



# Appalachian Trail: Damascus to Marion

**Jan 25, 2025**

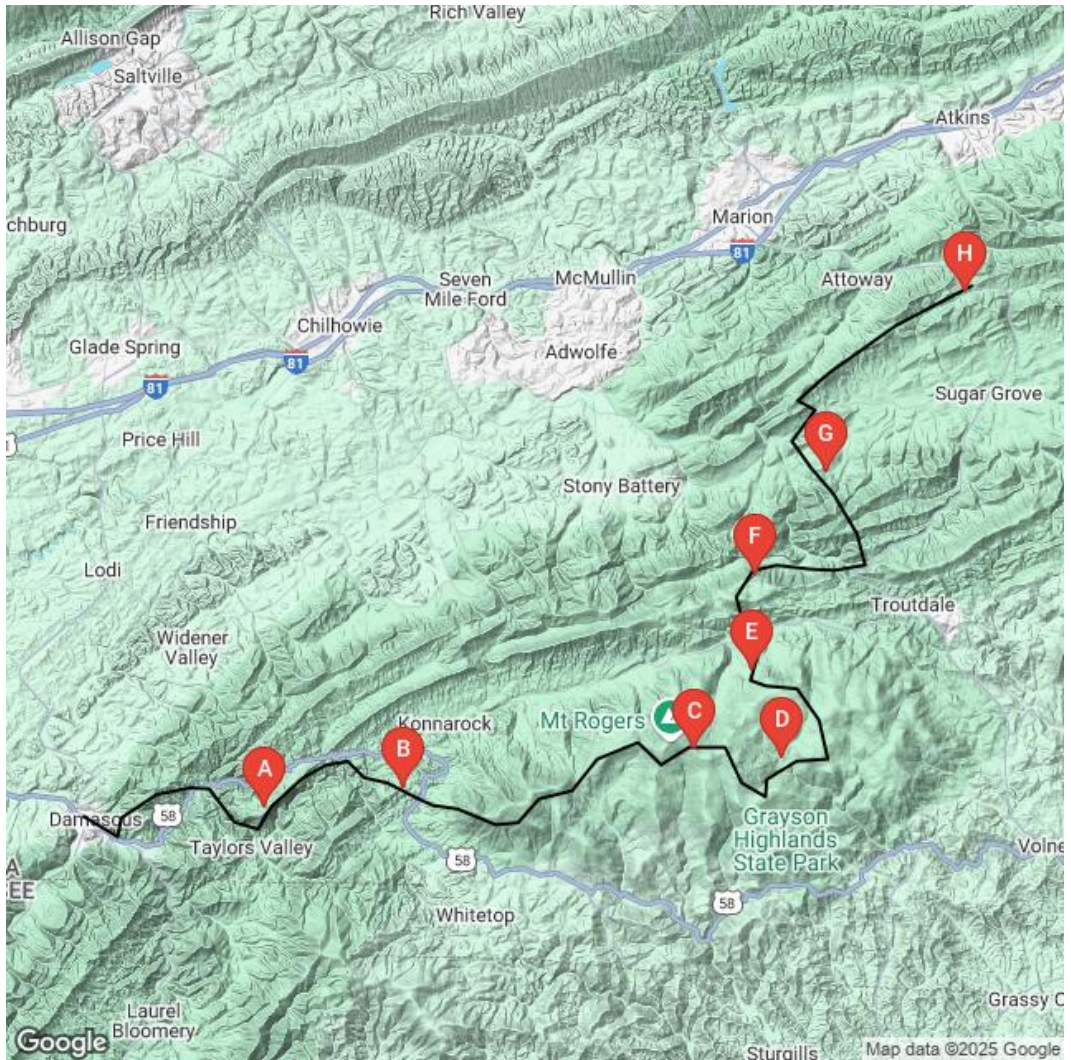
US 58 to VA 16

*63.6 miles, avg. grade: 7.4%, high: 5470 ft, low: 1921 ft*

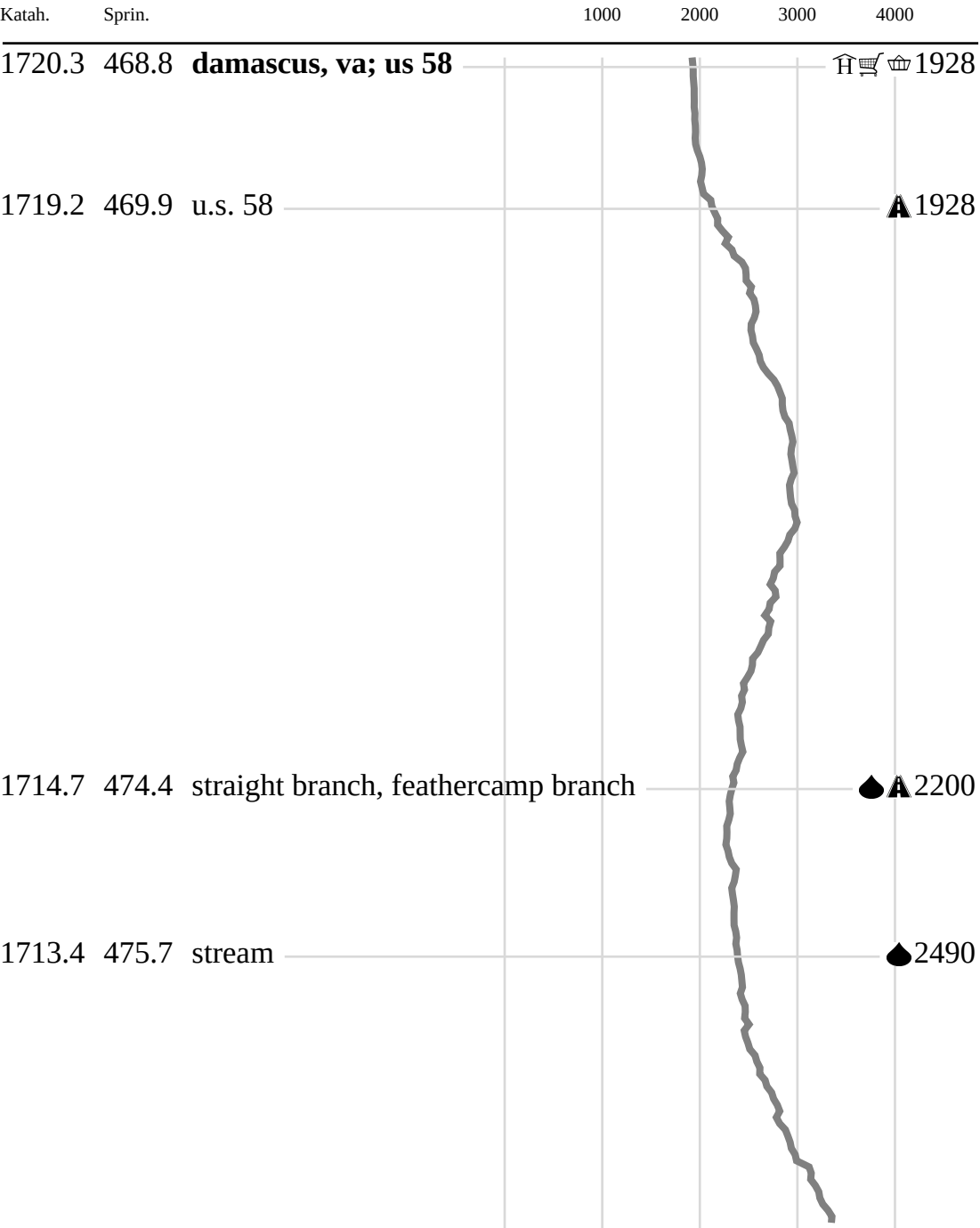
