

Shenandoah National Park

Backcountry Camping Trip Guide



Trip Name: Elkwallow and Jeremys Run, 2 nights

Description: Popular wilderness valley, excellent camping and fishing (open for harvest)

Entry: 22 MP - Piney River/MACG

Exit: 22 MP - Piney River/MACG

Map(s): PATC # 9 North District

Level: Beginner or Strenuous Beginner

Total Length: 6.7 to 15 miles

Day One

Campsite: Jeremys Run Trail - backcountry

3.6 to 7.6 miles

Turn onto Elkwallow Trail and hike 2 miles.

Turn right onto the Appalachian Trail (AT), hiking south 0.6 miles.

Turn right onto Jeremys Run Trail and hike 1 to 5 miles.

Find a place to camp (see notes).

Day Two

Campsite: Jeremys Run Trail - backcountry

Your choice: You could relax all day or go for an easy to strenuous hike. See notes below for one option. Be sure to store your food properly if you leave camp unattended.

Day Three

3 to 7.6 miles

Hike upstream on Jeremys Run Trail (up to 4.6 miles).

Turn left onto Knob Mountain Cut-off Trail for a steep 0.5-mile hike uphill.

Turn right onto Knob Mountain Trail to return to campground (about 2.5 miles).

Notes

There are many stream crossings and the water can be knee to waist high in the spring and after heavy rains!

Entry and exit at MP 22.2 Mathews Arm Campground Parking Area. Park across from the campground entrance station in the parking lot; Elkwallow Trail is just uphill from the station, on the west side of the road. You will only be able to take this route when Mathews Arm Campground is open, generally late May through October.

There are legal, pre-existing campsites in the Jeremy's Run drainage (and a few persistent illegal campsites, so take care). As you hike downstream from Elkwallow, campsites occur intermittently below Knob Mountain Cut-off Trail. The further you hike downstream, the wider the valley and the more campsites that appear, including places large enough for groups of up to 10 to camp, until you are 1/2 mile above Neighbor and Knob Mountain trails (4.2 miles below the Cutoff). At and below the Neighbor and Knob Mt Trails there are very few legal places to camp. Reminder: Campfires are not allowed, even if you see a fire ring from someone else's illegal fire!

Options

For your second night on Jeremys Run, you may stay in the same campsite or move to another location along the run (stream). For a nice day hike on your second day, hike downstream on Jeremys (there are some great swimming holes along the way) at least to the waterfall, or even until the trail climbs up a steep hill. (The trail leaves the stream entirely at this point and is no longer worth following.) For example, day one hike 4 miles and set up camp, day two dayhike down Jeremys Run to the waterfall (4 miles from the Cutoff) and back to camp -- 7 miles round trip, day three return to campground, 3.5 miles; total distance 14.5 miles. Be sure to store your food properly if leaving your camp unattended.