

VISITORS GUIDE | 2025-2026

# HUNGRY MOTHER STATE PARK

**ADVENTURE STARTS HERE**

PARK MAP / CAMPING, CABINS & YURTS / TRAIL GUIDE / EXPLORATION PROGRAMS  
BEACH + BOATS / EVENT FACILITIES / COMMUNITY PARTNERS / AND MORE

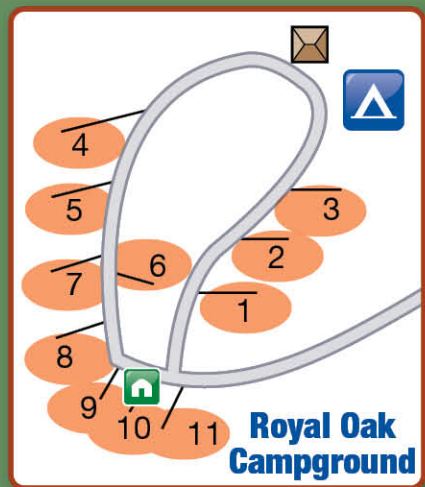
**MARION, VA**



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# HUNGRY MOTHER STATE PARK & TRAILS

OPEN  
 CAMPING: Creekside & Royal Oak seasonal, Burson open year round.  
 CABINS: YEAR ROUND  
 2854 PARK BLVD.  
 MARION, VA 24354  
 SMYTH COUNTY  
 PH (276) 781-7400  
 www.virginiastateparks.gov