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3012>.

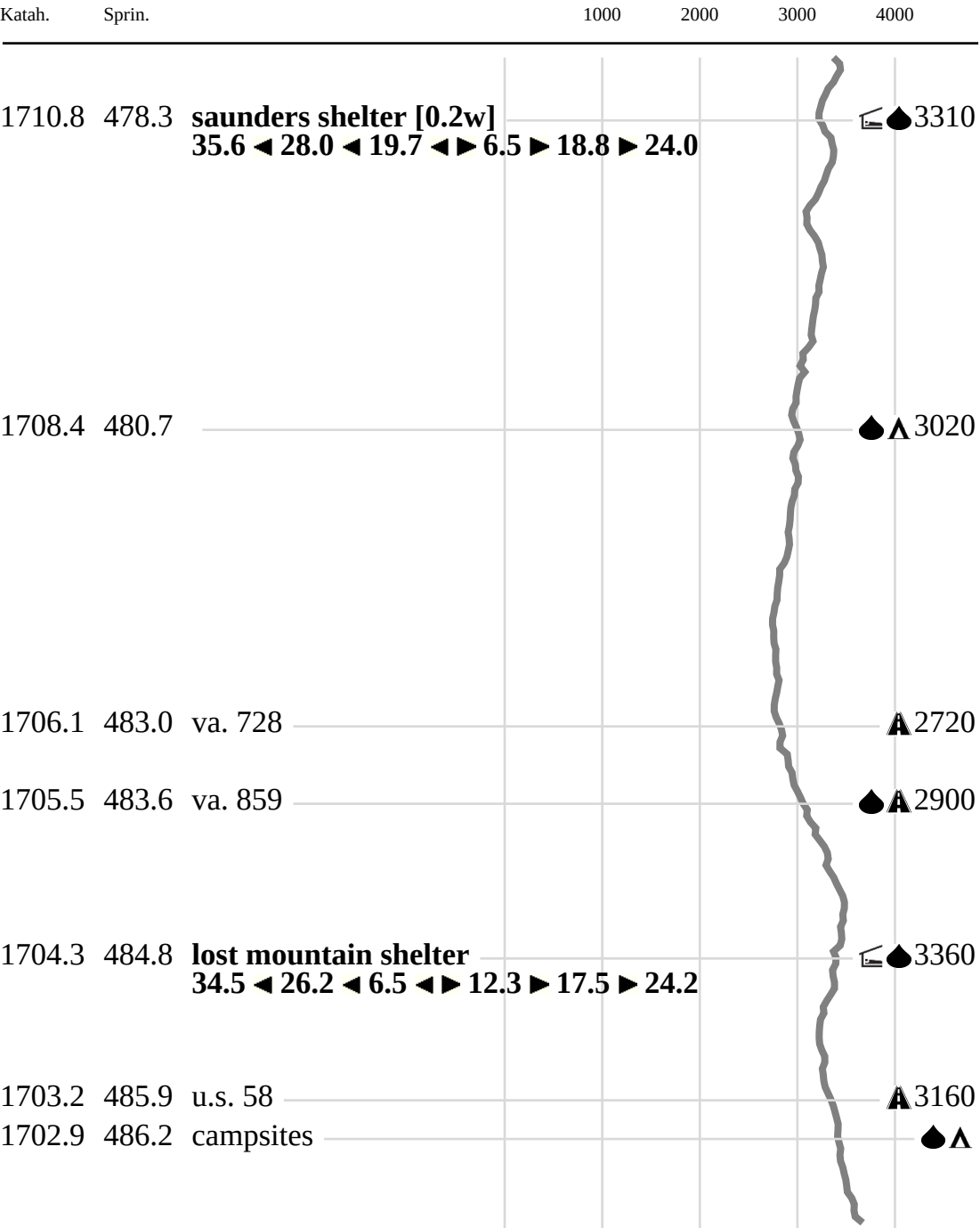
Thank you [coach](#), [lokitrz](#), [sufilodge](#), [nickmas](#) and [trpost](#) for contributing the most recent edits to this section!

