

# Elizabeth Furnace 50 km



A rocky, technical 50 km near the northern end of the Massanutten range. Named for nearby Elizabeth Furnace, one of four stone blast furnaces operating in Fort Valley during the 19<sup>th</sup> Century.

## Turn by turn

**Start** at south end of Signal Knob parking lot, cross bridge, then **right** on **orange** blaze Massanutten Trail for 3.5 miles towards Signal Knob.

**Left** on **white** blaze Meneka Peak Trail for 1.1 miles.

**Left** on **blue** blaze Tuscarora Trail for 1.8 miles.

**Right** on **pink** blaze Sidewinder Trail for 0.7 miles.

**Right** on **purple** blaze Mudhole Gap Trail for 3.2 miles.

**First aid station (mi 10.3)** at Mudhole Gap.

**Left** on **orange** blaze Signal Knob FR 66/Massanutten Trail for 0.4 miles.

**Right** on **orange** blaze Massanutten Trail (look for gate on right) up steep climb for 0.5 miles.

**Right** on **blue** blaze Tuscarora Trail on western ridge of Massanutten Mountain (Three Top Mountain) for 3.5 miles. *Be alert -- do not go straight.*

**Left** on **orange** blaze Massanutten Trail/Signal Knob FR 66 for 1.3 miles to Signal Knob. *At top, take short spur trail to the left to the view.* Continue 1.0 miles on **orange** blaze Massanutten Trail to Meneka Peak Trail.

**Right** on **white** blaze Meneka Peak Trail for 1.1 miles (second time).

**Left** on **blue** blaze Tuscarora Trail for 3.5 miles down to Rt 678 and Elizabeth Furnace Parking Lot. *Do not turn right on pink blaze Sidewinder Trail.*

**Second Aid Station (mi 21.8)** in outer Elizabeth Furnace Parking Lot. Continue over bridge and through the length of the Elizabeth Furnace parking lots (paved; unblazed; stay left). Pick up the **white** blaze Botts Trail at left rear edge of southern-most parking area next to wooden kiosk/sign. Follow for 0.9 miles.

**Left** on **pink** blaze Sherman Gap Trail for 2.7 miles. *Very steep last 0.5 miles.*

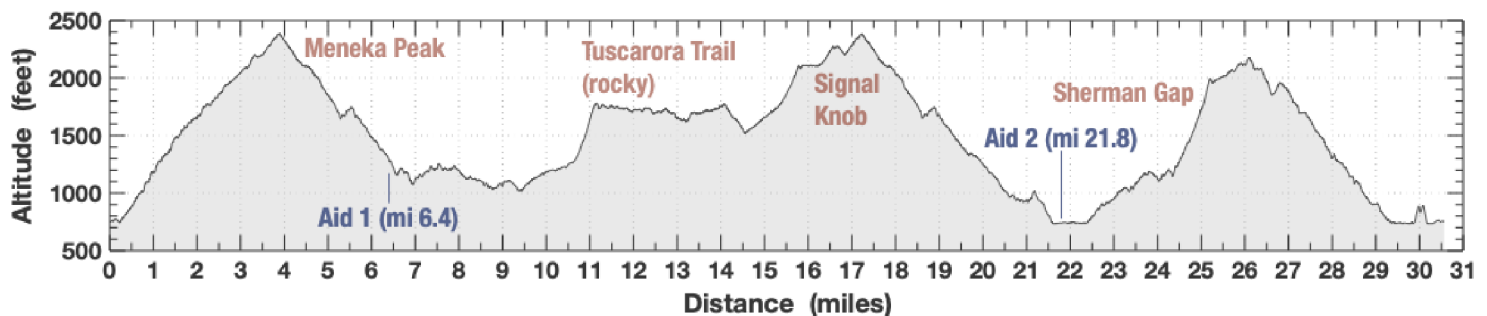
**Left** on **orange/blue** blaze Massanutten Trail/Tuscarora Trail on eastern ridge of Massanutten Mountain. Follow for 2.2 miles

**Left** at Shawl Gap, continuing on **orange/blue** blaze Massanutten/Tuscarora trails for 2.4 miles to Elizabeth Furnace parking area. Continue on **orange/blue** blaze Massanutten/Tuscarora trail across Rt 678 for 0.2 miles.

**Right** on **orange** blaze Massanutten Trail (when it splits from **blue** Tuscarora Trail) towards Signal Knob parking and the finish in 0.3 miles.

## Essential Info

<b>Date</b>	Sat Mar 11, 2023
<b>Start time</b>	7:00 am
<b>Run start/finish</b>	Signal Knob parking lot (38.935°N, 78.3199°W)
<b>Distance</b>	30.5 miles
<b>Total ascent/descent</b>	6,400 feet
<b>Aid stations</b>	1. Mudhole Gap (10.3 miles) 2. Elizabeth Furnace (21.8 miles)
<b>In charge</b>	Quatro Hubbard (804) 254-7825 Mike Bur (301) 404-6452



Turn	Trail Name	Blaze	Description	Leg	Total
↑	MMT	Orange	Climb, Signal Knob Parking Lot to Meneka Trail	3.5	3.5
←	Meneka Peak	White	Ridge running, Massanutten Mountain Trail to Tuscarora Trail	1.1	4.6
←	Tuscarora	Blue	Downhill, Meneka Trail to Sidewinder Trail	1.8	6.4
→	Sidewinder	Pink	Rolling, Tuscarora Trail to Mudhole Gap Trail	0.7	7.1
→	Mudhole	Purple	Rolling doubletrack, Sidewinder to FR 66/Massanutten Trail	3.2	10.3
<b>Aid station at Mudhole Gap</b>					
←	MMT	Orange	Dirt road, Mudhole Gap to Powells South gate	0.4	10.7
→	MMT	Orange	Climb, Powells South gate to Tuscarora Trail	0.5	11.2
→	Tuscarora	Blue	Rocky ridge running, Three Top Mountain to FR 66/Massanutten Trail	3.5	14.7
←	MMT	Orange	Climb/Double track, Tuscarora Trail to Signal Knob Overlook	1.3	16.0
↑	MMT	Orange	Ridge running, Signal Knob Overlook to Meneka Trail	1.0	17.0
→	Meneka Peak	White	Ridge running, Massanutten Mountain Trail to Tuscarora Trail (repeat from before)	1.1	18.1
←	Tuscarora	Blue	Downhill	1.8	19.9
↑	Tuscarora	Blue	Rolling, Tuscarora/Sidewinder Trail to Signal Knob Parking Spur trail	1.7	21.6
→	MMT/Tuscarora	Orange/Blue	Rolling, Signal Knob Spur to Elizabeth Furnace	0.2	21.8
<b>Aid station at Elizabeth Furnace</b>					
←	Botts	White	Flat, Elizabeth Furnace to Sherman Gap Trail	0.9	22.7
←	Sherman	Pink	Steep climb, Botts Trail to MMT/Tuscarora Trail	2.7	25.4
←	MMT/Tuscarora	Orange/Blue	Ridge running, Sherman Gap to Shawl Gap	2.2	27.6
←	MMT/Tuscarora	Orange/Blue	Downhill, Shawl Gap to Elizabeth Furnace	2.4	30.0
→	MMT/Tuscarora	Orange/Blue	Rolling, Elizabeth Furnace to Signal Knob Spur	0.2	30.2
→	MMT	Orange	Rolling, Signal Knob Spur to Signal Knob Parking Lot	0.3	30.5