APPENDIX E Inventory of Trails (in alphabetical order by trail name)

As noted in Chapter 4, there are 275 trails totaling 2,231.7 trail miles within the 13-county NCHA region.

- All thirteen counties offer day hikes and multi-use trails; six offer motorized trails for allterrain vehicles and dirtbikes; and four of the counties have access to a water trail.
- Fifty-nine of these trails are overseen and/or and managed by cities, counties, towns, private groups and/or private organizations for a total of 258.5 miles.
- Two hundred and nineteen trails totaling 1,835.9 miles are overseen, managed and, in most cases, maintained by state and federal agencies including the West Virginia Division of Natural Resources State Parks, West Virginia Division of Forestry, West Virginia Division of Natural Resources Wildlife Resources, National Park Service, U.S. Army Corps of Engineers and Hatfield-McCoy Regional Recreation Authority.

On the following pages is a list of all the trails in alphabetical order.

	NAME OF	LAND						
TVDE	_					DECORIDEION	WEDGITE	MADE
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
						A short trail starting near the first bathhouse in the campground and		
		Kanawha State			Day hike and	ending on Pine Ridge Trail. Non-campers can park at the campground		http://www.kanawhastateforest.co
Non-Motorized	#1 Store		0.3 mi.	Kanawha	mountain biking	entrance and hike to this trail. Moderate.	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
			0.5 m.	Kanawiia	inountain biking			ing Kanawinastate:.par
	Acorn Ridge	Pinnacle Rock			Day hike and			http://www.pinnaclerockstatepark.
Non-Motorized	Trail		2 mi.	Mercer	, mountain biking		http://www.pinnaclerockstatepark.com/	com/pinnaclerock.pdf
	Adahi Trail	Tri-State Area						
		Boy Scout Council						
		Non-Motorized		Cabell/Mas	Day hike and			
Non-Motorized		Trail	17 mi.	on	backpacking	17 mile multi user trail crossing over private land.		
	Alligator Rock							
	Trail							
		Kanawha State			Day hike and	A steep trail beginning on Shrewsbury Hollow Road above the pool and		http://www.kanawhastateforest.co
Non-Motorized		Forest	0.5 mi.	Kanawha	mountain biking	ending on Middle Ridge Road. Moderate to difficult.	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Arbuckle					Located 1.2 miles from the Thurmond Trailhead, this popular Thurmond		
	Connector					area hiking trail has some steep and rocky terrain making it a hike of		
	Trail					some difficulty. As the trail winds down the Gorge it passes alone		http://www.nps.gov/neri/planyour
		New River Gorge	0.2 mi	Faulta	Devekilee	abandon coke ovens and other stonework from an abandoned turn-of-		visit/upload/Trail-newsletter-
Non-Motorized		National River	0.2 mi.	Fayette	Day hike	the-century coal mining operation. Along these paths, hikers can capture the scenic beauty of the forest	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Ash Branch					and enjoy the many varieties of wildflowers and trees growing in the		
	Trail	Cabwaylingo				area. Overhanging rock cliffs can be found along several of these rustic		
Non-Motorized			1 mi.	Wayne	Day hike	trails.	http://www.cablingo.com	
Non Motorized	Backbone		± 1111.	Wayne	Day mike			
	Dackbone				Day hike,			
		Chief Logan State			mountain biking	Distance: 3 miles. Walking time: 2 hours. Rating: Moderate.		
Non-Motorized		-	3.0 mi.	Logan	and equestrian	The starting point is near the park office.	http://www.chiefloganstatepark.com/activities.html	
	Ballard			- J				
	Buildi G							
		Kanawha State			Day hike and			http://www.kanawhastateforest.co
Non-Motorized		Forest	1.5 mi.	Kanawha	mountain biking		http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Barboursville							
	Mtn. Biking &							
	Hiking Trails				Day hike and			
Non-Motorized	Thking Trans		21 mi.	Cabell	mountain biking			
	Barton Ridge							
	Trail							
Non-Motorized		Pluostono \4/\ 4A	1.2 mi	Summere	Day hika		http://www.bluctoncume.com/roorseties.btml	
Non-Wotorized		Bluestone WMA	1.3 mi.	Summers	Day hike		http://www.bluestonewma.com/recreation.html	<u> </u>
	Bearwallow				Day hike,			http://www.campcreekstatepark.c
	Road & Trail	Camp Creek State			mountain biking			om/Camp%20Creek%20State%20F
Non-Motorized			5 mi.	Mercer	and equestrian		http://www.campcreekstatepark.com/recreation.html	orest%20Trails.pdf
- Hon Wotonzeu		Hatfield McCoy						
	Bearwallow	Regional				Bearwallow is known for its difficult single track and most difficult level		http://www.trailsheaven.com/plan
	Trail System	Recreation				trails. This trail system has direct access to gas, food, and lodging in the	http://www.trailsheaven.com/planvourtrip/chooseatrail/be	yourtrip/chooseatrail/bearwallow/
Motorized Trail			67 mi.	Logan	ATV and dirt bikes		arwallow/default.aspx	map.aspx
		,				-0-	1 · · · · · · · · · · · · · · · · · · ·	in the second

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Beaver Creek							
	Trail	Little Beaver			Day hikes, mountain bikes	Many seasonal wildflowers and a stand of virgin pine and oak are features of this half-mile trail that encircles a portion of Beaver Creek.		
Non-Motorized			.05 mi.	Raleigh	and equestrian		http://www.littlebeaverstatepark.com/recreation.html	
	Beaver Pond							
	Trail							
Non-Motorized		USACE - Beech Fork Lake	1.3 mi.	Wayne	Day hike			
Non-Notorized	Beckley Rail		1.5 m.	wayne				
	Deckley Kall				Day hikes,			
						Beckley Rail Trail is located in the City of Beckley. It is also known as the		
Non-Motorized		Beckley	4 mi.	Raleigh	ADA	Lewis McManus Trail.		
	Beech Glen							
	Trail	Kanawha State			Day hike and	This trail starts in Polly Hollow and ascends to Wildcat Ridge Trail.		http://www.kanawhastateforest.co
Non-Motorized		Forest	1.5 mi.	Kanawha	mountain biking		http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Beech Ridge					Along these paths, hikers can capture the scenic beauty of the forest and enjoy the many varieties of wildflowers and trees growing in the		
		Cabwaylingo				area. Overhanging rock cliffs can be found along several of these rustic		
Non-Motorized			2 mi.	Wayne	Day hike	trails.	http://www.cablingo.com	
	Belcher							
	Mountain							
Motorized Trail	Trail		4.6 mi.	McDowell				
	Below Dam			ineb official				
	Trail							
		USACE - East Lynn		14/	Development		http://corpslakes.usace.army.mil/visitors/projects.cfm?ld=H	
Non-Motorized	Bertha Trail	Lake	0.5 mi.	Wayne	Day hike		105190#Activity	
	Bertha Trail							
Non-Motorized		Bluestone WMA	1.3 mi.	Summers	Day hike		http://www.bluestonewma.com/recreation.html	
	Dig Dianen	NPS - New River Gorge National						
	Loop Trail	River - Sandstone						
Non-Motorized		Falls Area	2 mi.	Summers	Day hike			
	Big Branch							
	Trail	New River Gorge National River						http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized			1.9 mi.	Summers	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Big Buck Trail				· ·			
	-							http://www.nps.gov/neri/planyour
Non-Motorized		New River Gorge National River	0.8 mi.	Raleigh	Day hikes		http://www.nps.gov/neri/planyourvisit/hiking.htm	visit/upload/Trail-newsletter- 2009c.pdf
	Big Pine		0.0 mi.	naleigh	Day mikes			Excellent Site map but no trails
								featured at
		Bluestone State						http://www.bluestonewma.com/bl
Non-Motorized		Park	1.7 mi.	Mercer	Day hikes		http://www.bluestonesp.com/	uestonewildlifemanagementarea.p