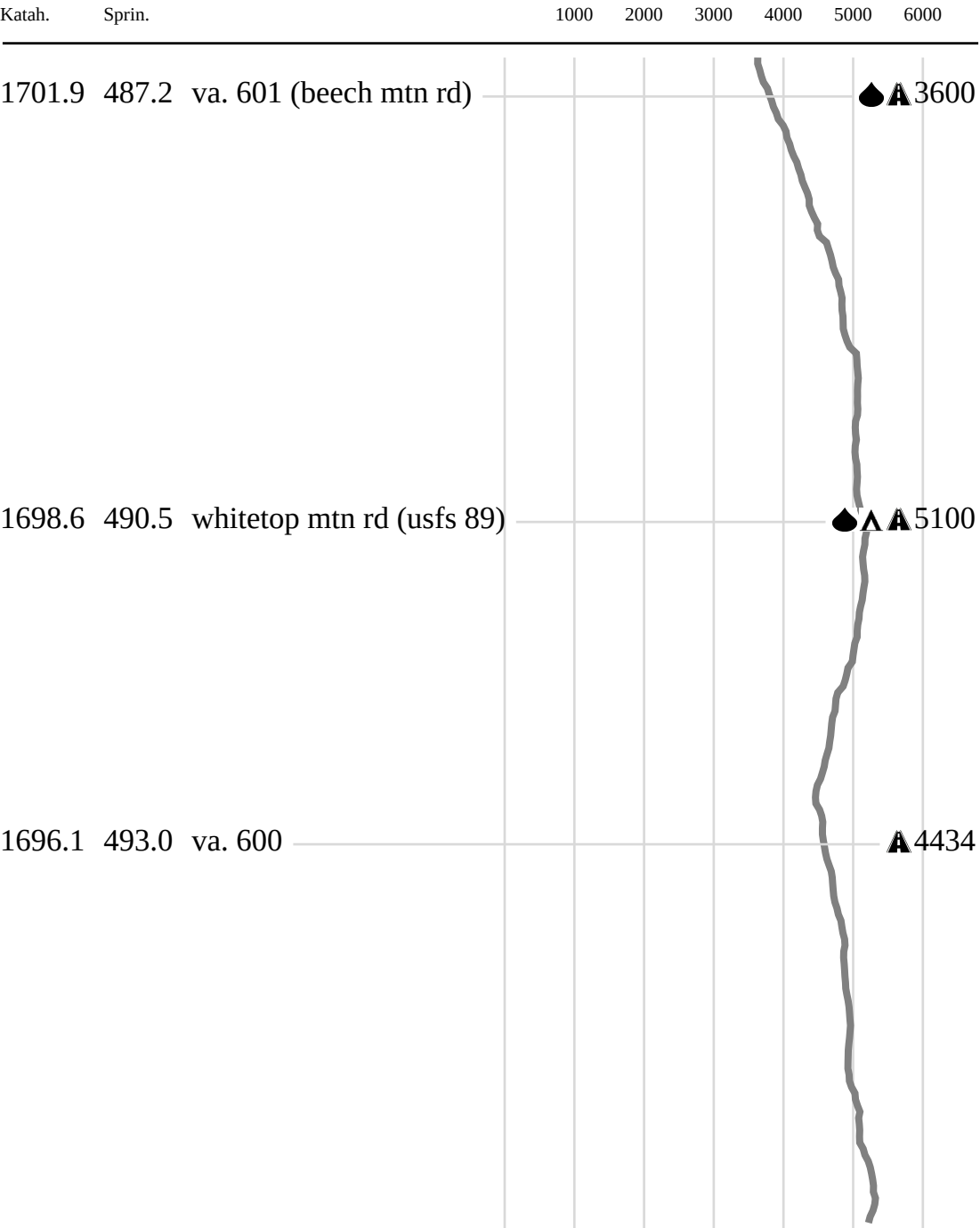
All elevations are in ft and all distances are in miles. For questions about what the icons in this guide represent, please visit [wikitrail's faq](#) page.

