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Partners in Conservation

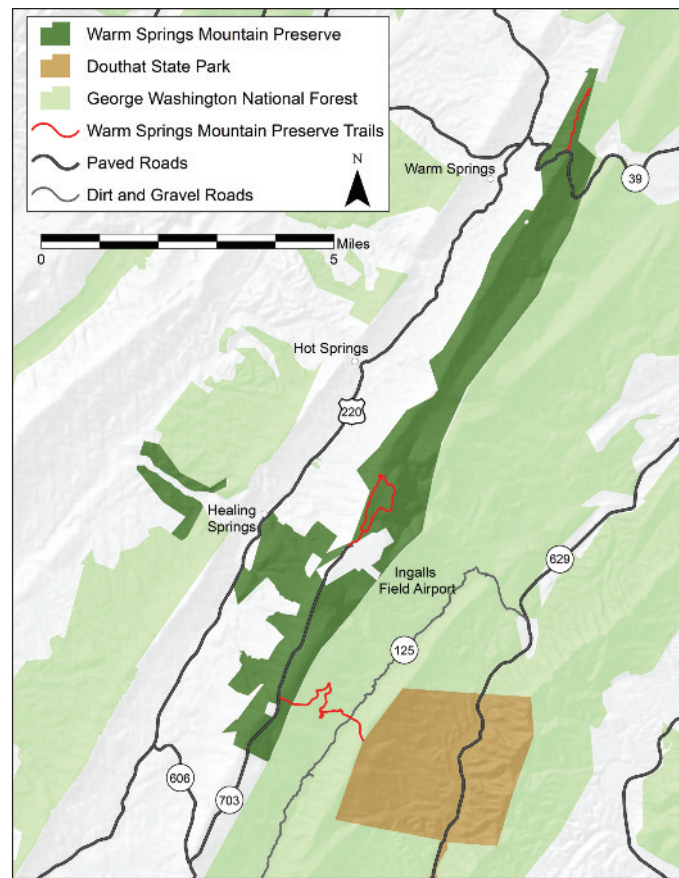
Warm Springs Mountain is a focal point for the Conservancy, as well as for those who live and vacation in its shadow. The Conservancy works in close partnership with public land managers, local communities and private landowners to protect and restore additional resources in the region, such as large intact forests, cave systems and the Cowpasture River, one of Virginia's most pristine watersheds.



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Building a Sense of Place

People who live in the Allegheny Highlands have a great respect and appreciation for the scenic mountain views, the vast forests, the diversity of wildlife, the clean waters and the starry night skies. The Conservancy strives to preserve this rich sense of place and natural heritage for residents, visitors and future generations.



Warm Springs Mountain Preserve is open to visitors during daylight hours. Three trails are accessible to the public: Ingalls Overlook, Bear Loop, and Sandy Gap. Please observe all guidelines posted at each trailhead.

For information on guided hikes or how to support The Nature Conservancy, contact the Warm Springs office at 540-839-3599.

nature.org/alleghenyhighlands



The mission of The Nature Conservancy is to conserve the lands and waters on which all life depends.



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Warm Springs MOUNTAIN PRESERVE TRAIL GUIDE



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Warm Springs Mountain Preserve

In 2002, The Nature Conservancy protected more than 9,000 acres on and around Warm Springs Mountain, forming our single largest preserve in Virginia. This keystone tract protects water quality for the valleys below and has a 13-mile border in common with the George Washington National Forest, allowing for collaboration and shared resources.



