

S/F: Caroline Furnace Lutheran Camp

Location

38.7414°N, 78.5130°W

Rescue squad & hospital (9.2 miles, 20 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

200 Memorial Drive
Luray, VA 22835
(540) 743-4561

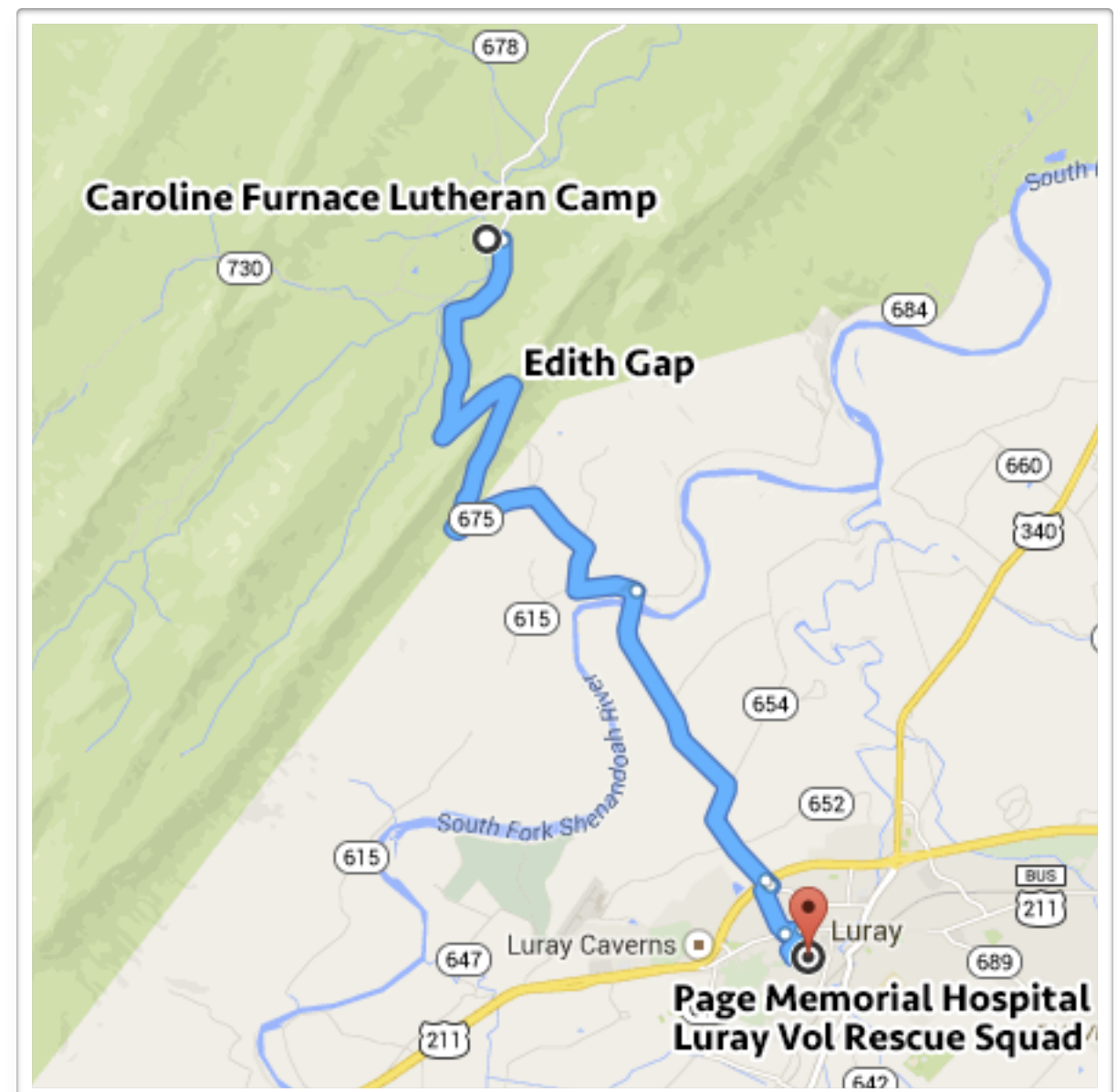
Driving directions

- From the camp, take a right onto State Rte 675 southbound for 0.8 miles.
- At four-way intersection (with Moreland Gap Rd and Crisman Hollow Rd), make a left, continuing on State Rte 675 for 4.5 miles, crossing over the mountain at Edith Gap (Kennedy Peak Trailhead).
- Take a left on Egypt Bend Rd and then after 0.5 miles make a right to stay on State Rte 675 (Bixler's Ferry Rd), crossing over the Shenandoah River.
- In 2.6 miles cross US-211/US-340 and then take a right to stay on Bixler's Ferry Rd.

- In 0.4 miles, turn left onto West Main St.
- Take the first right onto Memorial Dr. Rescue squad is on the left. Hospital is on the left after 0.3 miles.

Nearest cell phone reception

Edith Gap (38.7253°N,-78.5095°W)



AS 1: Moreland Gap

Aid station location

38.7290°N, 78.5665°W

Rescue squad & hospital (11.8 miles, 30 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