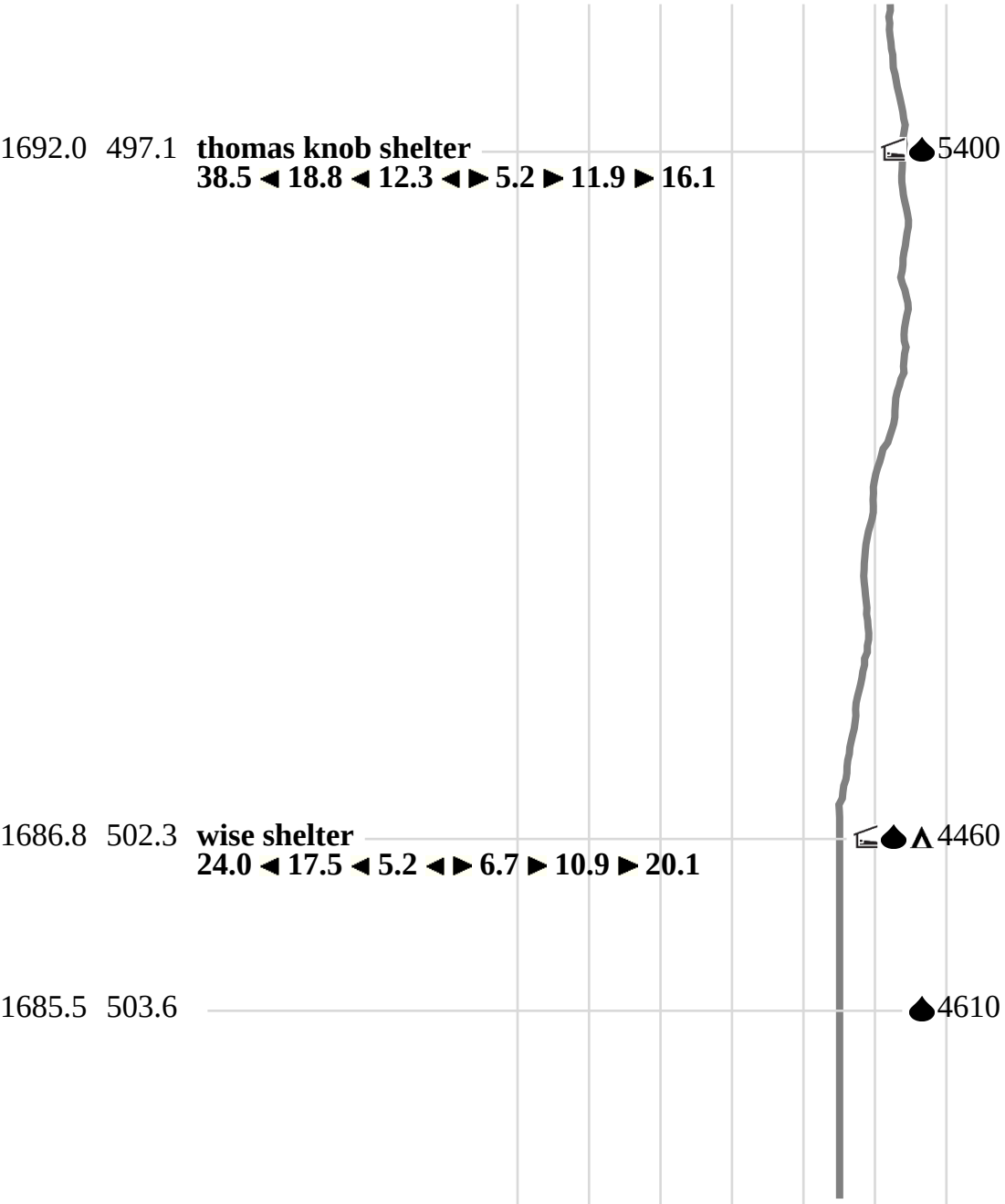


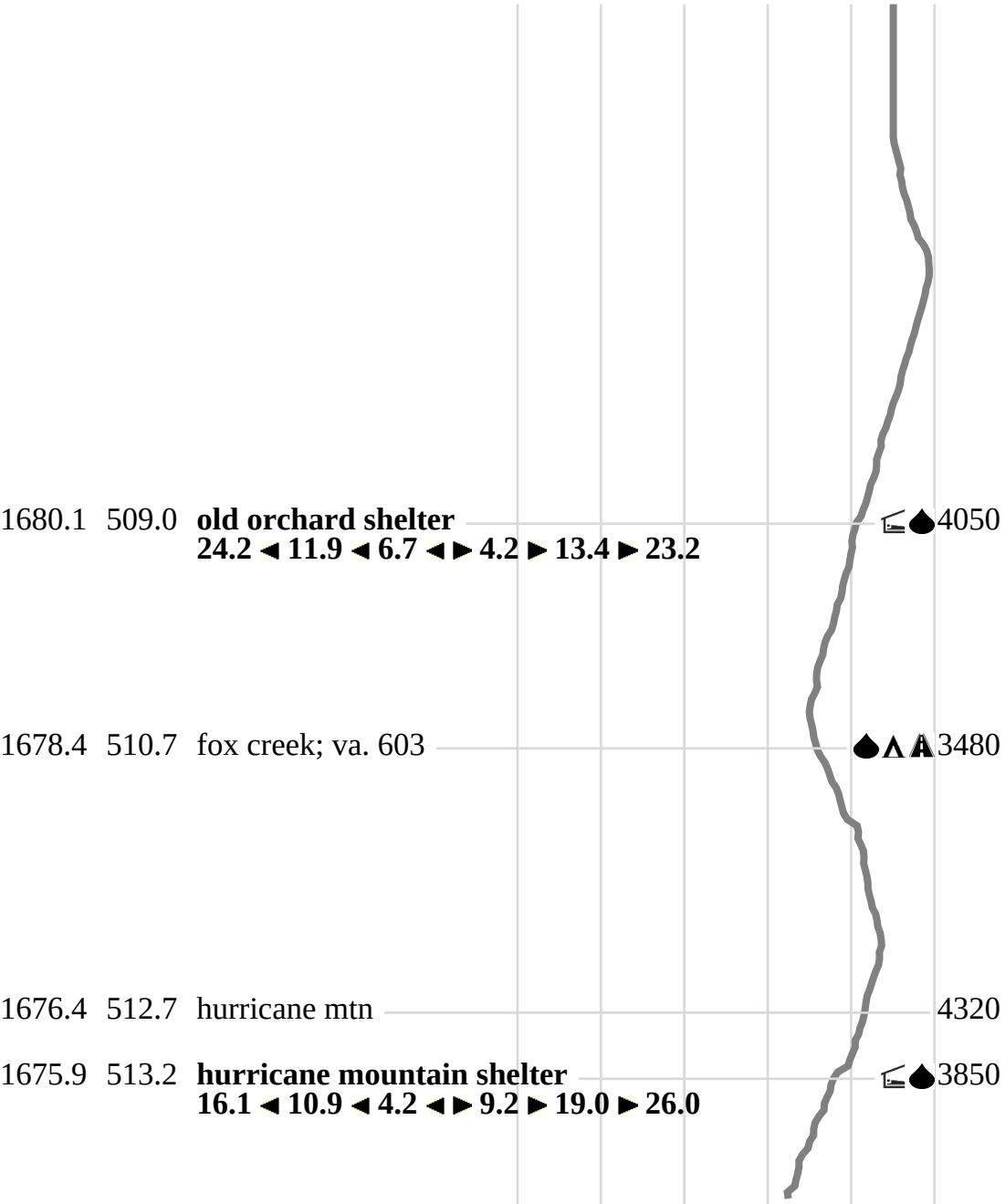
A: Saunders Shelter, B: Lost Mountain Shelter, C: Thomas Knob Shelter, D: Wise Shelter, E: Old Orchard Shelter, F: Hurricane Mountain Shelter, G: Trimpi Shelter, H: Partnership Shelter

