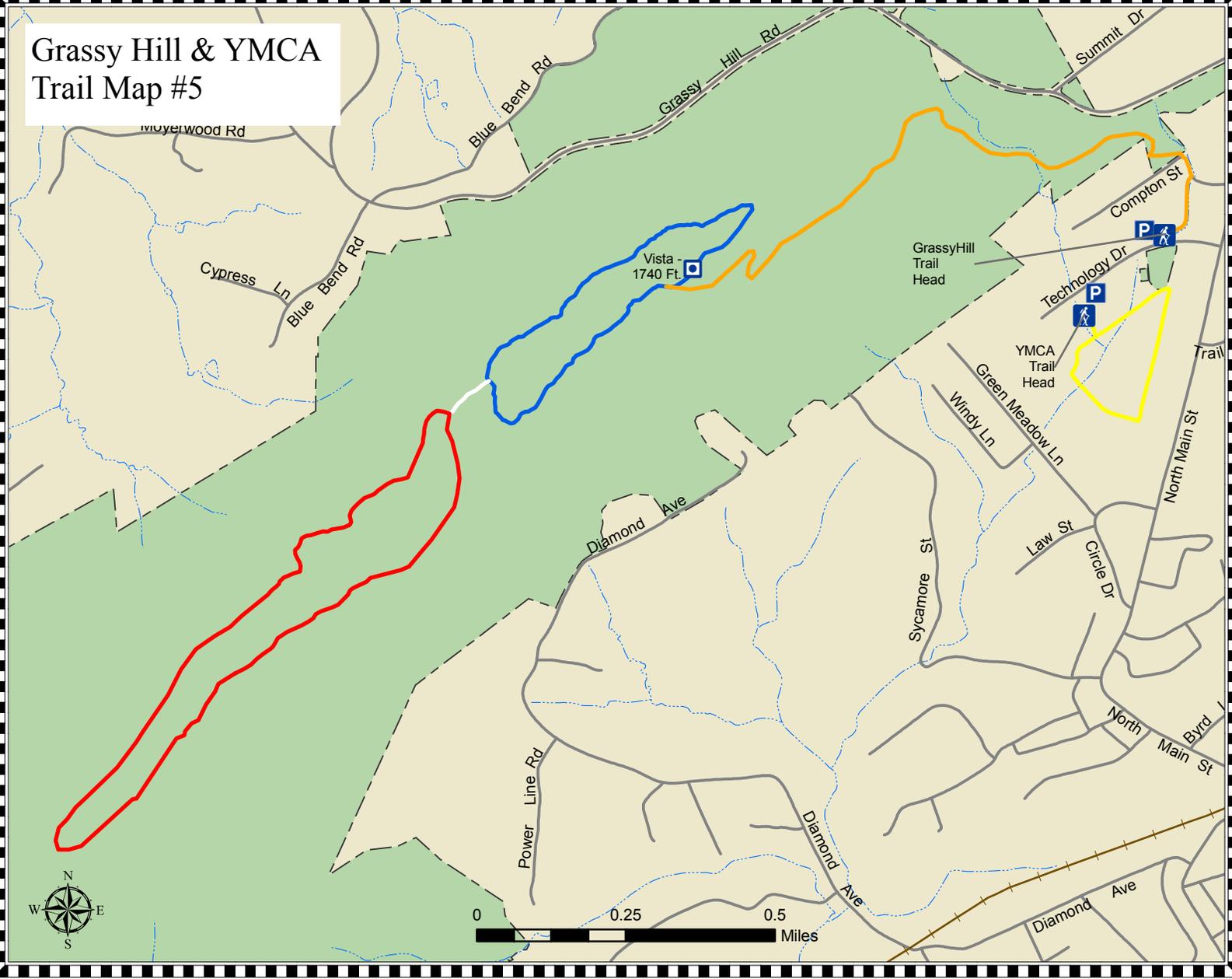


Grassy Hill & YMCA Trail Map #5



General Information:

Grassy Hill Natural Area Preserve is a 1,295 Acres site managed by the Department of Conservation and Recreation. Trails are marked by blazes corresponding with the map.

For more information visit.
<http://www.dcr.virginia.gov/natural-heritage/natural-area-preserves/grassyhill.shtml>

The YMCA trail is a paved fitness trail behind the YMCA that winds through the woods for 0.63 Miles.



Legend

- Slope Trail, 1.5 mi
- East Loop Trail, 1.2 mi
- Connector Trail, 0.1 mi
- West Loop Trail, 2.2 mi
- Grassy Hill Trails Loop Total, 6.6 mi
- YMCA Trail, 0.63 mi

Directions to Trailhead:

- * From 220 South Bound take the first Rocky Mount exit on to North Main St, go 1.0 mile then turn right onto Technology Dr
- * From 220 North Bound take the third Rocky Mount exit, at the end of the ramp make a left on to North Main St, turn right onto Technology Dr
- * Parking is available at the YMCA and the CATCE Center after school hours
- * GPS Address: 235 Technology Dr, Rocky Mount VA 24151