



Appalachian Trail: Damascus to Marion

Jan 21, 2024

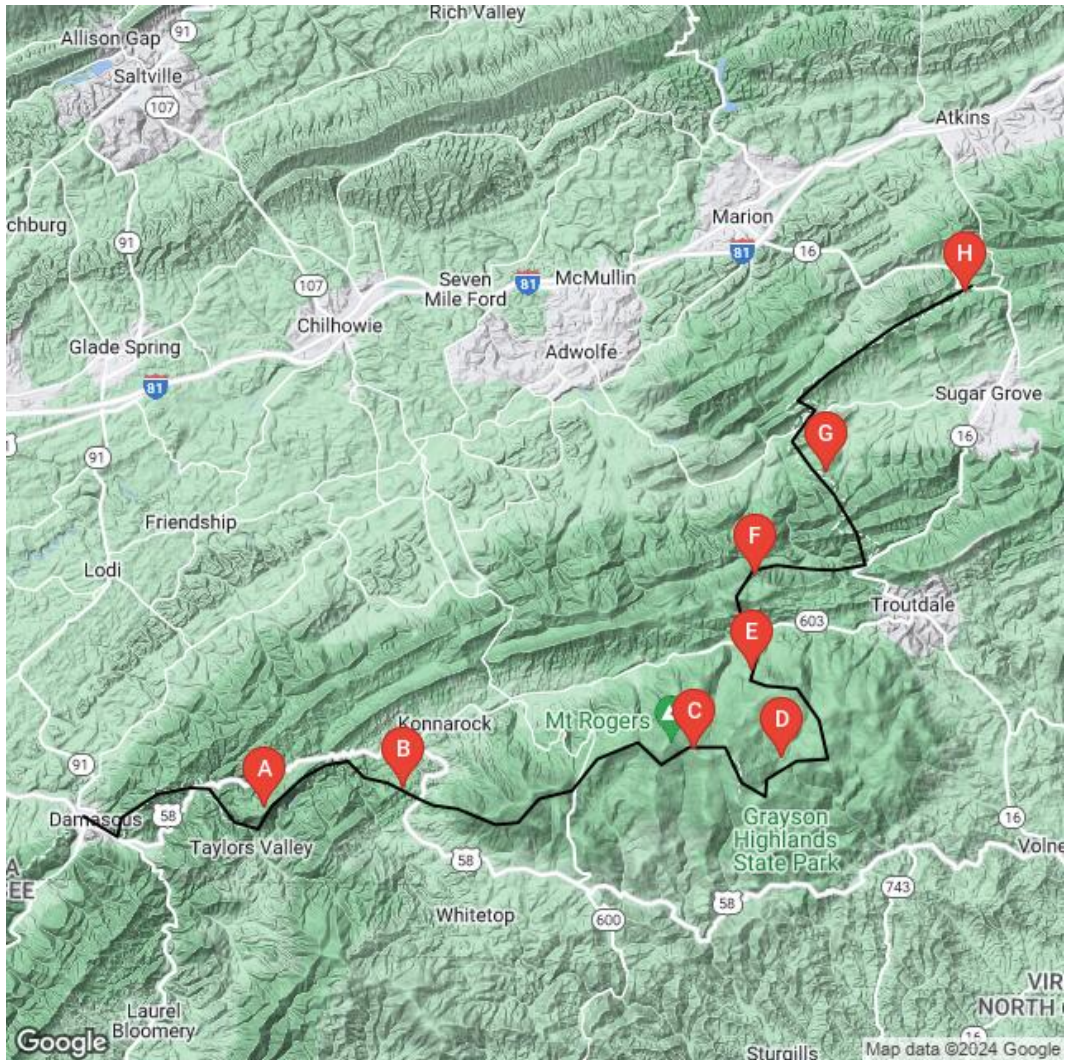
US 58 to VA 16

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

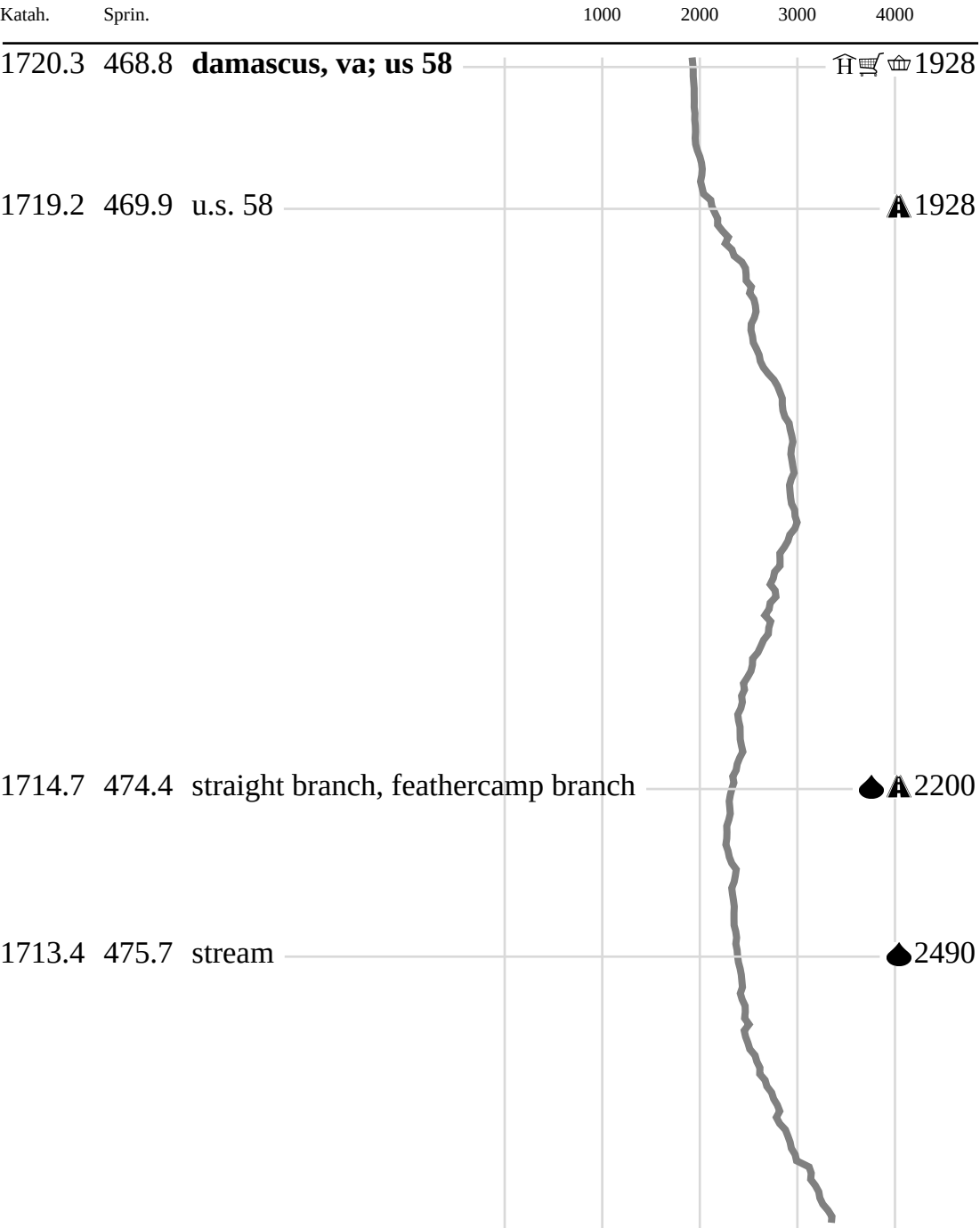
For the latest info about the current section: <http://www.wikitrail.org/sections/view/at/3012>.

