



# Hidden Valley Trail

## For More Information



### Warm Springs District

422 Forestry Road  
Hot Springs, VA  
24445  
(540)839-2521

Hidden Valley Trail winds through idyllic open fields and eventually woodlands. Much of the trail is an old roadbed. The fields are abundant with wildlife, especially songbirds. Early on the trail, a small loop, "The Watchable Wildlife Trail" is a birdwatcher's dream. The trail hooks up with the Jackson River Gorge trail 1.7 miles in, which will take hikers back near where they started. At this junction, Hidden Valley Trail crosses a large swinging bridge, and continues two and a quarter more miles to Poor Farm.

Hidden Valley Trail: 38°06'17.1"N, 079°48'43.4"W

## DIRECTIONS

To access Hidden Valley, take Route 39 west from Warm Springs for 3.3 miles. Turn right onto Route 621 and go 1 mile. Make a left at sign on FDR 241, and go 1.5 miles to the parking lot. The west trailhead begins at the gate.

To access the Poor Farm, take Route 220 north from Warm Springs for 9.8 miles. Turn left onto Route 623, which turns into FDR 6020, and continue to end of the road. Parking is available in the cul-de-sac. Walk through the gate and follow the roadbed to the trailhead at the right of the river ford. The trail is rated easy and in total is 3.95 miles. A toilet is located at the parking area in Hidden Valley and at the primitive campground at the Poor Farm.

## NEARBY FACILITIES

Hidden Valley has numerous opportunities for outdoor recreation. Near these trailheads are a campground and a picnic area. Nearby are several others trails; Hidden Valley West, Neal Run, Bogan Run, Lost Woman Trails, River Loop, and the Jackson River Gorge Trail. Fishing opportunities abound in this area; numerous trails reach the river and are popular among all fishermen, especially those going after trout. Fishing here has a few special regulations, including a special trout license needed part of the year. From the swinging bridge to the Poor Farm, no live bait is allowed. Only single hook artificial lures may be used. In this area is the Warwick Interpretive Site, a historical antebellum mansion converted into a Bed and Breakfast.



United States Department of Agriculture  
Forest Service  
Southern Region