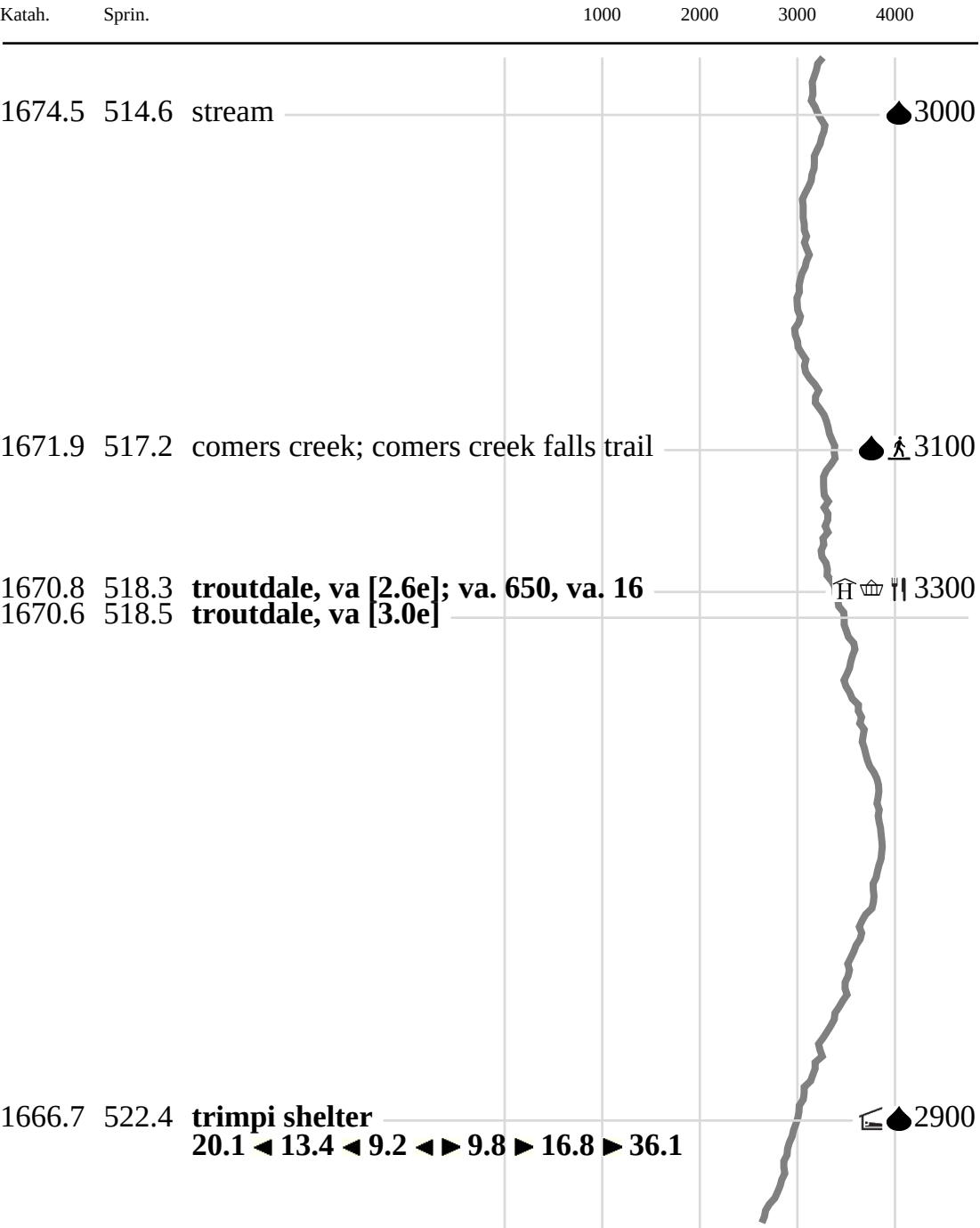




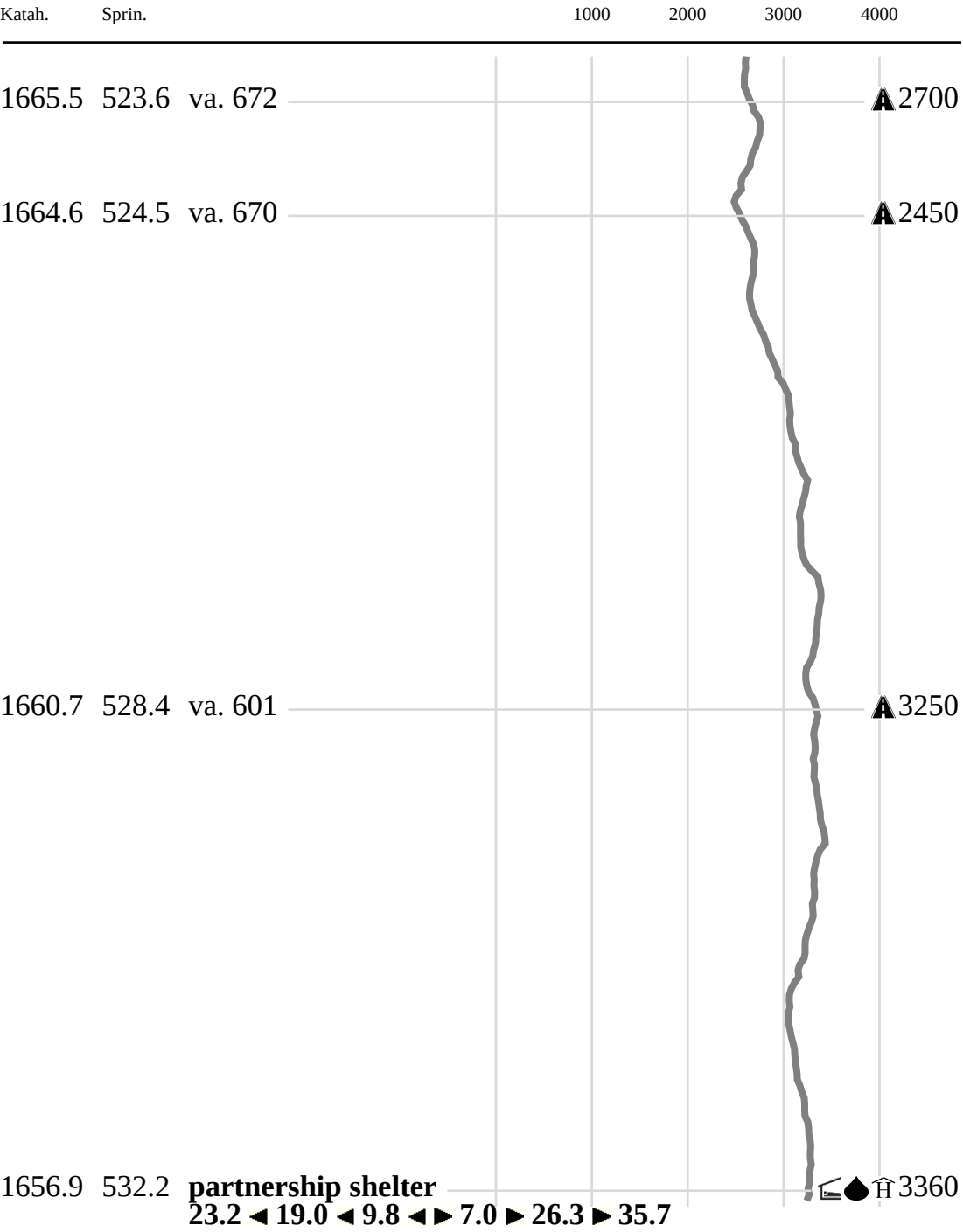




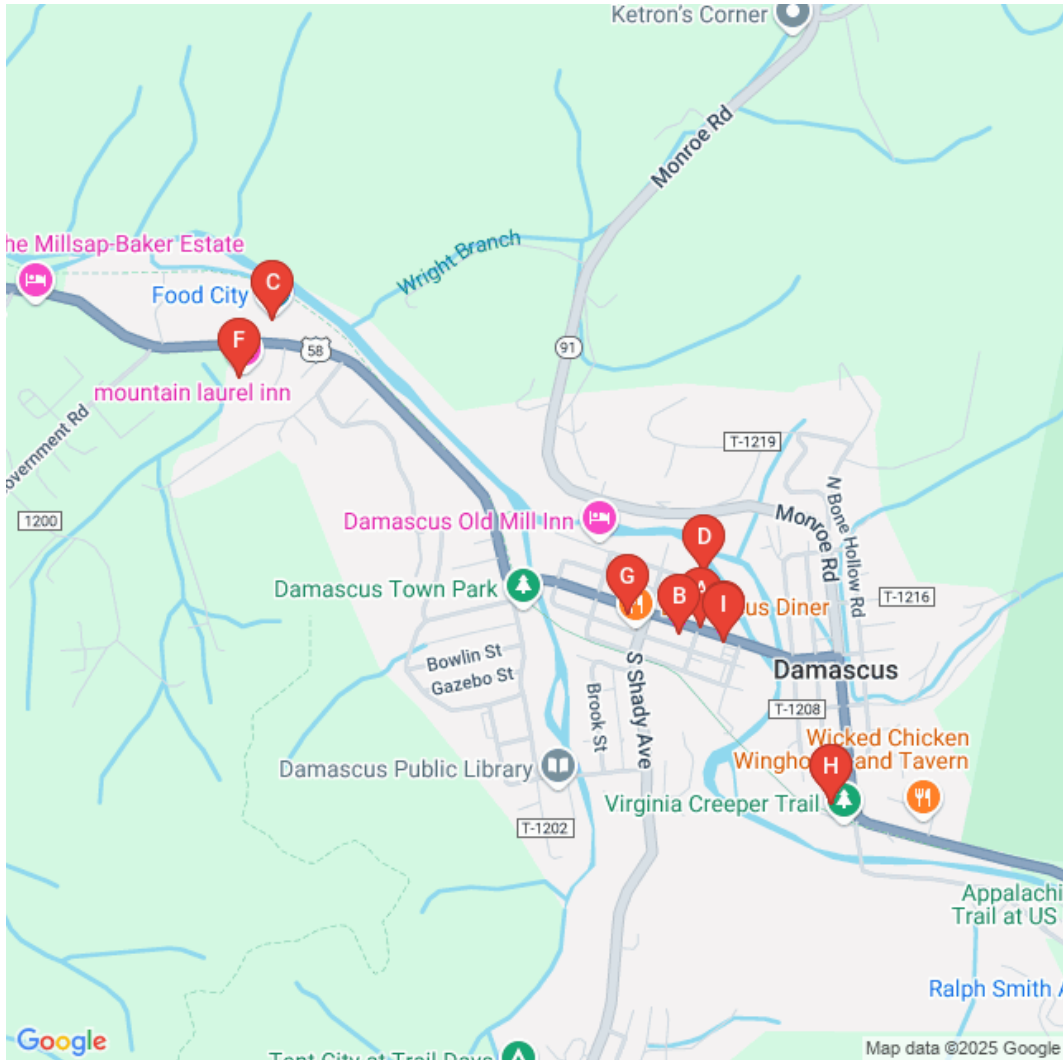






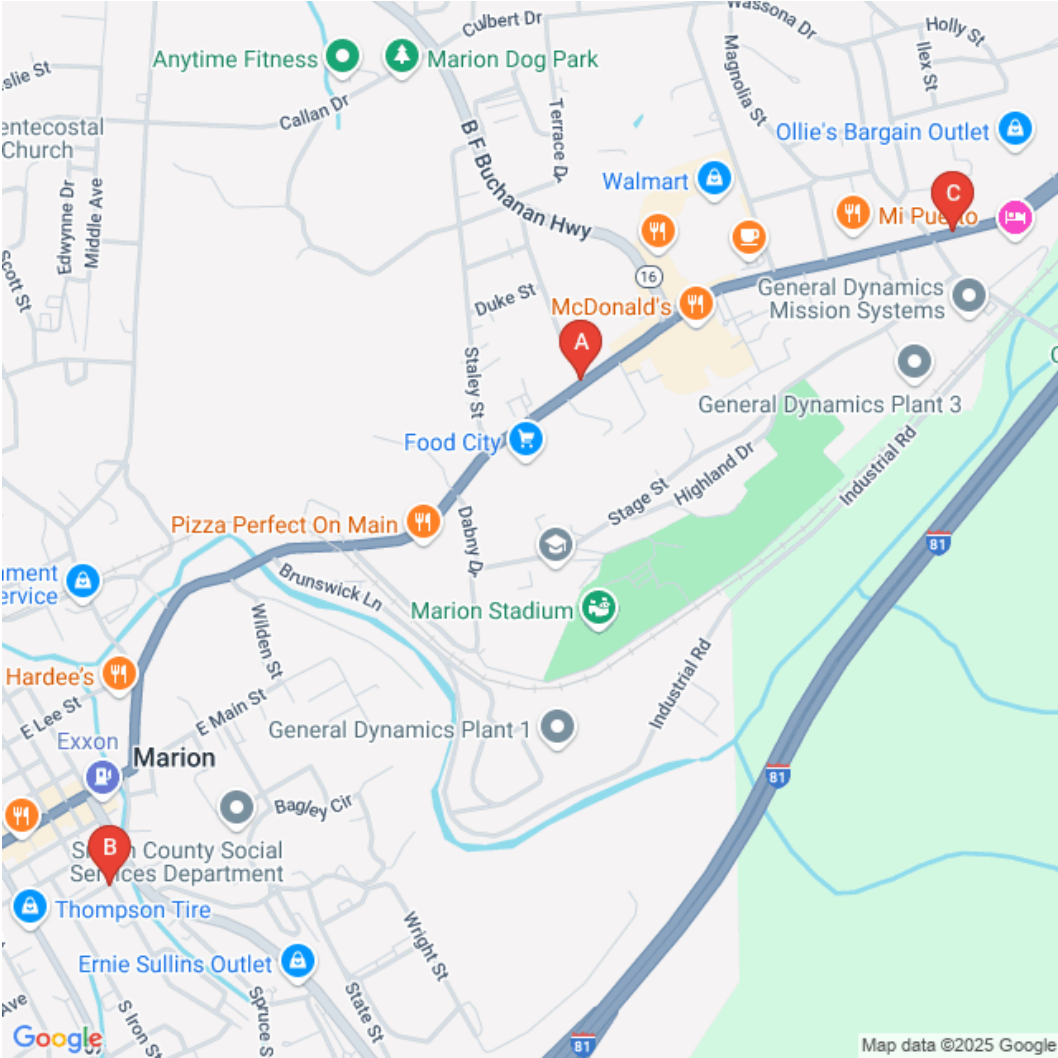


# Damascus, VA



A: A Dancing Bears Getaway, B: Damascus Public Library, C: Food City, D: Lazy Fox Inn, E: Mojoes Trailside Coffee House, F: Mountain Laurel Inn, G: Mt. Rogers Outfitters, H: Sundog Outfitter, I: The Hikers Inn, J: The Place

# Marion, VA



A: Food Lion, B: Marion, VA PO, C: Virginia House Inn

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**468.8: US 58**

## Damascus, VA



**A Dancing Bears Getaway** (276) 475-5900  
203 East Laurel Ave., Damascus, VA



**Damascus Public Library** 126 East Laurel Avenue, Damascus, VA, United States



**Damascus, VA PO** (276) 475-3411 24236  
M-F 8:30-1 2-4:30, Sa 9-11



**Daves Place** run by Mt. Rogers Outfitters



**Food City** 736 N Beaver Dam Ave,  
Damascus, VA, United States