200 Memorial Drive
Luray, VA 22835
(540) 743-4561

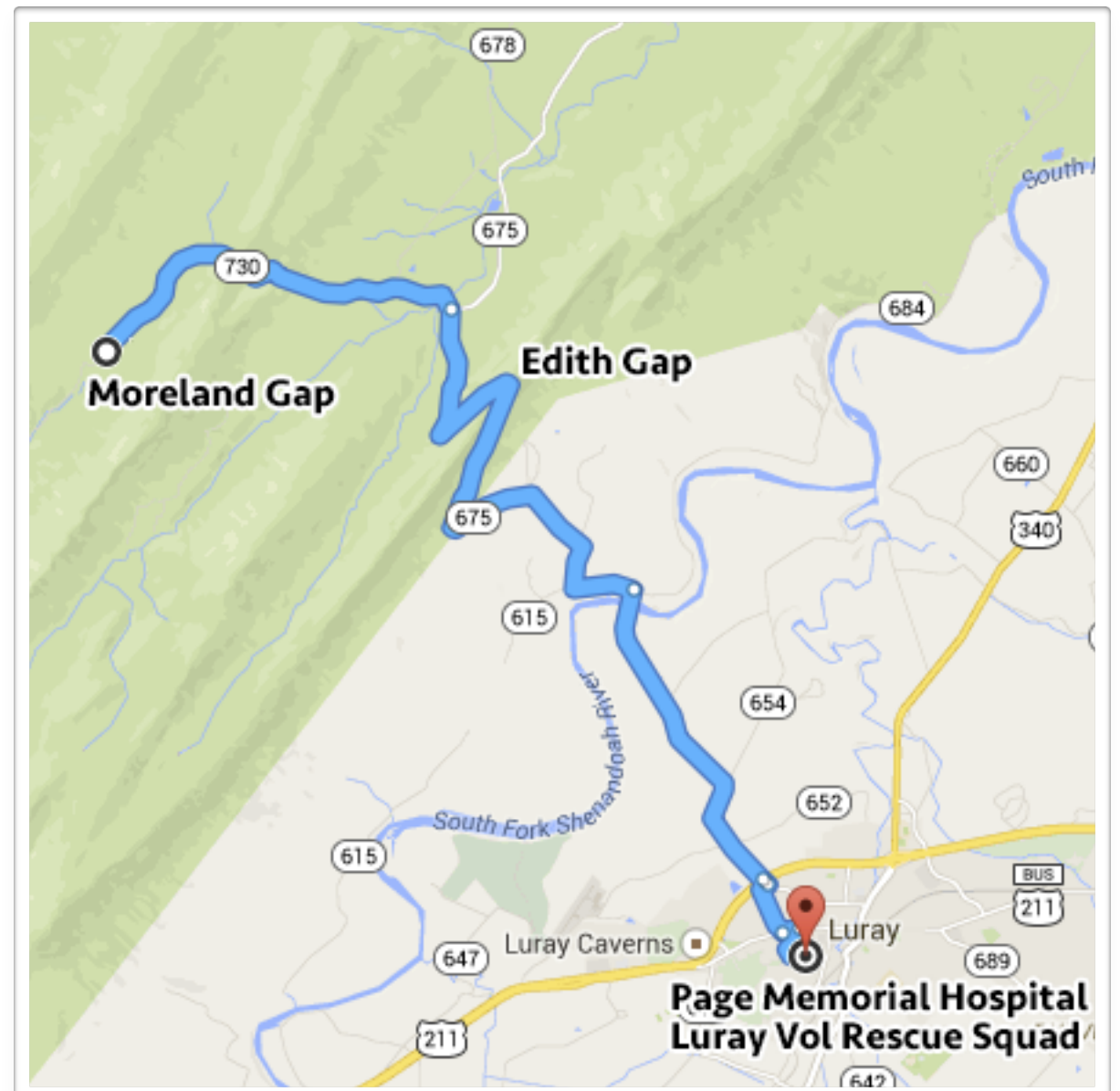
Driving directions

- From the aid station, take State Rte 730 (Moreland Gap Rd) 3.2 miles to four-way intersection (with Moreland Gap Rd and Crisman Hollow Rd).
- Continue straight on State Rte 675, cresting Edith Gap after 1.3 miles. Continue down the other side for 2.8 miles.
- Take a left onto N Egypt Bend Rd and follow for 0.5 miles.
- Take a right at Bixler Bridge, crossing Shenandoah River
- Continue on State Rte 675 (Bixler's Ferry Rd) for 2.6 miles.
- After crossing US-211/US-340, take first right onto Bixler's Ferry Rd and follow for 0.4 miles.
- Turn left onto W Main St and follow for 0.1 miles

- Turn right onto Memorial Dr. Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Nearest cell phone reception

Moreland Gap is on the western ridge of the Massanutten; you should have reception. If not, head west on State Rte 730 (Moreland Gap Rd) down into the Shenandoah Valley.



AS 2: Edinburg Gap

Aid station location

38.7894°N, 78.5209°W

Rescue squad (7.8 miles, 15 minutes)

Woodstock Rescue Squad

132 W Reservoir Road
Woodstock, VA 22664
(540) 459-4231

Driving directions

- Head west on on State Rte 675 (Edinburg Gap Rd) for 3.9 miles.
- Turn right onto US-11 North (Main St) for 3.7 miles.
- Turn left onto West Reservoir Rd for 0.1 miles. Rescue squad is on the right.

Hospital (8.1 miles, 15 minutes)

Shenandoah Memorial Hospital

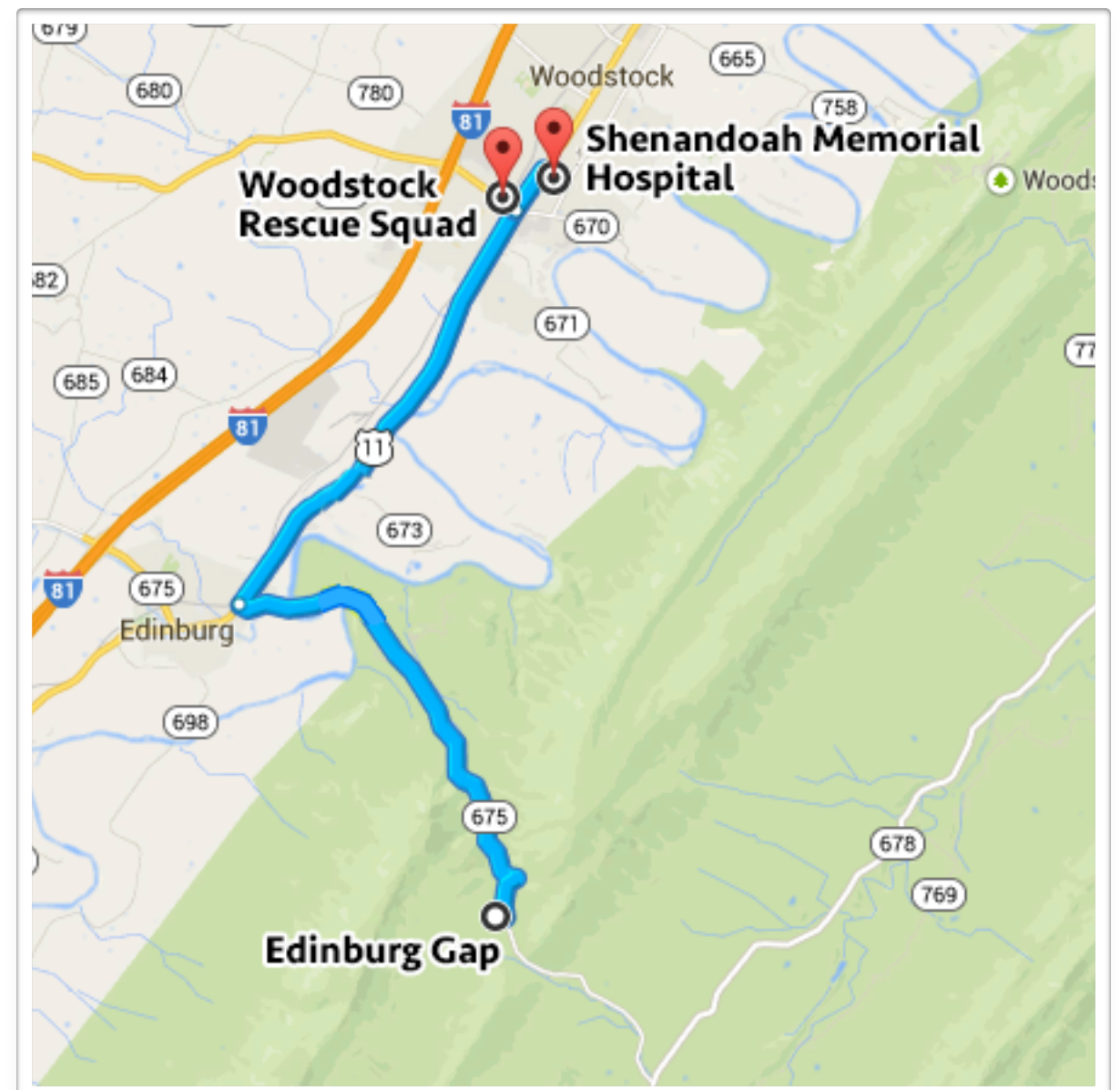
759 South Main Street
Woodstock, VA 22664
(540) 459-1100

Driving directions

- Head west on on State Rte 675 (Edinburg Gap Rd) for 2.7 miles.
- Turn right onto US-11 north (Main St) for 3.1 miles. Hospital is on the right.

Nearest cell phone reception

Edinburg Gap is on the western ridge of the Massanutten; you should have reception. If not, head west (left out of the aid station) on State Rte 675 (Edinburg Gap Rd) down into Edinburg.



AS 3: Woodstock Tower

Aid station location

38.8714°N, 78.4488°W

Rescue squad (6.3 miles, 20 minutes)

Woodstock Rescue Squad

132 W Reservoir Road
Woodstock, VA 22664
(540) 459-4231

Driving directions

- Head west on State Rte 758 toward for 3 miles.
- Turn right onto State Rte 665 (Mill Rd), follow for 1.4 miles.
- Turn left onto N Main St, follow for 1.8 miles.
- Turn right onto W Reservoir Rd.
- In 0.1 miles, rescue squad is on the right.

