

Thompson Hollow Trail Quest



This Quest qualifies as one of five inaugural Quests. Be one of the first 200 Questers to complete all five by October 15, 2012 and win a special patch (pictured left). For other eligible Quests – and guidelines for our Questing competition – see www.discoverfrontroyal.com or www.frontroyalatcommunity.blogspot.com.

Mileage: One mile round trip, **Time:** 1-2 hours, **Parking:** Designated area only!!!

This Quest, developed by Girl Scout Troop 40333, takes you from the Front Royal Visitor Center to your hiking destination. Enjoy beautiful Valley scenery as you take this family-friendly hike to waterfalls and pools. Remember, the journey is just as important as the destination.

Happy Hiking!

Where old trains did stop, is where you are now,
Prepare to quest and cease “no how”.
Grab your passport and your stamp,
Stretch out your muscles so you don’t get a cramp.

Hop in your car and head down Main,
On Route 340 South is your ultimate gain.
Pass Skyline Drive and wave “Hello!”
Keep on moving...just go with the flow.

Rolling, rolling through the mountainous valley,
When you enter Bentonville, do NOT dillydally.

The “L” on you...you must discern,
Onto Bentonville Road is where to turn.

In less than a mile look for the next mark,
Right onto Thompson Hollow Road, you must embark.

Keep up the good work, you are doing great,
I can tell, at hiking, you’ll be first-rate.

Now again, in about a mile, pay attention,

This is important and I must mention...
You MUST park at the cutout, on the right
Be courteous to others, the parking here is tight.

Almost to the trail, time to exit your car,
Grab your gear, water, and granola bar.
Walk down the lane that resembles a driveway,
You will walk past a private drive, be respectful, don’t delay.

Towards a gate you must walk,
Pass by the cable, with the lock.
Look to the right and you will see,
Something BLUE on a _____

Follow the trail, uphill and down
It’s a charming trail where wildlife abounds.
While hiking to the pools of fun,
Enjoy Appalachian Trail (AT) facts...you’re almost done:

2,185 miles is the total A.T. length,
Hiking it all takes much strength!
Hike the whole if you are so inclined,
And the name of “Thru-Hiker” you will be assigned.

Most miles per state goes to Virginia, it's true...
544 miles, oh my goodness, woo-hoo!
Contrarily, the state with miles so few,
Is West Virginia, with miles of around two.

From Maine to Georgia, the trail does meander,
With an array of sights at which to gander.
Thousands of hikers per year, attempt this chore,
However, those who complete it are about one in four.

Now, you have attained some A.T. facts, I'm sure,
And are probably thinking this journey is obscure.
I promise the destination will be as fun as the quest,
Finding the treasure will be your big test!

