

# Have you ever wondered why Damascus is called **Trail Town USA**?

## Here are nine reasons why:

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**1. Appalachian National Scenic Trail** – A 2,180-mile-long trail that stretches from Georgia to Maine, bringing thousands of hikers right through the center of Damascus each year. It is known to be the longest hiking-only trail in the world and is the inspiration for the town's annual Trail Days festival in May.

[www.appalachiantrail.org](http://www.appalachiantrail.org)

**2. Virginia's Birding and Wildlife Trail** – Between its ocean and mountains, Virginia offers every bird and animal habitat found naturally between Maine and Florida. These birding and wildlife trails offer the opportunity to explore the diversity of habitats surrounding Damascus on the South Holston Loop of the trail. An access to the trail can be found in the town park.

[www.dgif.virginia.gov](http://www.dgif.virginia.gov)

**3. TransAmerica Trail** – Also known as the Hwy 76 Bicycle Route, it is a cross-country cycling trail beginning in Oregon and ending in Virginia. Here you will find the greatest views of America while traversing more than 6,000 miles through National Parks, mountains, cities, and towns, including beautiful Damascus Virginia.

[www.transamtrail.com](http://www.transamtrail.com)

**4. The Crooked Road** – A 330 mile driving trail that connects nearly 70 music venues throughout Southwest Virginia and has been named by the Commonwealth of Virginia as Virginia's Heritage Music Trail. While music is its primary focus, you will also find outdoor recreational activities, museums, and historical programs.

[www.myswva.org/tcr](http://www.myswva.org/tcr)

**5. Iron Mountain Trail** – Here you will find an excellent mountain biking trail that runs 20 miles from Hurricane Mountain in Virginia all the way to Damascus. It covers challenging terrain including rocky ridgelines, scenic vistas and forests.

[www.mtbproject.com](http://www.mtbproject.com)

**6. Virginia Creeper National Recreation Trail** – A well-traveled, 34-mile-long multi-use trail from White Top Mountain to Abingdon. This previous railroad bed has been turned into a popular trail that is great for cycling, running, walking and equestrian use. The Creeper Trail has received the National Honor of being inducted in to the Rail-Trail Hall of Fame.

[www.vacrepertrail.com](http://www.vacrepertrail.com)

**7. Daniel Boone Heritage Trail** – This is a historic trail that follows Daniel Boone's 170-mile trek from the Blue Ridge Plateau in Boone, North Carolina to Cumberland Gap in Virginia. This trail adds to the area's rich heritage.

[www.trailtown.us/boone.html](http://www.trailtown.us/boone.html)

**8. Mid Atlantic Backcountry Discovery Route** - MABDR is a scenic ride for dual-sport and adventure motorcycles that uses dirt, gravel and paved roads to wind through remote parts of Virginia, West Virginia, Maryland, and Pennsylvania. Starting in Damascus Virginia, and ending in Lawrenceville, Tioga County, PA, this 1,080-mile route, primarily uses forest roads and rural country lanes, to lead riders through the Appalachian mountains, majestic forests, bucolic farming landscapes, Amish country, and locations that played pivotal roles in early American history.

<https://ridebdr.com/MABDR>

**9. TransVirginia Bike Route** - Ride from DC to Damascus, VA in 550 miles of mostly (60%) unpaved country and forest roads, double track and rail trails (18%). Traverse Virginia's best backcountry riding on this new gravelpacking (gravel, bikepacking, and touring) route focused on rideable, non-technical, unpaved terrain intended for multi-day trips carrying overnight gear.

[www.transvirginia.org](http://www.transvirginia.org)

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