



Troop 103 Old Rag Mountain Hike
Fri. - Sun., May 14-16, 2010

Fri., 5/14/10:

4:30 pm: Drop Off at St. Joseph Church [**Bring a Sack Dinner or eat first**];
Drive to Shenandoah National Park;
Camp at Matthews Arm Campground (Group Site B89)

Sat., 5/15/10:

Morning: Breakfast, Pack a Lunch
Drive to Old Rag Mountain Parking Area
Hike Old Rag Circuit Hike (8.8 miles); Lunch on the Hike

Afternoon: Complete hike
Return to Matthews Arm Campground (Group Site B89)

Evening: Dinner at campsite

Sun., 5/16/10:

Morning: Breakfast, Pack a Lunch
10:45 a.m. Mass at St. John The Baptist Roman Catholic Church in
Front Royal, VA

Afternoon: Lunch
2:00 – 2:30 p.m. (approx.) – Pickup at St. Joseph Church

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Emergency Contact Information:

Jeff Rosenzweig: (717) 968-6533 (c)
Jeff Evich: (410) 935-2128 (c)
Maureen Evich: (410) 935-2102 (c) – Friday & Saturday only
Bob Zinn: (410) 259-3521 (c)
Shenandoah National Park: (540) 999-3500 (Information Line)
(800) 732-0911 (Emergency Line)

(Leave this page home with your parents after you have packed everything)



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Bring: (Check off)

- _____ **Signed Permission Slip**
- _____ **\$ 20.00**
- _____ **Medications with Instructions**
- _____ Hiking Boots or Sturdy Shoes w/ankle support; wool socks
- _____ Backpack w/Poncho & **at least 2 Quart-sized Water Bottles** & snacks
- _____ Suitable Hiking Clothes (BE PREPARED! --- check the weather forecast)
- _____ Personal First Aid Kit **with moleskin for blisters**
- _____ Sun block
- _____ Compass
- _____ Hat (optional)
- _____ Toothbrush, Toothpaste
- _____ Headlamp (not a Flashlight; you'll need your hands to climb!)
- _____ Sleeping Bag
- _____ Mess Kit
- _____ Boy Scout Handbook
- _____ Class B Uniform - Wear it when we meet on Friday
- _____ Class A Uniform (includes Neckerchief)

Read/Watch: (Check off)

- _____ Preparing to Hike Old Rag:
<http://www.nps.gov/shen/planyourvisit/old-rag-hike-prep.htm>
- _____ Hiking Old Rag:
<http://www.nps.gov/shen/planyourvisit/hiking-old-rag.htm>
- _____ Old Rag Safety Video:
http://www.nps.gov/shen/planyourvisit/old_rag.htm

Old Rag Road & Trail Map

Park Emergency Number (800) 732-0911

National Park Service
U.S. Department of the Interior



Shenandoah National Park

01/10

Old Rag Circuit Hike

Do not attempt this hike unless you are fully prepared.

This is a *very challenging* 8.8-mile hike and rock scramble to spectacular views from the Old Rag parking area. The Ridge Trail takes you across a strenuous rock scramble to the summit. To complete the circuit hike, return by way of the Saddle trail, past Old Rag Shelter, to Weakley Hollow Fire Road, and back to the Old Rag parking area. Bring plenty of water. No pets on the Ridge or Saddle Trails.

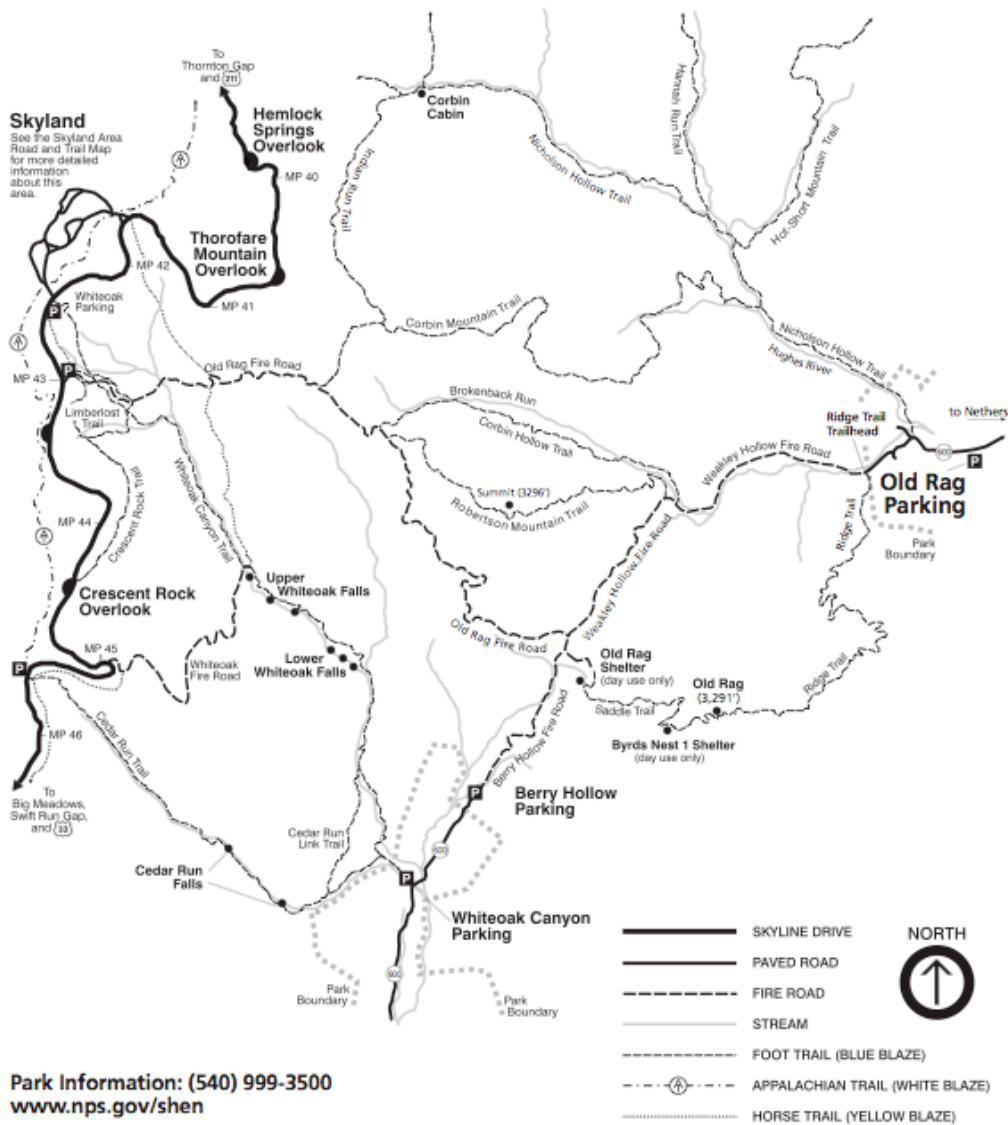
Note: Alternative hikes for visitors with pets are listed on the back side of this map.