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	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Billy's Goat Gruff	Little Beaver State Park	0.6 mi.	Raleigh	Day hikes, mountain biking, equestrian	This is a challenging bike trail full of rocks and steep inclines. It is an extreme .6 mile challenge.	http://www.littlebeaverstatepark.com/recreation.html	
Non-Motorized	Black Bear Mountain Bike Trail	Kanawha State Forest	1 mi.	Kanawha	Day hike and mountain biking		http://www.kanawhastateforest.com/hiking.html	http://www.kanawhastateforest.co m/kanawhastate.pdf
Non-Motorized	Blue Jay Ridge Road & Trail	Camp Creek State		Mercer	Day hikes		http://www.campcreekstatepark.com/recreation.html	http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F orest%20Trails.pdf
Non-Motorized	Blue Jay Spur Trail		0.7 mi.	Mercer	Day hikes		http://www.campcreekstatepark.com/recreation.html	http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F orest%20Trails.pdf
Non-Motorized	Bluefield City Park Hiking and Biking	City of Bluefield Parks and Recreation Dept. Trail System	5.5 mi.	Mercer	Day hikes and mountain biking		http://cityofbluefield.com/index.php?option=com_content& task=view&id=64&Itemid=72	
Non-Motorized	Bluestone Turnpike Trail	NPS - Bluestone National Scenic River	7.2 mi.	Summers	Day hikes, backpacking and mountain biking			
Non-Motorized	Boat Launch Trail	Upper Mud WMA	0 5 mi	Lincoln	Day hike	Lake: 306 acres - boat motors limited to 10 hp. Two boat ramps Game Fish: largemouth bass, bluegill, channel catfish, crappie, muskellunge.	http://www.wvdnr.gov/Hunting/D5WMAareas.shtm#67d5	
Non-Motorized	Boundary Trail	Bluestone State			Day hike			Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p
Non-Motorized	Bridge Trail	NPS - New River Gorge National			Day hike			http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter- 2009c.pdf
Non-Motorized	Brooklyn Mine Trail	NPS - New River Gorge National			Day hike and mountain biking			http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter- 2009c.pdf
Rail-Trail	Brush Creek Falls Rail-Trail	The Nature Conservancy of			Day hike			20050.pui
Non-Motorized	Buck Run	Twin Falls State			Day hike		http://www.twinfallsresort.com/recreation.html	http://www.twinfallsresort.com/Tw inFallsStateParkTraileGuide.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Buffalo Creek							
	Trail							
Non-Motorized		Bluestone WMA	2 8 mi	Summers	Day hike		http://www.bluestonewma.com/recreation.html	
	Buffalo		2.0 m.	Jummers	Duymike			
	Mountain	Hatfield McCoy				The Buffalo Mountain Trail System has two trailheads, the first is		
	Trail	Regional				located just south of Williamson on Route 52, and the second is located		
	iran	Recreation Authority Trail				in historic Matewan and it also connects with Town of Delbarton. The Trail commonly known as the most historic trail of all the Hatfield-	http://www.trailsheaven.com/planyourtrip/chooseatrail/buf	http://www.trailsheaven.com/plan
Motorized		-	86.3 mi.	Mingo			falomountain/default.aspx	tain/map.aspx
	Buffalo Trail	oystem.	00.0 11.	1111150				
					Day hike,	Distance: 2.2 miles. Walking time: 1 hour. Rating: Moderate.		
		Chief Logan State			•	The starting point is across from shelter 1. The trail has a short but very		
Non-Motorized		Park	2.2 mi.	Logan	and equestrian	steep climb	http://www.chiefloganstatepark.com/activities.html	
	Burch High							
	School	Burch High						
Non-Motorized	Walking Track	School	0.2 mi	Mingo	Walking Track			
	Burning Rock					For your convenience, the trails are open 365 days a year. Only a short		
	Off-Road Park	Burning Rock Off- Road Park Trail				drive from the McKinney Mountain Exit of the Coalfield Expressway, the		
Motorized Trail	Trail System		100 mi.	Raleigh	ATV and dirt bikes	trailhead amenities include: on-site parking, permit & souvenir sales, and restrooms	http://www.burningrockwv.com/	
	Burnwood	oystem.	100	indici Bil				
	Nature Trail	NPS - New River						http://www.nps.gov/neri/planyour
		Gorge National						visit/upload/Trail-newsletter-
Non-Motorized		River	1.2 mi.	Fayette	Day hike			2009c.pdf
	Butcher	New River Gorge						http://www.nps.gov/neri/planyour
	Branch Trail	National River						visit/upload/Trail-newsletter-
Non-Motorized		Trail System	0.7 mi.	Fayette			http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Cabin Trail							Excellent Site map but no trails
		Bluestone State						featured at http://www.bluestonewma.com/bl
Non-Motorized			0.4 mi.	Mercer	Day hike		http://www.bluestonesp.com/	uestonewildlifemanagementarea.p
	Camp							
	Arrowhead	Tri-State Area						
Non-Motorized	Trail	Boy Scout Council		Caball				
Non-Wotonzed		Trail System	22.4 mi.	Cabell				
	Camp Creek							http://www.campcreekstatepark.c
	State Park and	Camp Creek State						om/Camp%20Creek%20State%20F
Non-Motorized	Forest Trail	Park and Forest	40 mi.	Mercer			http://www.campcreekstatepark.com/recreation.html	orest%20Trails.pdf
	Canyon Rim					A short hiking trail descends into the gorge on a wooden boardwalk.		
	Boardwalk					The boardwalk has two observation decks which offer unobstructed		
		New River Gorge				views of the longest steel arch span in the western hemisphere and the		http://www.nps.gov/neri/planyour
		National River				mile wide gorge it spans. A fully accessible ramp provides access to the		visit/upload/Trail-newsletter-
Non-Motorized		Trail System	0.1 mi.	Fayette		upper observation deck.	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Canyon Rim							
	, Trail							
Non-Motorized		Pipestem Resort State Park	0.7 mi.	Summers	Day hike			
Non-Wiotonzed	Castle Rock	New River Gorge		Summers	Day IIIke			
	Trail	National River						http://www.nps.gov/neri/planyour
	i i dii	Trail System -						visit/upload/Trail-newsletter-
Non-Motorized		Grandview Visitor	0.5 mi.	Raleigh	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	CCC Snipe							
	Trail	Kanawha State			Day hike and	This interpretive trail starts at the group camp area behind the pool and		http://www.kanawhastateforest.co
Non-Motorized		Forest	0.8 mi.	Kanawha	mountain biking	ends at Shrewsbury Hollow Road and Mossy Rock Trail. Easy.	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Cedar Branch							Map shows WMA campgrounds
	Trail							etc. but not specific trails.
Non Meterical		Divertene M/MA	1 E mi	Summore	Day bika		http://www.hluottopoumo.com/regrestion.html	http://www.bluestonewma.com/bl
Non-Motorized	Charleston	Bluestone WMA	1.5 mi.	Summers	Day hike		http://www.bluestonewma.com/recreation.html	uestonewildlifemanagementarea.p
	Riverfront							
		Charleston Parks			Day hike and		http://www.cityofcharleston.org/government/city-	
Non-Motorized	Trail		5 mi.	Kanawha	mountain biking		departments/parks-recreation	
	Church Loop	NPS - New River						
	Trail	Gorge National River - Thurmond,			Day hike and			http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized		Minden, Cunnard		Fayette	mountain biking		http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Cliff Side Trail			, ette				
		Twin Falls State						http://www.twinfallsresort.com/Tw
Non-Motorized		Park	3 mi.	Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	inFallsStateParkTraileGuide.pdf
	Cliffside Trail							
					Day hike,	Distance: 1.1 miles. Walking time: 45 minutes. Rating: Easy.		
		Chief Logan State			_	The starting point is near the park office. The trail begins with a		
Non-Motorized		Park	1.1 mi.	Logan	and equestrian	short climb and levels off.	http://www.chiefloganstatepark.com/activities.html	
	Cliffside Trail							
						The Cliffside Trail starts at the lodge and follows the canyon side cliffs to		
						the Hawks Nest Overlook. The trail offers excellent opportunity for		
						examination of the geology and New River forest ecosystem. The trail is		
		Hawks Nest State				average difficulty with some steep slopes and sturdy shoes are		
Non-Motorized		Park	2 mi.	Fayette	Day hike	recommended. Distance 2 mile.		
	Coal Heritage							
	Trail National							
	Scenic Byway			Fayette,		Wind through mountains and valleys showcasing America's remarkable		
				McDowell,		industrial heritage. The region commemorates the history and culture of		
				Wyoming, Morcor		the coal industry and the impact it has had on the physical and social environment. Numerous resources line the corridor, including coal		
Scenic Byway		Multiple Counties	157 mi	Mercer, Raleigh,	Driving Tour	company towns, tipples, railroad structures and reclaimed mining lands.	http://www.byways.org/explore/byways/10346/	
Jeenne Dyway		manupic counties	1.57 mm.			termpuny towns, upples, run out structures and reclaimed mining lands.	1100-0/	

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Coal Mine							
	Trail							
						Distance: 1 miles. Walking time: 45 minutes. Rating: Moderate.		
						This trail starts in the campground behind campsite 2. The trail follows a		
		Chief Logan State			mountain biking	mine tram road passing old mine openings and a tipple site. Because of		
Non-Motorized		Park	0.8 mi.	Logan	and equestrian	steep drops children should not take this trail unsupervised.	http://www.chiefloganstatepark.com/activities.html	
	Coonskin	Kanawha County						
	Fitness Trail	Parks and			Day hike and			
Non-Motorized		Recreation	1 mi.		Fitness	Located in Coonskin Park	http://www.kcprc.com/	Maps available at Park
	Coonskin							
	Nature Trail	Kanawha County						
		Parks and	4 5 .		Day hike and			
Non-Motorized		Recreation	1.5 mi.	Kanawha	interpretive center	Located in Coonskin Park Along these paths, hikers can capture the scenic beauty of the forest	http://www.kcprc.com/	Maps available at Park
	Copely Trail					and enjoy the many varieties of wildflowers and trees growing in the		
		Cabwaylingo				area. Overhanging rock cliffs can be found along several of these rustic		
Non-Motorized		State Forest	3 mi.	Wayne	Day hike	trails.	http://www.cablingo.com	
	Cottage Trail							
		Dia astrono Danast			Dave billing and another			
Non-Motorized		Pipestem Resort State Park	0.2 mi.		Day hike and cross country skiing			
Non-Motorized	Cougar		0.2 mi.	Jummers	country sking			
	Cougai	Kanawha County				Located in Coonskin Park with portions crossing onto private land.		
		Parks and				Current plans are to reroute trail so that it stays within the Park		
Non-Motorized		Recreation	1.4 mi.	Kanawha	Day hike	boundaries.	http://www.kcprc.com/	Maps available at Park
	Country			Poono				
	Roads State			Boone, Logan,				
State Byway	Byway		139 mi.		Driving Tour			
	County Line				0			
	Trail				Day hike,			
	-	Pipestem Resort	10		mountain biking			
Non-Motorized		State Park	1.9 mi.	Summers	and equestrian			
	Craig Branch							
	Trail	New River Gorge						http://www.nps.gov/neri/planyour
Non-Motorized		National River Trail System	2.3 mi.	Fayette			http://www.nps.gov/neri/planyourvisit/hiking.htm	visit/upload/Trail-newsletter- 2009c.pdf
	Crane Branch	Tan System	2.5 mi.	ayette				
		Dapthor Wildlife						
		Panther Wildlife Management						http://www.pantherstateforest.co
Non-Motorized			0.5 mi.	McDowell	Day hike	Looped trail featuring Buzzard Roost Overlook	http://www.pantherstateforest.com/recreation.html	m/Panther_map.pdf
	Creek Bed				.,			
					Day hike,			
		Little Beaver			mountain biking,			
Non-Motorized		State Park	0.4 mi.	Raleigh	and equestrian	A moderate .4 mile of wooded trail for bikers and hikers.	http://www.littlebeaverstatepark.com/recreation.html	

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	IENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Crumps	MARAGEN	LENGTH		OSERS			Map shows WMA campgrounds
	Bottom Road							etc. but not specific trails.
	Trail		_ ·	c				http://www.bluestonewma.com/bl
Non-Motorized		Bluestone WMA	5 mi.	Summers	Day hike		http://www.bluestonewma.com/recreation.html	uestonewildlifemanagementarea.p
	Cub Trail	Kanawha County						
		Parks and						
Non-Motorized		Recreation	0.4 mi.	Kanawha	Day hike	Located in Coonskin Park	http://www.kcprc.com/	Maps available at Park
	Damsite Trail							http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
		USACE - East Lynn				1 mile round-trip. Trailheads below Dam and Damsite. Difficulty -		tem_id=7420&destination=ShowIte
Non-Motorized		Lake		Wayne	Day hike	moderate. Terrain - Steep climb from below dam to damsite.	http://www.lrh.usace.army.mil/projects/lakes/elt/	m
	Davis Creek							
Non-Motorized		Kanawha State Forest	2.5 mi.	Kanawha	Day hike and mountain biking		http://www.kanawhastateforest.com/hiking.html	http://www.kanawhastateforest.co m/kanawhastate.pdf
Non-Wotonzeu	Deer Crossing	TOTESC	2.5 m.	Kanawna				
	Deer Crossing				Day hike,			http://www.campcreekstatepark.c
		Camp Creek State			mountain biking			om/Camp%20Creek%20State%20F
Non-Motorized		Park	1.2 mi.	Mercer	and equestrian		http://www.campcreekstatepark.com/recreation.html	orest%20Trails.pdf
	Deer Loop				Day hike,			
		Little Beaver				An open trail with .8 miles of changing terrain. The trail changes from an		
Non-Motorized			0.4 mi.	Raleigh	-	open field to a steep wooded incline.	http://www.littlebeaverstatepark.com/recreation.html	
	Deer Trail							
		Little Beaver			Day hike,	An energy trail with Queiles of charging towning. The trail charges from an		
Non-Motorized			0.8 mi.	Raleigh		An open trail with .8 miles of changing terrain. The trail changes from an open field to a steep wooded incline.	http://www.littlebeaverstatepark.com/recreation.html	
	Den Tree Trail			nureign				
		Pipestem Resort			a 1.1			
Non-Motorized		State Park	0.6 mi.	Summers	Day hike		http://www.pipestemresort.com	
	Dog Pool							
	Ridge Trail							
Non-Motorized		Upper Mud WMA	1.2 mi.	Lincoln	Day hike		http://www.wvdnr.gov/Hunting/D5WMAareas.shtm	
	Dogwood							
	Trail	Pipestem Resort						
Non-Motorized			0.6 mi.	Summers	Day hike		http://www.pipestemresort.com	
	Drift Branch	-			, -			1
						Leading from Panther Creek's picnic area to a fire tower at the forest's		
						highest point , 2,100 feet, this trail follows Drift Branch of Panther Creek		
						through oak forest. Though all uphill with steep grades, the trail rewards		
		Panther State				hikers with panoramic views of Virginia, Kentucky, and West Virginia. 3 miles round trip, difficult. Trailhead at		
Non-Motorized			1.5 mi.	McDowell		Cowshed picnic area.	http://www.pantherstateforest.com/recreation.html	

