



Jeremy's Run Mountain - SNP, Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
14.7 mls					
Hiking Time: Elev. Gain: Parking:	6.5 hours with a half hour for lunch 2,620 ft Turn off Skyline Drive into the Elkwallow Picnic Grounds and park at the far end and Jeremy's Run Trailhead sign.				

At 14.7 miles the Jeremy's Run loop is one of the longest in the SNP. On the Neighbor Mountain Trail there are several beautiful views to the west of Kennedy Peak, Duncan Knob, and the Three Sisters Ridge just to the south. Also with 14 crossings of Jeremy's Run this hike can be a challenge in the spring when the water is at its highest level.

From the parking area start down the connector trail where it shortly joins the white blazed Appalachian Trail (AT). Continue downward on the white blazed AT and in 0.3 miles arrive at the intersection of the blue blazed Jeremy's Run Trail that continues downward.

Turn left remaining on the white blazed AT as it it climbs Blue Ridge. In 2.3 miles from the Jeremy's Run intersection arrive at the Blue Ridge high point, and a trail intersection that leads to the Thorton River Trail. Remain south/straight on the white blazed AT following the ridgeline for another 1.3 miles to the next intersection that leads to a Skyline Drive parking area. Again stay on the AT, and in 0.2 miles reach the four way intersection with the Neighbor Mountain Trail.

Turn right on the yellow blazed Neighbor Mountain Trail as it begins to gradually descend the Neighbor Mountain ridgeline. In 2.0 miles there are views of Three Sisters Ridge just to the south, then in another 0.9 miles views of Kennedy Peak and Duncan Knob across the valley to the west on the Massanutten Range.

The trail will now descend more steeply, making several switchbacks before arriving at Jeremy's Run in another 1.1 miles. Turn right upstream on the blue blazed Jeremy's Run Trail, and in 0.2 miles make the first of 14 stream crossings.

After crossing Jeremy's Run, continue on the blue blazed trail for 0.4 mile to the best waterfall on the hike, and on the opposite bank a large group campsite. Open campfires are not permitted in the SNP, but this is still one great camping spot at the top of a beautiful set of falls.

After passing the falls, the Jeremy's Run Trail will continue for 4.3 miles crossing the stream 13 more times before arriving at the intersection of the Knob Mountain Cutoff Trail. Continue straight on the Jeremy's Run Trail as it now becomes steeper for the 0.8 miles back to the intersection of the white blazed AT, and where the Jeremy's Run Trail ends.

Remain straight/uphill on the now white blazed AT for the remaining 0.3 miles back to the parking area.