For Your Safety

As you hike Old Rag you will see **handwritten numbers** below the blue trail blazes. In the event of an emergency please note the closest number to the incident and include this information when you report the emergency. This will help emergency responders greatly.

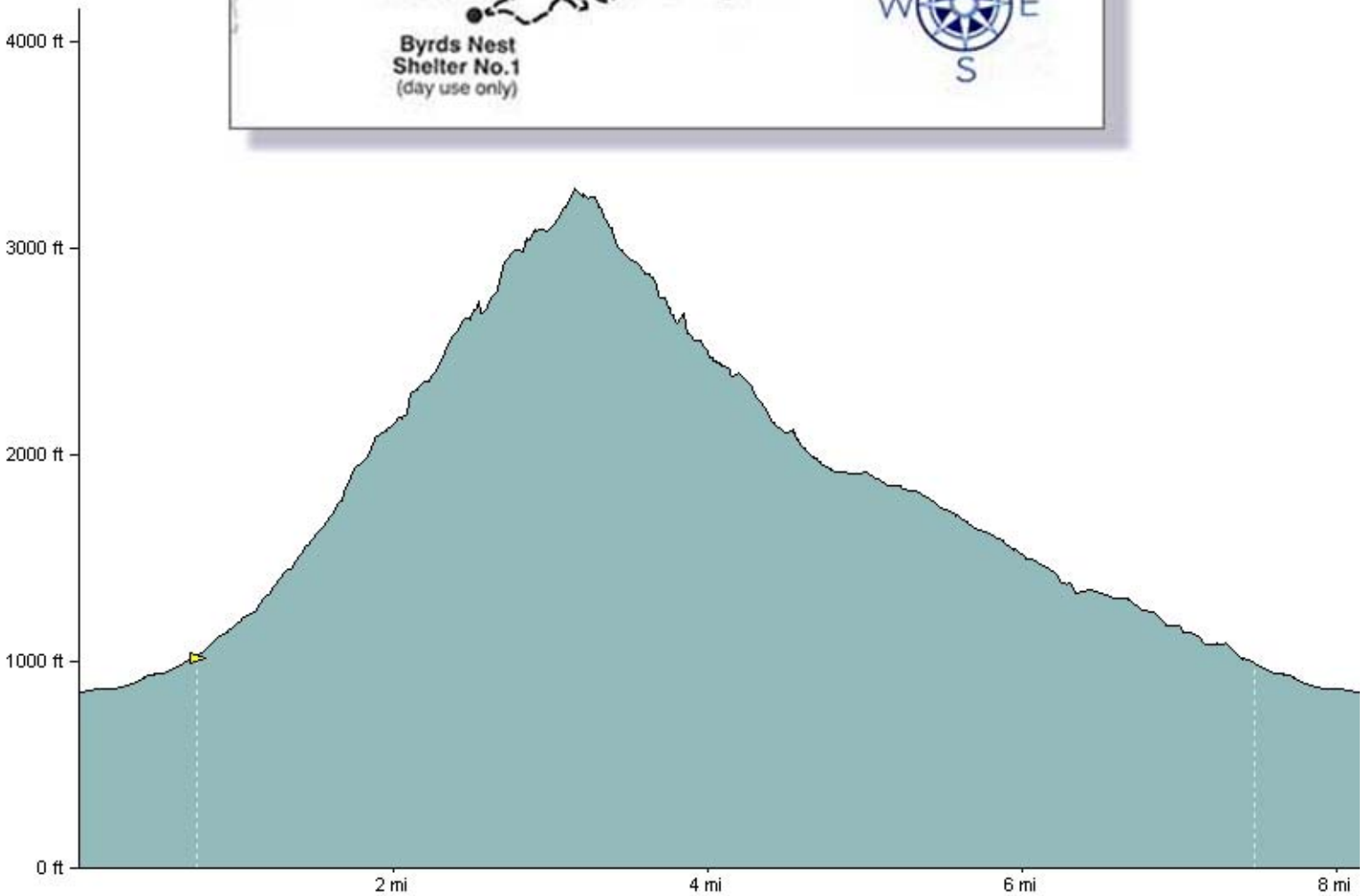


← You'll find these **Trail Markers** at all trailheads and intersections. The metal bands are stamped with directional and mileage information.



Leave No Trace Preservation through education: building awareness, appreciation, and most of all, respect for our public recreation places.

Old Rag Mountain



GPS profile created with ExpertGPS (<http://www.expertgps.com>)