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	East Fork Trail	USACE - East Lynn Lake	2 mi.		Day hike	Trailhead - East Fork Campground, Area 1 (campers only). Length 1.2 mile. Difficulty - Moderate. Terrain - creek crossings, rocky terrain, mowed portions.	http://www.lrh.usace.army.mil/projects/lakes/elt/	http://www.lrh.usace.army.mil/_kd /ltems/actions.cfm?action=Show&i tem_id=7420&destination=ShowIte m
Non-Notonized	East River	Lake	2 1111.	wayne	Day mke			
	Mountain							
Non-Motorized	Trail		0.2 mi.	Mercer	Day hike			
	Elk River Rail-					The Trail follows the river . Elk River Rail Trail: A 1-mile (1.6 km) rail trail that currently extends in Coonskin Park in Kanawha County just north of		
	Trail					Charleston. The remainder of the disused line towards Morgantown		
		Kanawha County				may be converted into a rail trail. Also, the extension of the runways at		
Dell Tred		Parks and	4		Day hike and	Yeager Airport has damaged the trail to make it nearly impassible at		Maps available at Park - 304-341-
Rail-Trail	Elkhorn Creek	Recreation	1 mi.	Kanawha	mountain biking	several places.	http://www.wvrtc.org/trails/index.html	8000
Water Trail	Fishing Trail	New River Gorge National River Trail System	17.6 mi.	McDowell	Water Trail	Most prolific rainbow trout streams in West Virginia.	http://sites.google.com/site/mcdowellcountywvtourism/Ho me/hunting-and-fishing-in-mcdowell-county/fishing- information-for-mcdowell-county	http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter- 2009c.pdf
	Endless Wall		17.0 mi.	Mebowen		Among the wonders of the national river, The Endless Wall hiking trail is	· · · · ·	20030.001
	Trail .	New River Gorge National River				an unbroken cliff line that follows the rim of the New River Gorge for two miles. Incredible panoramas accompany hikers as the trail leads across the top of the cliffs through gnarled pine, mossy boulders, and	http://www.newriverwv.com/Recreation_Hiking_Trails_Endl	http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized		Trail System	2.2 mi.	Fayette	Day hike	dark thickets of rhododendron. 1.0 miles moderate hiking	<u>es_Wall_Trail.php</u>	2009c.pdf
	Falls Trail	Twin Falls State						http://www.twinfollorocost.com/Twi
Non-Motorized		Park		Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	http://www.twinfallsresort.com/Tw inFallsStateParkTraileGuide.pdf
	Farley Branch	Camp Creek State				More detailed map http://www.campcreekstatepark.com/Camp%20Creek%20State%20Par		http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F
Non-Motorized		Park	1.4 mi.	Mercer	Day hike	k.pdf	http://www.campcreekstatepark.com/recreation.html	orest%20Trails.pdf
	Farley Loop							
		Pipestem Resort						
Non-Motorized		State Park	3 mi.	Summers	Day hike		http://www.pipestemresort.com	
	Farley Ridge	Camp Creek State			Day hike, mountain biking			http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F
Non-Motorized		Park	2.3 mi.	Mercer	and equestrian		http://www.campcreekstatepark.com/recreation.html	orest%20Trails.pdf
	Farm Heritage							
	Road Backway			Summers				
State D			77 m= :	and other	Driving Tour			
State Byway			27 mi.	counties	Driving Tour			

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Fayette							
	County Park	Foundation Community			Dave billing a start			
Non-Motorized	Trails	Fayette County Park	10 mi.	Fayette	Day hike and mountain biking		http://www.wvexp.com/index.php/Fayette_County_Park	
Non-Motorized	Fayetteville		10 mi.	Tayette		Many of the trails in the Fayetteville area were designed and built by		
	Trails					volunteers. Some of the trails existed before the park acquired the		
	11 alls					property, but needed maintenance or trail re-routing. The park was		
		New River Gorge				assisted in some of the preliminary trail design and construction by a		
		National River				Trail Care Crew from the International Mountain Bike Association		
		Trail System				(IMBA). The trails in the Fayetteville area can be accessed from a		
		Photos:				number of different trailheads, and allow connections to trails in the		
		http://www.nps.g ov/neri/planyour				Kaymoor area (and beyond). The most popular trailhead is probably		http://www.ppg.gov/pori/planuour
		visit/fayetteville_				located at the Fayetteville Town Park, where visitors also have access to the town playground, a .5 mile paved walking trail, and might be able to		http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized		trails.htm	3.9 mi.	Fayette	Day hike	take in a baseball or softball game.	m	2009c.pdf
	Fern Trail			- /			_	
		Kanawha County						
		Parks and						
Non-Motorized		Recreation	0.2 mi.	Kanawha	Day hike	Located in Coonskin Park	http://www.kcprc.com/	Maps available at Park
	Fire Tower	Panther Wildlife						
	Trail	Management						http://www.pantherstateforest.co
Non-Motorized		Area	0.3 mi.	McDowell	Day hike	Featuring a Fire Tower located at 2100 elevation	http://www.pantherstateforest.com/recreation.html	m/Panther_map.pdf
	Fire Trail							
		Kanawha County						
		Parks and	. . .					
Non-Motorized	F '-b	Recreation	0.7 mi.	Kanawha	Day hike	Located in Coonskin Park	http://www.kcprc.com/	Maps available at Park
	Fisherman's					Fisherman's Trail- is a short trail following the rivers' edge starting at		
	Trail					the public boaters access areas. The trail provides access for fishing and		
		Hawks Nest State				vantage point to see the Hawks Nest Dam. Public access to the dam and		
Non-Motorized		Park	1 mi.	Fayette	Day hike	industrial site is prohibited.		
	Fisherman's							
	Trail					This is a short trail following the river's edge stating at the public access		
		Babcock State				area. The trail provides access for fishing and for view of Hawks Nest		http://www.babcocksp.com/babco
Non-Motorized		Park	2 mi.	Fayette	Day hike	Dam. Public access to the dam and industrial site is prohibited.	http://www.babcocksp.com/recreation.html	ck.pdf
	Fishing Trail							
		USACE - R.D.				Foot trails (Hiking) are located at the Salt River, Ridge Top, and Justice		
			0.5 mi.	Wyoming	Day hike		http://www.lrh.usace.army.mil/projects/lakes/rdb/	
	Fitness Trail							
	-				Day hike,	Distance: 1 mile. Walking time: 45 minutes. Rating: Easy.		
		Chief Logan State	4		_	The starting point for this trail is across from the multipurpose building		
Non-Motorized		Park	1 mi.	Logan	and equestrian	and has a series of exercise stations along it.	http://www.chiefloganstatepark.com/activities.html	
	Fitness Trail							
		Lincoln Primary			Walking and			
Non-Motorized		Care Center	0.25 mi.	Lincoln	fitness trail			

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Flood Wall							
	Path							
			1.2		Day hike and			
Non-Motorized		Williamson	1.3 mi.	Mingo	mountain biking			
	Garden Trail							
	of the Five	Charleston Parks					http://www.cityofcharleston.org/government/city-	
Non-Motorized	Senses	and Recreation	.05 mi.	Kanawha	Day hike		departments/parks-recreation	
	George's Fork					Length: 0.25 miles one-way		
	Trail					Starting point behind George's Fork Picnic Shelter. Trail leads to		
		Panther State				Buzzard's Roost Overlook.	http://www.mountaintravelguide.com/Hiking%20Trails/Wes	
Non-Motorized		Forest	0.5 mi.	McDowell	Day hike	Located in Panther State Forest.	tVirginia/mcdowell/GeorgesForkTrail.htm	Excellent Site map but no trails
	Giles, Fayette,							featured at
	Kanawha	Bluestone State						http://www.bluestonewma.com/bl
Non-Motorized	Turnpike	Park	1 mi.	Mercer	Day hike		http://www.bluestonesp.com/	uestonewildlifemanagementarea.p
	Glade Creek					This popular New River Gorge hiking trail winds through hemlock forest		
	Trail					and thickets of rhododendron, offering views of several waterfalls along		
						the course of Glade Creek, one of the more popular trout fishing		
						streams in the New River Gorge area. The Glade Creek Trail provides a		
						connection to Kates Fall Trail. The 7-mile Glade Creek Road was closed		
						during most of 2003 due to flooding and has yet to be reopened. Please		
						check back for updates on access via this road! Also, drive slowly and		
		New River Gorge				carefully on Batoff Mountain Road. This is a rather narrow, very winding, typical two-lane West Virginia "backroad" with a very steep		http://www.nps.gov/neri/planyour
		National River				grade (use extra caution (and low gearing) if you are towing a boat or		visit/upload/Trail-newsletter-
Non-Motorized		Trail System	10.3 mi.	Fayette	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm and http:,	
	Glenwood	,		,	,			· · · ·
	Park Trail				Day hike, fitness,			
	System	Glenwood			mountain biking,			
Non-Motorized	-	Recreational Park	9.4 mi.	Mercer	ADA		http://glenwoodparkwv.com/	
	Goose Neck							
	Trail	Beech Fork Trail						
Non-Motorized		System	2.0 mi.	Wayne	Day hike			
	Grandview	,		,	,			
	Rim Trail	New River Gorge						http://www.nps.gov/neri/planyour
		National River						visit/upload/Trail-newsletter-
Non-Motorized		Trail System	1.5 mi.	Raleigh	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Guyandotte					Distance: 1.1 miles. Walking time: 1 hour. Rating: Difficult.		
	Beauty Trail				Day hike,	The starting point is at the head of Mud Lick Hollow. On this		
		Chief Logan State			mountain biking	trail you may see the endangered wildflower species the Guyandotte		
Non-Motorized		Park	1.1 mi.	Logan	and equestrian	beauty blooming in May. Abandoned coal mines also may be seen.	http://www.chiefloganstatepark.com/activities.html	
	Gwinn Ridge							
	Trail	New River Gorge				Loop trail deconding through a really forest. Includes some assuit		http://www.nps.gov/neri/planyour
Non-Motorized		National River Trail System	3.0 mi.	Summers	Day hike	Loop trail descending through a rocky forest. Includes some scenic	http://www.nps.gov/neri/planyourvisit/hiking.htm	visit/upload/Trail-newsletter- 2009c.pdf
Non-wotorized		irali system	5.0 IIII.	Summers	Day hike	views of the gorge.	וויניף.// www.nps.gov/nen/pianyourvisit/niking.ntm	2009c.pui