**Emergency # 911**  
 Ranger on call: # 1-800-933-7275

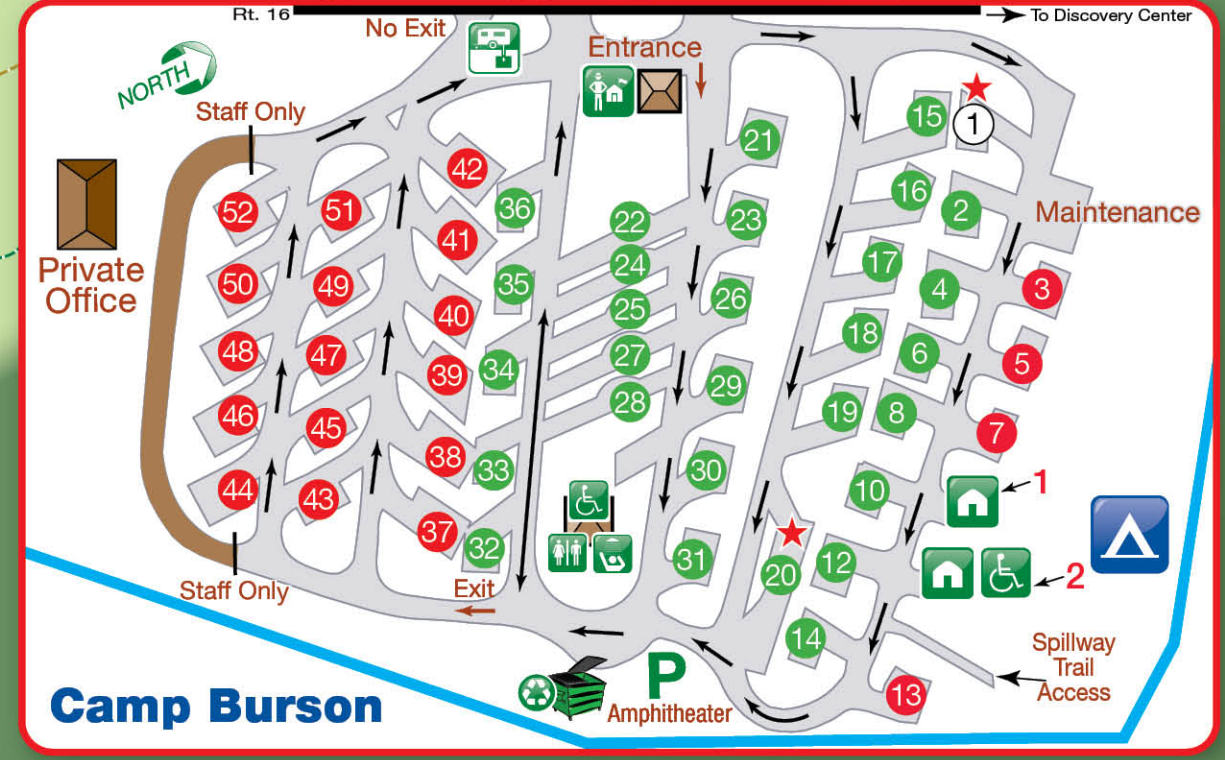
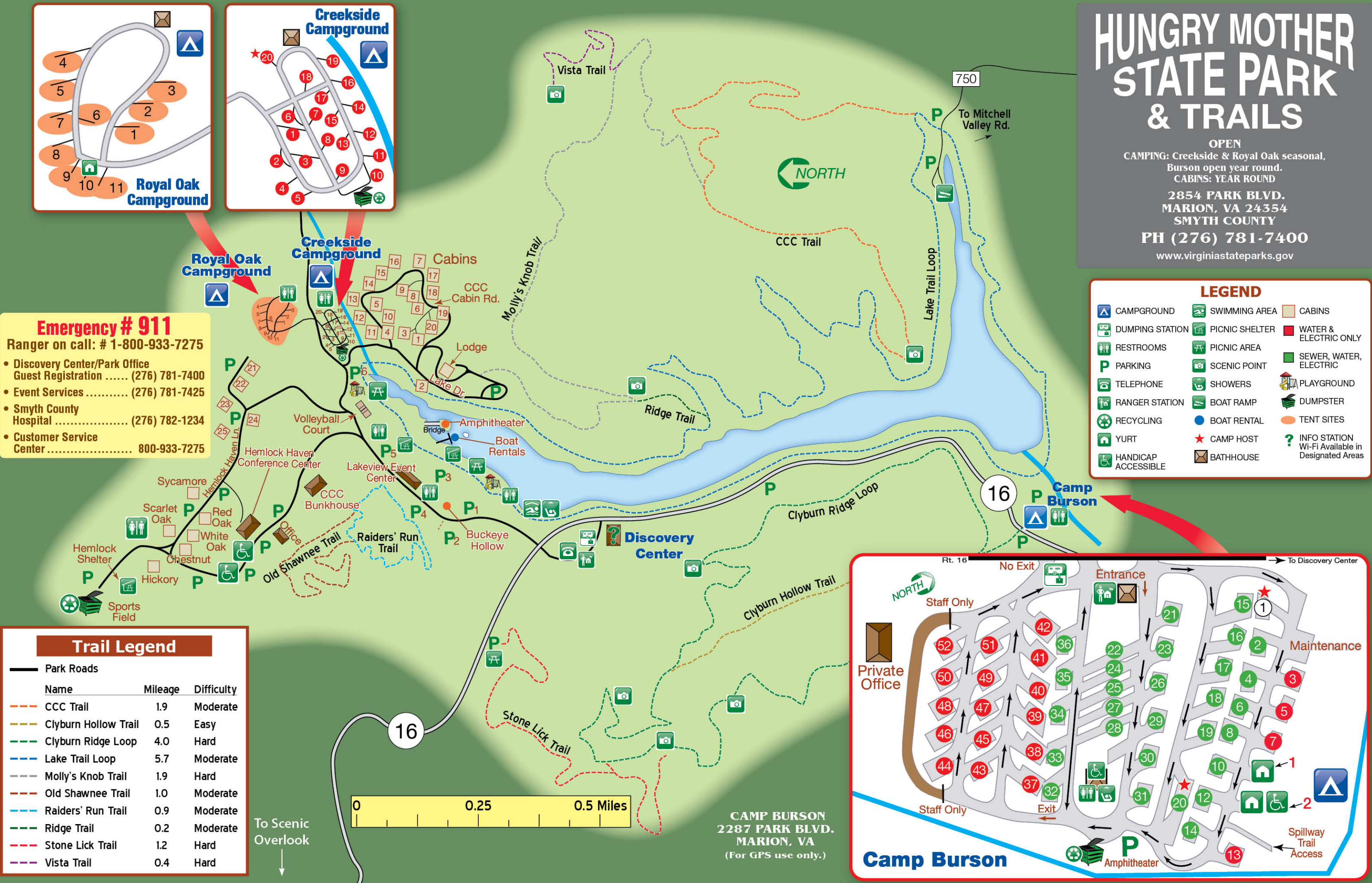
- Discovery Center/Park Office Guest Registration ..... (276) 781-7400
- Event Services ..... (276) 781-7425
- Smyth County Hospital ..... (276) 782-1234
- Customer Service Center ..... 800-933-7275