**Lazy Fox Inn** (276) 475-5838 133 West  
Imboden Street, Damascus, VA, United States



**Mojoes Trailside Coffee House** 331 Douglas Drive, Damascus, VA, United States B



**Mountain Laurel Inn** (276) 475-5956 22750  
Jeb Stuart Highway, Damascus, VA, United States



**Mt. Rogers Outfitters** (276) 475-5416 110  
Laurel Ave., Damascus, VA 24236



**Sundog Outfitter** (276) 475-6252  
<http://www.sundogoutfitter.com> 331 Douglas Dr., Damascus, VA 24236



**The Hikers Inn** (276) 475-3788 216 East  
Laurel Ave., Damascus, VA



**The Place** 216 East Laurel Avenue,  
Damascus, VA, United States

**502.6**



**Big Wilson Creek**

**518.3: Va. 650, Va. 16**

**Troutdale, VA [2.6E] ATM,  
Post Office, Baptist Hostel  
(donation only), Sufi Lodge BB  
and Hostel (good food, mail  
drop, resupply, shuttle and  
more).**



**Fox Hill Inn** (276) 677-3313, 8568 Troutdale Hwy., Troutdale, VA 24378



**Jerrys Kitchen and Goods [2.0E]** (276) 677-3010 (email: bartley16@hotmail.com)  
10973 Troutdale Hwy., Troutdale, VA 24378  