Hospital (5.8 miles, 19 minutes)

Shenandoah Memorial Hospital

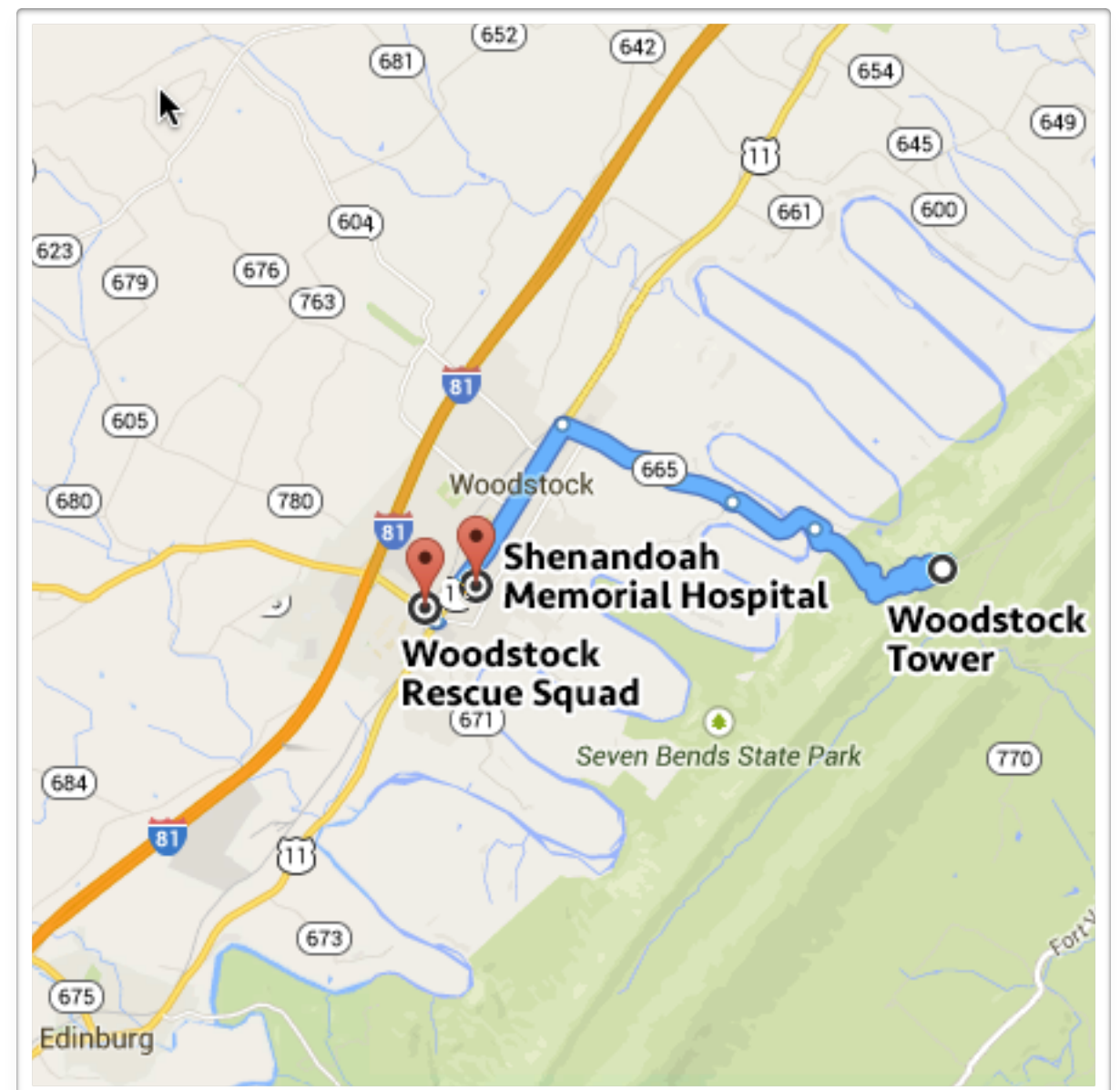
759 S Main St
Woodstock, VA 22664
(540) 459-1100

Driving directions

- Head west on State Rte 758 toward for 3 miles.
- Turn right onto State Rte 665 (Mill Rd), follow for 1.4 miles.
- Turn left onto N Main St.
- In 1.4 miles, hospital is on the left.

Nearest cell phone reception

Woodstock Tower is on the western ridge of the Massanutten; you should have reception. If not, head west (downhill out of the aid station) on SR-675 (Edinburg Gap Rd) down into Edinburg.



AS 4: Powells Fort

Aid station location

38.9182°N, 78.3837°W

Rescue squad (11.4 miles, 35 minutes)

Woodstock Rescue Squad

132 W Reservoir Road
Woodstock, VA 22664
(540) 459-4231

Driving directions

- Leave aid station on F66 (Boyer Rd) for 1.9 miles.
- Turn right onto Mine Mountain Rd, follow for 2.3 miles.
- At switchback, Mine Mountain Rd turns slightly right and becomes State Rte 758. Follow for 3.7 miles, passing Woodstock Tower and descending into Shenandoah Valley.
- Turn right onto State Rte 665 (Mill Rd), follow for 1.4 miles.
- Turn left onto N Main St, follow for 1.8 miles.
- Turn right onto W Reservoir Rd.
- In 0.1 miles, rescue squad is on the right.

Hospital (10.9 miles, 35 minutes)

Shenandoah Memorial Hospital

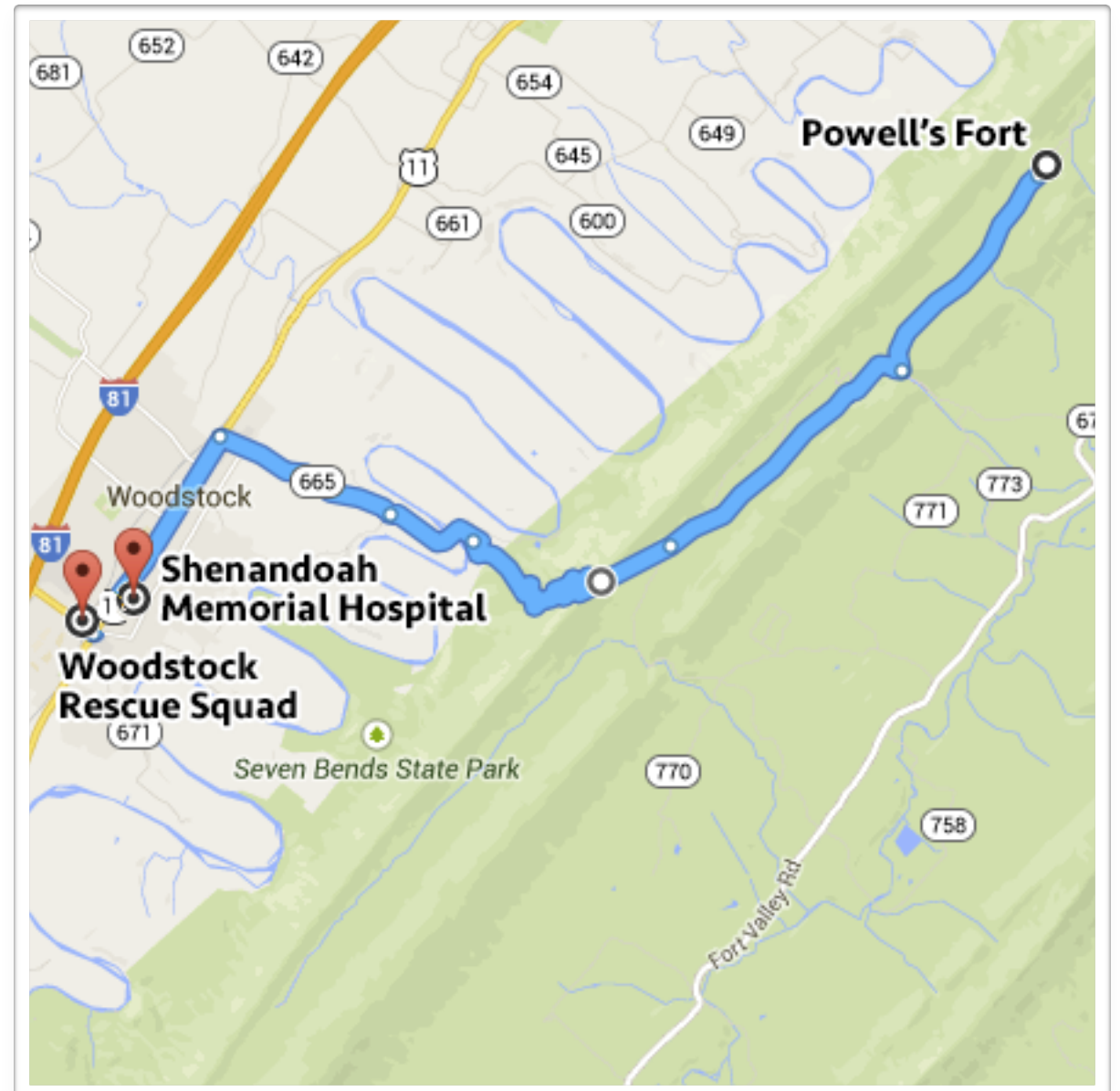
759 S Main St
Woodstock, VA 22664
(540) 459-1100

