

Go Hike Virginia

52 Weeks of Virginia Hikes: Your Weekly Trail Inspiration

Plan your hikes all year long—one trail per week, curated by [Go Hike Virginia](#)

Never wonder where to hike again. Each week, I've chosen a Virginia trail—ranging from hidden gems to iconic views—to help you plan outdoor adventures all year long.

Use the monthly tables below to find your hike, then click through for full trail details and directions. I've also included the region for each hike; you'll find the region abbreviations key in the chart below.

Have questions or want more trail suggestions? I'd love to hear from you. Reach out at erin@gohikevirginia.com. Happy hiking. 🥾

—Erin Gifford

Abbreviations Key		
CO: Coastal Virginia	SNP: Shenandoah National Park	VM: Virginia Mountains
CV: Central Virginia	SV: Shenandoah Valley	
NV: Northern Virginia	SW: Southwest Virginia	

JANUARY

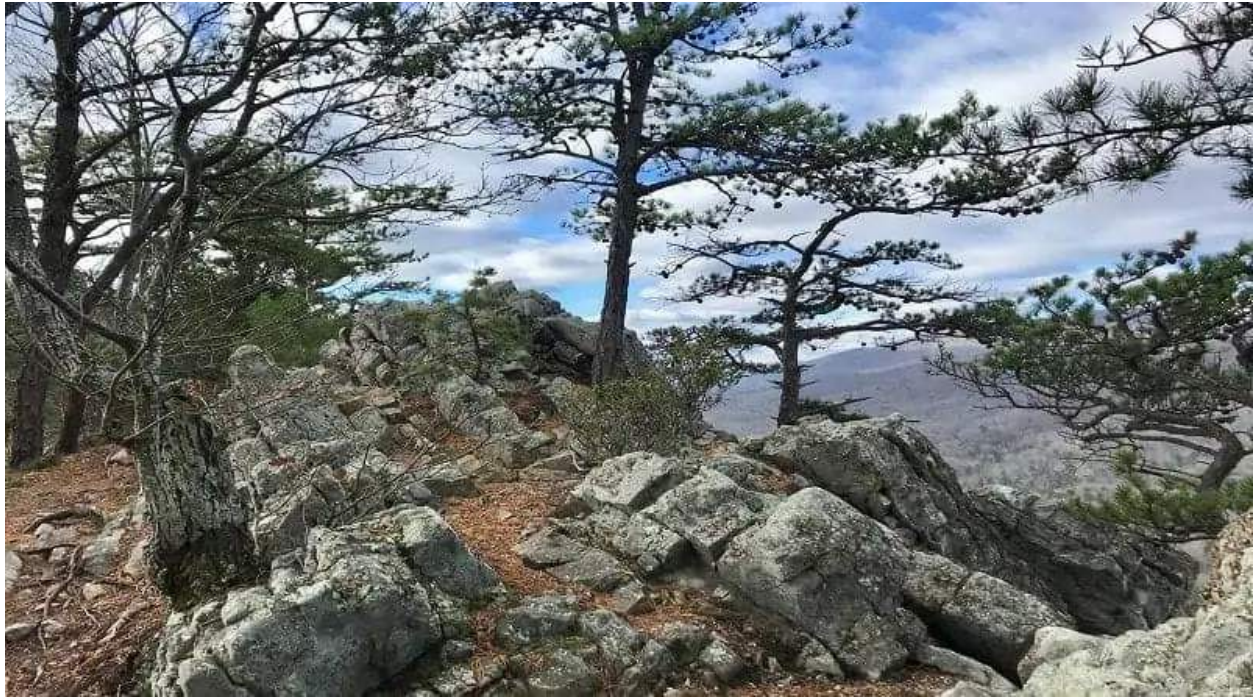


Conway Robinson State Forest in Gainesville

January hikes focus on lower elevations, shorter distances, and trails that shine even in cold weather. These are confidence-building hikes that prove Virginia hiking doesn't stop in winter.

Week	Hike	Region	Mileage	Difficulty	Description
1/3	Conway Robinson State Forest	NV	3.3 miles	Easy	Quiet forest loop
1/10	Buffalo Mountain	SW	2.0 miles	Easy	Short climb, big views
1/17	Wolf Trap Trail	NV	2.5 miles	Easy	Woodland loop
1/24	Whiteoak Canyon - Lower Falls	SNP	2.9 miles	Moderate	Waterfalls and streams
1/31	Difficult Run to Great Falls	NV	5.1 miles	Easy	River views, waterfalls

FEBRUARY



Buzzard Rock Trail in Front Royal

February balances winter solitude with longer daylight and increasing trail variety. These hikes mix scenic overlooks, historic routes, and manageable elevation gains.