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	GYSP Trail	Hawks Nest State	4.5	F14	Deukila	The trail is named for the summer maintenance crew that dug this trail into the hillside down to the river area. The trail provides an excellent hike to the river and features a series of switch backs and steps through a beautiful mature forest. The trail comes out at the river boater parking lot, hikers can purchase a one-way ticket on our tramway (in season) to hitch-hike back up mountainside. A great place to view wildlife. Sturdy		
Non-Motorized	Hamlin	Park	1.5 mi.	Fayette	Day hike	close-toe shoes are recommended	http://www.hawksnestsp.com/recreation.htm	
Non-Motorized	Walking Track and Fitness	Lions Club	0.25 mi		Walking and fitness track		http://www.lincolnprimarycare.com/	
Non-Motorized	Harts Fitness Trail	Harts	0.25 mi.		Walking and fitness track			
	Hawks Nest Rail-Trail Photo at http://www.hawks nestsp.com/recrea tion.htm	Town of Ansted				The 1.8 mile (one way) trail is an easy walking, gravel trail featuring two trestles and many waterfall vantage points. The trail is a great place for a short stroll or connection to the river via a bike. The trail can be a circle trail using the River Road (vehicle traffic) or by connecting a lift on the tramway. The trail is maintained by the town of Ansted and trail		
Rail-Trail	Hemlock Falls Trail	Rail-Trail System Kanawha State			Day hike Day hike and	This trail follows an old gas well road out of Polly Hollow and turns west	http://www.hawksnestsp.com/recreation.htm	http://www.kanawhastateforest.co
Non-Motorized	Hemlock Trail	Kanawha County Parks and			mountain biking Day hike		http://www.kanawhastateforest.com/hiking.html http://www.kcprc.com/	m/kanawhastate.pdf Maps available at Park
Non-Motorized	Hemlock Trail	Twin Falls State			Day hike		http://www.twinfallsresort.com/recreation.html	http://www.twinfallsresort.com/Tw inFallsStateParkTraileGuide.pdf
Non-Motorized	Homestead Trail	Pinnacle Rock State Park	4 mi.	Mercer	Day hike and mountain biking		http://www.pinnaclerockstatepark.com/	http://www.pinnaclerockstatepark. com/pinnaclerock.pdf
Non-Motorized	Horse By-Pass	Camp Creek State Park		Mercer	Equestrian	More detailed trail with amenities http://www.campcreekstatepark.com/Camp%20Creek%20State%20Par k.pdf	http://www.campcreekstatepark.com/recreation.html	http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F orest%20Trails.pdf
Non-Motorized	Horsepen Knob Trail	Twin Falls State Park	2.5 mi.	Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	http://www.twinfallsresort.com/Tw inFallsStateParkTraileGuide.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Huckleberry							
	Trail	T . F H C						
Non-Motorized		Twin Falls State Park	1.3 mi.	Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	http://www.twinfallsresort.com/Tw inFallsStateParkTraileGuide.pdf
Non-Wotonzeu	Hurricane	Faix	1.5 mi.	vvyoning	Day IIIke			
	Branch Trail							
		Panther State						
Non-Motorized		Forest	1.3 mi.	McDowell	Day hike		http://www.pantherstateforest.com/recreation.html	
	Indian Ridge	Hatfield McCoy				The Indian Ridge Trail System has one trailhead with a two-acre parking		
	Trail System	Regional Recreation				area and restrooms. This trail offers a nice variety of trails for all difficulty levels. This trail system offers community access to the Town	http://www.trailsheaven.com/planyourtrip/chooseatrail/ind	http://www.trailsheaven.com/plan
Motorized Trail		Authority Trail	63 mi.	McDowell	ATV and dirt bikes	of Northfork and the Town of Keystone.	ianridge/default.aspx	map.aspx
	Indian Trail					Along these paths, hikers can capture the scenic beauty of the forest		
						and enjoy the many varieties of wildflowers and trees growing in the		
		Cabwaylingo				area. Overhanging rock cliffs can be found along several of these rustic		
Non-Motorized		State Forest	3.0 mi.	Wayne	Day hike	trails.	http://www.cablingo.com	
	Island Loop	New River Gorge						http://www.ppc.cov/pori/plonuour
	Trail	National River						http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized		Trail System	0.6 mi.	Raleigh	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	John Slack					Pool, mini-golf, concession stand.		
	Park Walking					Located at John Slack Park, John Slack Circle, Racine, WV		
	Trail	Boone County				Shelters for rent by the day Public access for small watercraft,		
Non-Motorized		Commission		Boone	Day hike	playground equipment, softball field, restroom facilities, tennis courts,		
	Johnson							
	Hollow Trail	Kanawha State			Day hike and	This trail starts behind Shelter #7 and ends at Middle Ridge Road. Easy		http://www.kanawhastateforest.co
Non-Motorized		Forest	0.8 mi.	Kanawha	mountain biking		http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Junkyard Trail							
	,	New River Gorge						http://www.nps.gov/neri/planyour
		National River						visit/upload/Trail-newsletter-
Non-Motorized		Trail System	0.2 mi.	Fayette			http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Justice Trail							
		USACE - R.D.				Foot trails (Hiking) are located at the Salt River, Ridge Top, and Justice		
Non-Motorized		Bailey Dam	0.8 mi.	Wyoming	Day hike		http://www.lrh.usace.army.mil/projects/lakes/rdb/	
	Kanawha							
	Trace					The Kanawha Trace is a 31.68-mile foot trail running from Barboursville,		
						WV, at the confluence of Mud and Guyandotte Rivers, to Frazier's		
						Bottom, WV on the Kanawha River. With the exception of public roads,		
						the trail is located in its entirety on private property. Hiking Trail with		
						loop trail options: 2-Mile Loop (Ol' Baldy Trail) - This loop starts and stays in Camp Arrowhead. This loop is also known as		
						the Ol' Baldy Loop trail and is used for the annual Fall Hike in October.		
						5-Mile Loop -This loop also starts in Camp Arrowhead. When starting this loop		
						you can either start on the Kanawha Trace or the Adahi Trail.		
						10-Mile Loop - This loop also starts in the parking lot of Camp Arrowhead. This		
Non-Meterized			21 68 mi	Cabell		loop has the same option as the 5-mile loop as to what trail to start on.	http://webpages.marshall.edu/~kyle4/index.html	
Non-Motorized		I	31.68 mi.		Ţ	L	Internet webpages.maisnan.euu/ kyie4/inuex.numi	I]

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Kates Falls		_					
	Trail					1.6 miles one-way - difficult hiking		
		New River Gorge				4.5 miles of Glade Creek Trail must be hiked to reach this trail.		http://www.pps.gov/pori/planyour
		National River				Enjoy the spray of scenic Kates Falls as you hike this trail. The steep, rocky portion of the trail past the falls is a connector trail to the Kates		http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized		Trail System	1.6 mi.	Fayette	Day hike	PlateauTrail. Go left at the end of this section to hike Kates Plateau Trail.	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Kates Plateau					4.0 miles loop - moderate hiking & 4.5 miles of Glade Creek Trail and		
	Trail					part of Kates Falls Trail must be hiked to reach this trail.		
		New River Gorge				Prepare for a beautiful experience as you follow this old logging road through the woods. Explore a wetland found just off the trail. In early		http://www.nps.gov/neri/planyour
		National River				July look for the state flower, Great Rhododendron, in		visit/upload/Trail-newsletter-
Non-Motorized		Trail System	4.9 mi.	Fayette	Day hike	bloom.	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Kaymoor							
	Miners Trail					A 1/2 mile trail sounds easy, right? This difficult trail is one of the		
		New River Gorge				harshest as it literally descends 1,000 feet down the face of the gorge		http://www.nps.gov/neri/planyour
Non-Motorized		National River Trail System	0.6 mi.	Fayette	Day hike	through switchbacks, staircases and slippery trails. The top affords views of the gorge while the bottom features old mining ruins and coke ovens.		visit/upload/Trail-newsletter- 2009c.pdf
Non-Motorized	Kaymoor Trail		0.0 mi.	Tayette	Day Inke			20050.001
		New River Gorge				This trail follows an old roadbed to the Kaymoor mine site. A series of steps leads down to the coke ovens. Along the path you can catch a		http://www.ppg.gov/pori/planuour
		National River			Day hike and	glimpse of the town's mining past, including derelict buildings, old mine		http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized			8.3 mi.	Fayette	mountain biking	entrances and ruins.	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Keeneys Creek							
	RR Trail	New River Gorge						http://www.nps.gov/neri/planyour
Non-Motorized		National River Trail System	3.3 mi.	Equatto		Picture at http://www.flickr.com/photos/timberwolf1212/4027529617/	http://www.ppg.gov/pori/planyoupvisit/hiking.htm	visit/upload/Trail-newsletter- 2009c.pdf
Non-Wotonzeu	Lake Shore	Trail System	5.5 m.	Fayette				20090.001
	Trail				Day hike,	Distance: 1.1 miles. Walking time: 45 minutes. Rating: Easy.		
	i i dii	Chief Logan State			mountain biking	The starting point is at the lower end of the lake. Many spring wild		
Non-Motorized		Park	1.1 mi.	Logan	and equestrian	flowers may be seen along the trail.	http://www.chiefloganstatepark.com/activities.html	
	Lake Shore				mountain biking,			
	Trail				equestrian and			
		Pipestem Resort	2.2	C	cross country			
Non-Motorized	Laka Stanbana		2.2 mi.	Summers	skiing		http://www.pipestemresort.com	
	Lake Stephens							
	Mountain							
		Raleigh County						
	Trail	Recreation	4 C	Deleich	Day hike &	- Gary Morefield - Earth, Wind, & Tire Cycling (304)673-5002 can		
Non-Motorized	Lakasida Trail	Authority	4.6 mi.	Raleigh	mountain biking	provide additional information on this trail system	http://www.earthwindandtire.us/	
	Lakeside Trail							
Non-Motorized		Laurel Lake WMA	1.5 mi.	Mingo	Day hike		http://www.laurellakewma.com/recreation.html	
	Lakeside Trail							http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
		USACE - East Lynn				Trailhead at Lakeside Picnic Area. Length - 1.2 mile loop. Difficulty -		tem_id=7420&destination=ShowIte
Non-Motorized		Lake		Wayne	Day hike		http://www.lrh.usace.army.mil/projects/lakes/elt/	m
	Lakeview Trail			1				
		Babcock State						http://www.babcocksp.com/babco
Non-Motorized		Park	1 mi.	Fayette	Day hike		http://www.babcocksp.com/recreation.html	ck.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Lakeview Trail				Day hike,			
		Pipestem Resort			mountain biking, equestrian and			http://www.pipestemresort.com/fo
Non-Motorized		State Park	0.4 mi.	Summers	cross country		http://www.pipestemresort.com	rms/Pipestem_Park_Map.pdf
	Laurel Creek							
	Crossing					This trail is 2.6 miles and is the second longest trail in the park. It		
Non-Motorized		Little Beaver State Park	2.6 mi.	Raleigh	•	follows the park boundary along Country Club Road and is an easy to moderate walk with changing scenery.	http://www.littlebeaverstatepark.com/recreation.html	
	Law Hollow							
	Trail							
Non-Motorized		Pipestem Resort State Park	0.5 mi.	Summers	Day hike and mountain biking		http://www.pipestemresort.com	http://www.pipestemresort.com/fo rms/Pipestem_Park_Map.pdf
Non-Wotonzeu	Lick Hollow		0.5 m.	Summers				This/Fipestern_Fark_Map.put
	Trail							
		Pipestem Resort	1.6	6	Day hike and cross			http://www.pipestemresort.com/fo
Non-Motorized	Lindy Troil	State Park	1.6 mi.	Summers	country skiing		http://www.pipestemresort.com	rms/Pipestem_Park_Map.pdf
	Lindy Trail							
		Kanawha State			-	This steep trail ascends from the shooting range road up to Middle		http://www.kanawhastateforest.co
Non-Motorized		Forest Hatfield McCoy	0.5 mi.	Kanawha	country skiing	Ridge Road near the top of Alligator Rock Trail. Moderate to difficult.	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Little Coal	Regional				Little Coal is most commonly known for its high percentage of green or		http://www.trailsheaven.com/plan
	River Trail	Recreation				easiest level trails This trail system has direct access to lodging and is	http://www.trailsheaven.com/planyourtrip/chooseatrail/littl	
Motorized Trail	System .	Authority Trail	54.5 mi.	Boone	ATV and dirt bikes	located very near family, summer season activities.	ecloal/default.aspx	p.aspx
	Logtown							
	Hollow Trail	Kanawha State				Begins behind Shelter #3 and ends on Middle Ridge Road. Easy to		http://www.kanawhastateforest.co
Non-Motorized		Forest	0.8 mi.	Kanawha	Day hiking	moderate	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Long Branch							
	Trail	Pipestem Resort			Day hike and			http://www.pipestemresort.com/fo
Non-Motorized			0.3 mi.	Summers	mountain biking		http://www.pipestemresort.com	rms/Pipestem_Park_Map.pdf
	Long Point							
	Trail	New River Gorge National River				This hiking is not recommended for those who are afraid of heights! This trail leads to a large rock outcrop known as Long Point that offers one of		http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized		Trail System	1.6 mi.	Fayette		the best views of the gorge. Be careful along the cliff's edge!	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Loop Trail							· ·
		Danthar Stata						
Non-Motorized		Panther State Forest	1.5 mi.	McDowell	Day hike		http://www.pantherstateforest.com/recreation.html	
	Lost Trail				- ,			
Non-Motorized		Beech Fork Trail System	2.8 mi.	Wayne	Day hike			
	Lost Trail	System	2.0 1111.	wayne				
		Beechfork State			Day hike and			
Non-Motorized		Park	1 mi.	Wayne	mountain biking			