Driving directions (see directions to N Main above)

- Turn left onto N Main St.
- In 1.4 miles, hospital is on the left.

Nearest cell phone reception

Nestled deep within Fort Valley, this aid station is unlikely to have cell phone reception. Woodstock Tower (38.8714°N, 78.4488°W) is your nearest best bet.



AS 5: Elizabeth Furnace

Aid station location

38.9291°N, 78.3287°W

Rescue squad (11.5 miles, 21 minutes)

Front Royal Volunteer Fire and Rescue

221 North Commerce Ave
Front Royal, VA 22630
(540) 635-2540

Driving directions

- From aid station, turn right onto Fort Valley Rd for 4 miles.
- Turn right onto VA-55 E (Strasburg Rd), follow for 5.1 miles.
- At light, turn right onto US-340 S/US-522 S/VA-55 E/N (Shenandoah Ave), follow for 0.8 miles.
- At light, turn left onto W 14th St, follow for 0.2 miles.
- Bear right and continue onto N Royal Ave for 0.3 miles.
- At light, turn left onto N Commerce Ave, follow for 0.7 miles. Rescue squad is on the left.

Hospital (10.3 miles, 16 minutes)

Warren Memorial Hospital

351 Valley Health Way
Front Royal, VA 22630
(540) 636-0300

Driving directions (see directions to US-340 above)

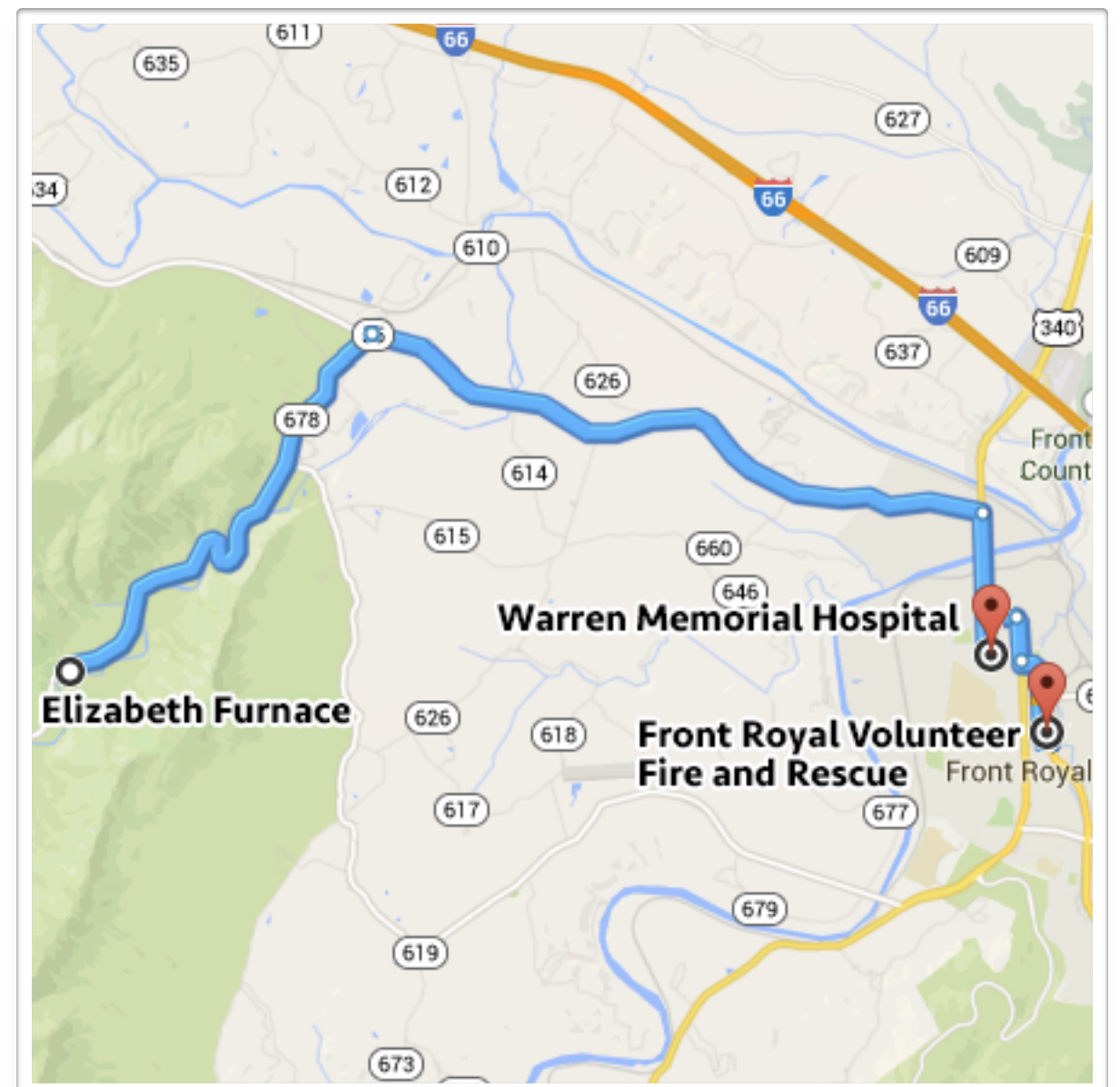
- At light, turn right onto US-340 S/US-522 S/VA-55 E/N

(Shenandoah Ave), follow for 0.8 miles.

- At light, continue straight onto N Shenandoah Ave for 0.3 miles. Hospital is on the right.

Nearest cell phone reception

Situated in the northern end of Fort Valley, signal may be spotty. But you should not have to go far to find reception. Head north on State Route 678 (Fort Valley Rd).



AS 6: Shawl Gap

Aid station location

38.8960°N, 78.3043°W

Rescue squad (9.4 miles, 20 minutes)

Front Royal Volunteer Fire and Rescue

221 North Commerce Ave
Front Royal, VA 22630
(540) 635-2540

Driving directions

- Turn left onto State Rte 613 northbound for 0.9 miles.
- Turn right onto State Rte 608, follow for 0.5 miles.
- Turn right onto State Rte 619, follow for 5.2 miles.
- At light, turn left onto US-340 N, follow for 0.9 miles.
- At light, turn right onto E Criser Rd and follow for 0.7 miles.
- Turn left onto Remount Rd (US-522), follow for 0.3 miles.
- At light, continue onto S Commerce Ave for 0.9 miles.
Rescue squad is on the right.

