

Present Day

In 2004, the state began to acquire the property. The land sat relatively undisturbed until 2018 when the first Seven Bends State Park employee was hired and construction began.

A year later, the lodges from Camp Lupton were documented by the Shenandoah Historic Society and Department of Historic Resources. They were deemed inhabitable and unsafe and were disassembled a short time after. Evidence from the extensive property history can still be seen if you take the time to notice.

Observe the hand hewn logs that make up our LOVE sign. Today they stand where they once gave strength and support to a large barn. Notice the blacktop on Eagles Edge Trail. Many basketball and tennis games were played here while fans cheered as their friends scored some points or won a match.

Park rangers work hard to preserve these areas while still keeping them safe for generations to come.

Email questions to:
Sevenbends@dcr.virginia.gov

General Information

Seven Bends State Park is a day-use park located in the geographically unique Seven Bends area of the North Fork of the Shenandoah River.

Seven Bends State Park provides public access to the North Fork of the Shenandoah River and features two hand-carry boat launches, picnic areas, one single family-sized picnic shelter, vault restrooms, and 8 miles of hiking trails.

The park provides water and land based outdoor recreational and educational opportunities while protecting and interpreting the spectacular scenic viewshed and geological, natural and historical resources of the storied seven bends area.



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Seven Bends State Park
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Virginia State Parks

Seven Bends State Park

The Strong Foundation of History



That Built Seven Bends State Park



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www.virginiastateparks.gov

Early Years

The Dellinger farm, which was located along Lupton Road, is documented as one of the first homes in Shenandoah County. The land, purchased by the Dellinger's in 1762, and is later described as having many outbuildings such as a woodshed and summer kitchen which sat adjacent to 100 thriving apple trees.

Years later, the home was washed out by a flood. A stand of non-native Kentucky Coffee trees now stand as remnants of a Dellinger planting. In the spring, the daffodils that bloom in this area are a reminder of the love and care which was once given to the old home. See if you can spot these signs from either Gokotta Trail or Lupton Road.



The leaflet of the Kentucky Coffee Tree

Members of the Dellinger family were buried on the top of the hill on Eagle's Edge Trail. Although the gravestones were removed in the 1930s, a monument now stands to represent the family. The dates on the monument range from 1766 to 1929.

Reservoirs

The first reservoir was built around 1901. This reservoir supplied the town of Woodstock with their first running water. When that reservoir could not keep up with the growing town demands, the second reservoir was built around 1910.

Miles of terracotta pipes carried water from high up on the Powell Mountain to downtown Woodstock.



The second (later) reservoir has been drained and now runs fairly dry. The earlier reservoir remains full and is home to vernal pool species such as Jefferson salamanders, red-spotted newts, wood frogs and more. The call of the wood frog can be heard in early spring echoing through the ravine.

The reservoirs are marked on the trail map and can be seen on Reservoir Trail

Camp Lupton

Camp Lupton operated from 1936 until the mid-1980s. When the camp first opened, boys from states away would spend the summers here. With their extravagant lodges, spaces for outdoor sports and river access, the camp was a very popular place. It was affiliated with Massanutten Military Academy that is located in the town of Woodstock still today.



Evidence of the camp can be found on Eagles Edge Trail. Stop on the top of the hill to view the chimney where boys would roast marshmallows. The fire pit area located close to the apiary is where campers would gather around the fire to sing songs and perform talent shows from the stage.

The blacktop can still be seen at the bottom of the hill on Eagles Edge Trail.