Elizabeth Furnace 50 km

A rocky, technical 50 km near the northern end of the Massanutten range. Named for nearby Elizabeth Furnace, one of four stone blast furnaces operating in Fort Valley during the 19th Century.

Essential Info

Date	Sat Mar 13, 2027
Start time	7:00 am
Run start/finish	Signal Knob parking lot (38.935°N, 78.3199°W)
Distance	30.5 miles
Total ascent/descent	6,400 feet
Aid stations	1. Mudhole Gap (10.3 miles) 2. Elizabeth Furnace (21.8 miles)
In charge	Quatro Hubbard (804) 254-7825 Mike Bur (301) 404-6452

Turn by turn

Start at south end of Signal Knob parking lot, cross bridge, then **right** on **orange** blaze Massanutten Trail for 3.5 miles towards Signal Knob.

Left on **white** blaze Meneka Peak Trail for 1.1 miles.

Left on **blue** blaze Tuscarora Trail for 1.8 miles.

Right on **pink** blaze Sidewinder Trail for 0.7 miles.

Right on **purple** blaze Mudhole Gap Trail for 3.2 miles.

First aid station (mi 10.3) at Mudhole Gap.

Left on **orange** blaze Signal Knob FR 66/Massanutten Trail for 0.4 miles.

Right on **orange** blaze Massanutten Trail (look for gate on right) up steep climb for 0.5 miles.

Right on **blue** blaze Tuscarora Trail on western ridge of Massanutten Mountain (Three Top Mountain) for 3.5 miles. *Be alert —- do not go straight.*

Left on **orange** blaze Massanutten Trail/Signal Knob FR 66 for 1.3 miles to Signal Knob. *At top, take short spur trail to the left to the view.* Continue 1.0 miles on **orange** blaze Massanutten Trail to Meneka Peak Trail.

Right on **white** blaze Meneka Peak Trail for 1.1 miles (second time).

Left on **blue** blaze Tuscarora Trail for 3.5 miles down to Rt 678 and Elizabeth Furnace Parking Lot. *Do not turn right on* **pink** *blaze Sidewinder Trail.*

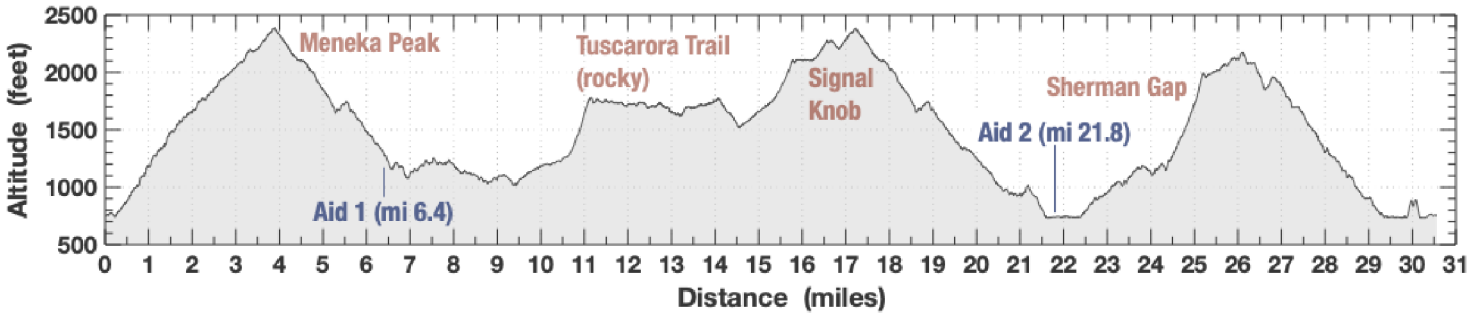
Second Aid Station (mi 21.8) in outer Elizabeth Furnace Parking Lot. Continue over bridge and through the length of the Elizabeth Furnace parking lots (paved; unblazed; stay left). Pick up the **white** blaze Botts Trail at left rear edge of southern-most parking area next to wooden kiosk/sign. Follow for 0.9 miles.

Left on **pink** blaze Sherman Gap Trail for 2.7 miles. *Very steep last 0.5 miles.*

Left on **orange/blue** blaze Massanutten Trail/Tuscarora Trail on eastern ridge of Massanutten Mountain. Follow for 2.2 miles

Left at Shawl Gap, continuing on **orange/blue** blaze Massanutten/Tuscarora trails for 2.4 miles to Elizabeth Furnace parking area. Continue on **orange/blue** blaze Massanutten/Tuscarora trail across Rt 678 for 0.2 miles.

Right on **orange** blaze Massanutten Trail (when it splits from **blue** Tuscarora Trail) towards Signal Knob parking and the finish in 0.3 miles.



Turn	Trail Name	Blaze	Description	Leg	Total
↑	MMT	Orange	Climb, Signal Knob Parking Lot to Meneka Trail	3.5	3.5
←	Meneka Peak	White	Ridge running, Massanutten Mountain Trail to Tuscarora Trail	1.1	4.6
←	Tuscarora	Blue	Downhill, Meneka Trail to Sidewinder Trail	1.8	6.4
→	Sidewinder	Pink	Rolling, Tuscarora Trail to Mudhole Gap Trail	0.7	7.1
→	Mudhole	Purple	Rolling doubletrack, Sidewinder to FR 66/Massanutten Trail	3.2	10.3
	Aid station at Mudhole Gap				
←	MMT	Orange	Dirt road, Mudhole Gap to Powells South gate	0.4	10.7
→	MMT	Orange	Climb, Powells South gate to Tuscarora Trail	0.5	11.2
→	Tuscarora	Blue	Rocky ridge running, Three Top Mountain to FR 66/Massanutten Trail	3.5	14.7
←	MMT	Orange	Climb/Double track, Tuscarora Trail to Signal Knob Overlook	1.3	16.0
↑	MMT	Orange	Ridge running, Signal Knob Overlook to Meneka Trail	1.0	17.0
→	Meneka Peak	White	Ridge running, Massanutten Mountain Trail to Tuscarora Trail (repeat from before)	1.1	18.1
←	Tuscarora	Blue	Downhill	1.8	19.9
↑	Tuscarora	Blue	Rolling, Tuscarora/Sidewinder Trail to Signal Knob Parking Spur trail	1.7	21.6
→	MMT/Tuscarora	Orange/Blue	Rolling, Signal Knob Spur to Elizabeth Furnace	0.2	21.8
	Aid station at Elizabeth Furnace				
←	Botts	White	Flat, Elizabeth Furnace to Sherman Gap Trail	0.9	22.7
←	Sherman	Pink	Steep climb, Botts Trail to MMT/Tuscarora Trail	2.7	25.4
←	MMT/Tuscarora	Orange/Blue	Ridge running, Sherman Gap to Shawl Gap	2.2	27.6
←	MMT/Tuscarora	Orange/Blue	Downhill, Shawl Gap to Elizabeth Furnace	2.4	30.0
→	MMT/Tuscarora	Orange/Blue	Rolling, Elizabeth Furnace to Signal Knob Spur	0.2	30.2
→	MMT	Orange	Rolling, Signal Knob Spur to Signal Knob Parking Lot	0.3	30.5