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Lotito City							
	Park Trail				Day hike and			
Non-Motorized		Bluefield	0.8 mi.		mountain biking			
	Lover's Leap					This trail starts at the tram way upper station and travels down a steep		
	Trail					grade of wood steps and series of steep grade changes with over 100		
		Hawks Nest State Park Photos at				steps down to a rock outcropping. The trail is rigorous exercise traveling along uneven wood and rock surfaces. Recommend sturdy closed-toe		
		http://www.hawk				shoes. Those desiring to enjoy the view with less strenuous activity		
		snestsp.com/recr				should consider the main Hawks Nest Overlook that also offers similar		
Non-Motorized		eation.htm	0.3 mi.	Fayette	Day Hike	views.	http://www.hawksnestsp.com/recreation.htm	
	Lower							
	Greenbrier							
Roadside Trail	Driving Tour		30.7 mi.	Summers	Bicyling			
	Lower							
	Greenbrier							
State Byway	River Byway		18 mi.	Summers				
	Manns Creek							
	Gorge	Babcock State						http://www.babcocksp.com/babco
Non-Motorized		Park	2 mi.	Fayette	Day hike		http://www.babcocksp.com/recreation.html	ck.pdf
	Martin Ridge				-	Along these paths, hikers can capture the scenic beauty of the forest		
	Trail	Caburaulinaa				and enjoy the many varieties of wildflowers and trees growing in the		
Non-Motorized		Cabwaylingo State Forest	1.5 mi.	Wayne	Day hike	area. Overhanging rock cliffs can be found along several of these rustic trails.	http://www.cablingo.com	
	Mary Davis							
	Trail				Day hike,			
Non-Motorized		Wayne County Commission	4.5 mi.		backpacking and mountain biking			
	Mary Draper		4.5 mi	Wayne				
	Ingles Trail	Mary Ingles Trail						
		Blazers/WV				Proposed 357 mi. trail. Eight miles completed thus far. This trail will		
			8 miles			eventually go through Cabell, Fayette, Mercer, Raleigh, Putman as well		http://www.kanawhastateforest.co
Non-Motorized		Association	completed	Kanawha	development	as Kanawha.	http://maryinglestrailblazers.homestead.com/index.html	m/kanawhastate.pdf
	Matewan					The "Great Wall" of Matewan and its adjacent walking path on the river		
	Floodwall					side of the wall is open year round to visitors to the Matewan Historic District. Offering beautiful views of the Tug River, the walking path		
	Trail					allows visitors to study the historic graphics embedded in the floodwall.		
						A brochure available at the Matewan Visitors Center interprets the		
		The Terrer of				graphics for visitors. For more information contact the		
Non-Motorized Trail		The Town of Matewan	0.4 mi.	Mingo	Walking Path	Matewan Visitors Center at 304-426-4239 or visit us on the web at www.matewan.com.	http://www.mcra-wv.org/?q=node/6	
	McDowell							
	County Trail							
Non meterized	.,	Gany	1 mi		Day hike and			
Non-motorized		Gary	1 mi.	McDowell	mountain biking			

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Mid Lake				COLING			
	Ridge Trail							
	System				Day hike and			
Non-Motorized		Upper Mud WMA	7 mi.	Lincoln	backpacking		http://www.wvdnr.gov/Hunting/D5WMAareas.shtm	
	Middle Ridge							
	Trail	Kanawha State			Day hike and			http://www.kanawhastateforest.co
Non-Motorized		Forest	3 mi.	Kanawha	mountain biking		http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Midland Trail							
	Bikeway							
Roadside Trail		Roadside Trail	1.7 mi.	Fayette	Road Bikes			
	Midland Trail			Cabell,				
	National			Fayette,				
National Scenic	Scenic Byway		420	Kanawha,				
Byway		Multiple counties	138 mi.	and other			http://www.midlandtrail.com/	
	Millers							
	Fork/Beech							
Roadside Trail	Fork Loop	Roadside Trail	23.4 mi.	Wayne	Hike and Bike			
	Moonshiner's							
	Trail	Twin Falls State			Day hike and			http://www.twinfallsresort.com/Tw
Non-Motorized		Park	3.3 mi.	Wyoming	mountain biking		http://www.twinfallsresort.com/recreation.html	inFallsStateParkTraileGuide.pdf
	Mossy Ridge							
	Trail							
Non-Motorized		Kanawha State Forest	0.8 mi.	Kanawha	Day hike and mountain biking		http://www.kanawhastateforest.com/hiking.html	http://www.kanawhastateforest.co m/kanawhastate.pdf
Non-Motonzeu	Mossy Rock	Forest	0.8 1111.	Ndildwild				<u>III/Kallawilastate.pui</u>
	Trail							
		Kanawha State			Day hike and			http://www.kanawhastateforest.co
Non-Motorized		Forest	0.8 mi.	Kanawha	mountain biking		http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Mountain							
	Health Trail	Babcock State						
Non-Motorized		Park	0.3 mi.	Fayette	Day hike		gis.wvdot.com/gti/Trails/trail_usg_pdfs/Fayette.pdf	
	Mullens							
	Historic	Damatan						
Roadside Trail	Walking Tour	Downtown Mullens	0.5 mi.	Wyoming	Day hike			
	Narrow Gauge		0.5 m.	wyoning	Day IIIKe			
	Rail							
		Babcock State			Day hike and			http://www.babcocksp.com/babco
Non-Motorized		Park	3.5 mi.	Fayette	mountain biking		http://www.babcocksp.com/recreation.html	ck.pdf
	Nature Ridge							
	Trail				Day hike,			
		Little Beaver	0.8 mi	Balaich		This trail has an incline, sometimes steep, that follows the ridge above	http://www.littleheaverstatenet/.com/recreation.html	
Non-Motorized		State Park	0.8 mi.	Raleigh	equestrian	the lake. It is noted as a 2.2 mile trail in some publications.	http://www.littlebeaverstatepark.com/recreation.html	

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Nature Trail							
		Beechfork State	0.0		Day hike and			http://www.beechforksp.com/beec
Non-Motorized	Noturo Troil	Park	0.8 mi.	Wayne	mountain biking		http://www.beechforksp.com/	hfork.pdf
	Nature Trail							
		Twin Falls State						http://www.twinfallsresort.com/Tw
Non-Motorized		Park	1.3 mi.	Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	inFallsStateParkTraileGuide.pdf
	Neely Knob							http://www.comperceletatopark.c
	Road & Trail	Camp Creek State						http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F
Non-Motorized		Park	2 mi.	Mercer	Day hike		http://www.campcreekstatepark.com/recreation.html	orest%20Trails.pdf
	New River	NPS - New River						
	Bridge	Gorge National						
	- 0 -	River - Kaymoor	1.6	E	Davidalla			
Non-Motorized	New River	Area	1.6 mi.	Fayette	Day hike			
	Park Trail							
Non-Motorized			0.6 mi.	Raleigh				
	North Ridge							
	Trail	Beech Fork Trail						
Non-Motorized			0.6 mi.	Wayne				
	North Side							
	Trail							
Non-Motorized		Pipestem Resort State Park	0.5 mi.	Summers	Day hike and cross country skiing		http://www.pipestemresort.com	http://www.pipestemresort.com/fo rms/Pipestem_Park_Map.pdf
Non-Motorized	Northgate		0.5 m.	Junners	country skiing			<u>inis/ipesten_raik_wap.pur</u>
	Business Park							
	Dusiness Furk	Charleston Parks			Day hike and			
Non-Motorized		and Recreation	0.8 mi.	Kanawha	mountain biking			
	Nuttall Mine	New River Gorge						http://www.nps.gov/neri/planyour
	Trail	National River				Pictures and info at		visit/upload/Trail-newsletter-
Non-Motorized		Trail System	0.4 mi.	Fayette		http://www.coalcampusa.com/sowv/river/nuttalburg/nuttalburg.htm	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Nuttallburg							
	Tipple Trail	New River Gorge				Pictures and info at		http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized		River Trail System	0.4 mi.	Fayette			http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Oak Rock Trail							
		Kanawha State	1 [Day hike and		http://www.konoushostatafaarat.com/hilling.html	http://www.kanawhastateforest.co
Non-Motorized		Forest	1.5 mi.	Kanawha	mountain biking		http://www.kanawhastateforest.com/hiking.html	<u>m/kanawhastate.pdf</u>
	Oak Trail	Kanawha County						
		Parks and						
Non-Motorized		Recreation	0.3 mi.	Kanawha	Day hike	Located in Coonskin Park	http://www.kcprc.com/	Maps available at Park

