

NROCKS Via Ferrata: Essential Guide

Everything You Need to Know for an Unforgettable Adventure

[Hello Wanderlust Family](#)



Welcome to our NROCKS Via Ferrata Quick Guide! This exclusive resource is designed to help you prepare for an incredible adventure.

Quick Summary of Important Information

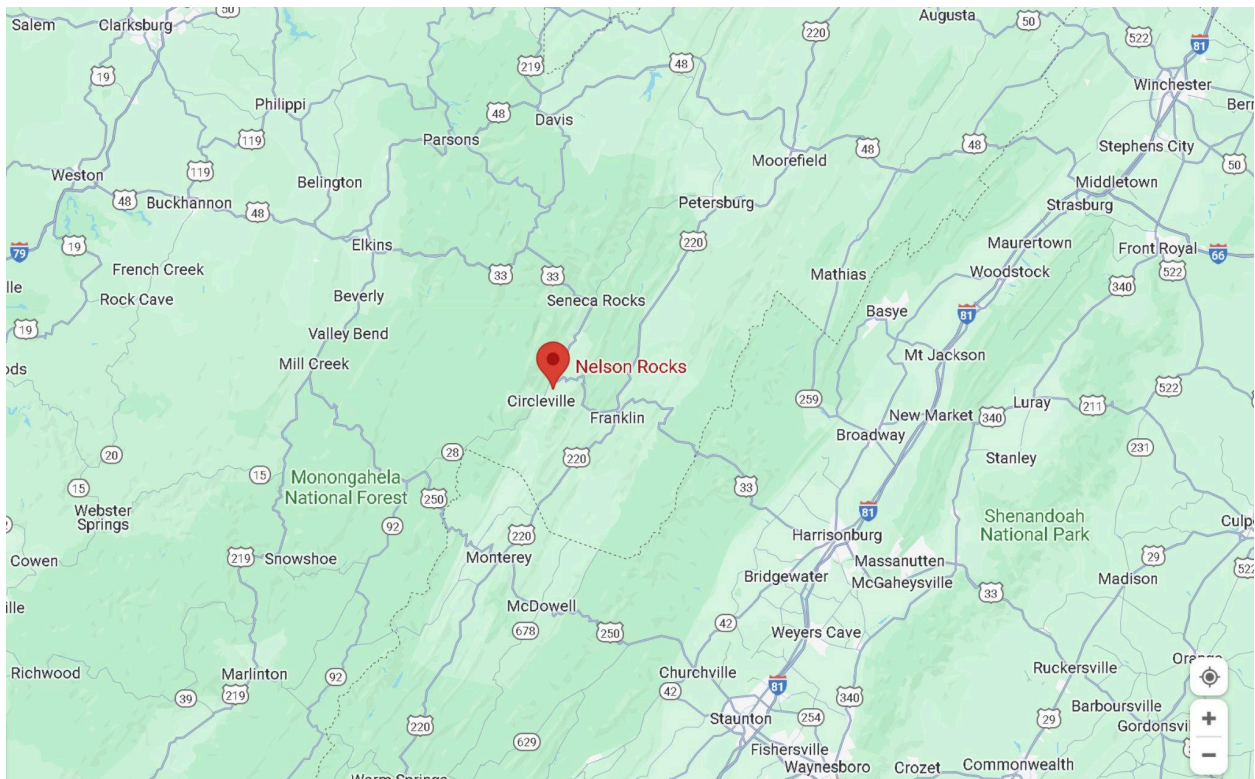
- **Location:** NROCKS Outdoor Adventures, 141 Nelson Gap Road
- Circleville, WV 26804
- **Difficulty Level:** Moderate to challenging
- **Duration:** Approximately 4-6 hours
- **Age Limit:** Minimum age is 13 years
- **Guided Tour:** Yes, fully guided with safety instructions
- **Cost:** \$125 per person (subject to change)
- **Booking:** Book in advance through their website

- **Waivers:** Waivers are required in order to climb the Via Ferrata

Safety Tips

- Listen to your guide and follow all safety instructions
- Ensure your harness and helmet are secure and properly fitted
- Stay hydrated and take breaks as needed
- Be mindful of weather conditions and prepare accordingly

Map and Directions



****Directions from Major Nearby Cities:****

From Washington D.C. 3 hr 20 min:

- Get on I-66 W from M St NW, Connecticut Ave NW, 17th St NW and E St Expy
9 min (2.0 mi)
- Take 66 Express Outside the Beltway, I-66 W, US-48 W and US-220 S to N Main St in Petersburg
2 hr 19 min (136 mi)
- Follow WV-28 S to NRocks in Circleville, WV
46 min (35.6 mi)

From Pittsburgh 3 hr 45 min:

- Get on I-376 W from Sixth Ave and Liberty Ave
7 min (0.9 mi)
- Take I-79 S and US-119 S/Grafton Rd to Gladesville Rd in Monongalia County
1 hr 20 min (84.5 mi)
- Follow Gladesville Rd and WV-92 S to US-50 E in Preston County
23 min (18.3 mi)
- Turn left onto US-50 E
52 sec (0.6 mi)
- Turn right onto WV-92 S
36 min (30.7 mi)
- Continue on US-33 E. Drive to WV-28 S in Circleville
1 hr 8 min (54.0 mi)
- Continue on WV-28 S to NRocks

Contact Information

- **NROCKS Outdoor Adventures:**
Address: 141 Nelson Gap Road, Circleville, WV 26804
Phone Number: (540) 437-9901

What to Pack

I've linked some of our exact products in case you are curious about what we wore/packed. But there is no need to purchase special gear for NRocks. Use what you already have and only purchase something if you don't have it.

Clothing:

- **Quick-dry t-shirts:** [husband](#), my kids and I just wore random lightweight t-shirts. My kids and I wish we would have packed moisture-wicking shirts. We got hot and it would have been more comfortable.
- **Lightweight hiking pants/shorts:** [leggings](#), husband and son wore lightweight basketball shorts
- **Moisture-wicking socks:** my son loves [these socks](#).
- **Weather-appropriate layers (sweatshirt, jacket):** We went in the summer so we only packed our raincoats but we didn't need them. Our family swears by [Columbia](#) and [Northface](#) lightweight raincoats.

Footwear:

- **Sturdy hiking boots or shoes with good grip:** [my hiking boots](#), [daughter's hiking boots](#), [son's hiking boots](#), [husband's tennis shoes](#)

Gear:

- **Climbing gloves (if preferred):** We did not bring these. Of the 4 people in my family, I am the only one who wishes I had brought some. My hands don't typically get sweaty but they were that day. I feel that having the gloves would have provided more grip on the metal rungs. That being said, the rest of my family feels their hands would have been more sweaty and they wouldn't have liked that.
- **Daypack:** [hydration backpack](#)
- **Water bottle:** [65 oz water bottle](#), in case you don't have a hydration backpack. *64 oz of water is recommended per person.*
- **Snacks (energy bars, trail mix):** We packed uncrustables, trail mix, and protein bars

Miscellaneous:

- Sunscreen
- First aid kit
- Camera/phone for photos
- GoPro

What to Wear

- Choose clothing layers based on the season
- Select footwear with good grip and support
- Prioritize comfort and mobility

Additional Resources

- <https://www.hellowanderlustfamily.com/nrocks-via-ferrata/>
- <https://www.nrocks.com/>

Thank you for downloading the NROCKS Via Ferrata Essential Guide! We hope this helps you have a safe and enjoyable adventure. Don't forget to share your experiences and tag us on social media.