

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**

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VIRGINIA
IS FOR
**OUTDOOR
LOVERS**

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