### LEGEND

CAMPGROUND	SWIMMING AREA	CABINS
DUMPING STATION	PICNIC SHELTER	WATER & ELECTRIC ONLY
RESTROOMS	PICNIC AREA	SEWER, WATER, ELECTRIC
PARKING	SCENIC POINT	PLAYGROUND
TELEPHONE	SHOWERS	DUMPSTER
RANGER STATION	BOAT RAMP	TENT SITES
RECYCLING	BOAT RENTAL	INFO STATION Wi-Fi Available in Designated Areas
YURT	CAMP HOST	
HANDICAP ACCESSIBLE	BATHHOUSE	

### Trail Legend

Name	Mileage	Difficulty
CCC Trail	1.9	Moderate
Clyburn Hollow Trail	0.5	Easy
Clyburn Ridge Loop	4.0	Hard
Lake Trail Loop	5.7	Moderate
Molly's Knob Trail	1.9	Hard
Old Shawnee Trail	1.0	Moderate
Raiders' Run Trail	0.9	Moderate
Ridge Trail	0.2	Moderate
Stone Lick Trail	1.2	Hard
Vista Trail	0.4	Hard



The **ORIGINAL** and the **LARGEST** Shuttle Service



**1**

OPEN 7 DAYS A WEEK CALL FOR RESERVATIONS

226 W. Laurel Ave. Damascus, VA **800-475-5095**

www.BlueBlazeBikeandShuttle.com

**Overstuffed Sandwiches**



**2**

**Burgers • Wings & More**

9am - 11pm • 142 E. Main St., Marion **Macados.net**

EARN WHILE YOU EXPLORE WITH US



2-Week Free RV Stays GO WHERE YOU WANT

Commission and Additional Passive Income Opportunities

For Info: Erin@SEPub.com 1-800-832-3292

**JOIN NOW**



**3**

**FORT CHISWELL ANIMAL PARK**

Mention This Ad For \$2.00 Off Each Safari Ticket

276-637-6754 fortchiswellanimalpark.com

**Family Fun!**

on the famous **VIRGINIA CREEPER TRAIL**



**4**

**BIKE RENTALS & SHUTTLE SERVICE**

www.AdventureDamascus.com

**1-888-595-2453**

331 Douglas Drive, Damascus, VA 24236

**Yummy Yummy** Japanese Restaurant

**276.783.7288**

Fresh Sushi Hibachi Grilled Entrees

Tues - Sun 11am - 9pm

**10**

232 E. Main Street, Marion

**9**

OPEN EVERY DAY

**MARION OUTDOORS** Outfitters

Camping, Hiking, Clothing & Gifts

Visit us Downtown

208 East Main Street, Marion **(276) 706-8252**

Smyth County's history is America's Story.



