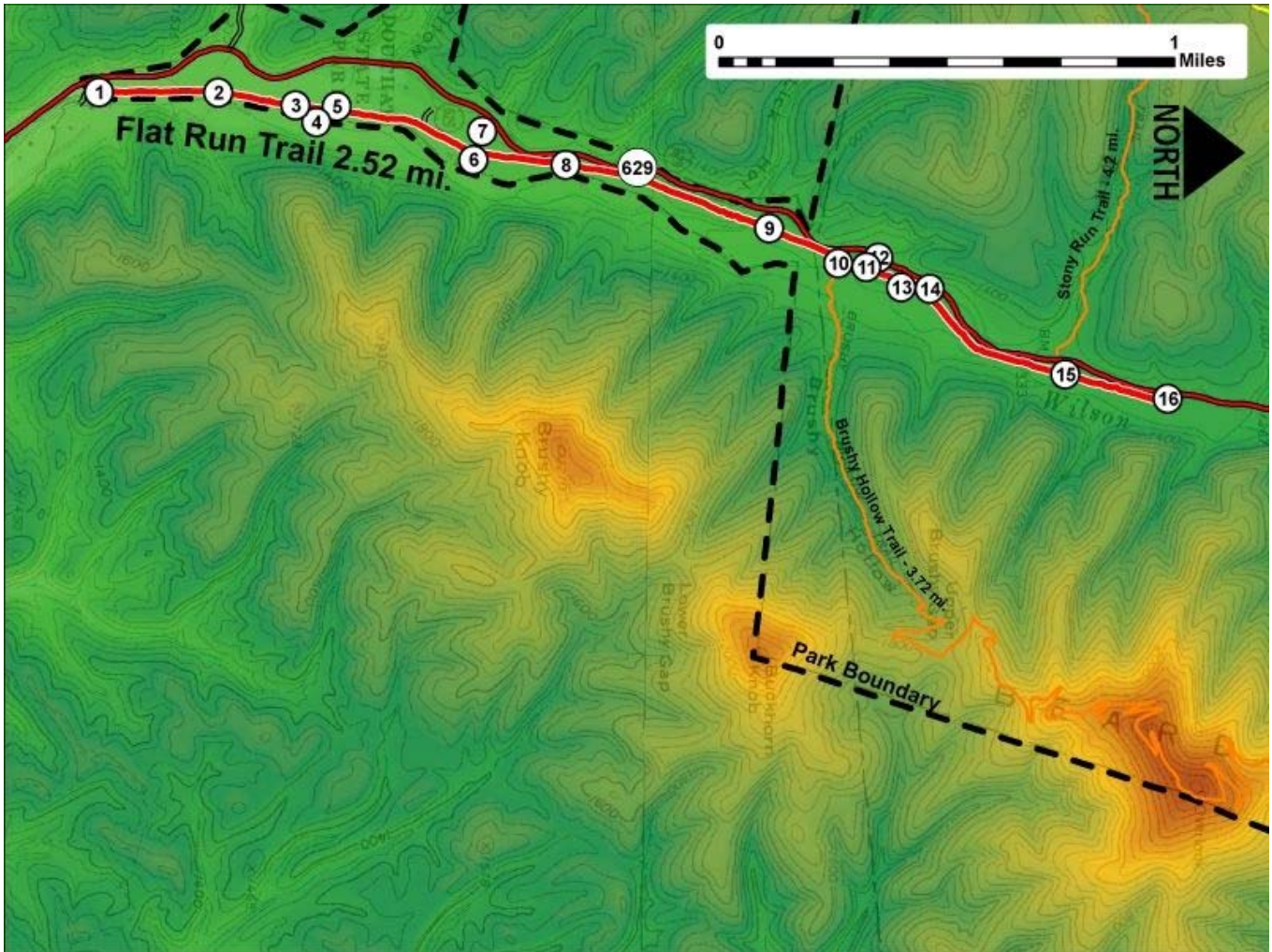


Printed from VirginiaOutdoors.net  
**Douthat State Park**  
**Flat Run Trail Map - Blaze Color: Red**



1. GPS: Lat. 37° 51.449, Lon. -79° 48.817  
Flat Run Trailhead (South) - bench nearby - access to Wilson Creek
2. GPS: Lat. 37° 51.676, Lon. -79° 48.82  
Trail crosses branch of Wilson Creek
3. GPS: Lat. 37° 51.908, Lon. -79° 48.781  
Trail crosses Big Lick branch of Wilson Creek
4. GPS: Lat. 37° 51.84, Lon. -79° 48.79  
On Trail
5. GPS: Lat. 37° 51.903, Lon. -79° 48.792  
Bench
6. GPS: Lat. 37° 52.165, Lon. -79° 48.687  
Intersection with parking lot connector (West)
7. GPS: Lat. 37° 52.182, Lon. -79° 48.737  
parking lot – good fishing access to Wilson Creek
8. GPS: Lat. 37° 52.342, Lon. -79° 48.658  
Bench – Trail crosses Cabin Lick branch of Wilson Creek just North of this location
9. GPS: Lat. 37° 52.732, Lon. -79° 48.513  
Bench
10. GPS: Lat. 37° 52.865, Lon. -79° 48.431  
Trail crosses county line. Swinging Bridge crosses Wilson Creek and provides access to Brushy Hollow Trail
11. GPS: Lat. 37° 52.918, Lon. -79° 48.423  
Intersection with parking lot connector (West)
12. GPS: Lat. 37° 52.942, Lon. -79° 48.447  
Brushy Hollow Trail parking and access to Flat Run Trail
13. GPS: Lat. 37° 53.011, Lon. -79° 48.376  
Trail crosses Stony Run – Wilson Creek remains to East of trail
14. GPS: Lat. 37° 53.04, Lon. -79° 48.373  
Bench

15. GPS: Lat. 37° 53.301, Lon. -79° 48.172

Trail fords several small branches of Wilson Creek

16. GPS: Lat. 37° 53.497, Lon. -79° 48.117

Flat Run Trailhead (North) Parking lot - bench here

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