Hospital (9.2 miles, 20 minutes)

Warren Memorial Hospital

351 Valley Health Way
Front Royal, VA 22630
(540) 636-0300

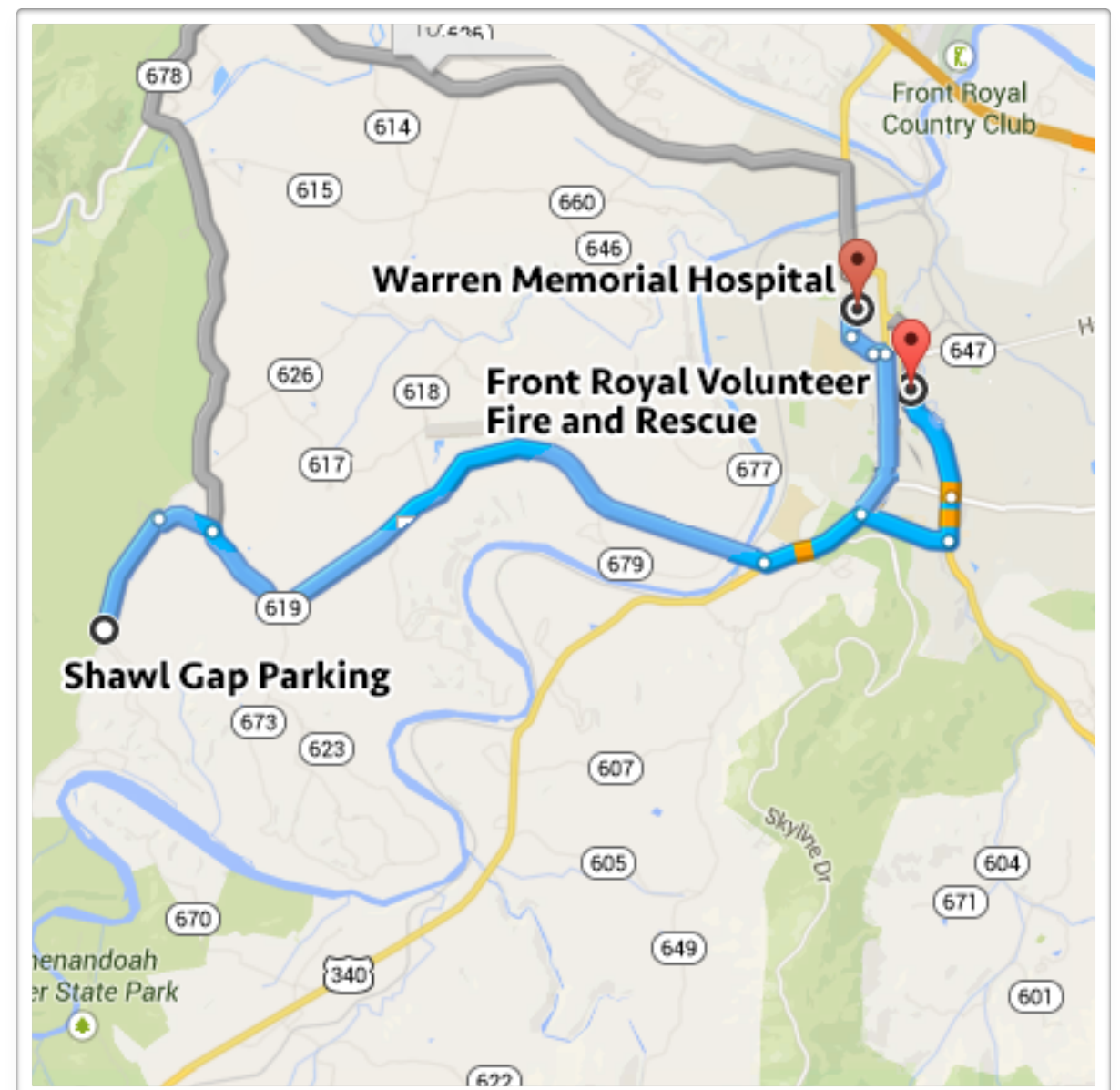
Driving directions (see directions to US-340 above)

- At light, turn left onto US-340 N, follow for 2.1 miles.

- Turn left onto W 6th St for 0.1 mi.
- Slight right onto Kendrick Ln for 0.2 mi.
- Turn right onto N Shenandoah Ave. After 0.2 miles, hospital is on the right.

Nearest cell phone reception

Shawl Gap Parking should have cell phone reception. If not, head north towards Front Royal.



AS 7: Veach Gap

Aid station location

38.8619°N, 78.3274°W

Rescue squad (13.8 miles, 30 minutes)

Front Royal Volunteer Fire and Rescue

221 North Commerce Ave
Front Royal, VA 22630
(540) 635-2540

Driving directions

- Take a right out of the aid station and follow State Rte 613 (Panhandle Rd) south for 1.6 miles.
- Turn left to stay on State Rte 613 and follow for 1.1 miles.
- Turn left onto US-340 N and follow for 9.1 miles.
- At light, turn right onto E Criser Rd and follow for 0.7 miles.
- Turn left onto Remount Rd (US-522), follow for 0.3 miles.
- At light, continue onto S Commerce Ave for 0.9 miles.
Rescue squad is on the right.

Hospital (13.6 miles, 30 minutes)

Warren Memorial Hospital

351 Valley Health Way
Front Royal, VA 22630
(540) 636-0300

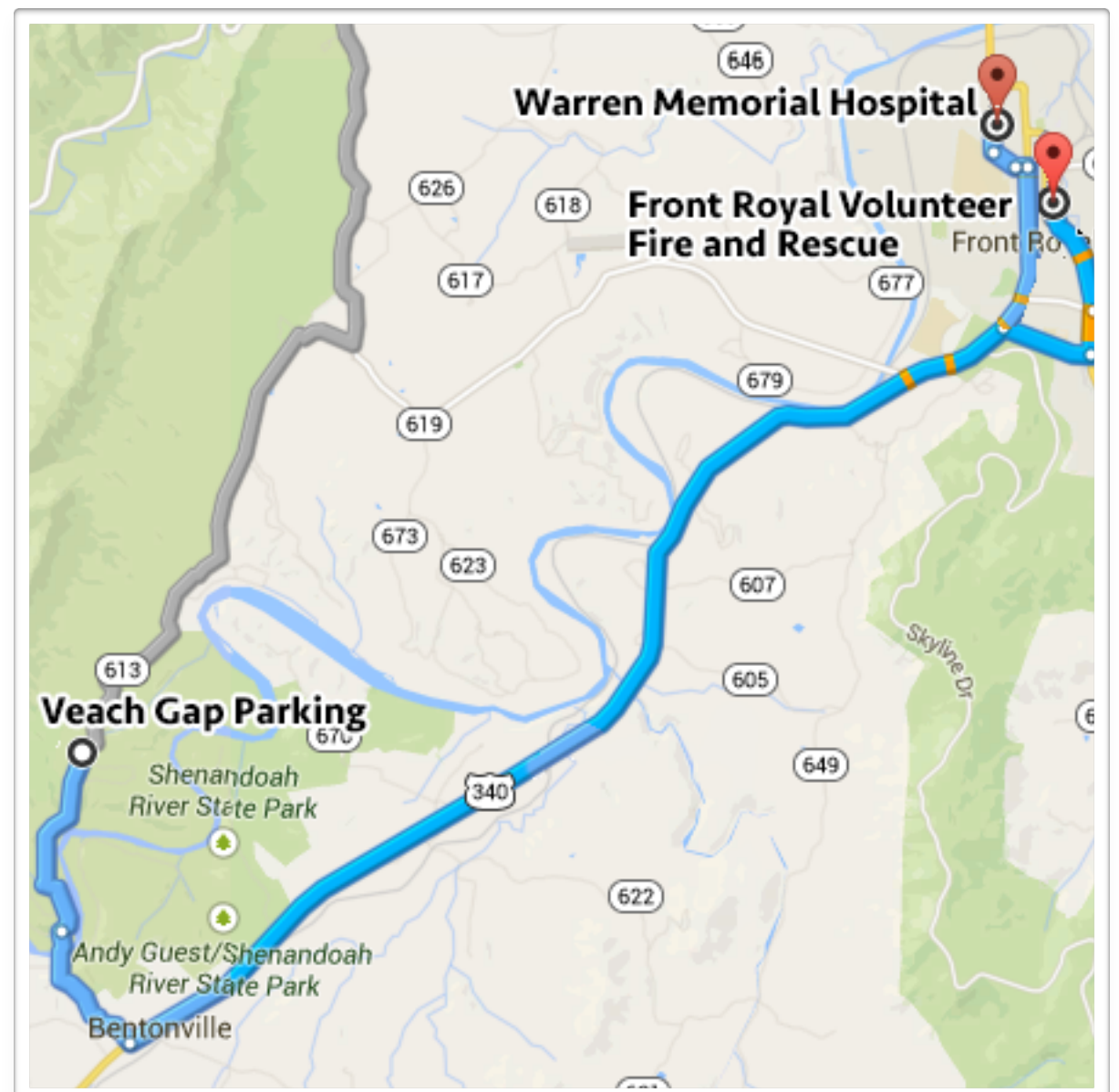
Driving directions (see directions to US-340 above)

