*Existing trails are listed in **bold** and asterisks (*) denote trails that currently accommodate horseback riding. (+) Denotes seasonal motorized use*
Trail lengths reflect Beaches to Bluegrass portion

- Path/Trail - Existing
- Path/Trail - Planned/Proposed
- On-Road
- Spur - Existing
- Spur - Planned/Proposed
- Other Regional Route
- Railroad
- Water Trail - Existing
- Water Trail - Proposed
- Anchor
- Gateway
- Beach
- Bicycle Shop
- Campground
- Museum
- Bluegrass Music Site
- "Round the Mountain" Artisan Venue

32. Mendota Trail (14 mi.)*
33. Mendota to George Washington and Jefferson (GWJ) National Forest (22 mi. gap)
34. GWJ National Forest Trails toward Big Stone Gap or Dryden (18.7 mi.)*
35. Big Stone Gap to the Stone Mountain Trail (12 mi. gap)
36. Stone Mountain Trail - GWJ National Forest (14.32 mi.)*
37. Stone Mountain Trail to the Wilderness Road Trail (42 mi. gap)
38. Wilderness Road Trail to Cumberland Gap National Historic Park (8 mi.)*
39. Cumberland Gap National Historic Park Trails (3 mi.)*

27. Virginia Highlands Horse Trail (50 mi.)*+
28. Iron Mountain Trail (16 mi.)*+
29. Virginia Creeper Trail (19.5 mi.)*
30. Abingdon Urban Path (1.5 mi.)
31. Abingdon to Bristol (16 mi.; 3 mi. gap)

15. Danville Riverwalk (3 mi.)
16. Danville to Martinsville (40 mi. gap)
17. Dick and Willie Passage (4.5 mi.)
18. Dick and Willie Passage Extension (1 mi.)
19. Fieldale Trail (2.6 mi.)*
20. Smith River Trail (8 mi.)*
21. Philpott Lake Recreation Area to Fairy Stone Sate Park (6 mi. gap)
22. Fairy Stone State Park Trails (2 mi.)*
23. Fairy Stone State Park to the Blue Ridge Mountains (17 mi. gap)
24. Blue Ridge Parkway (alternative route)
25. Blue Ridge Parkway to Galax/Radford (9 mi. gap)
26. New River Trail (51.5 mi.)*

- Trail - Existing
- Trail - Planned / Proposed
- On-Road
- Spur - Existing
- Spur - Planned / Proposed
- Other Regional Route
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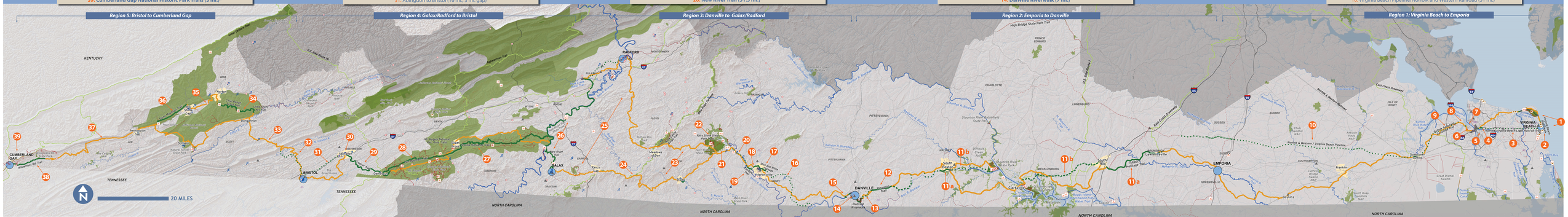
11a. Tobacco Heritage Trail (19 mi.)*
11b. Tobacco Heritage Trail (88 mi.; 16 mi. gap)*
12. Ringgold Trail (6 mi.)*
13. Ringgold to the Danville Riverwalk (5 mi.)
14. Danville Riverwalk (7 mi.)

1. Virginia Beach Boardwalk (2.7 mi.) & Cape Henry Trail (6.1 mi.)
2. Norfolk Avenue Trail (1.4 mi.)
3. Norfolk-Virginia Beach Transit Corridor (11 mi.; 4.1 mi. gap)
4. Elizabeth River Trail (1.5 mi.)
5. Elizabeth River Ferry (0.5 mi.)
6. Mount Vernon Avenue Bicycle Lanes (1 mi.)
7. West Norfolk Bridge (0.5 mi.)
8. Commonwealth Railway Trail (5 mi.)
9. Seaboard Coastline Trail (10.5 mi.; **1.25 existing**)*
10. Virginia Beach Pipeline/Norfolk and Western Railroad (51 mi.)*