



FOREST BOTANICALS REGION LIVING MONUMENT

Storywalk Trail

The central and southern Appalachian forests are among the most biodiverse places on Earth. A vast number of medicinal herbs and forest foods—such as black cohosh, goldenseal, American ginseng, trillium, mayapple, and ramps—grow wild in the Appalachian forest understory. Through honoring Appalachian peoples' historical and present-day connections to these plants, the Forest Botanicals Region Living Monument aims to deepen place attachment and appreciation for the treasure of biodiversity growing on the forest floor.

The Storywalk Trail is composed of 10 interpretive signs along a 2-mile novice loop at Flag Rock Recreation Area. The signs highlight the cultural, historical, medicinal, and economic importance that Appalachian forest botanicals have long held for a diversity of people and animals.

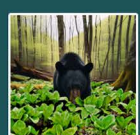
Begin at the Norton Reservoir Trailhead parking lot and follow the Twisted Forest Trail until it ends at Lake Lake Show, then take Lake Lake Show back to the parking area.



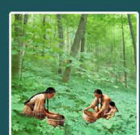
1 The Forest Botanicals Region: A Treasure of Biodiversity



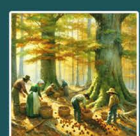
2 The Multibillion-Dollar Herbal Products Industry



3 Animals' Use of Medicinal Plants



4 Indigenous Wisdom and the Appalachian Forests



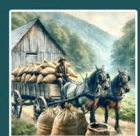
5 Euro-American Settlers' Use of Forest Medicines and Foods



6 Black Herbal Traditions in Appalachia



7 American Ginseng: Charismatic Flora of the Appalachian Understory



8 The Appalachian Botanical Drug Boom



9 Protecting At-Risk Forest Botanicals



10 Forest Farming: A Conservation Strategy and Income-Generating Opportunity



DOWNTOWN NORTON

Get Outside in NORTON VIRGINIA

Flag Rock Area Trails

- | | |
|---------------------------|-----------------------|
| 1 LAKE LAKE SHOW .95 MI. | NOVICE |
| 2 TWISTED FOREST .99 MI. | INTERMEDIATE |
| 3 SUGAR MAPLE .64 MI. | ADVANCED |
| 4 OAK .47 MI. | EXPERT |
| 5 MOONSHINER'S .75 MI. | PAVED ROAD |
| 6 LOST CREEK .9 MI. | UNPAVED ROAD |
| 7 PICKEM MOUNTAIN .75 MI. | EMERGENCY WAYPOINT |
| 8 FERN GULLY .61 MI. | PARKING LOT/TRAILHEAD |
| 9 GRIND CENTRAL .26 MI. | |
| 10 LEGION PARK 1.1 MI. | |
| 11 MAGNOLIA 1.36 MI. | |
| 12 CHESTNUT .30 MI. | |
| 13 SALAMANDER .4 MI. | |
| 14 ROCK CANDY .23 MI. | |
| 15 SANCTUARY .17 MI. | |
| 16 MOCKINGBIRD 1.28 MI. | |

0' 250' 500' 750'

HIGH KNOB OBSERVATION TOWER

The Forest Botanicals Region Living Monument Storywalk Trail is a 2-mile loop that begins at the Norton Reservoir Trailhead with the Twisted Forest Trail (#2 on this map) and returns to the parking lot via the Lake Lake Show Trail (#1 on this map). See reverse for a zoomed-in view and themes of the Storywalk Trail's interpretive signs.

TRAILHEAD ACCESS

The Flag Rock Area Trails system has multiple access points. Suggested trailheads include Shelter and Norton Reservoir.

Shelter Trailhead: If taking Exit 1 for Norton off U.S. 23, turn right. Travel 12th Street/State Route 619 for two miles. Turn left at Flag Rock Recreation Area entrance (Flag Rock Road). Drive almost six-tenths of a mile. The Shelter Trailhead is located on the right in a parking lot with two big picnic shelters.

Norton Reservoir Trailhead: If taking Exit 1 for Norton off U.S. 23, turn right. Travel 12th Street/ State Route 619 for almost 2.4 miles. The Norton Reservoir Trailhead will be located on the left in a large gravel lot. There is a brown sign at this location for the Norton Reservoirs.

TAKE CARE OF YOUR TRAILS!

Please stay on designated trails. Don't create shortcuts.
Pack out your trash.

Be friendly and courteous to fellow trail users. Bicyclists yield to hikers and trail runners.

If trails are excessively muddy, please avoid using them. We want to add more trail miles but damage done to existing trails from riding or walking them when wet means trail builders must spend more time repairing these trails and less time building new trails.

Respect wildlife and keep a safe distance from any you encounter.

Dogs must be leashed or under owner's control at all times.

Permitted uses include mountain biking and foot travel.

Hunting and horseback riding are not allowed on Flag Rock Area Trails.

Follow Leave No Trace principles. See www.lnt.org.

VIRGINIA
IS FOR
OUTDOOR
LOVERS