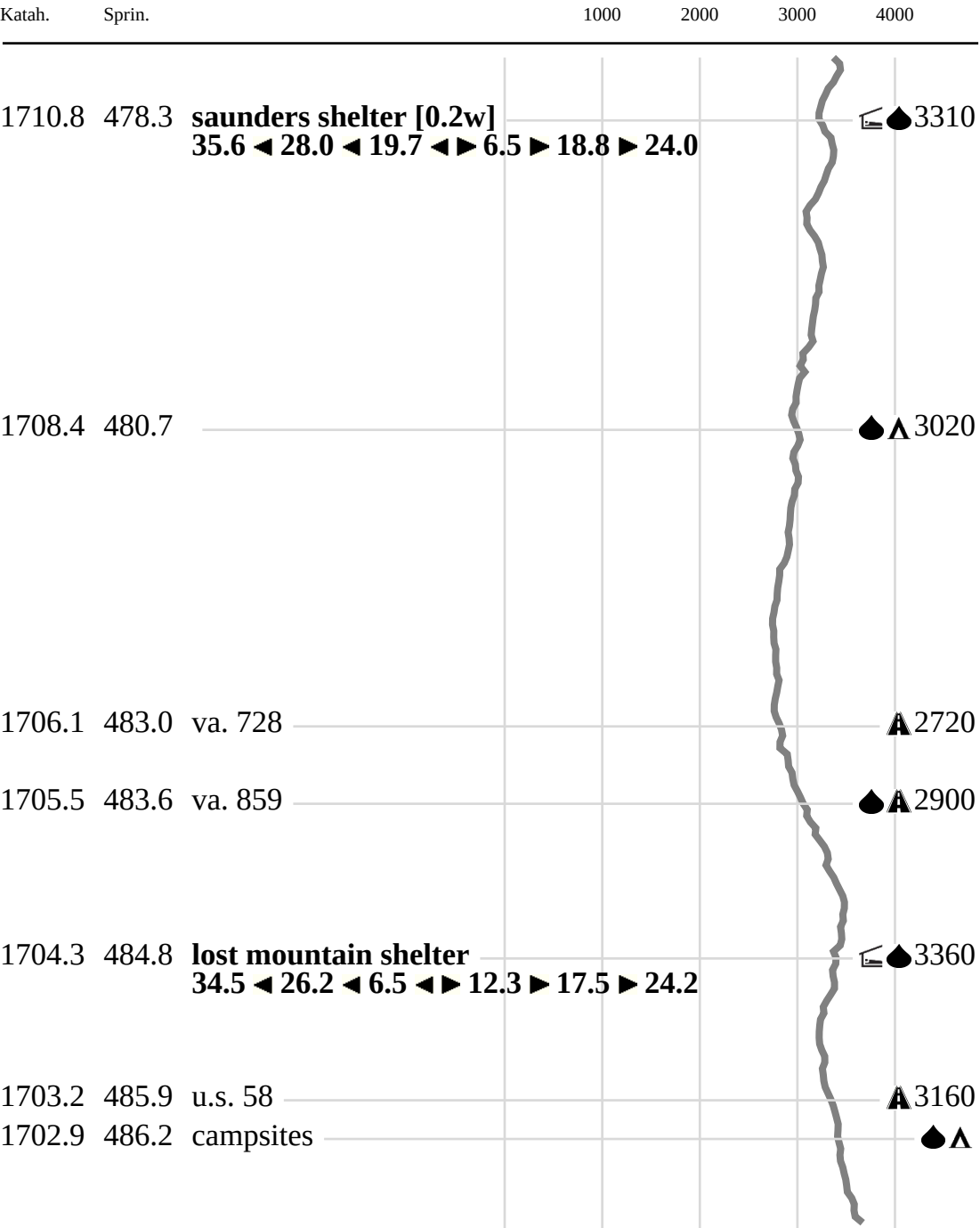
Thank you [mlenarz](#), [lokitrz](#), [sufilodge](#), [nickmas](#) and [trpost](#) for contributing the most recent edits to this section!

