

*Babcock and Mabry Mill  
Road Trip*

Travel and Photography Tips

# Glade Creek Grist Mill

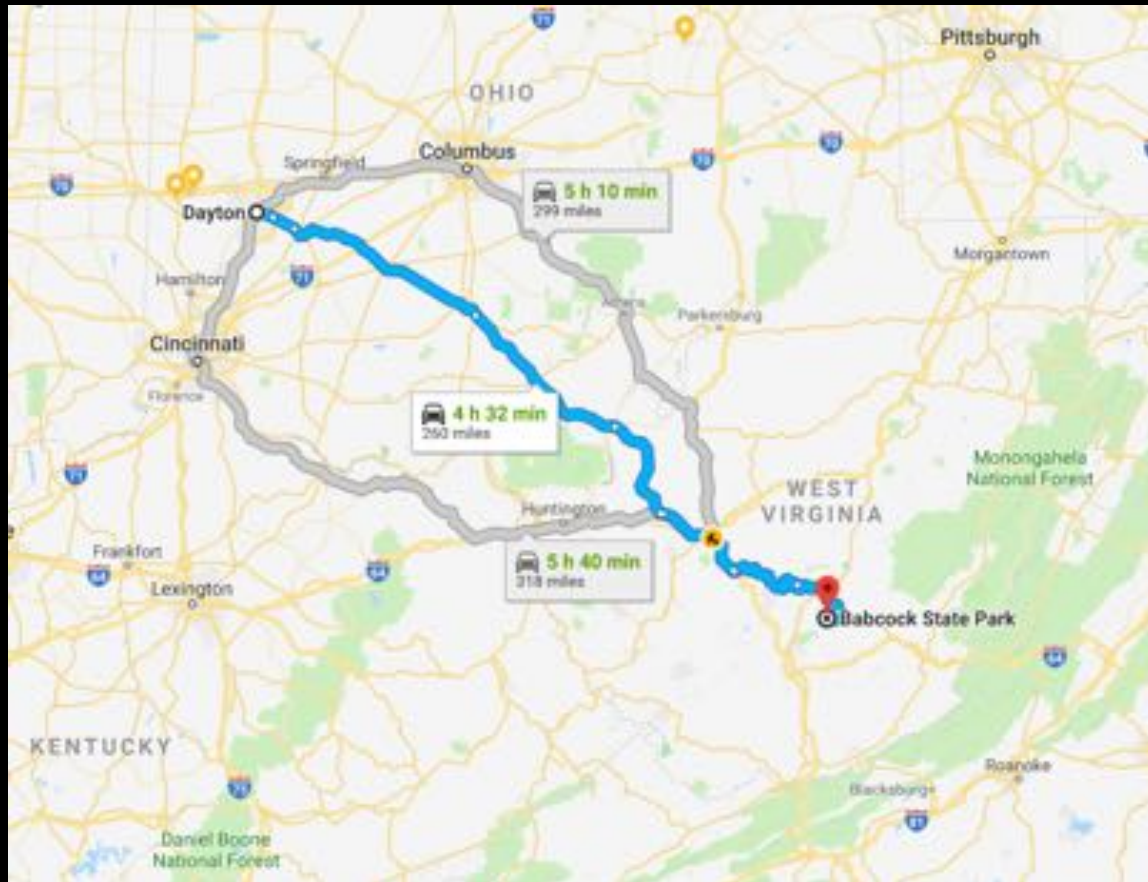
Babcock State Park,  
Cliff Top, WV

- ◆ Built as fully-functional replica of Cooper's Mill which stood nearby
- ◆ Constructed in 1976 by combining parts and pieces from old mills throughout the state; basic structure dates from 1890s
- ◆ Is a real working mill (in season); cornmeal and buckwheat flour may be purchased
- ◆ Living monument to the over 500 mills which thrived in West Virginia at the turn of the century

*"Visitors to the mill may journey back to a time when grinding grain by a rushing stream was a way of life, and the groaning mill wheel was music to the miller's ear."*

# How to Get There

- ◆ Glade Creek Mill is located in Babcock State Park in southern West Virginia.
- ◆ GPS coordinates for the mill parking lot are: 37.979561, -80.946399
- ◆ Address: 486 Babcock Rd, Clifftop, WV 25831



# Where to Stay and Eat

- ◆ Babcock State Park Campground
  - Cabins and Campground open from third Friday in April until the fourth Monday in October (weather permitting!)
  - Should reserve ahead during busy season (Memorial Day thru Labor Day)
  - Convenient to be a guest so as to be there after 10 PM for night photography
  - Cabin area is near mill, campground a couple miles away
- ◆ Town of Fayetteville, WV
  - Several hotel options available
  - 30 minutes away from the Mill
  - Near New River Gorge Bridge and Hawks Nest
- ◆ Closest food is 30 minutes away; it's a good idea to bring your own food/snacks!

