



# The Trails of Virginia: Hiking the Old Dominion

*Allen de Hart*

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## **The Trails of Virginia: Hiking the Old Dominion** Allen de Hart

In this new edition of the most comprehensive guide to the trails of Virginia, Allen de Hart gives directions to and descriptions of more than 1,400 trails, noting nearby points of interest, botanical and zoological features, and characteristics of the region's terrain. From the mountains to the coast, he covers all national, state, county, and city recreational areas with hiking or interpretive trails accessible to the public. Maps and photographs supplement the descriptions.

The third edition has been completely revised and updated to reflect the addition of hundreds of miles to the state's trail systems, showing which trails are best suited for foot traffic, bicycles, and horses, and which trails are handicapped-accessible. The book also includes information on how to prepare for hikes, more comprehensive introductions to parks and scenic areas, and sections on Native American and pioneer trails.

This is an indispensable guide for hikers, walkers, birders, anglers, and anyone interested in exploring the Old Dominion's wealth of natural areas.

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