- Turn left onto US-340 N and follow for 10.4 miles.

- Turn left onto W 6th St for 0.1 mi.
- Slight right onto Kendrick Ln for 0.2 mi.
- Turn right onto N Shenandoah Ave. After 0.2 miles, hospital is on the right.

Nearest cell phone reception

Veach Gap should have cell phone reception. If not, head north towards Front Royal.



AS 8: Indian Grave

Aid station location

38.7940°N, 78.3853°W

Rescue squad & hospital (15 miles, 35 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

200 Memorial Drive
Luray, VA 22835
(540) 743-4561

Driving directions

- Head south on State Rte 717 for 3 miles.
- Merge right onto State Rte 684 and follow for 8.3 miles.
- Take a left at Bixler Bridge, crossing Shenandoah River
- Continue on State Rte 675 (Bixler's Ferry Rd) for 2.6 miles.
- After crossing US-211/US-340, take first right onto Bixler's Ferry Rd and follow for 0.4 miles.
- Turn left onto W Main St and follow for 0.1 miles
- Turn right onto Memorial Dr.
- Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Nearest cell phone reception

Indian Grave Trailhead is outside of Fort Valley, and should have cell reception.



AS 9: Habron Gap

Aid station location

38.7704°N, 78.4237°W

Rescue squad & hospital (11 miles, 20 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

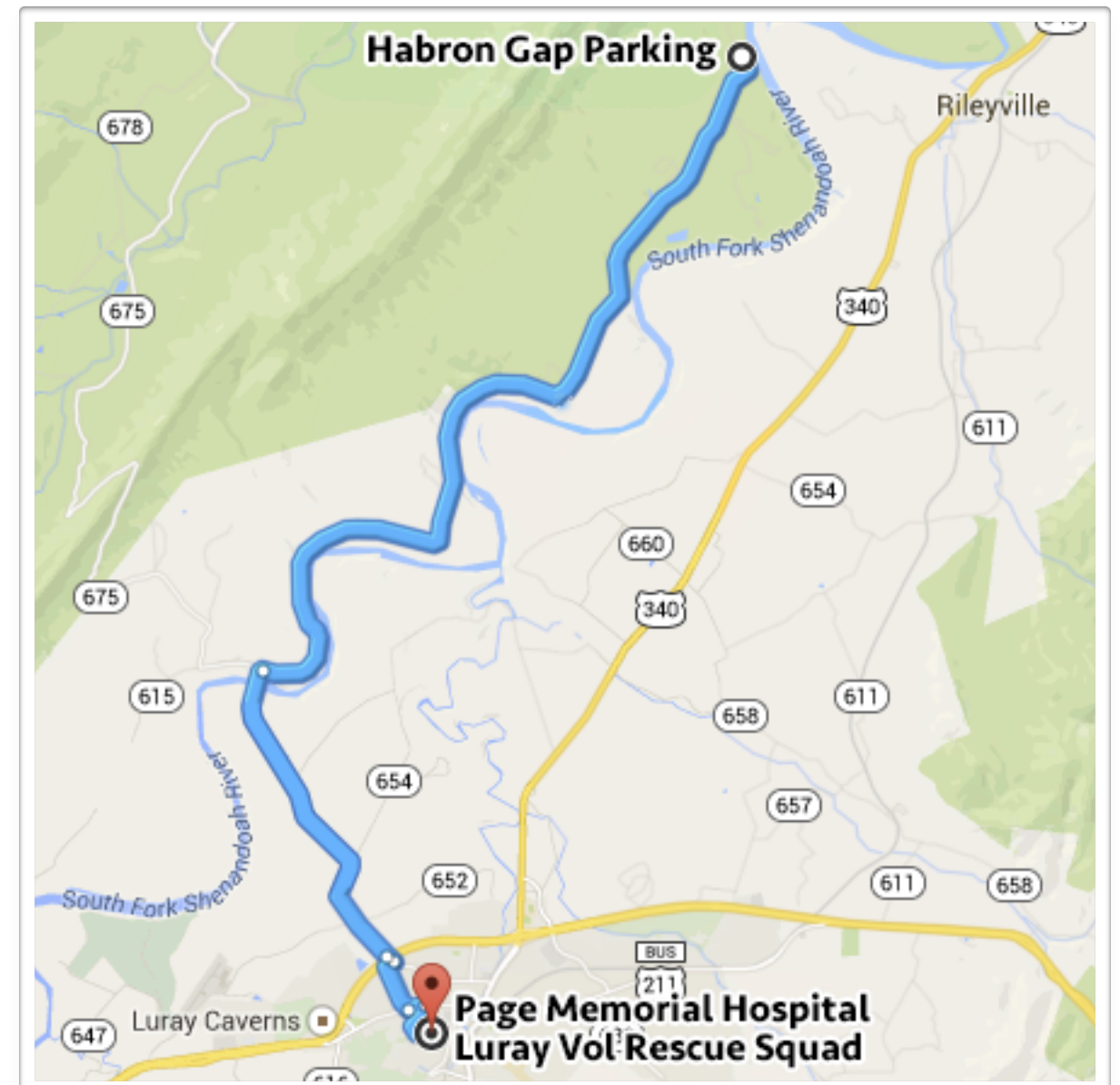
200 Memorial Drive
Luray, VA 22835
(540) 743-4561

Driving directions

- Head south (left out of the aid station) on State Rte 684 and follow for 7.5 miles.
- Take a left at Bixler Bridge, crossing Shenandoah River
- Continue on State Rte 675 (Bixler's Ferry Rd) for 2.6 miles.
- After crossing US-211/US-340, take first right onto Bixler's Ferry Rd and follow for 0.4 miles.
- Turn left onto W Main St and follow for 0.1 miles
- Turn right onto Memorial Dr.
- Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Nearest cell phone reception

Habron Gap parking is outside of Fort Valley, and should have cell reception.