# More Info

- ◆ Easily accessible; the mill is right beside the parking lot with visitor center and restrooms nearby
- ◆ Very popular location, especially during peak times; weekdays have fewer visitors
- ◆ Off-season (November to March), park hours are 6 AM to 10 PM
- ◆ During open season: gates never close but after 10PM only park guests permitted (ranger makes rounds frequently)

# Webcam

<https://wvstateparks.com/park/babcock-state-park/>



# Good to Know

- ◆ Cell service is available in the park but patchy or NON-EXISTENT elsewhere!
- ◆ Download offline maps ahead of time, or have a map available, or you may end up taking a roundabout way (ask me how I know this!)
- ◆ Weather forecasts tend not to be as accurate in the mountains
- ◆ Snow doesn't stick around very long

# When to Go

## Every Season is Beautiful!

- ◆ Best water flow in Spring or early Summer (or after heavy rain)
- ◆ Foliage:
  - ◆ Rhododendrons line park roads in Spring
  - ◆ Fall is wonderful; peak color and timing varies from year to year

## Time of Day

- ◆ If clear and sunny, early morning is best. In October, sun doesn't hit the mill until about 8 AM
- ◆ Overcast is good at any time



# Equipment

- ◆ Camera (your choice)
- ◆ Lenses:
  - Wide angle for getting low and close to the water
  - Telephoto for zooming in on details
- ◆ Sturdy tripod
- ◆ Polarizer filter for fall color and reflections
- ◆ Neutral density filter allows longer exposures for silky water
- ◆ Boots for getting in the water if desired (good angles are possible without)
- ◆ Microfiber towel for covering and drying off camera

Nearby:

# New River Gorge Bridge

Fayetteville, WV

## Bridge Day

October 19, 2019

BASE Jumpers parachute off  
the bridge



# Mabry Mill

Milepost 176 on Blue Ridge Parkway,  
266 Mabry Mill Rd. SE  
Meadows of Dan, VA 24120

- ◆ Built by Edwin Mabry in 1903, first a blacksmith and wheelwright shop before becoming a gristmill. A lathe for turning out wheel hubs was added later
- ◆ During open hours (approx. May to November) the mill is open and running with a miller present to demonstrate the milling process
- ◆ Other exhibits on-site include a log cabin, whiskey still, sorghum mill and working blacksmith shop
- ◆ On Sunday afternoons during the summer, musicians and dancers gather for old-time live music
- ◆ One of the most photographed places in the USA
- ◆ Several hundred thousand visitors each year

# Where to Stay

- ◆ Several hotels in Hillsville, VA; 30 minutes away
- ◆ Blue Ridge Motel, Meadows of Dan, VA
  - ◆ 1.5 miles from the mill
  - ◆ Very small and quaint; ran by an older couple
  - ◆ Clean and gets good reviews 😊

# Where to Eat

- ◆ Mabry Mill Restaurant and Gift Shop
  - Open April to November (call to make sure)
  - Recommend their Buckwheat Pancakes!
  - Gift shop is nice with books and items from the area
  - <http://www.mabrymillrestaurant.com/>
- ◆ Other restaurants are 30 minutes away, in Hillsville

# Best Time of Day

- ◆ I prefer evening
- ◆ Morning is nice too (arrive before sunrise for colorful skies;  
sun hits the mill about 10AM in winter)
- ◆ If you don't like the light, wait a little while!