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NAME TYPETYPETRAIOverlook TrailOverlook TrailNon-MotorizedOverlook OverlookNon-MotorizedOverlook OverlookNon-MotorizedOverlook OverlookNon-MotorizedOverlook OverlookNon-MotorizedPaint Cree Scenic Tr Byway St Park Loo TrailNon-MotorizedPaint Cree Scenic Tr Byway St TrailNon-MotorizedPark Loo TrailNon-MotorizedPathfind TrailNon-MotorizedPathfind Trail	RAIL MANAGER pok Rock Kanawha State Forest Forest pok Trail Beechfork State Park Bluestone State Pok Trail Bluestone State Pok Trail USACE - East Lynt Lake Lake Creek Multiple counties	1.5 mi. 1 mi. 0.5 mi. 2 mi.	Wayne Mercer Wayne Kanawa, Raleigh,	Day hike Day hike and mountain biking Day hike	Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	WEBSITE http://www.kanawhastateforest.com/hiking.html http://www.beechforksp.com/ http://www.bluestonesp.com/ http://www.bluestonesp.com/	MAPS http://www.kanawhastateforest.co m/kanawhastate.pdf http://www.beechforksp.com/beec hfork.pdf Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=ShowIte m
Non-MotorizedTrailNon-MotorizedOverlookNon-MotorizedOverlookNon-MotorizedOverlookNon-MotorizedOverlookNon-MotorizedPaint CressState BackwayPaint CressState BackwayPark LooNon-MotorizedPark LooTrailPathfindeNon-MotorizedPathfinde	Kanawha State Forest Dok Trail Beechfork State Park Dok Trail Bluestone State Park Dok Trail USACE - East Lyne Lake Creek Trail Y State Multiple counties	1 mi. 0.5 mi. 2 mi.	Wayne Mercer Wayne Kanawa, Raleigh,	Day hike Day hike and mountain biking Day hike	Hollow. Be careful to follow the blazes. The trail follows an access road and then turns South. Moderate to difficult.	http://www.beechforksp.com/ http://www.bluestonesp.com/	m/kanawhastate.pdf http://www.beechforksp.com/beec hfork.pdf Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedState BackwayPaint Cree Scenic Tr Byway StPark Loo TrailNon-MotorizedPark Loo TrailNon-Motorized	Forest pok Trail Beechfork State Park pok Trail Bluestone State Park Dok Trail USACE - East Lynt Lake Creek Trail Y State Multiple counties	1 mi. 0.5 mi. 2 mi.	Wayne Mercer Wayne Kanawa, Raleigh,	Day hike Day hike and mountain biking Day hike	Hollow. Be careful to follow the blazes. The trail follows an access road and then turns South. Moderate to difficult.	http://www.beechforksp.com/ http://www.bluestonesp.com/	m/kanawhastate.pdf http://www.beechforksp.com/beec hfork.pdf Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedState BackwayPark Loo TrailNon-MotorizedPark Loo TrailNon-Motorized	Forest pok Trail Beechfork State Park pok Trail Bluestone State Park Dok Trail USACE - East Lynt Lake Creek Trail Y State Multiple counties	1 mi. 0.5 mi. 2 mi.	Wayne Mercer Wayne Kanawa, Raleigh,	Day hike and Day hike and mountain biking Day hike	and then turns South. Moderate to difficult. Image: style="text-align: center;">and then turns South. Moderate to difficult. Image: style="text-align: center;">Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	http://www.beechforksp.com/ http://www.bluestonesp.com/	m/kanawhastate.pdf http://www.beechforksp.com/beec hfork.pdf Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedState BackwayPark Loo TrailNon-MotorizedPark Loo TrailNon-Motorized	ook Trail Beechfork State Park ook Trail Bluestone State Park Ook Trail USACE - East Lyne Lake Creek Trail y State Multiple counties	1 mi. 0.5 mi. 2 mi.	Wayne Mercer Wayne Kanawa, Raleigh,	Day hike and mountain biking Day hike	Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	http://www.beechforksp.com/ http://www.bluestonesp.com/	http://www.beechforksp.com/beec hfork.pdf Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedState BackwayPaint CreeState BackwayPark LooTrailNon-MotorizedPathfindeTrailNon-Motorized	bok Trail Bluestone State Park Bluestone State Park bok Trail USACE - East Lynn Lake Creek Trail Y State Multiple counties	0.5 mi. 2 mi.	Mercer Wayne Kanawa, Raleigh,	mountain biking Day hike	Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	http://www.bluestonesp.com/	hfork.pdf Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedState BackwayPark Loo TrailNon-MotorizedPathfinde TrailNon-Motorized	Park Park Pook Trail Bluestone State Park Ook Trail USACE - East Lynn Lake Creek Trail State Multiple counties	0.5 mi. 2 mi.	Mercer Wayne Kanawa, Raleigh,	mountain biking Day hike	Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	http://www.bluestonesp.com/	hfork.pdf Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-MotorizedNon-MotorizedNon-MotorizedNon-MotorizedState BackwayPark Loo TrailNon-MotorizedPathfinde TrailNon-Motorized	ook Trail Bluestone State Park Ook Trail USACE - East Lynn Lake Creek Trail y State Multiple counties	0.5 mi. 2 mi.	Mercer Wayne Kanawa, Raleigh,	Day hike	Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	http://www.bluestonesp.com/	Excellent Site map but no trails featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-MotorizedNon-MotorizedNon-MotorizedPaint CreeState BackwayPark LooTrailNon-MotorizedPathfindeTrailNon-Motorized	Bluestone State Park Dok Trail USACE - East Lynn Lake Creek Trail V State Multiple counties	2 mi.	Wayne Kanawa, Raleigh,		Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line		featured at http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /Items/actions.cfm?action=Show&i
Non-Motorized Non-Motorized State Backway Non-Motorized Non-Motorized Non-Motorized	Park pok Trail USACE - East Lynn Lake Creek Trail V State Multiple counties	2 mi.	Wayne Kanawa, Raleigh,		Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line		http://www.bluestonewma.com/bl uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /ltems/actions.cfm?action=Show&i
Non-Motorized Non-Motorized State Backway Non-Motorized Non-Motorized Non-Motorized	Park pok Trail USACE - East Lynn Lake Creek Trail V State Multiple counties	2 mi.	Wayne Kanawa, Raleigh,		Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line		uestonewildlifemanagementarea.p http://www.lrh.usace.army.mil/_kd /ltems/actions.cfm?action=Show&i
Non-MotorizedPaint CreeScenic TrState BackwayPark LooTrailNon-MotorizedPathfindeTrail	USACE - East Lynn Lake Creek Trail V State Multiple counties	2 mi.	Kanawa, Raleigh,		Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	http://www.lrh.usace.army.mil/projects/lakes/elt/	/Items/actions.cfm?action=Show&i
Paint CreationState BackwayState BackwayPark LooTrailNon-MotorizedPathfindeTrail	Lake Creek Trail V State Multiple counties	2 mi.	Kanawa, Raleigh,		Difficulty - Moderate. Terrain - open field, steep climb to near ridge line	http://www.lrh.usace.army.mil/projects/lakes/elt/	
Paint CreationState BackwayState BackwayPark LooTrailNon-MotorizedPathfindeTrail	Lake Creek Trail V State Multiple counties	2 mi.	Kanawa, Raleigh,			http://www.lrh.usace.army.mil/projects/lakes/elt/	tem_id=7420&destination=ShowIte m
Paint CreationState BackwayState BackwayPark LooTrailNon-MotorizedPathfindeTrail	Creek Trail State Multiple counties		Kanawa, Raleigh,	Day like		intp://www.ini.usace.anny.inii/projects/lakes/en/	
State BackwayScenic Tr Byway StState BackwayPark Loo TrailNon-MotorizedPathfinde TrailNon-MotorizedPathfinde Trail	Trail State Multiple counties		Raleigh,				
State BackwayByway StPark LooTrailNon-MotorizedPathfindNon-MotorizedPathfind	V State Multiple counties		_				
State backway Park Loo Park Loo Trail Non-Motorized Pathfinde Non-Motorized Trail	Multiple counties	42. mi.	Favotto				,
Non-Motorized Pathfinde Trail Non-Motorized	оор		Fayette,	Driving Tour			
Non-Motorized Pathfinde Trail Non-Motorized							
Pathfind Trail Non-Motorized	New River Gorge						http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Trail Non-Motorized	River Trail System	1 mi.	Raleigh	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
Trail Non-Motorized			0	,			· · · · · · · · · · · · · · · · · · ·
Non-Motorized							,
	Twin Falls State						http://www.twinfallsresort.com/Tw
Physical	Park	2.5 mi.	Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	inFallsStateParkTraileGuide.pdf
							,
Fitness T	s Trail				Located in the Franklin D. Wooten Recreation Area, this trail offers a		
					challenging series of exercise stations for those who wish to test their		,
	Beechfork State				fitness. The fitness trail also makes a pleasurable walking path for those who enjoy a leisurely after dinner or early morning walk. Directions:		,
Non-Motorized	Park	0.8 mi.	Cabell			http://www.mountaintravelguide.com/Hiking%20Trails/Wes tVirginia/cabell/PhysicalFitnessTrail.htm	,
Picnic Ar			Cuben				
Trail	Alea						,
Non-Motorized	Upper Mud WMA	0.7 mi.	Lincoln	Day hike		http://www.wvdnr.gov/Hunting/D5WMAareas.shtm	
Pigeon R	n Roost						
Trail	Kanawha State			Day hike and			
Non-Motorized	Forest	0.8 mi.	Kanawha	, mountain biking			
Pine Ridg	idge						
Trail to							
Dunlap				Day bike and			http://www.kanawhastatafarast
Non-Motorized Hollow		1.5 mi.	Kanawha	Day hike and mountain biking		http://www.kanawhastateforest.com/hiking.html	http://www.kanawhastateforest.co m/kanawhastate.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Piney Ridge Trail	Camp Creek State Park	1.5 mi.	Mercer	Day hike		http://www.campcreekstatepark.com/recreation.html	http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F orest%20Trails.pdf
Motorized	Pinnacle Creek Trail System	Hatfield McCoy Regional Recreation				This trail system is known for its breathtaking scenic views and is located less than one hour from world class whitewater rafting and a snow skiing resort. This trail system has direct access to food, fuel, and lodging in the city of Pineville, West Virginia.	http://www.trailsheaven.com/planyourtrip/chooseatrail/pin	http://www.trailsheaven.com/plan
Non-Motorized	Pinnacle Rock State Park Trail	Pinnacle Rock State Park	6.5 mi.	Mercer			http://www.pinnaclerockstatepark.com/	http://www.pinnaclerockstatepark. com/pinnaclerock.pdf
Non-Motorized	Pinnacle Rock- Bramwell Trail	State Park Trail	2.4 mi.	Mercer	Day hike		http://www.pinnaclerockstatepark.com/	http://www.pinnaclerockstatepark. com/pinnaclerock.pdf
Non-Motorized	Pipestem Knob	Pipestem State			Day hike		http://www.pipestemresort.com	http://www.pipestemresort.com/fo rms/Pipestem_Park_Map.pdf
Non-Motorized	Poke Hollow Trail	Twin Falls State Park	3.5 mi.	Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	http://www.twinfallsresort.com/Tw inFallsStateParkTraileGuide.pdf
Non-Motorized	Polecat Trail	Kanawha State Forest	1.5 mi.	Kanawha	Day hike and mountain biking		http://www.kanawhastateforest.com/hiking.html	<u>http://www.kanawhastateforest.co</u> m/kanawhastate.pdf
Non-Motorized	Polls Plateau Trail	New River Gorge National River	4.1 mi.	Fayette	Day hike	A 4.1 miles loop trail - moderate hiking, this trail is accessed from its junction with Kates Plateau Trail. Cross several creeks on this loop trail which passes through an upland forest and past an old farm. It is wide and well-maintained at this point, but there are places where the trail becomes ambiguous further along the loop. Topographic maps are recommended.	http://www.nps.gov/neri/planyourvisit/hiking.htm	http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter- 2009c.pdf
	Polly Trail	Kanawha State			Day hike and			http://www.kanawhastateforest.co
Non-Motorized	Prices Creek Trail		1.5 mi.	Kanawha Cabell,		Starts in Dunlop Hollow Picnic Area. Moderate with steep sections.	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
Non-Motorized			2.6 mi.	Wayne				
Non-Motorized	Princeton City Park Trails	City of Princeton Parks and Recreation Dept.	1 mi.	Mercer	Day hike and mountain biking		http://www.cityofprinceton.org/Recreation%20Department. 2007-2008.htm	