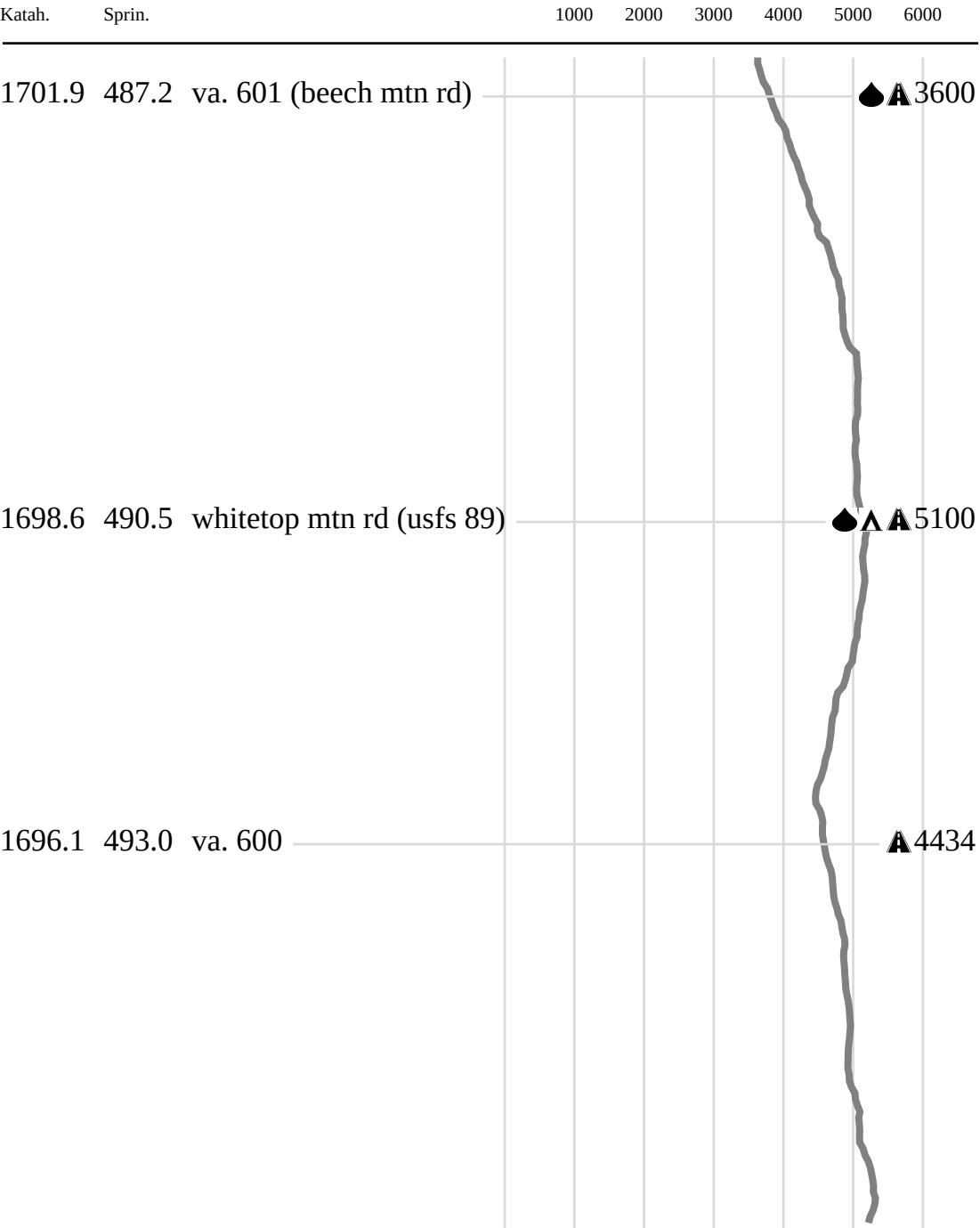
All elevations are in ft and all distances are in miles. For questions about what the icons in this guide represent, please visit [wikitrail's faq](#) page.