Week	Hike	Region	Mileage	Difficulty	Description
2/7	Waller Mill Park	CO	2.7 miles	Easy	Lakeside loop trails
2/14	Stuart's Knob	SW	1.8 miles	Easy	Peaceful loop, lake views
2/21	Saunders–Monticello Trail	CV	4.6 miles	Easy	Boardwalk, forested trail
2/28	Buzzard Rock Trail	SV	6.2 miles	Moderate	Rocky ridgeline views

MARCH



Bluebell Trail at Shenandoah River State Park in Bentonville

March marks the transition into spring, with flowing waterfalls and early blooms. These hikes reward hikers eager to stretch their legs after winter.

Week	Hike	Region	Mileage	Difficulty	Description
3/7	Big Cedar Creek Falls	SW	3.1 miles	Easy	Cascading waterfall, rocky beach
3/14	Apple Orchard Falls	VM	2.9 miles	Moderate	Wooden bridges, creeks, waterfall
3/21	Belle Isle Trail	CV	1.8 miles	Easy	Urban island hike
3/28	Bluebell Trail	SV	2.2 miles	Easy	Bluebells line the trail

APRIL



Cascades Falls in Pembroke

April is peak spring hiking season in Virginia, with waterfalls at their strongest and forests bursting into green. These hikes showcase spring scenery across the state.

Week	Hike	Region	Mileage	Difficulty	Description
4/4	Bear's Den Overlook	NV	1.9 miles	Easy	AT hike, sunset views
4/11	Cascades Falls	VM	4.0 miles	Moderate	Iconic waterfall
4/18	Belle Isle State Park	CO	5.8 miles	Easy	Tidal river trails
4/25	Jones Run Falls	SNP	7.0 miles	Moderate	Waterfall, stream views

MAY



Molly's Knob at Hungry Mother State Park in Marion

May brings ideal hiking weather, longer days, and lush mountain landscapes. These trails are made for lingering views and adventurous outings.

Week	Hike	Region	Mileage	Difficulty	Description
5/2	High Knob Tower	SV	2.8 miles	Moderate	Fire tower views
5/9	Mary's Rock	SNP	2.7-3.7 miles	Moderate	Rocky overlook, two routes to the top
5/16	Molly's Knob	SW	3.6 miles	Moderate	Big views, benches, iconic photo op
5/23	Mount Pleasant	SV	6.5 miles	Moderate	East- and west-facing summit views
5/30	Poor Mountain	VM	3.9 miles	Moderate	Scenic, forested loop

JUNE



Turkey Run Park in McLean

June hiking favors shaded trails, water features, and unique landscapes. These hikes balance summer conditions with memorable scenery.

Week	Hike	Region	Mileage	Difficulty	Description
6/6	The Channels	SW	6.6 miles	Moderate	Slot canyons
6/13	Neabsco Creek Boardwalk	NV	1.7 miles	Easy	Elevated wetlands walk
6/20	Sugar Hollow (Blue Hole)	SV	3.0 miles	Easy	Wooded trail, swimming hole
6/27	Turkey Run Park	NV	3.9 miles	Moderate	River views, rock scrambles

JULY



St. Mary's Falls in Vesuvius

July hikes focus on higher elevations, waterfalls, and shaded routes to beat the heat. These trails deliver classic summer rewards.

Week	Hike	Region	Mileage	Difficulty	Description
7/4	Mill Mountain Star	VM	3.3 miles	Moderate	Iconic steel star, city views
7/11	St. Mary's Falls	SV	4.7 miles	Moderate	Refreshing waterfall escape
7/18	Apple Orchard Mountain	VM	5.3 miles	Easy	AT hike, hikers' shelter, big views
7/25	Lake Laura	SV	2.5 miles	Easy	Chill lakeside stroll

AUGUST



Lower Piedmont Overlook at Sky Meadows State Park in Delaplane

August is all about water, wildlife, and coastal or high-elevation escapes. These hikes are summer-friendly and unforgettable.

Week	Hike	Region	Mileage	Difficulty	Description
8/1	Bald Cypress Trail	CO	1.8 miles	Easy	Boardwalk, cypress swamp
8/8	Tinker Cliffs	VM	8.1 miles	Moderate	Dramatic cliff views
8/15	Boykin's Landing	NV	3.6 miles	Easy	Overlook benches, river views
8/22	Massie Gap to Wilburn Ridge	SW	2.3 miles	Easy	AT hike, wild ponies, open balds
8/29	Piedmont Overlook	SV	5.5 miles	Moderate	Meadows and far-reaching vistas

SEPTEMBER



Dragon's Tooth in Catawba

September brings cooler mornings and prime conditions for challenging hikes. These trails kick off Virginia's best hiking season.