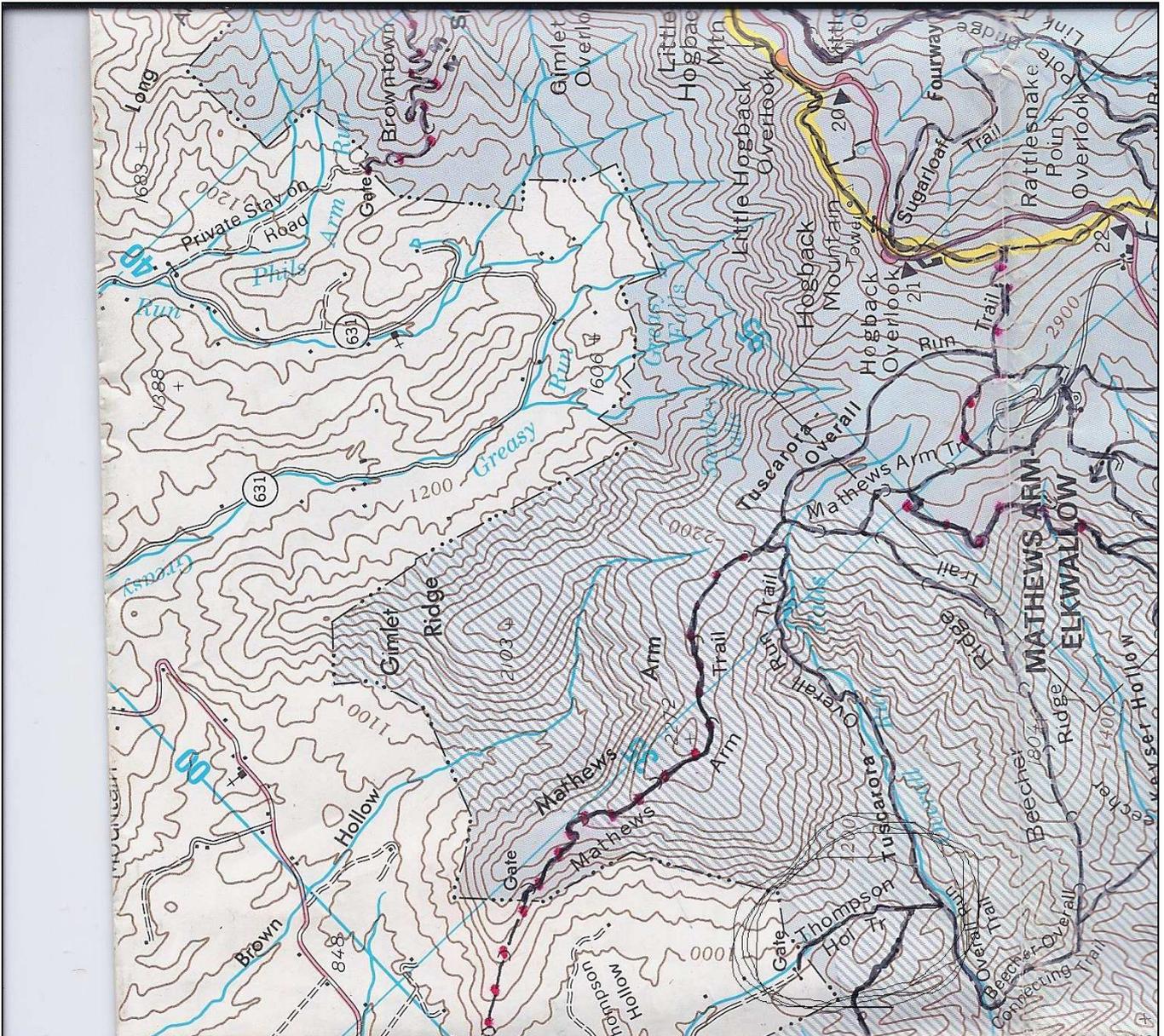
When a "T" in the trail appears, a plight
AT to the left and Tuscarora to the right
These trails are famous, and rightfully so,
For the peace that nature's beauty does bestow.

At this junction, you have the decision,
On whether or not to extend your expedition,
Or simply enjoy the pools and serene view,
But remember to visit the Quest Box,
whatever you do!

To find the box, a right you must take,
Follow closely, as to not make a mistake.
Watch your footing with the rocky terrain,
Running water you should hear, your ears do not feign.

When you get to the crooked fork in the pathway,
A turn to the left is what you must obey.
Descending the rocky mount is your aim,
Caution on the slippery rocks, I disclaim.

Down the rock and to your right, you shall see,
A lovely, fragrant, prickly pine tree.
Squatting with the tree on your right,
And a water fall to your left; what a sight!
Look across the stream and find,
A massive, mossy rock, which your treasure lays behind!



See Thompson Hollow Trail circled in lower right corner. Hang out at the Overall Run pools or extend your hike to Tuscarora-Overall Run (very steep, two stream crossings, view of waterfall in approx 2.5 miles). Cut across on Mathews Arm Trail and then descend on Beecher Ridge/Beecher Ridge-Overall Connector. Several stream crossings along the route. This is a **vigorous** loop hike, taking 4-6 hours. Take food and water. Wear sturdy shoes.

TOTAL MILEAGE, including in and out on Thompson Hollow Trail: 7.8 miles