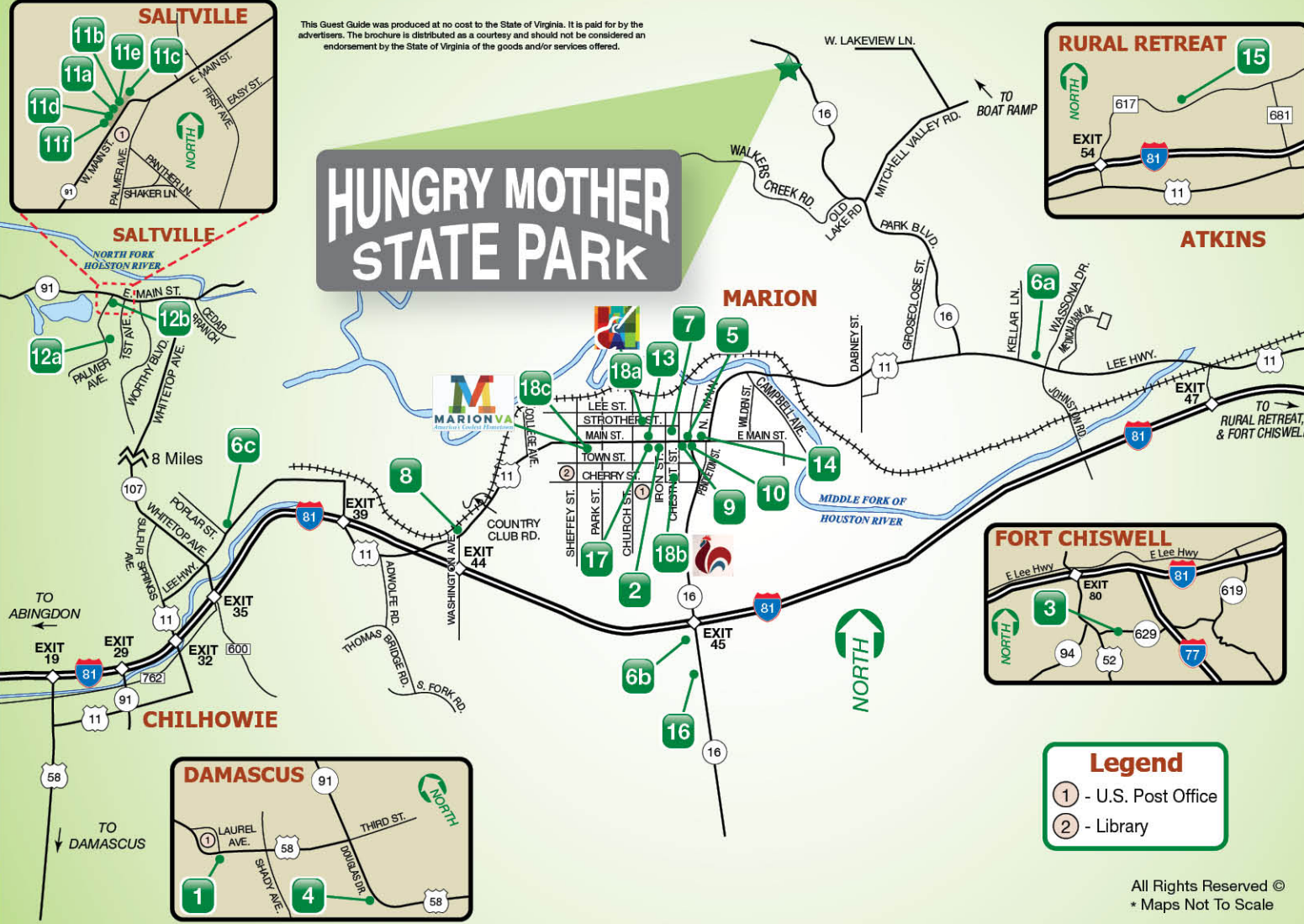
**ROAD TO REVOLUTION** SMYTH COUNTY, VA



Explore five history museums and over a dozen historic sites!

VIRGINIA IS FOR LOVERS Visitsmythcountyva.com/history

**HUNGRY MOTHER STATE PARK**



**18c** - U.S. Post Office

**2** - Library

**Legend**

1 - U.S. Post Office

2 - Library

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**MARION TIRE DEALER**

**276-783-7178**

Mon - Fri: 8:00am - 4:30pm

1455 S. Main Street, Marion

**8**



**36° FIFTY BREWING**

**7** MARION, VA | 36°50'N 81°31'W

WWW.36FIFTYBREWING.COM | 276.706.8550

**ARMY & NAVY STORE**

Military, Camping, Hiking & Hunting

Carhartt

276-783-3832

M-F 9:00-5:30 • Sat 9:00-5:00

219 E. Main St. • Marion Downtown

**5**

**MI PUERTO**



Mexican Restaurant

**6a**

276-783-4844

1321 N. Main St. • Marion, VA 24354

**SUR 81**

**6b**

Breakfast and Burritos

276-781-1681

1050 HWY 16 • Marion, VA

**El Campestre**



Mexican Grill & Cantina

276-646-5811

1341 Lee Highway Chilhowie, VA **6c**

**Greetings!**

On behalf of the Town of Marion, I warmly welcome you to Hungry Mother State Park - one of the most cherished natural gems in our beautiful region. As you explore, I invite you to extend your adventure into the heart of Marion.

Our town is rich in Appalachian charm, history, and hospitality. There's always something happening in Marion. We look forward to making your visit unforgettable.

Scan the QR Code in the Marion VA ad for more information.

Avery Cornett, Mayor / The Town of Marion

## The Shops of Saltville

- 11a • Market on West Main • Ice Cream - Coffee - Meat & Cheese
- 11b • The Wise Owl Bookstore • Saltville Emporium • 11c
- 11d • West Main Mercantile • Christmas on West Main • 11e
- 11f • The Crow's Crossing at Troutman's Store •

Open Every Day at 11  
115-147 West Main Street • Saltville, VA

**SALTVILLE.ORG**  
PRESERVING HISTORY FOR OVER 30,000 YEARS

Wave Pool SWVA's Largest	Bicycle Ride The Salt Trail	Civil War History & Activities	Live Music Labor Day
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**MUSEUM OF THE MIDDLE APPALACHIANS**  
From the Ice Age to the Space Age

