

## RECREATION AREA FACILITIES & AMENITIES

Overlook .....	✓
Small Shelters .....	✓
Picnic Tables .....	✓
Restrooms .....	✓
Dump Station .....	✓
Hot Showers .....	✓
Campsites w/ Hookups .....	\$
Two Large Rental Shelters .....	\$*
Mountain Biking .....	✓
Hiking .....	✓
Fishing .....	✓
Canoeing/Kayaking .....	✓
Drinking Water .....	✓
Camper Parking .....	✓

\$ = Fee Area   ✓ = Available

\* = Reservation required

## FLAG ROCK CAMPGROUND

The City of Norton's Flag Rock Campground is open annually April-October. Dates are subject to change due to weather. See below information to help plan your camping trip.

**Campsites:** The campground has 18 single units open to both tents and RVs. All units have electrical hookups, a parking spur, wooden picnic table, and fire pit with grill.

**Fees:** \$20 per night

**Amenities:** Hot showers, flush toilets, central water fountains, dump station

## CAMPING RULES & REGULATIONS:

Please pay camping fee at pay station.

Visitors are allowed in campground from 6 a.m.-10 p.m.

Quiet hours are 10 p.m.-6 a.m.

Pets must be kept on a leash not exceeding six feet in length.

Length of stay limited to 14 consecutive days.

Alcoholic beverages prohibited.

Discharge of gray water and sewage prohibited. Please use dump station located in the Lower Campground.

Fires must be confined to designated fire rings or grills.

Campsites cannot exceed eight people and three motorized vehicles.

## OUTDOOR RECREATION

Norton's Flag Rock Recreation Area offers opportunities to mountain bike, trail run, hike, fish, kayak, and rock climb/boulder. The park also hosts several outdoor events throughout the year. See below for details about available outdoor recreation activities and events.

**Flag Rock Area Trails System:** The city's trail system offers more than 10 miles of trails open to mountain biking and foot travel. Trails travel through rhododendron tunnels, past giant sandstone boulders and cliffs, and through beautiful hardwood forests as they wind through Flag Rock Recreation Area. See [www.frat.bike](http://www.frat.bike) for details about the trail system and [www.fratmap.bike](http://www.fratmap.bike) to download a trail map. Trail maps are also available at Norton City Hall, 618 Virginia Avenue NW, Norton, VA 24273. Enjoy trails and recreation activities in Flag Rock Recreation Area at your own risk.

**Fishing:** Norton's Upper Reservoir is a state-stocked trout water, and also contains bass and catfish. Virginia's Department of Wildlife Resources (DWR) stocks the reservoir annually between Oct. 1 and May 15. A DWR trout license is required between Oct. 1-June 15. See [www.nortonva.gov/gofish](http://www.nortonva.gov/gofish) for more details.

**Kayaking/Canoeing:** The city's Upper Reservoir is open to kayaking/canoeing and electric motor boats. Access to the boat launch is located off State Route 619, three tenths of a mile above the entrance to Flag Rock Recreation Area. See [www.nortonva.gov/kayak](http://www.nortonva.gov/kayak) for details.

**Climbing:** Climbing and bouldering routes are being developed in Flag Rock Recreation Area. In November 2014, the city signed a memorandum of understanding with the Central Appalachia Climbers Coalition to develop climbing in the park. See [www.mountainproject.com](http://www.mountainproject.com) for details on current developed routes. Search "High Knob Landform" for routes in Norton and the surrounding area. Enjoy trails and recreation activities in Flag Rock Recreation Area at your own risk.

**Events:** Flag Rock Recreation Area hosts multiple events and outdoor recreation activities throughout the year, including group mountain bike rides and trail runs, guided hikes, running races, trail work nights, a bioblitz, and more. Be sure to visit [www.nortonva.gov/eventscalendar](http://www.nortonva.gov/eventscalendar) and follow us on Facebook (@explorenortonva) to stay up-to-date on events and activities offered in the recreation area.

## PICNICKING/SHELTER RENTALS

Flag Rock has two large shelters available for rent. The park also has several smaller shelters and picnic tables available that don't require a reservation. See map for location of rental shelters and other picnic areas. Both rental shelters have a large covered grill area, fireplace, electricity and access to water. Rental rates for both shelters are \$50 per shelter per day.

**Flag Rock Recreation Area** is located on State Route 619, three miles above downtown Norton.

For more info, contact Norton Parks and Recreation Department at (276) 679-0754 or visit us on the web:

[EXPLORENORTONVA.COM](http://EXPLORENORTONVA.COM)  
[FLAGROCK.COM](http://FLAGROCK.COM)



*Flag Rock*  
RECREATION  
AREA

*Get Outside in*  
**NORTON**  
VIRGINIA

## Flag Rock Recreation Area

is a thousand-acre city park located three miles above downtown Norton on the lower slopes of High Knob, the highest point in the Cumberland Mountains. The park was established Oct. 12, 1974. Its 25 developed acres afford visitors sweeping views, outdoor recreation opportunities, and city-established sanctuaries for both the mythical Bigfoot-like creature, the "Woodbooger," and the real-life green salamander. Outdoor recreation activities include mountain biking, hiking, or trail running the Flag Rock Area Trails system, fishing the city's 9.8-acre state-stocked reservoir, bouldering and rock climbing. The park also features a campground and picnicking areas.



**FLAG ROCK OVERLOOK**



Woodbooger  
STATUE



*Get Outside in*

**NORTON**  
VIRGINIA

*Flag Rock*  
**RECREATION  
AREA**

(276) 679-0754  
EXPLORENORTONVA.COM

VIRGINIA  
IS FOR  
**OUTDOOR  
LOVERS**

-  Picnic Table
-  Fishing
-  Trailhead
-  Shelter
-  Rental Shelter
-  Canoeing/Kayaking
-  Parking
-  Restrooms
-  Showers
-  Camping
-  Main Road
-  Road
-  Gravel Road
-  Trail