	NAME OF	LAND						
TYPE	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Railroad							
	Grade	Little Deeven			Day hike,	This trail is 1.05 miles long. The source manages from door woods to		
Non-Motorized		Little Beaver State Park	1.95 mi.	Raleigh	mountain biking, equestrian	This trail is 1.95 miles long. The scenery ranges from deep woods to open meadows. Gentle loop trail that follows Laurel Run Creek.	http://www.littlebeaverstatepark.com/recreation.html	
Non-Wotonzeu	Rattlesnake		1.95 IIII.	Naleigii	equestian	open meadows. Gentie loop trait that follows Ladrer kun creek.	http://www.httlebeaverstatepark.com/recreation.htm	
	Trail	Kanawha State			Day hike and	Starts near main road at mouth of Rattlesnake Hollow. Moderate to		http://www.kanawhastateforest.co
Non-Motorized		Forest	1 mi.	Kanawha	mountain biking	difficult	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Red Sulphur							Map shows WMA campgrounds
	Turnpike							etc. but not specific trails.
			. .		Day hike and			http://www.bluestonewma.com/bl
Non-Motorized		Bluestone WMA	2 mi.	Summers	mountain biking		http://www.bluestonewma.com/recreation.html	uestonewildlifemanagementarea.p
	Rhododendro				Day hike,	This trail is 2.5 miles long, which makes it the longest in the park. It		
	n Run Trail	Little Beaver			mountain biking	follows the park boundary with extreme terrain challenges to bikers and		
Non-Motorized			2.1 mi.	Raleigh	and equestrian	hikers.	http://www.littlebeaverstatepark.com/recreation.html	
	Rhododendro			<u> </u>				Excellent Site map but no trails
	n Trail							featured at
	ii iiuii	Bluestone State						http://www.bluestonewma.com/bl
Non-Motorized			0.8 mi.	Mercer	Day hike		http://www.bluestonesp.com/	uestonewildlifemanagementarea.p
	Ridenour Lake							
		Ridenour Park in						
Non-Motorized		Nitro	1 mi.	Kanawha	Day hike	Along with the walking trail, there is a playground and picnic area.	Nitro Redenour Park (304)755-0705	
Non-Notonized	Ritter Walking		±	Kanawita	Day Inke	public park maintained by the Greater Huntington Park and Recreation		
	_	Greater				District. It consists of numerous lengthy walking trails along Four Pole		
	Trail	Huntington Park				Creek, restroom facilities, picnic tables, shelter with grills and electrical		
		& Recreation			Day hike and	outlets, a children's playground.		
Non-Motorized		District	6 mi.	Cabell	mountain biking		http://www.ghprd.org/parks.html#1	
	River Trail				Dav bika			
		Pipestem Resort			Day hike, mountain biking			http://www.pipestemresort.com/fo
Non-Motorized			5.3 mi.	Summers	and equestrian		http://www.pipestemresort.com	rms/Pipestem Park Map.pdf
	Riverview		5.5 1111	Junners				Excellent Site map but no trails
	Trail							featured at
	Irdii	Bluestone State						http://www.bluestonewma.com/bl
Non-Motorized		Park	1.6 mi.	Mercer	Day hike		http://www.bluestonesp.com/	uestonewildlifemanagementarea.p
	Robinson							
	Drive Trail							
Non-Motorized		Poodsido Troil	0.5 mi	Mingo	Walking and			
Non-Wiotorized	Deale Hall	Roadside Trail	0.5 mi.	Mingo	bicycling			
	Rock Hollow					Several trails are maintained by the Corps of Engineers at Beech Fork		
	Trail	USACE - Beech				Lake. They are located in the vicinity of Beech Fork Dam, and the		
Non-Motorized			0.5 mi.	Wayne	Day hike	Stowers Branch Beach.	http://www.lrh.usace.army.mil/projects/lakes/BBF/	
	Rockhouse	Hatfield McCoy				The Rockhouse Trail System is located between the towns of Man and		
	Trail System	Regional				Gilbert, consists of 89.3 miles of trail. Rockhouse has one trailhead		
		Recreation				located just outside the town of Man, WV. Rockhouse has the largest		http://www.trailsheaven.com/plan
		Authority Trail		Logan,		total mileage of any of the six Hatfield-McCoy Trail Systems and offers a	http://www.trailsheaven.com/planyourtrip/chooseatrail/rc	
Motorized		System	89.3 mi.	Mingo	ATV and dirt bikes	wide variety of trails for all difficulty levels.	khouse/default.aspx	ap.aspx

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Rocky Ridge							
	Trail	Kanawha State			Day hike and	Starts across from Shelter #5. A portion of the trail follows a ridgetop		http://www.kanawhastateforest.co
Non-Motorized		Forest	2 mi.	Kanawha		gas well road. Moderate with steep sections.	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Rocky Road							
	Trail							
Non-Motorized	-	Twin Falls State	2 mi	Mucming	Day hike and mountain biking		http://www.twinfallsresort.com/recreation.html	http://www.twinfallsresort.com/Tw inFallsStateParkTraileGuide.pdf
Non-Wotorized	Rocky Trail	Park	3 mi.	Wyoming	mountain biking		http://www.twimaiisresort.com/recreation.ntmi	
		Babcock State						http://www.babcocksp.com/babco
Non-Motorized		Park	0.5 mi.	Fayette	Day hike		http://www.babcocksp.com/recreation.html	ck.pdf
	Rotary Park	Greater Huntington Park						
		& Recreation			Day hike and			
Non-Motorized		District	0.5 mi.	Cabell	mountain biking		http://www.ghprd.org/parks.html#1	
	Royal Trail	New River Gorge						http://www.nps.gov/neri/planyour
		National River						visit/upload/Trail-newsletter-
Non-Motorized		Trail System	2.6 mi.	Raleigh	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Salt River Trail							
		USACE - R.D.				Fact weils (Hiling) are laceted at the Calt Diver Dideo Tag, and highligh		
		Bailey Dam	1 mi.	Wyoming	Day hike	Foot trails (Hiking) are located at the Salt River, Ridge Top, and Justice Trails.	http://www.lrh.usace.army.mil/projects/lakes/rdb/	
	Sandstone				20,			
	Falls	New River Gorge National River				PHOTOS: http://www.nps.gov/neri/planyourvisit/sandstone-falls-photo-		
	Boardwalk	Trail System -				gallery.htm PHOTOS:		http://www.nps.gov/neri/planyour
		Sandstone Falls				http://www.nps.gov/neri/photosmultimedia/sandstone-visitor-center-		visit/upload/Trail-newsletter-
Non-Motorized		Area	0.2 mi.	Summers	Day hike ADA	gallery.htm	http://www.nps.gov/neri/planyourvisit/hiking.htm	<u>2009c.pdf</u>
	Shawnee Trail							
					Day hike,	Distance: .5 miles. Walking time: 30 minutes. Rating: Easy.		
		Chief Logan State				The starting point for this trail is at the amphitheater. It is a great		
Non-Motorized		-		Logan	and equestrian	location for viewing spring wildflowers.	http://www.chiefloganstatepark.com/activities.html	
	Skyline Trail							
		Babcock State	2	Coursetto.	Davibilia		http://www.babcocksp.com/recreation.html	http://www.babcocksp.com/babco
Non-Motorized		Park	2 mi.	Fayette	Day hike		http://www.babcocksp.com/recreation.html	ck.pdf
	Sleepy Hollow Trail					Along these paths, hikers can capture the scenic beauty of the forest		
	i i ali					and enjoy the many varieties of wildflowers and trees growing in the		
Non-Motorized		Cabwaylingo	2 mi.	W/a)//20	Day hike	area. Overhanging rock cliffs can be found along several of these rustic	http://www.cablingo.com	
Non-Motorized	Soccer Fields	State Forest	2 1111.	Wayne	рау шке	trails.	http://www.cablingo.com	
	Trail							
Non-Motorized			1.5 mi.	Raleigh	Day hike			

