



Sand Cave and White Rocks Horse Trail

Lee County, VA

LOCATION: US-58 & Sandcave Rd

(Trail Head) Ewing, VA 24248

GPS REF: 36.650187, -83.433609

(Trail Head) [Google Maps:](#)

<https://www.google.com/maps/place/36%C2%B039'00.7%22N+83%C2%B026'01.0%22W/@36.6504796,-83.4368759,17z>

DIRECTIONS: From around Morristown, TN, travel highway 58 north into Ewing VA. Turn off highway 58 onto Sand Cave Road. [Look for a stockyard on the corner and a sign for the Thomas Walker Civic Park.] On Sand Cave Road travel approximately 0.25 to 0.5 miles until you see a vacant grassy lot on the right between two metal buildings, one with heavy equipment outside. This is where we are permitted to park as a courtesy of a private owner.

...

To access the trail, ride out of the parking area to a right on Sand Cave Road. Travel about 0.25 to 0.5 mile and bear right onto a one-lane road (... straight will take you to the Civic Park). In a short distance take a left onto the trail. In a short distance further you must ride around a forest service gate to continue onto the trail. In about 3.5 miles you will come to an intersection at the top of the mountain. Take the right to the hitching rails where you can tie up and walk 0.2 mile (strenuous, but a MUST SEE) to Sand Cave. After visiting the cave, continue the ride up the trail another 1.1 miles to another hitching rail. Take a short, but strenuous, hike up the trail (on foot) to the top of White Rocks for a breathtaking view.

PARKING: The parking area is large and will accommodate a large number of trailers, approximately 12 to 15.

IMPORTANT: For parking we have been granted permission to use the privately-owned lot that the owner generously allows horse-people to use in order for us to access these trails. PLEASE, treat this parking area with respect. Take your horse poop and your trash with you! If we lose the privilege of using this lot, we will have insufficient parking for these beautiful trails.

TRAIL LENGTH: This is an in-and-out trail, about 12 miles and 4.5 hours round trip. Add more time to hike to Sand Cave and to the top of White Rocks.

TRAIL DIFFICULTY: Challenging (Proficient Riders)

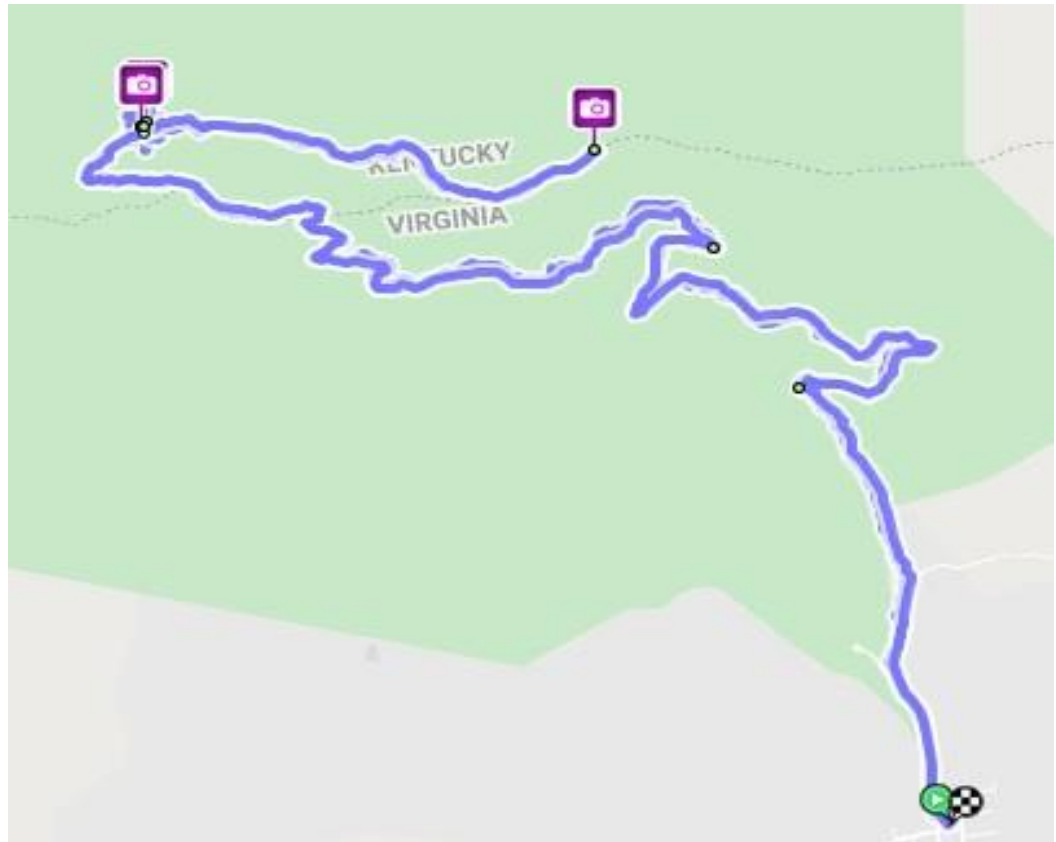
DESCRIPTION: The trail is generally wide, with frequent rocky areas, a moderate climb to the top, and plenty of places to stop and rest along the way. There is a short descent to the Sand Cave hitching rails where the footing may be slippery in wet weather. Along the trail you will see some old rock walls and beautiful rock formations as well as rhododendron, ferns and wildflowers. Deer are frequently encountered.

SCENIC VIEW(S): SAND CAVE: Be sure to hike from the hitching rails down to Sand Cave. WHITE ROCKS: Before leaving the parking area be sure to look up to the mountains to see the White Rocks, one of the points of interest of this ride. After visiting the cave, ride up the trail to tie up at White Rocks where you can climb to the top for a breathtaking view.



SPECIAL NOTE(S): In wet weather, there will be some shallow water flowing over the trail in a few places that will provide drinking water for the horses. There is also always a small creek flowing over the trail between Sand Cave and White Rocks that provides drinking water for the horses.

TRAIL MAP:



TRIP TICK(S): <http://rblr.co/OGPuo>

CONNECTIONS: If you take a left at the top of the mountain intersection, instead of a right to Sand Cave, you can travel several miles to Martins Fork Cabin and Hensley Settlement.