



A Family Friendly Hike

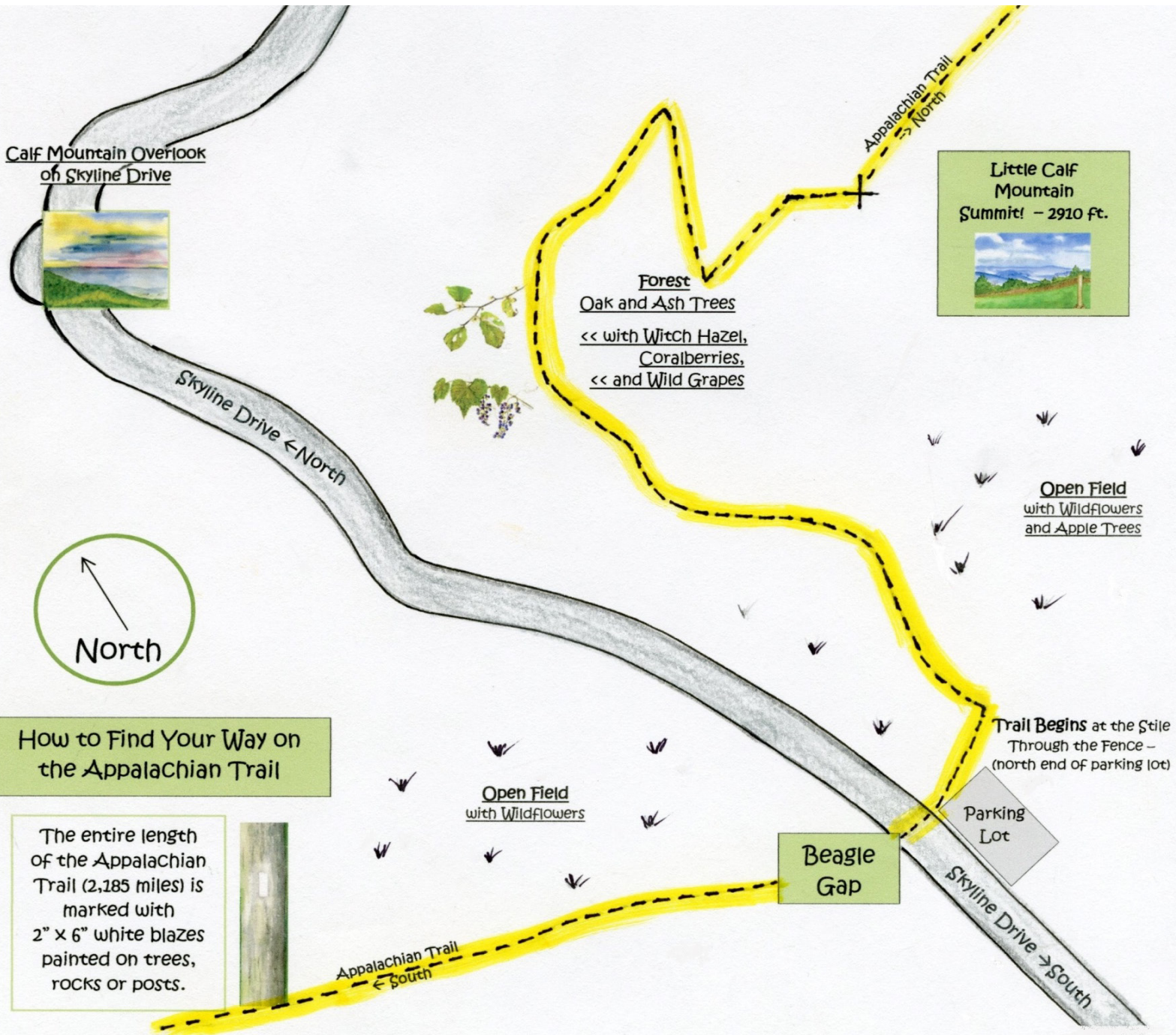
Shenandoah National Park
South District

Appalachian Trail north
to Little Calf Mountain Summit
and Return

Begin at Beagle Gap parking lot at
Milepost 100 on Skyline Drive

Follow white AT blazes
on posts, rocks and trees

Mileage: 2 miles roundtrip
Elevation change: 400 feet
Hiking time: 2 hours hiking
(plus time on summit)



What to look for:



1. As you begin ~ hike through the field:

- Pass through the stile in the fence to the trail.
- Late in the summer look for colorful insects and butterflies pollinating goldenrod and milkweed.
- In early summer, listen to the bees pollinating the apple trees and wild grapes.
- The AT Trail Marker post with two blazes means a turn in the trail.



<< AP
Why are



Goldenrod

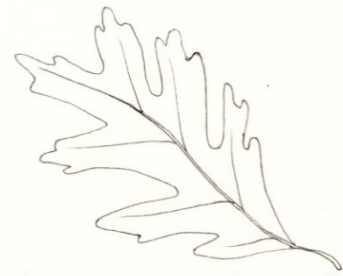
2. Enter the woods

- Rocks! And a rock wall – in the woods? How did it get here?
- Hike around the “shoulder of the mountain”.
- What trees do you see? Oaks and pines don’t have showy or fragrant flowers - they are wind pollinated.
- In the fall, notice witch hazel trees in bloom. They White Oak use variety of insect pollinators.
- Find the old apple orchard with thick undergrowth or coralberry.
- Bees pollinate the coralberry flowers to produce the pink berries.



Chestnut
Oak

ries are
d by bees!



3. A series of zig-zags or switchbacks takes you to the summit!

- Ahhhh...enjoy the views into the Shenandoah Valley and beyond..
 - Perch on some rocks for a rest and a snack.
 - Don't forget to “Leave No Trace”.
- Leave what nature you find, and pack out your trash.*



4. When you are ready, retrace your steps

- back to the parking lot at Beagle Gap.
- The Appalachian Trail continues north to Calf Mountain Shelter, (and Maine!), so make sure you retrace your steps back to your car!
- Don't forget to check yourself for ticks after your hike.
- Re-visit your hike by coloring in these images...and...
- Return to Little Calf Mountain again ~ maybe in another season!

As you hike **in** Shenandoah National Park, and **on** the Appalachian National Scenic Trail remember:

- Practice “Leave No Trace” principles
- Take nothing (except pictures and memories)
- Leave nothing (except gentle footprints)