AS 10: Camp Roosevelt

Aid station location

38.7282°N, 78.5171°W

Rescue squad & hospital (8 miles, 15 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

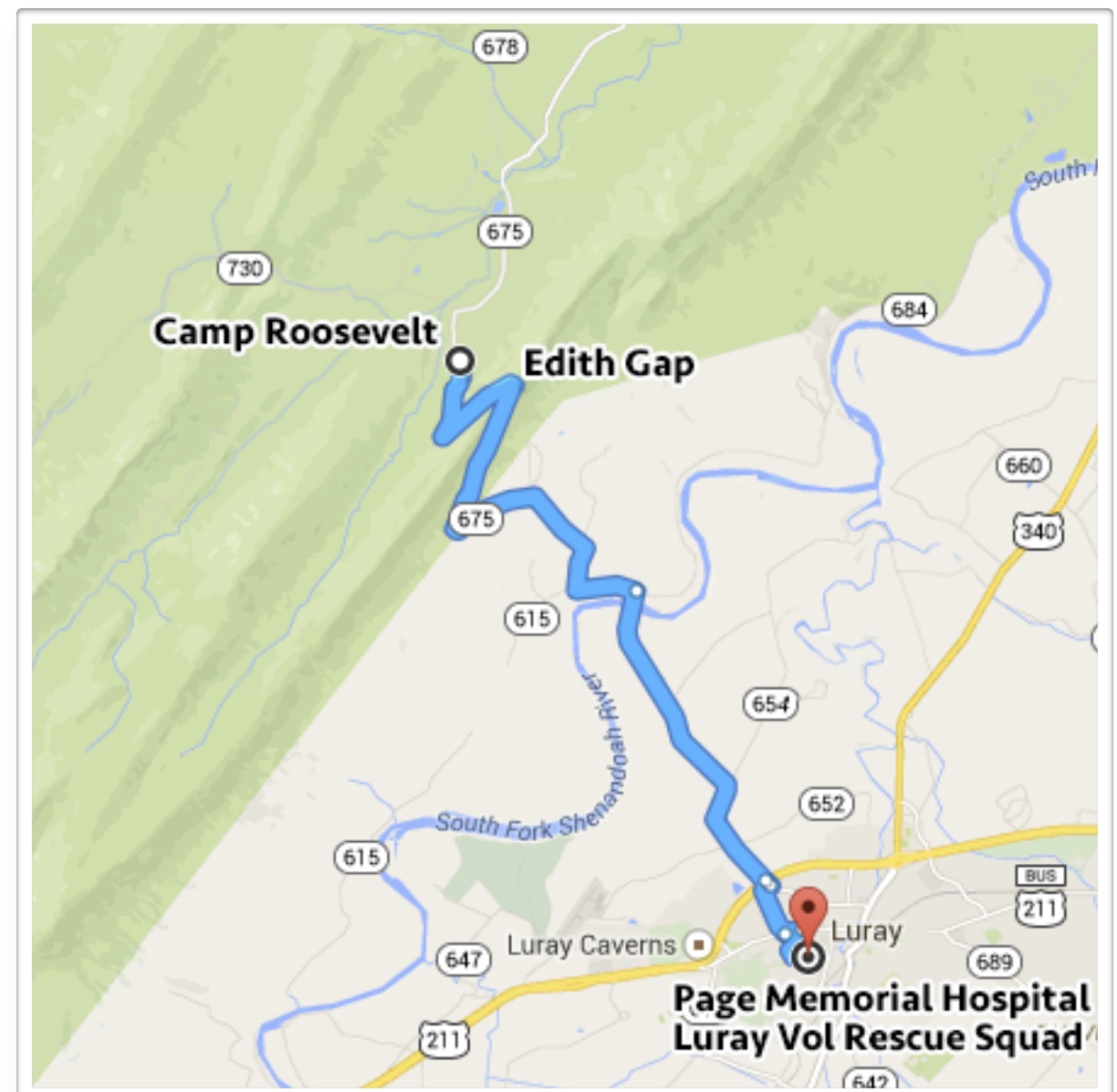
200 Memorial Drive
Luray, VA 22835
(540) 743-4561

Driving directions

- Climb State Rte 675, cresting Edith Gap after 1.3 miles.
- Continue down the other side for 2.8 miles.
- Take a left onto N Egypt Bend Rd and follow for 0.5 miles.
- Take a right at Bixler Bridge, crossing Shenandoah River
- Continue on State Rte 675 (Bixler's Ferry Rd) for 2.6 miles.
- After crossing US-211/US-340, take first right onto Bixler's Ferry Rd and follow for 0.4 miles.
- Turn left onto W Main St and follow for 0.1 miles
- Turn right onto Memorial Dr.
- Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Nearest cell phone reception

Camp Roosevelt is at the base of the East Ridge of the Massanutten and is likely shadowed from cell reception. Edith Gap (38.7253°N,-78.5095°W), is on the crest of the ridge and is only 1.3 miles up State Rte 675 from the aid station.



AS 11 & 15: Gap Creek

Aid station location

38.7082°N, 78.5610°W

Rescue squad & hospital (15 miles, 35 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

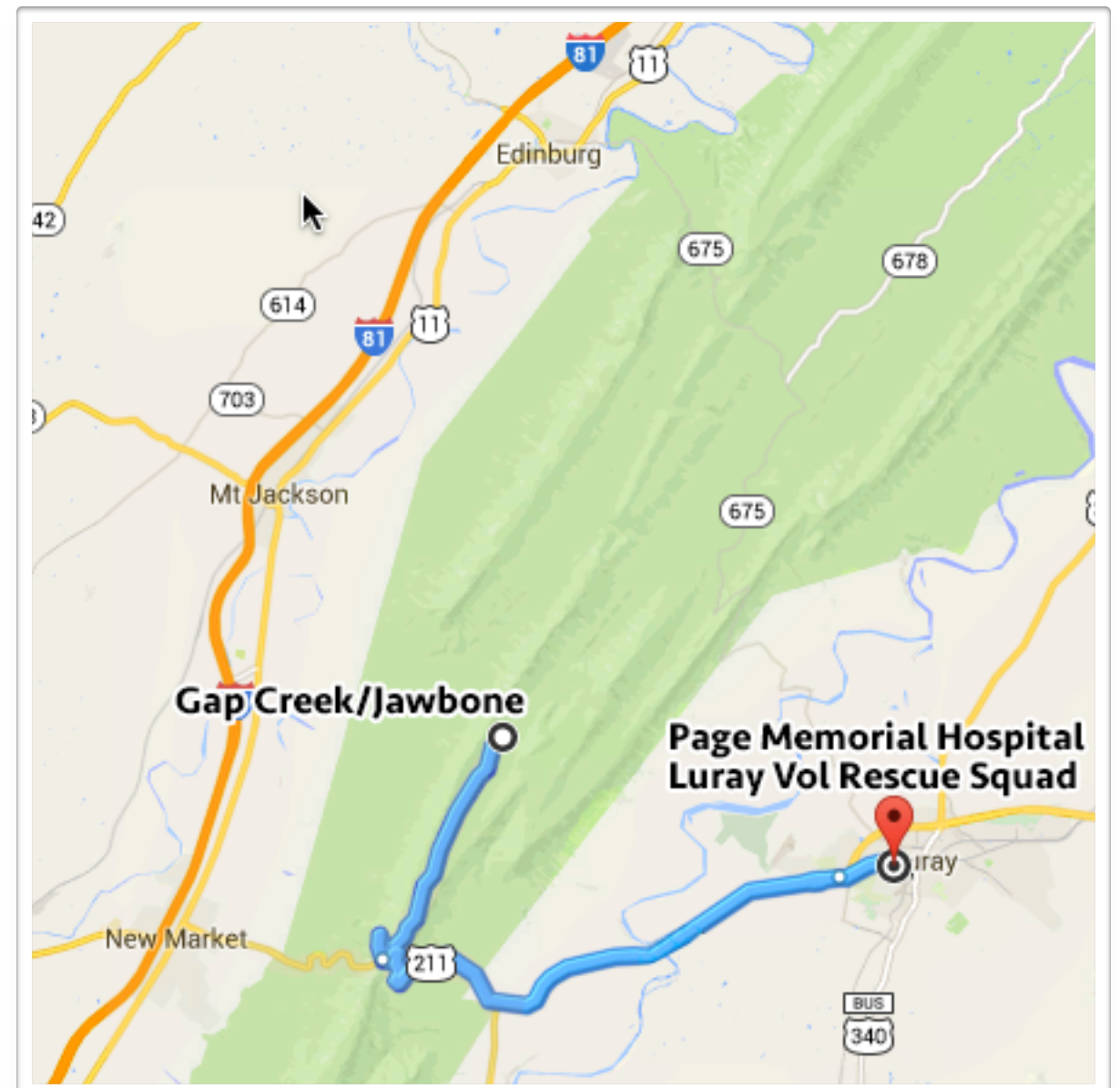
200 Memorial Drive
Luray, VA 22835
(540) 743-4561

