



# Strawberry Hill NATURE PRESERVE

## Trail Map

- Strawberry Hill Office and Classroom
- Handicapped accessible restroom (available only when the Center is open)  
Chemical toilets available April-November
- Information
- Picnic table
- Educational kiosk
- Log Cabin
- Bridge
- Parking
- Wetland

Please call ahead for winter office hours

Cell phone reception is very limited

Trails are open but not actively maintained  
Thanksgiving to April

Strawberry Hill contains one of the Headwaters of the Chesapeake Bay

The Foothills Trail borders other properties, please be respectful

HIKE AT YOUR OWN RISK  
Staff is not present on site at all times

To support Strawberry Hill, visit [www.strawberryhill.org](http://www.strawberryhill.org)

Look for Interpretive signs along our Middle Creek and Nature Trails.

- Look for blazes on the trees. All our trails are color coded.
- Baker's Knob Trail
  - Foothills Trail
  - Middle Creek Trail
  - Nature Trail
  - Quarry Trail
  - Swamp Creek Trail



### Explore Strawberry Hill on our trails

**NATURE TRAIL** (white blazes; 1 mile; 30 minutes, easy)  
This trail, with its interpretive signs, is a good introduction to the special features of Strawberry Hill. The trail passes through woodlands and wetlands and features some close up glimpses of Swamp Creek. This is an easy loop trail with just one moderately steep uphill section. Trail begins and ends at our old log cabin.

**SWAMP CREEK TRAIL** (pink blazes; 2.25 miles; 1 hour, moderate)  
Explore the stream valley at the heart of Strawberry Hill. This scenic loop trail takes one through forested groves of towering tulip poplars, beech and hemlock, and crosses an especially beautiful section of Swamp Creek. Hikers can spot various spring wildflowers, autumn mushrooms, and birds such as the pileated woodpecker, barred owl, and wild turkey. The trail also passes the schoolhouse spring, site of the first Mount Hope Village School.

**BAKER'S KNOB TRAIL** (blue blazes; 1.25 miles; 45 minutes, moderate)  
Follow the blue blazes to one of the highest elevations at Strawberry Hill. As you ascend the slopes of Baker's Knob, you will enter an exceptional dry forest. At the summit, relax on a rock outcrop & enjoy the scenery. This trail has some steep uphill sections, but smooth and open trail. Look for remnants of charcoal hearths along the hillside. Trail access is from the Swamp Creek Trail.

**FOOTHILLS TRAIL** (green blazes; 3 miles; 2 hours, difficult)  
For the more serious hiker, this trail provides access to some of the more remote areas of Strawberry Hill. As you hike up and down steep forested slopes & cross over branches of Swamp Creek, be alert for wildlife. Bobcat, coyote and copperhead snakes are all present in this area, but rarely seen. Trail access is from the Swamp Creek Trail. Some areas are wet and rocky.

**QUARRY TRAIL** (red blazes; .5 mile; 20 minutes, moderate)  
Geology buffs will be thrilled with the outcrops of many varied rocks and minerals found in our restored quarry. The quarry is also a great area to observe ravens and raptors. The quarry pools, including a larger pond, are important amphibian mating spots filled with toads, frogs and newts. Trail access is from the Nature Trail.

**MIDDLE CREEK TRAIL** (orange blazes; .75 mile; 30 minutes, easy)  
This picturesque trail meanders along the course of pristine Middle Creek and the adjacent woodland. Featuring close looks at both quiet pools and churning riffles, this easy to access trail enables the whole family to experience the beauty of a typical Blue Ridge Mountain stream. Trail begins behind the Strawberry Hill office. The looped section is rocky.