

WELCOME TO SEVEN BENDS STATE PARK.

To make your visit safe and more pleasant, we ask that you observe the following:

Take only pictures, leave only footprints. Park in designated areas only. Please note there is a parking fee charged year-round at all Virginia State Parks. Self-pay parking information is available at the contact station.

The park consists of multiple parcels surrounded by private property. Please be respectful of the privacy of our neighbors and stay on Virginia State Parks property at all times.

PRESERVE – Help preserve your park. Please don't cut or mar any plants or trees. Collecting animal or plant life is allowed only for scientific purposes by permit from the Richmond headquarters. Don't feed any wild animals.

ALCOHOL – State law permits alcohol use only in private areas or in areas designated on permits issued by the Virginia Department of Alcoholic Beverage Control.

PETS – Pets are permitted in enclosed areas or on a leash no longer than 6 feet. Please clean up after your pet. Pets must be attended at all times. Pets are not allowed inside facilities; service dogs are not considered pets.

DRONES AND OTHER AIRCRAFT – Drones, other unmanned aerial vehicles, including remote control aircraft, and aircraft in general may not be flown in state parks pursuant to 4VAC5-30-400.

LITTER – Please help us keep the park clean by placing litter and recyclables in the proper receptacles and recycle centers or carrying out your trash. The releasing of balloons is not allowed. Decorative balloons must be deflated and disposed of as trash.

In an effort to reduce the impact on landfills, we encourage the use of Leave No Trace Principles including pack it in – pack it out.

FIRE – Help prevent wildfires. Fires must be confined to grills, camp stoves or designated fire rings. Fires must be attended at all times and extinguished when left. We enforce all seasonal and emergency bans on open fires.

POLLUTION – Help reduce pollution. Dump stations, laundry sinks and slop sinks, where available, are for the proper disposal of wastewater. Please, no boat, RV or car washing.

SWIMMING – There are no designated swimming areas in the park.

FISHING – A Virginia freshwater fishing license is required.

PARKING – All vehicles must be parked in designated areas. Lock valuables in your trunk and keep your vehicle locked when unattended.

GROUP EVENTS – A Special Use Permit is required for all group events that involve amplified sound, catering, equipment rentals and vendor deliveries.

PARK ACCESSIBILITY – We strive to make each park as barrier-free as possible. Universally accessible facilities are available throughout Virginia State Parks. Please check the park's website for details.

EMERGENCY – For fire or medical emergencies, dial 911. For a law enforcement or critical maintenance issue, call 800-933-7275 and select the appropriate option.

For more information, visit www.virginiastateparks.gov or contact the park office.

INFORMATION – For more information on Virginia State Parks or to make a cabin or campsite reservation, call 800-933-PARK or visit www.virginiastateparks.gov.

The Customer Service Center is open Monday through Friday, 9 a.m. to 5 p.m. It is closed on all state holidays.

DIRECTIONS BETWEEN PARK ENTRANCES – General directions to drive from the S. Hollingsworth Rd. entrance to the Lupton Rd. entrance are as follows: Head north on S. Hollingsworth Rd./State Route 609 for 1.5 miles. Turn left on to E. Reservoir Rd./State Route 670. Drive for 0.6 miles and turn right onto S. Water Dr. Continue for 0.7 miles and turn right on Hollingsworth Rd. After 0.4 miles, continue straight onto Lupton Rd./State Route 667. After 0.2 miles, turn right to stay on Lupton Rd./State Route 667 and continue for 0.7 miles until you reach the park.

RIVER RECREATION - The nearest upstream public access is Chapman's Landing 6 river miles upstream from the Hollingsworth Access.

There are two dams along the North Fork of the Shenandoah River in close proximity of Seven Bends State Park. Chapman's dam is 2.5 river miles upstream of the Hollingsworth access and lies between Chapman's Landing and the Hollingsworth Access. Burnshire dam is located 3.5 river miles downstream of the Lupton Access. There are no public access points at either dam, but portage around the dams is permitted.

The river distance between the Hollingsworth Access and the Lupton Access is 2 miles.

CONNECTION TO U.S. FOREST SERVICE - Talus Trail terminates into the Massanutten Trail located on the George Washington & Jefferson National Forest. This connection extends the trail exploration possibilities exponentially. Be sure to visit <https://www.fs.usda.gov/gwj> for details and to "Know Before You Go".

TRAIL INFORMATION

DIFFICULTY SCALE

EASY ● - From .5 to 1 mile; grades are short, typically fewer than 100 feet and less than 10 percent of the trail length; easily accomplished by all users, including the elderly and those with physical or mental disabilities, with little risk of injury or fatigue.

MODERATE ■ - From 1 to 5 miles; steepness and grade lengths vary; at least 60 percent of the length is fairly flat; healthy people can accomplish the trail with little risk of injury or fatigue.

DIFFICULT ◆ - Trail length is greater than 5 miles; more than 70 percent of the trail is on a grade; experienced hikers only or groups of three to five people recommended; there is a risk of overexertion or injury to those not conditioned.

Virginia State Parks

Seven Bends State Park

TRAIL GUIDE

VIRGINIA STATE PARKS ARE A TONIC FOR THE MIND, BODY AND SPIRIT.

Museums, visitor centers and nearby historic sites make state parks cultural treasures.

The recreational opportunities in state parks are endless and easy to see – from swimming and boating to horseshoes and hiking, there's always something to do in a Virginia State Park.

2111 South Hollingsworth Road
Woodstock, Virginia 22664
540-630-4718
sevenbends@dcr.virginia.gov



WWW.VIRGINIASTATEPARKS.GOV
800-933-PARK



Trails	Blaze	Milage	Usage	Difficulty
Bass Bight Trail	Orange	0.6	H,B	●
Eagles Edge Trail	Cobalt Blue	0.6	H,B	●
Gokotta Trail	Lime Green	1.2	H,B	●
Pawpaw Hollow Trail	Violet	1.0	H,B	◆
Reservoir Trail	White	1.7	H,B	■
River Bend Rise Trail	Ruby Red	1.6	H,B	◆
Stonecrop Ridge Trail	Pink	1.1	H,B	◆
Talus Trail	Yellow	0.5	H,B	◆
Lupton Road	Gravel Rd.	1.33		●
S. Hollingsworth Rd.	Gravel Rd.	0.4		●

H = Hiking B = Biking
 ● = Easy ■ = Moderate ◆ = Difficult

Map Features	
	Interpretive Area
	Scenic View
	Parking
	Picnic Area
	Restrooms
	Small Boat / Hand Launch
	Play Area
	Point of interest
	River Access
	Observation Viewing Station



Seven Bends State Park