Exhibits Feature Geology, Ice Age, Native Americans, European Settlement, Civil War, Salt & Gypsum Industry, Company Town Life

Visit Our Video Exhibit  
"Civil War at The Salt Works"

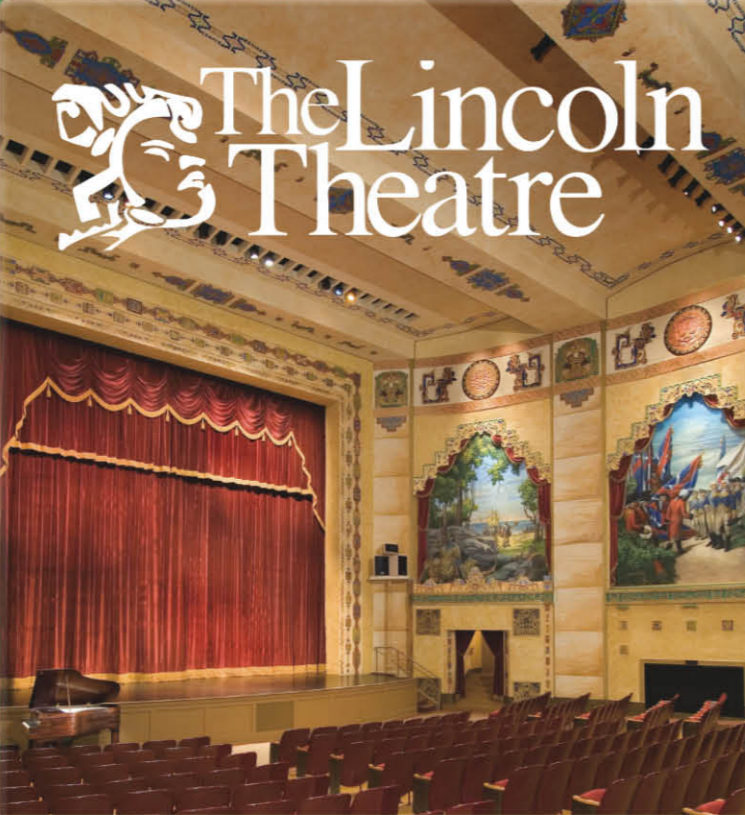
276-496-3633

MuseumOfTheMiddleAppalachians@gmail.com  
www.MuseumOfTheMiddleAppalachians.org

123 Palmer Avenue • P.O. Box 910 • Saltville, VA 24370



**Plan your event with us!**  
LAKEVIEW EVENT CENTER



**Tours | Gifts | Local Art**  
Monday - Friday 10am - 5pm  
Special Event Weekends

Originally built in 1929 as a movie palace, The Lincoln Theatre is one of the last remaining Mayan Revival style theatres in the world.

Today, The Lincoln Theatre is a venue for:

- Song of the Mountains®
- Live Music
- Theatrical Performances
- Classic & Independent Film Series
- Youth Artistic Camps
- Corporate & Private Events

**REDISCOVER THE LINCOLN**  
117 E Main Street | Marion, VA 24354  
276.783.6092  
www.thelincoln.org

**VIRGINIA IS FOR LOVERS**

**MVMT**  
A BOUTIQUE FITNESS STUDIO

**FITNESS FOR EVERY BODY**  
Pilates • Yoga • Cardio  
Bi-Monthly Special Events

276-759-4055  
Check Our Classes Online  
MarionMVMT.com  
223 E. Main Street, Marion

**Davis Valley Distillers & Winery**

Daily Tours  
Spirit and Wine Tastings  
I-81 Exit 54  
276.686.8855



**Highlands Distilling**  
EST. 2019

Moonshine • Gin • Vodka  
Whisky • Bourbon

276-782-0932  
Tues-Sat 12-5  
1200 Hwy. 16  
(I-81, Exit 45)  
Marion, VA  
HighlandsDistillingCo.com

**Wooden Pickle**

Food & Spirits

Tuesday-Thursday  
11:00AM - 2:00PM / 4:30PM - 9:00PM  
Friday 11:00AM - 10:00PM  
Saturday 12:00PM - 10:00PM

276.783.2300  
WoodenPickleFoodandSpirits.com

120 E. Main St.  
Marion, VA



**Thank You!**

When using the services of these advertising businesses, be sure to tell them you are staying at  
**Hungry Mother State Park**

## THE LEGEND OF HUNGRY MOTHER

The Legend of Hungry Mother takes many forms and all have whispers of the truth. The one widely accepted by the people of Southwest Virginia goes like this...