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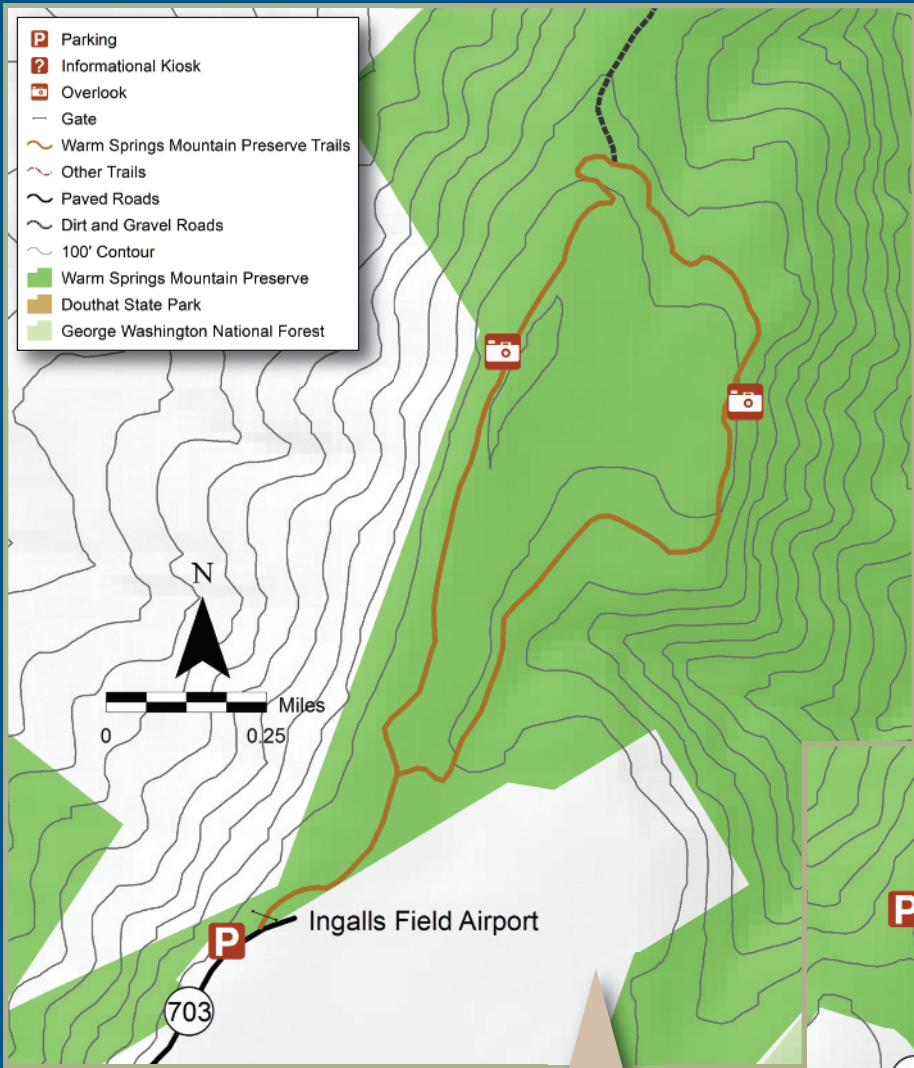
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Natural Features

The forests of Warm Springs Mountain Preserve provide habitat for wide-ranging black bears, bobcats and migratory songbirds, along with other wildlife such as wild turkey, ruffed grouse, timber rattlesnake, wood frog and red-spotted newt. Three rare plants, eight rare invertebrates and three rare natural communities, including a globally rare montane pine barren, occur here.

From the top of Warm Springs Mountain Preserve, one gazes across a sea of ridges rolling to the horizon - an unexpected, unbroken forest in a well-traversed part of America. The view was much the same for the native Algonquin people, who called these mountains *allegHENy*, meaning "endless."