Closed as of fall of 2015. Call before hitching.  
Information should be available from hostel.



**Troutdale Baptist Church** (276) 677-4092  
10148 Troutdale Hwy., Troutdale, VA



**Troutdale, VA PO** (276) 677-3221 93  
Ripshin Road, Troutdale, VA, United States  
24378 M-F 8:15-12 1-4:30, Sa 8:15-11:30

**518.5**

**Troutdale, VA [3.0E] Two  
places to stay, the Baptist  
Hostel and Sufi Lodge**

**532.4: VA 16**

**Sugar Grove, VA [3.2E]**



**RUSH Exxon Station** (276) 677-3037 5225  
Sugar Grove Hwy, Sugar Grove, VA 24375  
Convenience store with sandwiches, pizza, ice  
cream and minimal grocery supplies



**Sugar Grove, VA PO** (276) 677-3200 5444  
Sugar Grove Highway, Sugar Grove, VA,  
United States 24375 M-F 8:15-12 1:15-4:45,  
Sa 8:15-10:30

**Marion, VA [6.0W]**



**Food Lion** 945 North Main Street #2, Marion,  
VA, United States



**Marion Outdoors** (276) 706-8252  
<http://https://www.marionoutdoors.com/>  
(email: Marionvaoutdoors@gmail.com) 208 E  
Main St. Marion, VA 24354 Outfitter  
downtown Marion, VA with hiker hostel.  
Specializes in thru hiker gear. Cottage brands  
and specialty gear and supplies. Call for a  
shuttle.



**Marion, VA PO** (276) 783-5051 200 Pearl  
Avenue, Marion, VA, United States 24354  
M-F 9-5, Sa 9:30-12



**The Merry Hiker Inn** +1 (276) 242-2825  
206 E Main St. Marion, VA 24354 Hiker  
hostel downtown Marion, VA above Marion  
Outdoors (the outfitter) with restaurants and  
plenty to do nearby. Call +1 (276) 242-2825  
or text 828-329-2166 to schedule a shuttle into  
town. Laundry, WiFi, showers, boot dryer,  
coffee, etc. Private room, private apartment  
and plenty of bunks. PR: \$70, Bunks: \$35,  
Apartment: \$100



**Virginia House Inn** (276) 783-5112 1419 N.  
*Main, Marion, VA*