Legend has it that a pioneer named Molly Marley and her small child were captured by a Native American tribe and taken to their mountain camp. Molly and her little one eventually escaped and wandered through the woods foraging for food and searching for shelter. One day Molly collapsed from exhaustion and the youngster continued along the creek until help was found. The only words the child could utter were "Hungry Mother." A search party later found Molly dead at the foot of the mountain near the creek.

The mountain went on to be called Molly's Knob and the stream Hungry Mother Creek. In the 1930s, the park was developed by the Civilian Conservation Corps and the creek was dammed to form the lake. The name of the park is wrapped in its own mystery. Originally to be called Forest Lake the name was changed to Southwest Virginia Lake and then to Hungry Mother State Park not long before the park opened. The debate over the legend and the park name continues to this day.



Letterpress | Lutherie | Local Art

WWW.THEHENDERSON.ORG

18a



**Year-Round Market**  
May - October  
Every Saturday | 8am - 12pm

Follow us on Facebook for Holiday Markets & Winter Market Hours!

Cherry & Chestnut St. in Marion, VA

• BUY FRESH • BUY LOCAL •

18b



Join us all year long for  
festivals, fun & much more!

- First Fridays Shopping & Dining Downtown
- 2nd Friday ArtWalks at Appalachian Spirit Gallery
- "Song of the Mountains" | 1st Saturdays
- 3rd Saturday Cruise-In's | May - September
- Memorial Day Weekend
- "Hungriest Mother" Food Festival | 3rd Weekend in July
- Downtown Chili Cook-Off | 1st Saturday in October
- Hometown Christmas | 1st Weekend in December



WWW.MARIONVA.ORG

18c

# HERE AT HUNGRY MOTHER PLEASE DO...

- Remove your trash from your campsite or cabin and take it to one of the park's provided dumpsters
- Observe quiet hours from 10 PM to 6 AM
- Picnic with your family and let the animals enjoy their own picnic of food from their natural habitat
- Fish along the bank and on the lake, and do find the closest trash can or dumpster to place your trash
- Enjoy the sounds of nature and people laughing
- Drive quietly and slowly through the park - Speed Limit is 15 MPH
- Swim at the beach and stay in the roped-off area.
- Wear a life jacket when enjoying watersports
- Hike and play with your furry friends - just make sure to keep them on a leash and clean up after them
- Keep an eye on your campfires or grills while you're using them to help prevent forest fires
- Park in places designated as parking. The grass will appreciate it
- Report any problems you know of as soon as possible. This will allow us more time to resolve the problem



## YOUR COMMENTS COUNT

WE STRIVE TO GIVE OUR GUESTS THE BEST EXPERIENCE. SO, WE NEED TO HEAR FROM YOU! PLEASE TAKE A MOMENT TO LET US KNOW ABOUT YOUR VISIT.

[www.dcr.virginia.gov/state-parks/other/your-comments-count](http://www.dcr.virginia.gov/state-parks/other/your-comments-count)

PREFER A PAPER SURVEY? VISIT THE PARK OFFICE AT THE DISCOVERY CENTER.

**COMPLETE THE SURVEY FOR YOUR CHANCE TO WIN A \$50 VSP GIFT CERTIFICATE!**



## Recognize a Ranger



**DID A RANGER GO ABOVE AND BEYOND? REPORT EXCEPTIONAL SERVICE HERE!**

[www.dcr.virginia.gov/state-parks/other/customer-service](http://www.dcr.virginia.gov/state-parks/other/customer-service)



## BE BEAR WISE

FEEDING BEARS AND MOST OTHER WILDLIFE IS AGAINST VIRGINIA LAW AND CAN HURT BOTH YOU AND THE WILDLIFE.

### AVOID CONFLICTS WITH BEARS

- Dispose of garbage in trash receptacles provided around the park.
- Store food, fragrant toiletries indoors or in airtight containers. Not in your tent.
- Cleanup your campsite - including your grill after each use.
- Do not pour grease from your grill to the ground.
- Keep pets on a leash no longer than 6 ft.
- Be aware of your surroundings, especially at dawn and dusk.
- Make noise or talk in areas of limited visibility on trails.
- Report bear sightings to park staff.

### IF YOU ENCOUNTER A BEAR...

1. **DO NOT RUN**
2. **GET LOUD**
3. **GET BIG**
4. **BACK AWAY**

