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.

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
540-622-6840
sevenbends@dcr.virginia.gov

WWW.VIRGINIASTATEPARKS.GOV
800-933-PARK

Seven Bends State Park

2111 South Hollingsworth Road
Woodstock, Virginia 22664
540-622-6840

- Parking
- Restroom
- Picnic Area
- Canoe Launch
- Interpretation
- Reservoir

Trails	Blaze	Milage	Usage	Difficulty
Bass Bight Trail	Orange	0.88	H,B	●
Eagles Edge Trail	Blue	0.65	H,B	■
Gokotta Trail	Green	0.8	H,B	●
Pawpaw Hollow Trail	Purple	0.96	H,B	♦
Reservoir Trail	White	1.69	H,B	■
River Bend Rise Trail	Red	1.61	H,B	♦
Stonecrop Ridge Trail	Pink	1.08	H,B	♦
Talus Trail	Yellow	0.52	H,B	♦
Lupton Road	Gravel Rd.	1.33		
S. Hollingsworth Rd.	Gravel Rd.	0.4		

H = Hiking B = Biking E = Equestrian A = Handicapped Accessible
● = Easy ■ = Moderate ♦ = Difficult

Dam 2 mi. downstream
No public outlet

North Fork of the Shenandoah River

Gokotta Trail

Lupton Road

River Bend Rise Trail

Preferred pick-up site

Eagles Edge Trail

Preferred drop-off site

Bass Bight Tr.

Pawpaw Hollow Tr.

Reservoir Trail

Park Boundary

George Washington - Jefferson National Forest

Trail to National Forest

Talus Trail

Stonecrop Ridge Trail

Reservoir Trail

Hollingsworth Road

To I-81

NORTH

North Fork of the Shenandoah River

Park Boundary

Chapman's Landing
1 mi. upstream

0 0.25 0.5 1 Miles