# Night Photography

- ◆ The mill is accessible 24/7/365, (weather permitting) which is nice for photographing in all different weather conditions and times of day



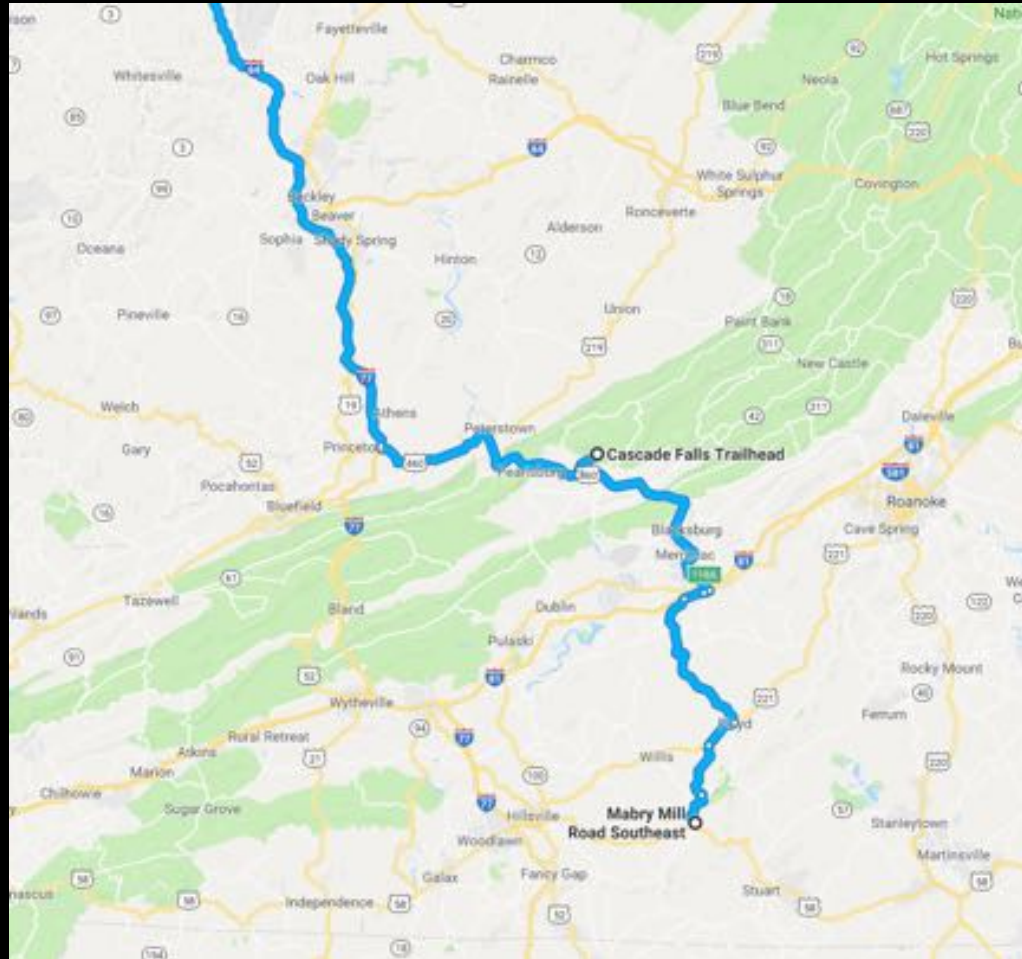
# Blue Ridge Parkway

- ◆ National Parkway and America's longest linear park
- ◆ Runs 469 miles from Shenandoah National Park in VA to Great Smoky Mountains National Park, North Carolina
- ◆ Along the way you will find:
  - Some of the oldest mountains in the world
  - Highest mountain peak in eastern US
  - Oldest river in North America
  - Deepest gorge east of Grand Canyon
  - Highest waterfall east of the Rockies
- ◆ Rhododendrons and dogwoods are notoriously beautiful in Spring
- ◆ Fall foliage peak times vary widely because of wide range of elevation
- ◆ <https://www.blueridgeparkway.org/> for tons of info including fall color and spring bloom charts
- ◆ Mabry Mill is at Milepost 176
- ◆ Even if signs state it's closed you may drive until you reach a barricade

# Cascades Falls National Recreation Trail

2068 Cascade Dr. Pembroke, VA 24136

Adds about 30 minutes extra driving time when returning to Ohio from Mabry Mill





# Cascades Falls National Recreation Trail

- ◆ Highly scenic, easy-to-moderate 4 mile round-trip trail along shaded mountain creek to 66-foot waterfall in Jefferson National Forest
- ◆ \$3 or National Parks pass to park in the trailhead lot
- ◆ Two-hour hike each way
- ◆ Lower trail is moderate and runs along rocky stream
- ◆ Upper trail is an easier trail road and is nice for return hike
- ◆ Busy during warmer seasons
- ◆ Need boots with ice grips if the trail is snow-covered
- ◆ No cell service on the trail!! Let your family know what you're doing so they won't be worried about you (ask me how I know this!)

