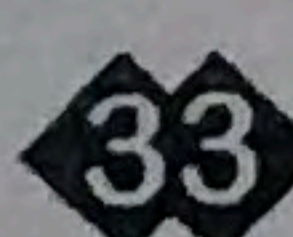
31 Single Site, First Come, First Serve



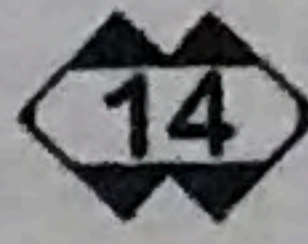
28 Single Site, Reservable



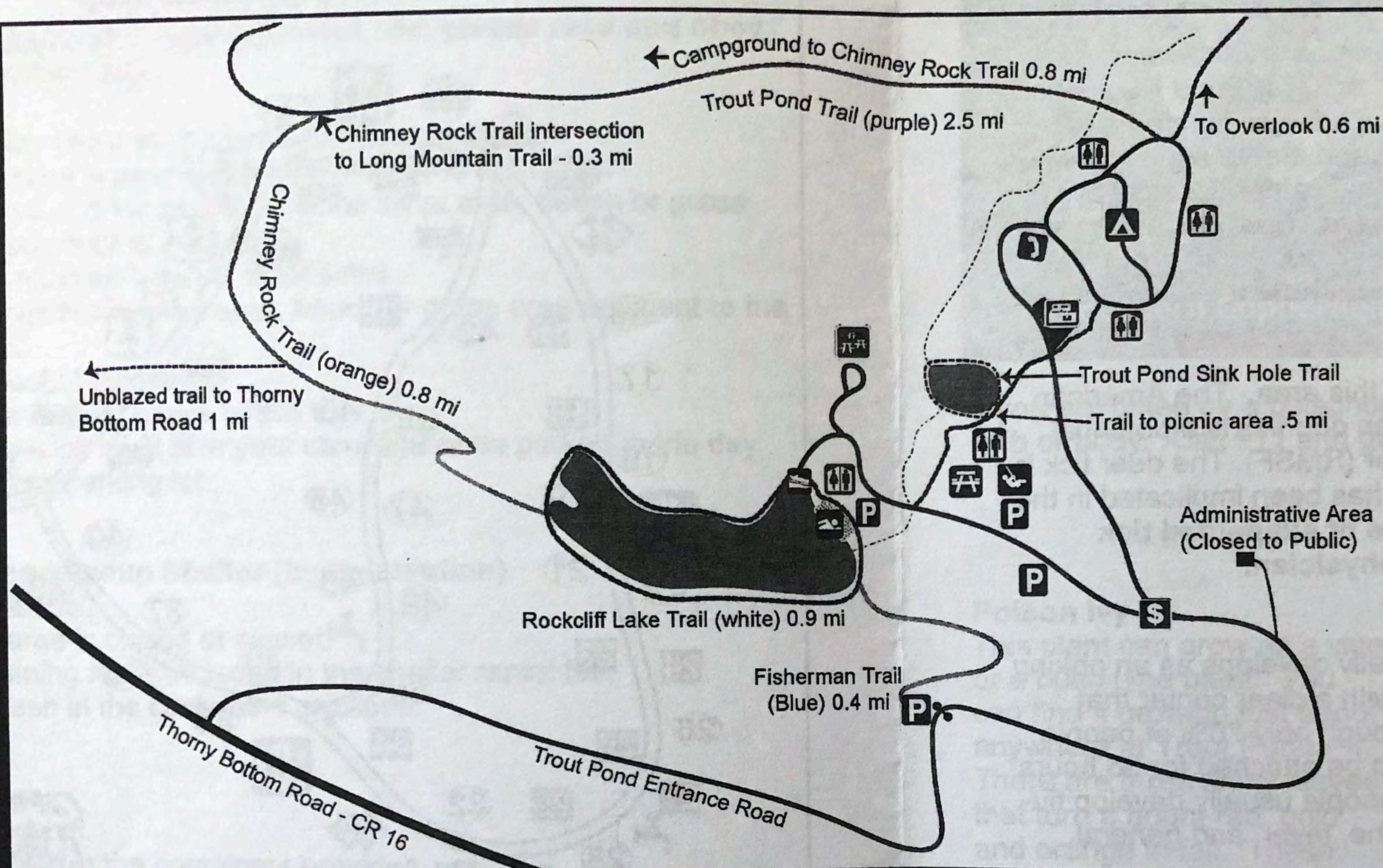
8 Single Site with Electricity, Reservable



33 Buddy Site, Reservable



14 Buddy Site with Electricity



Map Legend

| | | | |
|---------------------------|--|---------------------|---|
| Fee Area/Entrance Station | Swim Beach | Emergency Telephone | Gravel Road |
| Campground | Playground | Family Picnic Area | Entrance Gate (locked from 10 pm to 8 am) |
| Restroom | Trailer Dump Station | Trail | |
| Boat Launch | Group Picnic Shelter (By Reservation Only) | Paved Road | |

www.recreation.gov



Rockcliff Lake Trail: 1 mile circuit hike around Rockcliff Lake. White blaze.

Chimney Rock Trail: 0.8 mile trail leading to impressive rock formations. The trail descends 0.4 miles from either end to the rock formations. The trail tread is wide and smooth, but steep in places. Orange blaze.

Fisherman Trail: This is a steep 0.4 mile trail used by fisherman who arrive in the off-season when the gate on the entrance road is locked. Blue blaze.

Trout Pond Trail: This 2.5 mile trail goes north to the Chimney Rock Trail (0.8 miles), and then a steeper section (0.3 miles) takes you to the Long Mountain Trail (yellow blaze). Another section of this trail leaves the campground and ascends for 0.6 miles to a scenic overlook. If you continue from the overlook there is a dirt road in 0.8 miles. The 1.4 mile section of this unmarked trail is very steep and difficult walking. Trout Pond Trail-Purple blaze.

Long Mountain Trail: This 8.7 mile trail bypasses the recreation area. You can access this trail by hiking 1.1 miles north on the Trout Pond trail to it's end. The trail continues 2.4 miles to intersect a country road. This is a steep rocky ascent and difficult walking.