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
1176	South Side		LLINGTH		USERS	The Brooklyn to Southside Junction Trail is probably the most popular	WEDSITE	WAF5
						mountain bike trail within the park, and also a favorite with hikers and		
	Junction Trail					fishermen. Never more than 100 yards from the river, this six mile trail		
						follows an abandoned railroad line along the left bank of the New River		
		New River Gorge				below the town of Thurmond. The overall gradient of the trail is very		http://www.nps.gov/neri/planyour
		National River				mild; but the rocks, roots, and railroad ties require that the beginning		visit/upload/Trail-newsletter-
Non-Motorized		Trail System	5.2 mi.	Fayette		biker pay close attention!	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	South Side							
	Trail							
		Pipestem Resort	0.0		Day hike and cross			http://www.pipestemresort.com/fo
Non-Motorized		State Park Huntington	0.6 mi.	Summers	country skiing		http://www.pipestemresort.com	rms/Pipestem_Park_Map.pdf
	Spicebush	Museum of Art						
	Trail	photo of trail						
Non-Motorized		http://www.hmo	0.3 mi.	Cabell	Day hike	Behind museum	http://www.hmoa.org/pages/aa-nature.html	
	Spillway Trail							
	Spinway man					Several trails are maintained by the Corps of Engineers at Beech Fork		
		USACE - Beech				Lake. They are located in the vicinity of Beech Fork Dam, and the		
Non-Motorized		Fork Lake	1.4 mi.	Wayne	Day hike	Stowers Branch Beach.	http://www.lrh.usace.army.mil/projects/lakes/BBF/	
	Spotted							
	Salamander							
		Kanawha State			Day hike,			http://www.kanawhastateforest.co
Non-Motorized		Forest	0.3 mi.	Kanawha	interpretive ADA	A wheelchair accessible trail across the road from the riding stables	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	Spruce Creek					Along these paths, hikers can capture the scenic beauty of the forest and enjoy the many varieties of wildflowers and trees growing in the		
	Trail	Cabwaylingo				area. Overhanging rock cliffs can be found along several of these rustic		
Non-Motorized		State Forest	1 mi.	Wayne	Day hike	trails.	http://www.cablingo.com	
Non-Motorized	St. Albans		±	vvayne	Day IIIKe			
	Bike Trail	St. Albans City			Walking/Bicycle			
Non-Motorized		Park	0.5 mi.	Kanawha	Trail		http://www.stalbanswv.com/parks.shtml	
	St. Albans							
	Nature Trail							
		St. Albans City						
Non-Motorized		Park	0.5 mi.	Kanawha	Day hike		http://www.stalbanswv.com/parks.shtml	
	Still Run Ridge							
		Twin Falls State						http://www.twinfallsresort.com/Tw
Non-Motorized		Park	2.5 mi.	Wyoming	Day hike		http://www.twinfallsresort.com/recreation.html	inFallsStateParkTraileGuide.pdf
	Stone Cliff		2.5 mi.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				
		New River Gorge				This fairly rugged trail offers bountiful hiking and biking opportunities as		http://www.nps.gov/neri/planyour
	Trail	National River				it straddles the banks of the New River. It is an old roadbed, however, it		visit/upload/Trail-newsletter-
Non-Motorized		Trail System	2.8 mi.	Fayette	, mountain biking	is not without its challenges!	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
	Teaberry Trail							
	,							
		Kanawha State			Day hike and			http://www.kanawhastateforest.co
Non-Motorized		Forest	1.5 mi.	Kanawha	mountain biking		http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Terry Top Trail	New River Gorge National River Trail System	1.6 mi.	Raleigh	Day hike		http://www.nps.gov/neri/planyourvisit/hiking.htm	http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter- 2009c.pdf
	The Ol' Bauldy Trail							
Non-Motorized			0.5 mi.					
Rail-Trail	Thurmond- Minden Rail- Trail	New River Gorge National River Trail System	3.4 mi.	Fayette	Day hike and	An easy grade and wide, smooth trail make the Thurmond-Minden Trail one of the most popular trails in the park. It is great for hikers of all ages and levels of fitness, and a great start for beginning mountain bikers. Hiking the entire trail involves a 6.4 mile round-trip journey, though many will choose a shorter 2.5 mile round-trip to the main overlook and back. Along the way, there are good views of Dunloup Creek, the New River, and the historic community of Thurmond.		<u>http://www.nps.gov/neri/planyour</u> <u>visit/upload/Trail-newsletter-</u> 2009c.pdf
	Timber Ridge Trail	New River Gorge National River Trail System				1.2 miles \rightarrow moderate \rightarrow hiking/biking This old roadbed provides access to upper Wolf Creek, and a connection with the Fayetteville Trail. Directions: Use the directions given below for the Long Point Trail.		http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter-
Non-Motorized	Tonnorla	Trail System	1.2 mi.	Fayette		the Long Point Trail.	http://www.nps.gov/neri/planyourvisit/hiking.htm	2009c.pdf
Non-Motorized	Topper's Ridge	Little Beaver State Park	0.6 mi.	Raleigh	Day hike, mountain biking and equestrian	This rocky trail is .7 miles long. It is considered to be a moderate to extreme trail for bikers.	http://www.littlebeaverstatepark.com/recreation.html	
	Trace Fork Canyon	South Charleston -						
Non-Motorized		Little Creek Park	9 mi.	Kanawha	Day hike			
	Trail to Burke Mountain							
Motorized			4.6 mi.	McDowell	ATV and dirt bikes	Connector Trail		
Non-Motorized	Tulip Tree	Huntington Museum of Art	1 mi.	Cabell	Day hike	Behind museum	http://www.hmoa.org/pages/aa-nature.html	
Non-Motorized	Tunnel Trail	New River Gorge National River Trail System	0.3 mi.	Palaigh	Day hiko		http://www.nps.gov/neri/planyourvisit/hiking.htm	http://www.nps.gov/neri/planyour visit/upload/Trail-newsletter- 2009c.pdf
Non-Motorized	Turkey Loop Trail	Camp Creek State		Raleigh	Day hike Day hike, mountain biking		http://www.campcreekstatepark.com/recreation.html	http://www.campcreekstatepark.c om/Camp%20Creek%20State%20F orest%20Trails.pdf
Non-wotorized	Turkey Rock	rdik	10 1011	ivier cer	and equestrian		http://www.campcreekstatepark.com/recreation.ntml	
Non-Motorized	Trail	Pinnacle Rock State Park	2 mi.	Mercer	Day hike and mountain biking		http://www.pinnaclerockstatepark.com/	http://www.pinnaclerockstatepark. com/pinnaclerock.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	Turkey Spur							
	Trail	Dinastom Decert			Day bike and cross			http://www.pipestamresort.com/fo
Non-Motorized		Pipestem Resort State Park	0.4 mi.		Day hike and cross country skiing		http://www.pipestemresort.com	http://www.pipestemresort.com/fo rms/Pipestem_Park_Map.pdf
	Twin Coves		0.4 m.	Jummers	country skiing			msy ipestem_i ark_indp.pdi
	Trail					Several trails are maintained by the Corps of Engineers at Beech Fork		
	i i dii	USACE - Beech				Lake. They are located in the vicinity of Beech Fork Dam, and the		
Non-Motorized		Fork Lake	3 mi.	Wayne	Day hike	Stowers Branch Beach.	http://www.lrh.usace.army.mil/projects/lakes/BBF/	
	Twin Oaks							
		Twin Falls State						http://www.twinfallsresort.com/Tw
Non-Motorized			0.3 mi.	Wyoming	Day hike ADA		http://www.twinfallsresort.com/recreation.html	inFallsStateParkTraileGuide.pdf
	Twin Rocks							
		Panther State						
Non-Motorized		Forest	1 mi.	McDowell	Day hike		http://www.pantherstateforest.com/recreation.html	Map shows WMA campgrounds
	Upper							etc. but not specific trails.
	Shanklin's				Day hike and			http://www.bluestonewma.com/bl
Non-Motorized	Ferry Trail	Bluestone WMA	1.5 mi.	Summers	mountain biking		http://www.bluestonewma.com/recreation.html	uestonewildlifemanagementarea.p
	Walhonda					The Coal River Watershed Group has created an 88 mile water trail(The		
	Water Trail					Walhonde Water Trail) on the Big, Little and Coal Rivers.		
						The region offers rugged terrain coupled with beautiful paddling		
						conditions for most of the year. The new trail, or trails system (we have		
						broken the watershed down into 9 eight mile long trail segments) is		
						acknowledged by the WV Department of Natural Reasources, WV DEP		
						and the WV DOH.		
				Deene		Dublic put in locations are being marked with signs showing the		
				Boone, Lincoln,		Public put-in locations are being marked with signs showing the Walhonde Water Trail access sites. Trail Heads in Whitesville, Madison,		
Water Trail		Coal River Group	88 mi.	Kanawha	Water Trail		http://www.paddling.net/places/showReport.html?1664	
	Waterfall Trail					Distance: .75 miles. Walking time: 45 minutes. Rating: Moderate.		
						This trail begins at the first bridge on the left above the park office and		
		Chief Logan State			mountain biking	makes a loop. In the rainy season, it is possible to see a small natural		
Non-Motorized		Park	0.75 mi.	Logan	and equestrian	waterfall.	http://www.chiefloganstatepark.com/activities.html	
	White Hollow					Starts on the southern end of Davis Creek Trail and ends across from		
	Trail	Kanawha State				Dunlop Hollow. A portion of this trail follows an access road.		http://www.kanawhastateforest.co
Non-Motorized		Forest	2 mi.	Kanawha		Moderate.	http://www.kanawhastateforest.com/hiking.html	m/kanawhastate.pdf
	White Oak							
	Rail-Trail							
Poil Troil			7 mi	Favotta				
Rail-Trail			7 mi.	Fayette				
	White Oak				Day hike,			http://www.campcreekstatepark.c
	Trail	Camp Creek State			mountain biking			om/Camp%20Creek%20State%20F
Non-Motorized		Park	1.3 mi.	Mercer	and equestrian		http://www.campcreekstatepark.com/recreation.html	orest%20Trails.pdf

	NAME OF	LAND						
ТҮРЕ	TRAIL	MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
	White Oak							
	Trail							
Non-Motorized		Panther State Park	1 mi.	McDowell	Day hike		http://www.pantherstateforest.com/recreation.html	
	Wild Turkey		1	Wiebowen		Distance: 1.3 miles. Walking time: 40 minutes (one direction).		
	what runkey					Rating: Moderate. This trail follows an old timber road and intersects		
					Day hike,	with the Wilderness Trail. The trail begins between campsites 16 and 17 and ends at the water tank near the conference center. Funding to		
		Chief Logan State			mountain biking	construct this trail was donated by the National Wild Turkey		
Non-Motorized		_	1.3 mi.	Logan	and equestrian	Federation.	http://www.chiefloganstatepark.com/activities.html	
	Wildcat Ridge							
	Trail	Kananaha Chata			Develotive event			
Non-Motorized		Kanawha State Forest	2 mi.	Kanawha	Day hike and mountain biking		http://www.kanawhastateforest.com/hiking.html	http://www.kanawhastateforest.co m/kanawhastate.pdf
Non-Motorized	Wilderness	Torest	2 1111.	Kanawna				<u>In Kanawnastate.pur</u>
	Trail							
	i i dii	Babcock State						http://www.babcocksp.com/babco
Non-Motorized		Park	2.5 mi.	Fayette	Day hike		http://www.babcocksp.com/recreation.html	ck.pdf
	Wilderness				Day hike,	Distance: 6 miles. Walking time: 3 hours. Rating: Moderate.		
	Trail	Chief Logan State			-	The Wilderness Trail begins at the campground. It is mostly easy		
Non-Motorized		Park	6 mi.	Logan	and equestrian	walking, but due to the length of this trail it is considered moderate.		
	Williamson							
	High School	Williamson High						
Non-Motorized	Track	-	1 mi.	Mingo				
	Wilson Creek							
	Loop at Beech							
	Fork Lake	USACE - Beech				Bicycles are permitted on main roads only. Under West Virginia law, all		
Roadside Trail	Bikeway	Fork Lake		Wayne	Bicycling	riders under the age of 12 years MUST wear a protective helmet.	http://www.lrh.usace.army.mil/projects/lakes/BBF/	
	Wine Cellar				Day hike,			
	Nature Trail				interpretive,			
Non-Motorized		Dunbar Parks and Recreation	0.6 mi.	Kanawha	mountain biking ADA	Trail is located in Wine Cellar Park	http://www.cityofdunbarwv.com/node/11	
Non-wotonzeu	Woodland	Recreation	0.0 mi.	Kallawila	ADA		http://www.cityoldunbarwv.com/hode/11	
	Loop	New River Gorge						http://www.nps.gov/neri/planyour
	LOOD	National River						visit/upload/Trail-newsletter-
Non-Motorized		Trail System	0.6 mi.	Raleigh	Day hike	Distance: 2.2 miles Wellking time: 1.5 hours, Dating: Fasy	http://www.nps.gov/neri/planyourvisit/hiking.htm	<u>2009c.pdf</u>
	Woodpecker				Day hike,	Distance: 2.3 miles. Walking time: 1.5 hours. Rating: Easy. The starting point is at the first parking area on the right after passing		
		Chief Logan State			mountain biking	the park offi ce. This is a trail where many spring wildfl owers may be		
Non-Motorized		•	2.3 mi.	Logan	_	seen.	http://www.chiefloganstatepark.com/activities.html	
	YMCA -							
	Kennedy					A 1 mile walking/running trail surrounds portions of the property to		
	Outdoor					allow individuals an opportunity to exercise while at the pool or during		
	Recreation					activities in which their child may be participating. Members may use the		
Non Motoria	Trail	Huptington VACA	1 mi	Caball	Day hike and	Kennedy Center facilities if you join the Kennedy Center Pool for the	http://www.huptingtonumon.org//organic_facilities.chu	
Non-Motorized		Huntington YMCA	1 IIII.	Cabell	mountain biking	summer or are a YMCA May Building Member.	http://www.huntingtonymca.org/kennedy_facilities.php	Page 157