

| Trail Name: George Washington & Jefferson National Forests | Difficulty | Distance | Average walk time |
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| Bear Draft Run Trail | Easy | 1.1 Miles | 30-45 minutes |
| Bear Tree Lake Trail | Easy | .8 Miles | 30 minutes |
| Big Hollow Trail | Easy | 2 Miles | 30-60 minutes |
| Big Schloss Trail | Easy / Intermediate | 4.4 Miles | 1-2 hours |
| Bird Knob Trail | Intermediate / Difficult | 8.5 Miles | 3-4 hours |
| Blue Suck Run Trail | Intermediate | 1.7 Miles | 30-60 minutes |
| Blueberry Trail | Easy | 1.8 Miles | 30-60 minutes |
| Brother Ridge Trail | Easy / Intermediate | 3.5 Miles | 1.5 hours |
| Buck Mountain Trail | Intermediate | 5.7 Miles | 1.5 - 2.5 hours |
| Children's Forest Trail | Easy | .3 Miles | 30 minutes |
| Clay Lick Trail | Intermediate | 5.1 Miles | 1-2 hours |
| Cliff Trail | Easy / Intermediate | 2.9 Miles | 1-1.5 hours |
| Cookie Trail | Easy | 1.6 Miles | 30-60 minutes |
| Deer Trail | Difficult | 1.6 Miles | 60 minutes |
| Dragons Tooth Trail | Difficult | 2.6 Miles | 1-2 hours |
| Dry Run Trail | Difficult | 9 Miles | 5-6 hours |
| Elmore Trail | Difficult | 2.5 Miles | 1.5 hours |
| Ferrier Trail | Easy | 7 Miles | 2.5-3.5 hours |
| Flat Run Trail | Easy | 2.3 Miles | 1 hour |
| Fortney Loop Trail and Cove | Difficult | 2.5 Miles | 1.5 hours |

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| Greenwood Point Trail #7 | Easy / Intermediate | 3.3 Miles | 1-1.5 hours |
| Grooms Ridge Trail | Easy / Intermediate | 4 Miles | 1-2 hours |
| Heart Break Trail | Easy | 1.1 Miles | 30-45 minutes |
| Helms Trail | Difficult | 1.6 Miles | 1 hour |
| Henry Lanum Memorial Trail | | 4.8 Miles | |
| High Knob Trail | Easy | 2.7 Miles | 1-1.5 hours |
| Hone Quarry Trail | Intermediate | 5.9 Miles | 1.5-2.5 hours |
| Hoop Hole Trail | Easy - Difficult | 9 Miles | 4-5 hours |
| Jerry's Run Trail | Difficult | 2.7 Miles | 1-2 hours |
| Lion's Tale Nat'l Recreation Trail | Easy | .5 Mile | 30 minutes |
| Maple Springs Trail | Intermediate | 5.1 Miles | 1-2 hours |

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| Massanutten Trail: Kennedy Peak Trail | Intermediate / Difficult | 7.5 Miles | 2.5 - 3.5 hours |
| Meadow Knob Trail | East | 3.3 Miles | 1-1.5 hours |
| Mud Pond Gap Trail | Easy | 1.6 Miles | 30-60 minutes |
| North Mountain Trail | Difficult | 9.5 Miles | 6-7 hours |
| North River Gorge Trail | Easy/Intermediate | 4.8 Miles | 1-2 hours |
| Oliver Mountain Trail | Difficult | 4 Miles | 1.5-2.5 hours |
| Patterson Mountain Trail | Difficult | 6.5 Miles | 3.5-4.5 hours |
| Pig Iron Trail | Easy | .3 Miles | 30 minutes |
| Price Mountain Trail | Difficult | 4.5 Miles | 2-3 hours |

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| Rader Mountain Trail | Easy/Intermediate | 2.2 Miles | 30-60 minutes |
| Sand Springs Trail | Easy/Intermediate | 3.2 Miles | 1-1.5 hours |
| Shenandoah Mountain Trail | Intermediate/Difficult | 7.5 Miles | 2.5-3.5 hours |
| Storybook Trail | Easy | .4 Miles | 30 minutes |
| Sugar Run Trail | Easy/Intermediate | 4.5 Miles | 1-2 hours |
| The Appalachian Trail: Glenwood-Pedlar | Easy - Difficult | 5-58 Miles | |
| Tillman Trail | Easy | 1.9 Miles | 30-60 minutes |
| Trimble Mountain Trail | Easy/Intermediate | 3.6 Miles | 1.5 hours |
| Virginia Creeper National Recreational Trail | Intermediate/Difficult | 33.4 Miles | Multi-Days |
| Wild Oak Trail | Intermediate/Difficult | 26.2 Miles | Multi-Days |
| Wildflower Trail | Easy | .5 Miles | 30 minutes |
| Wolf Ridge Trail | Easy/Intermediate | 4.7 Miles | 1-2 hours |
| Yaccr's Run Trail | Difficult | 2.2 Miles | 1-1.5 hours |