Week	Hike	Region	Mileage	Difficulty	Description
9/5	Devil's Bathtub	SW	4.0 miles	Moderate	Iconic swimming hole
9/12	Old Rag	SNP	9.8 miles	Strenuous	Rock scramble, day-use ticket required
9/19	Dragon's Tooth	VM	4.8 miles	Strenuous	AT hike, tall rock spire
9/26	Woodstock Tower	SV	1.7 miles	Moderate	Far-reaching tower views

OCTOBER

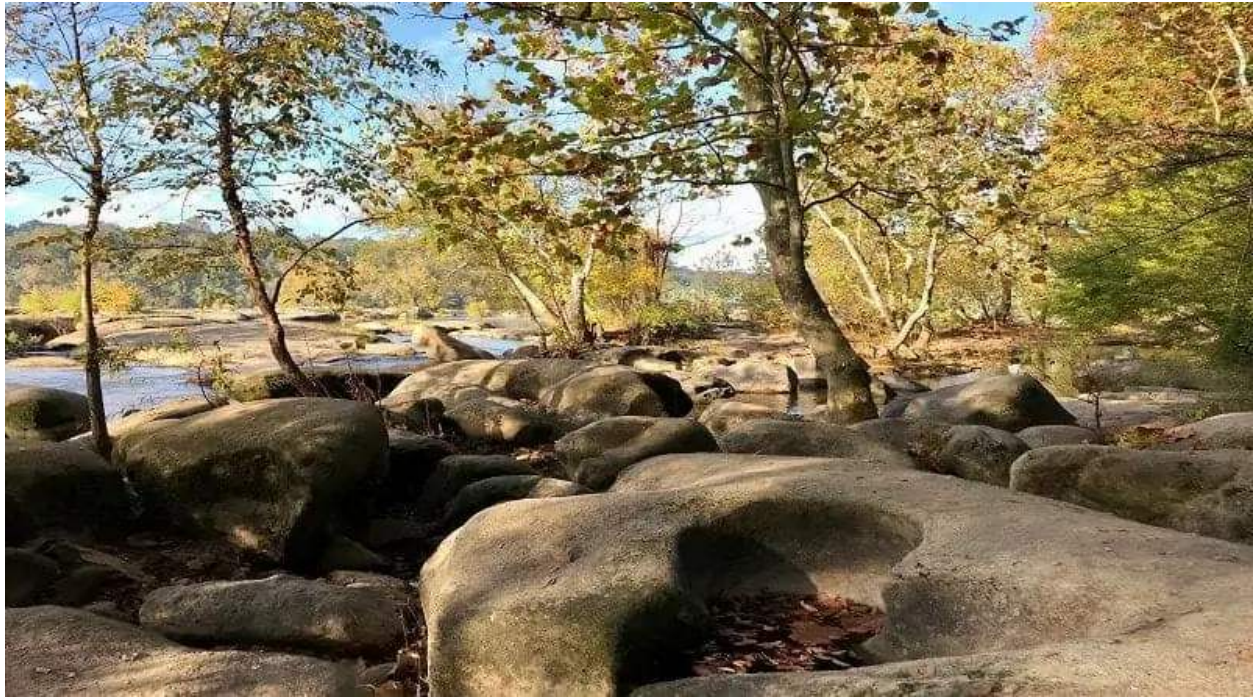


Spy Rock in Montebello

October is Virginia hiking at its finest, with peak foliage and crisp mountain air. These hikes deliver iconic fall color and sweeping views.

Week	Hike	Region	Mileage	Difficulty	Description
10/3	Humpback Rocks	CV	4.3 miles	Moderate	Short, steep climb to big views
10/10	Sharp Top	VM	3.3 miles	Strenuous	360-degree vistas, sunrise hike
10/17	David Lesser Shelter	NV	7.8 miles	Moderate	AT hike, hikers' shelter
10/24	Spy Rock	CV	5.9 miles	Moderate	360-degree summit
10/31	McAfee Knob	VM	8.0 miles	Moderate	Iconic overlook

NOVEMBER



Texas Beach in Richmond

November hiking wins for fewer crowds, lingering fall color, and cool, comfortable temperatures. These trails shine in the shoulder season.

Week	Hike	Region	Mileage	Difficulty	Description
11/7	Texas Beach	CV	3.2 miles	Easy	James River views
11/14	White Oak Nature Trail	CO	2.7 miles	Easy	Wooded peninsula trails
11/21	Angel's Rest	VM	5.0 miles	Strenuous	AT hike, two overlooks
11/28	Blue Ridge Tunnel	SV	4.6 miles	Easy	Historic train tunnel

DECEMBER



White Rock Falls in Waynesboro

December hikes are about reflection, solitude, and year-end views. These trails offer rewarding scenery without long commitments.

Week	Hike	Region	Mileage	Difficulty	Description
12/5	White Rock Falls	CV	4.4 miles	Moderate	Winter waterfall hike
12/12	Copernicus Ridge	SV	2.6 miles	Moderate	Scenic views on the Massanutten Trail
12/19	Black Ridge Trail	SW	3.0 miles	Moderate	Blue Ridge Parkway hike, scenic views
12/26	Blackrock Summit	SNP	1.8 miles	Easy	End-of-year rocky views