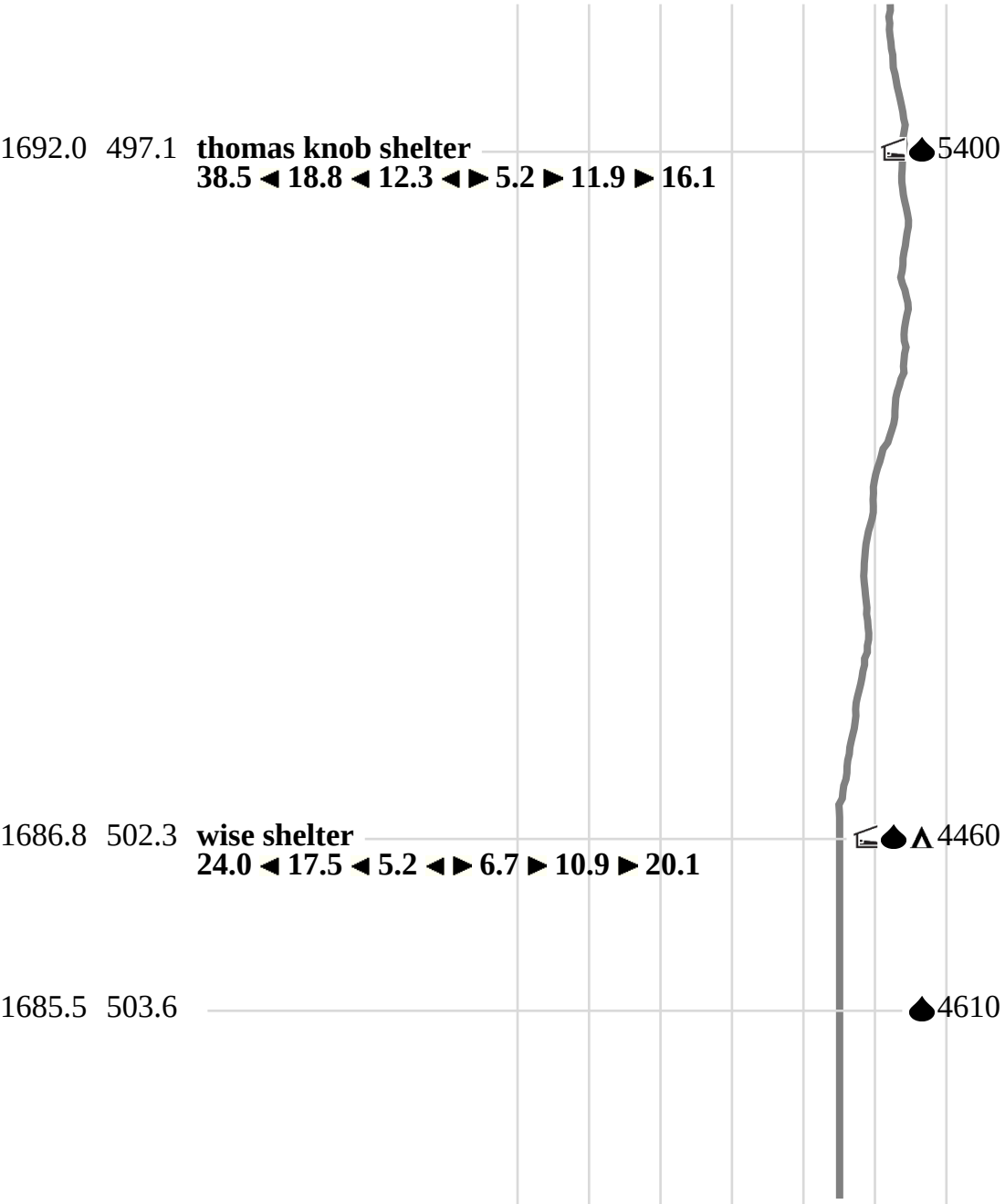


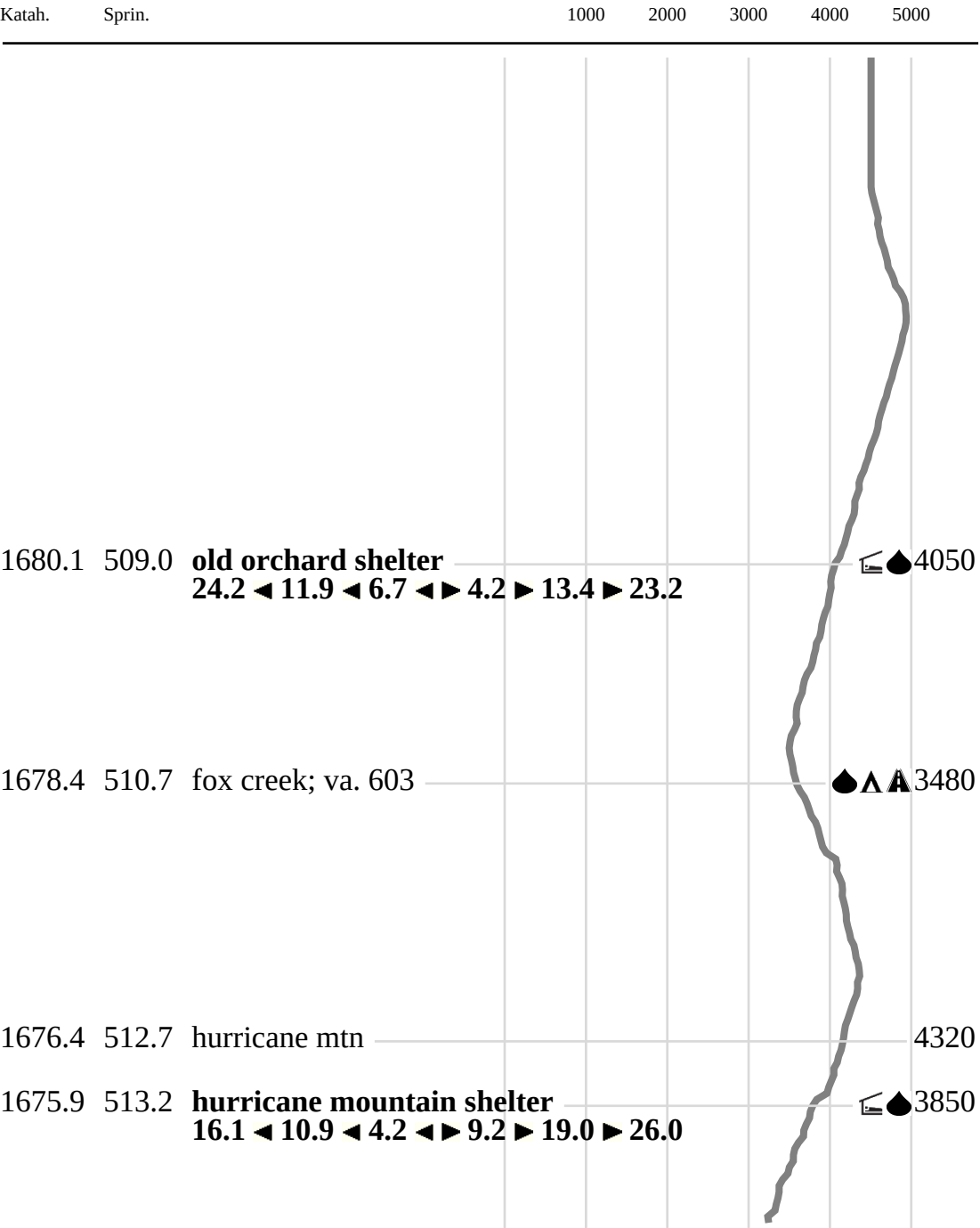
A: Saunders Shelter, B: Lost Mountain Shelter, C: Thomas Knob Shelter, D: Wise Shelter, E: Old Orchard Shelter, F: Hurricane Mountain Shelter, G: Trimpi Shelter, H: Partnership Shelter