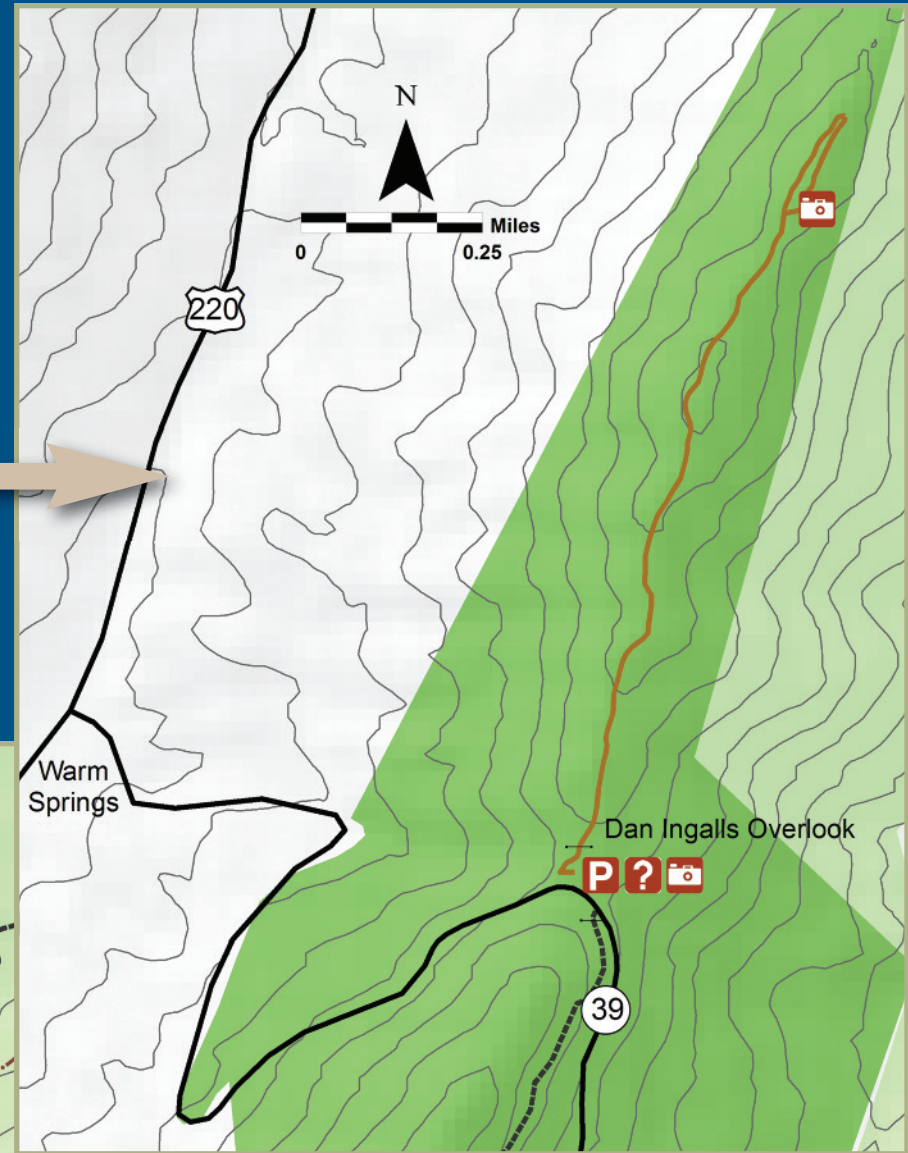
Bear Loop Trail

Located adjacent to Ingalls Field airport at the end of State Route 703, this wide, relatively flat 3-mile loop trail offers 60-mile vistas across the Allegheny Plateau of West Virginia and towards the Blue Ridge Mountains of Virginia. Interpretive signs highlight the mountain's diversity of wildlife species and habitats in addition to the Conservancy's efforts to restore the region's fire-adapted oak and pine forests.



Ingalls Overlook Trail

This 1.2-mile trail (2.4 miles round-trip) begins at the Dan Ingalls Overlook on State Route 39. Interpretive signs along the first mile provide an excellent introduction to Warm Springs Mountain and the region's natural history. The trail then climbs among a series of scenic rock formations with views of Shenandoah Mountain and the Cowpasture River valley before looping back to the main trail and returning to the overlook.



Sandy Gap Trail

Built by the Civilian Conservation Corps in the 1930s, this 3.2-mile trail (one-way trip) features tranquil vistas and unique stone work, travels through the George Washington National Forest, and connects to the Douthat State Park trail system. This trail can be accessed directly from State Route 703 or from Forest Road 125, in which case the views of the Falling Springs valley from the trailhead overlook make this a truly rewarding climb.