Driving directions

- Head southwest (left out of aid station) on Crisman Hollow Rd for 4.5 miles toward US-211.
- Make a left onto US-211 East and follow for 7.9 miles.
- Slight right onto West Main St, follow for 0.9 miles.
- Turn right onto Memorial Dr.
- Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Nearest cell phone reception

Nestled between two ridges, cell phone access here is questionable. Head south (left out of the aid station) on Crisman Hollow Rd; you should have clear line-of-sight to cell towers within 4 miles or so, before reaching US-211.



AS 12: Visitor Center

Aid station location

38.6427°N, 78.6113°W

Rescue squad & hospital (9 miles, 15 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

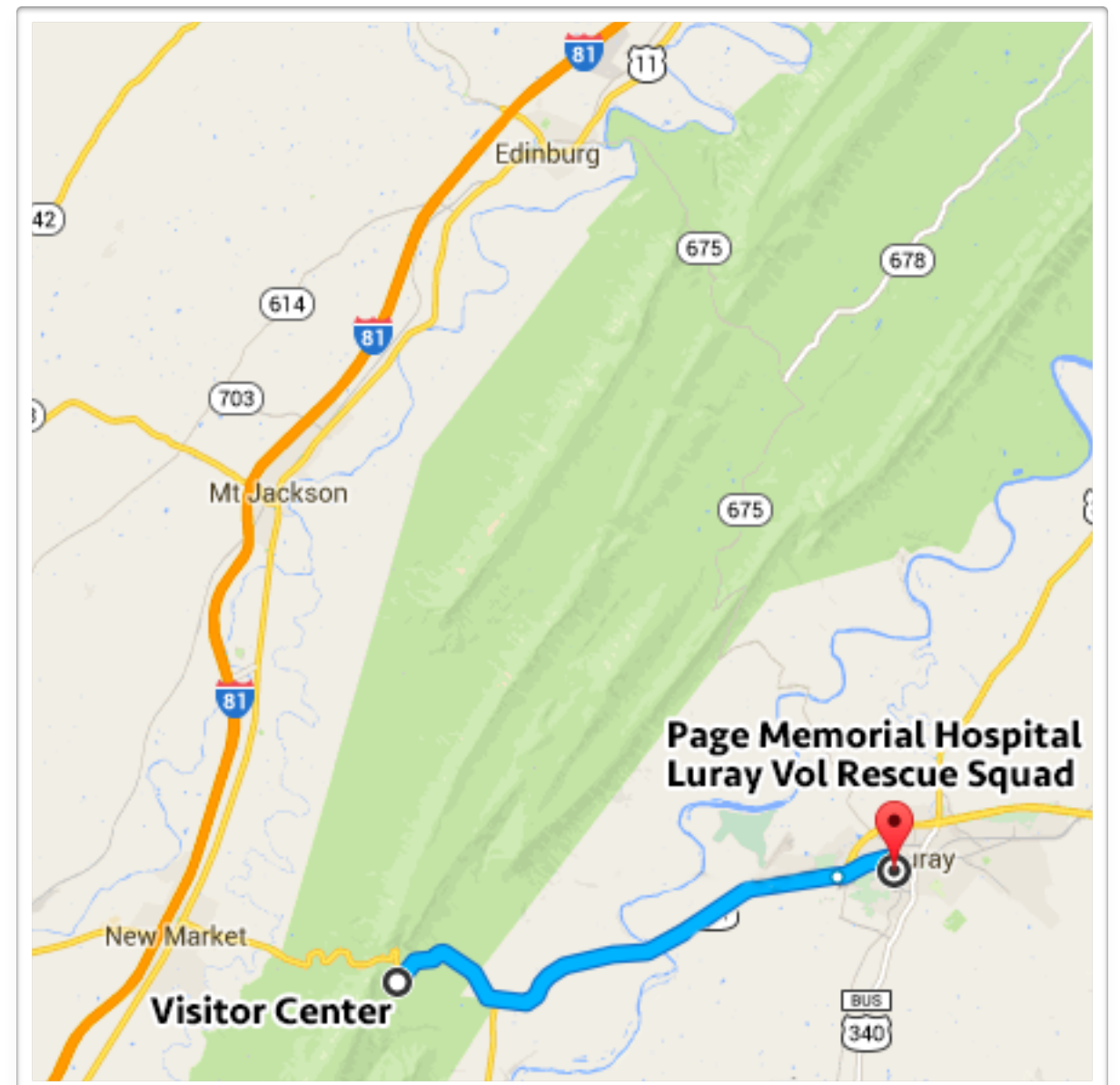
200 Memorial Drive
Luray, VA 22835
(540) 743-4561

Driving directions

- Take US-211 East for 7.9 miles.
- Slight right onto West Main St, follow for 0.9 miles.
- Turn right onto Memorial Dr.
- Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Cell phone reception

Situated on US-211 at the crest of the southern Massanutten, this aid station is one of the most accessible at MMT. You should have excellent cell coverage. If not, it is a short drive to Luray (to the east) or New Market (to the west) on US-211.



AS 13: Bird Knob

Aid station location

38.6076°N, 78.6323°W

Rescue squad & hospital (19 miles, 40 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

200 Memorial Drive
Luray, VA 22835
(540) 743-4561

Driving directions

- Follow Forest Access Rd and Newport Rd for 8.0 miles to US-340 North.
- Take US-340 North 9.8 miles to West Main Street in Luray.
- Slight right onto West Main St, follow for 0.9 miles.
- Turn right onto Memorial Dr.
- Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Cell phone reception

Bird Knob is the highest (2,750 feet) and most remote of the MMT aid stations. Cell coverage is very spotty.



AS 14: Picnic Area

Aid station location

38.6376°N, 78.6088°W

Rescue squad & hospital (9 miles, 12 minutes)

Luray Volunteer Rescue Squad

25 Memorial Drive
Luray, VA 22835
(540) 743-3659

Page Memorial Hospital

200 Memorial Drive
Luray, VA 22835
(540) 743-4561

Driving directions

- Take US-211 East for 7.9 miles.
- Slight right onto West Main St, follow for 0.9 miles.
- Turn right onto Memorial Dr.
- Rescue squad is on the left after 0.1 miles. Hospital is on the left after 0.3 miles.

Nearest cell phone reception

Situated just off US-211, this aid station is one of the more accessible at MMT. You should have excellent cell coverage. If not, it is a short drive to Luray (to the east) or New Market (to the west) on US-211.