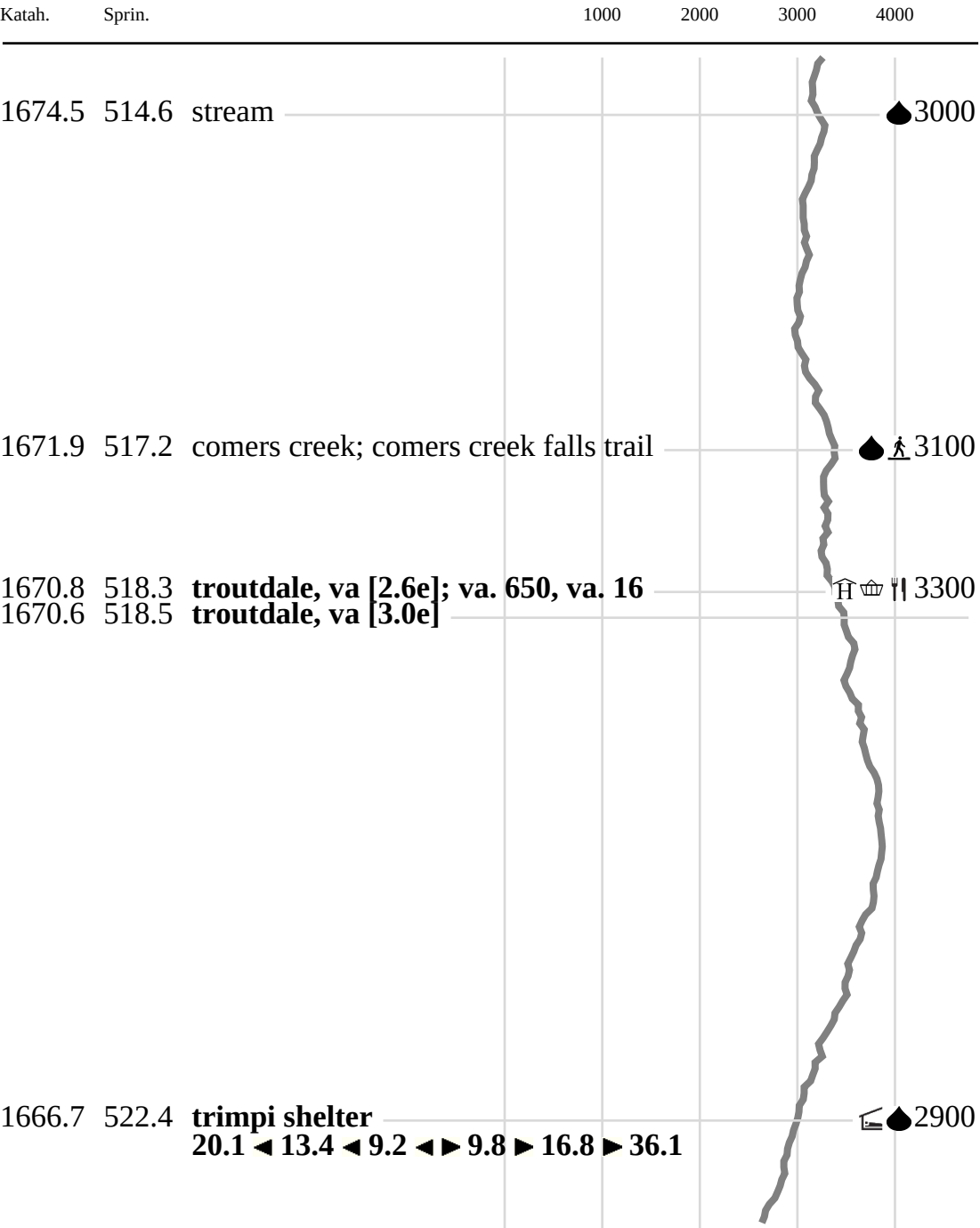


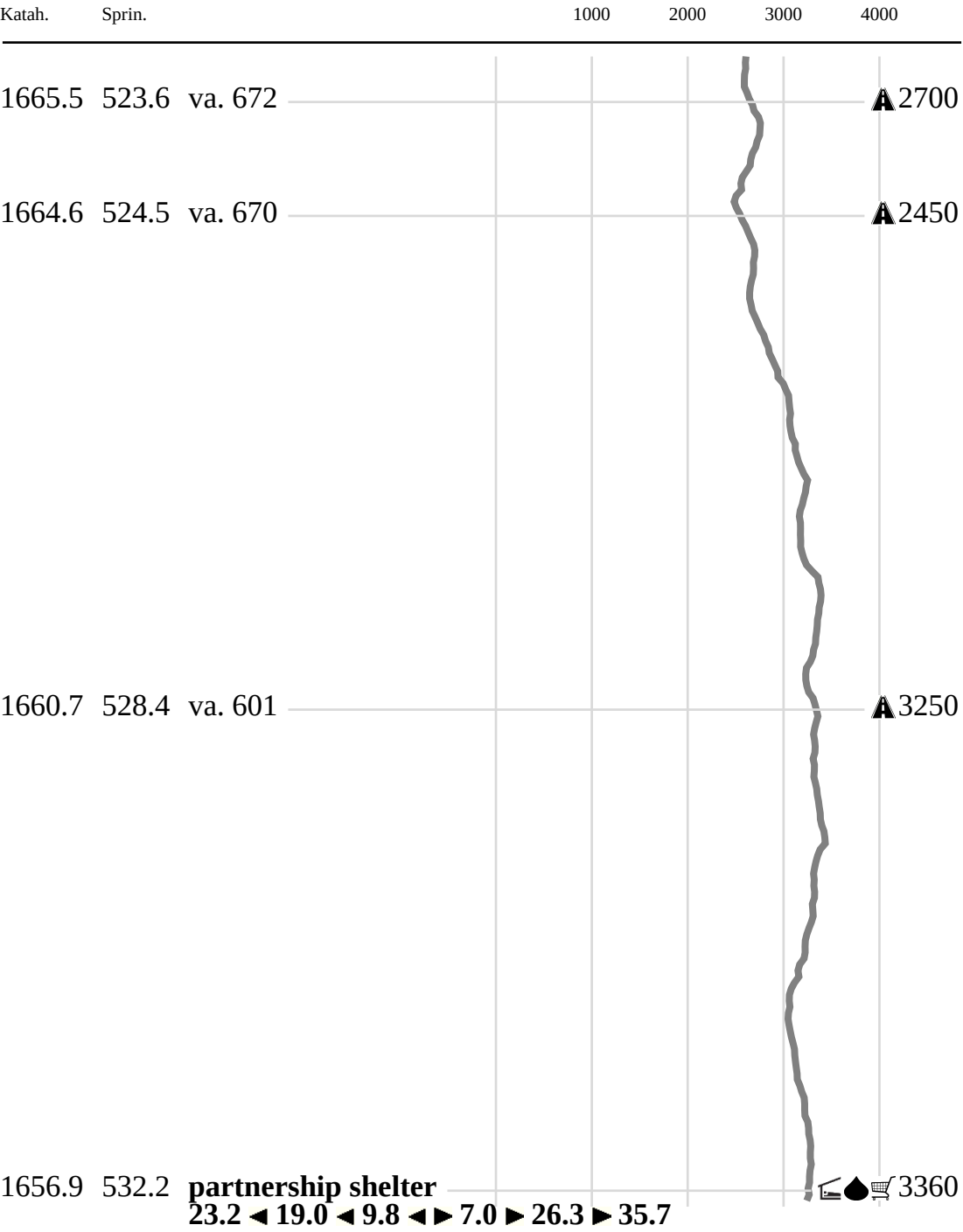




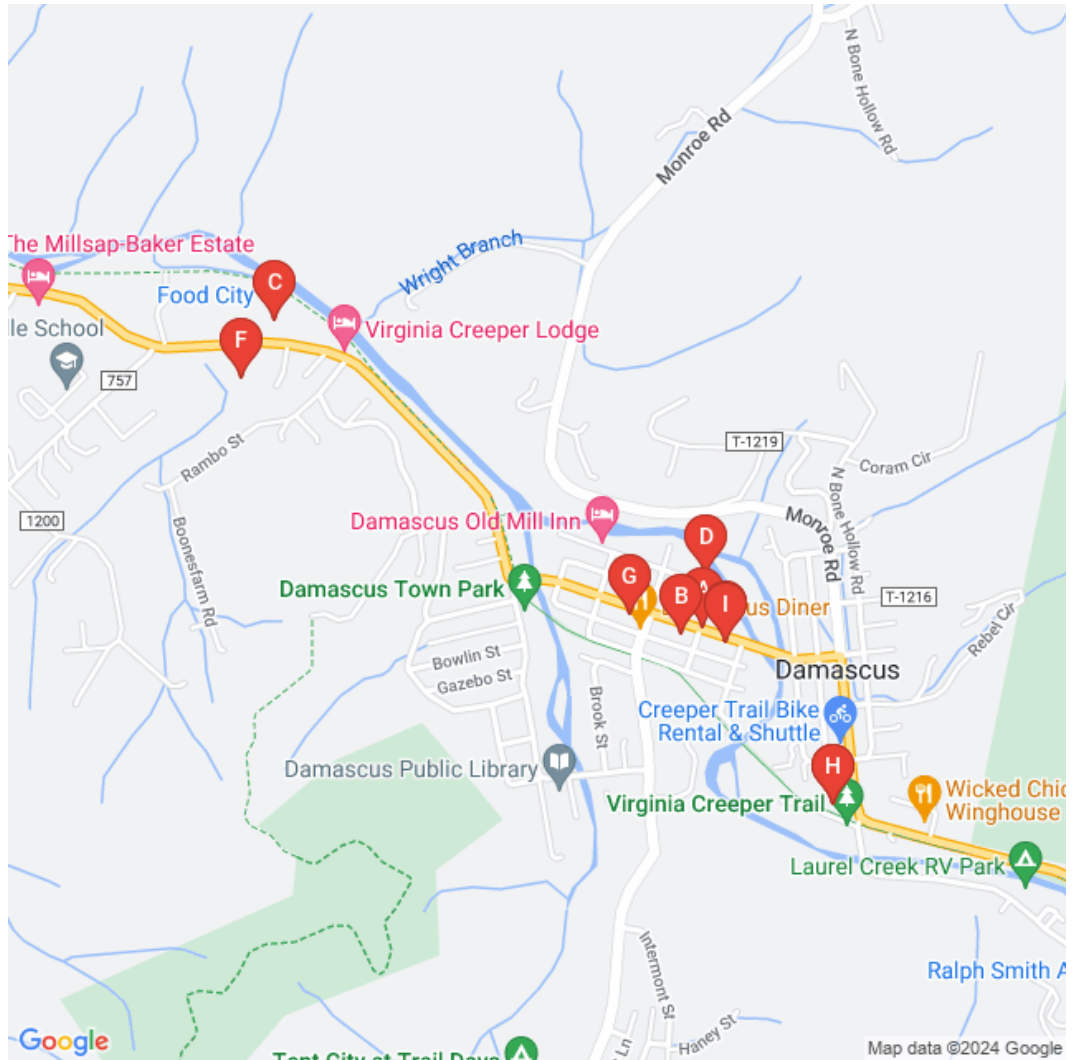






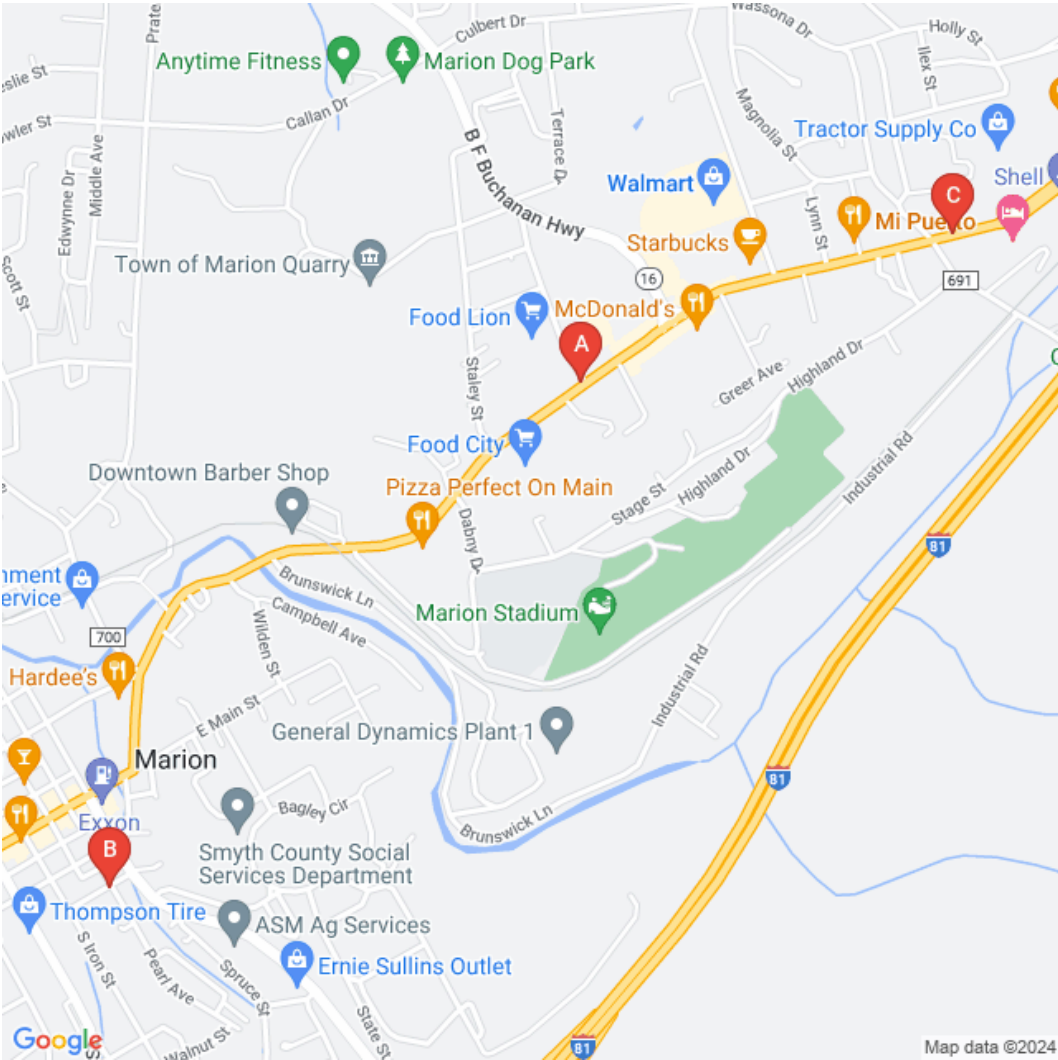


Damascus, VA



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

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

Marion, VA [6.0W]



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



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



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

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