

## **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 all-terrain vehicles and dirtbikes; and four of the counties have access to a water trail.
- Fifty-nine of these trails are overseen and/or 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.

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

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Beaver Creek Trail	Little Beaver State Park	.05 mi.	Raleigh	Day hikes, mountain bikes and equestrian	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. The trail runs above the lake.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	Beaver Pond Trail	USACE - Beech Fork Lake	1.3 mi.	Wayne	Day hike			
Non-Motorized	Beckley Rail	Beckley	4 mi.	Raleigh	Day hikes, mountain bikes ADA	Beckley Rail Trail is located in the City of Beckley. It is also known as the Lewis McManus Trail.		
Non-Motorized	Beech Glen Trail	Kanawha State Forest	1.5 mi.	Kanawha	Day hike and mountain biking	This trail starts in Polly Hollow and ascends to Wildcat Ridge Trail. Moderate.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Beech Ridge	Cabwaylingo State Forest	2 mi.	Wayne	Day hike	Along these paths, hikers can capture the scenic beauty of the forest and enjoy the many varieties of wildflowers and trees growing in the area. Overhanging rock cliffs can be found along several of these rustic trails.	<a href="http://www.cablingo.com">http://www.cablingo.com</a>	
Motorized Trail	Belcher Mountain Trail		4.6 mi.	McDowell				
Non-Motorized	Below Dam Trail	USACE - East Lynn Lake	0.5 mi.	Wayne	Day hike		<a href="http://corpslakes.usace.army.mil/visitors/projects.cfm?Id=H105190#Activity">http://corpslakes.usace.army.mil/visitors/projects.cfm?Id=H105190#Activity</a>	
Non-Motorized	Bertha Trail	Bluestone WMA	1.3 mi.	Summers	Day hike		<a href="http://www.bluestonewma.com/recreation.html">http://www.bluestonewma.com/recreation.html</a>	
Non-Motorized	Big Branch Loop Trail	NPS - New River Gorge National River - Sandstone Falls Area	2 mi.	Summers	Day hike			
Non-Motorized	Big Branch Trail	New River Gorge National River Trail System	1.9 mi.	Summers	Day hike		<a href="http://www.nps.gov/neri/playourvisit/hiking.htm">http://www.nps.gov/neri/playourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/playourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/playourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Big Buck Trail	New River Gorge National River	0.8 mi.	Raleigh	Day hikes		<a href="http://www.nps.gov/neri/playourvisit/hiking.htm">http://www.nps.gov/neri/playourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/playourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/playourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Big Pine	Bluestone State Park	1.7 mi.	Mercer	Day hikes		<a href="http://www.bluestonesp.com/">http://www.bluestonesp.com/</a>	Excellent Site map but no trails featured at <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	<b>Billy's Goat Gruff</b>	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.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	<b>Black Bear Mountain Bike Trail</b>	Kanawha State Forest	1 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	<b>Blue Jay Ridge Road &amp; Trail</b>	Camp Creek State Park	1.8 mi.	Mercer	Day hikes		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Non-Motorized	<b>Blue Jay Spur Trail</b>	Camp Creek State Park	0.7 mi.	Mercer	Day hikes		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Non-Motorized	<b>Bluefield City Park Hiking and Biking</b>	City of Bluefield Parks and Recreation Dept. Trail System	5.5 mi.	Mercer	Day hikes and mountain biking		<a href="http://cityofbluefield.com/index.php?option=com_content&amp;task=view&amp;id=64&amp;Itemid=72">http://cityofbluefield.com/index.php?option=com_content&amp;task=view&amp;id=64&amp;Itemid=72</a>	
Non-Motorized	<b>Bluestone Turnpike Trail</b>	NPS - Bluestone National Scenic River	7.2 mi.	Summers	Day hikes, backpacking and mountain biking			
Non-Motorized	<b>Boat Launch Trail</b>	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.	<a href="http://www.wvdnr.gov/Hunting/D5WMAareas.shtm#67d5">http://www.wvdnr.gov/Hunting/D5WMAareas.shtm#67d5</a>	
Non-Motorized	<b>Boundary Trail</b>	Bluestone State Park	2 mi.	Mercer	Day hike		<a href="http://www.bluestonesp.com/">http://www.bluestonesp.com/</a>	Excellent Site map but no trails featured at <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	<b>Bridge Trail</b>	NPS - New River Gorge National River	0.7 mi.	Fayette	Day hike			<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	<b>Brooklyn Mine Trail</b>	NPS - New River Gorge National River	2.7 mi.	Fayette	Day hike and mountain biking			<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Rail-Trail	<b>Brush Creek Falls Rail-Trail</b>	The Nature Conservancy of WV Rail-Trail	1.9 mi.	Mercer	Day hike			
Non-Motorized	<b>Buck Run</b>	Twin Falls State Park	0.8 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Buffalo Creek Trail	Bluestone WMA	2.8 mi.	Summers	Day hike		<a href="http://www.bluestonewma.com/recreation.html">http://www.bluestonewma.com/recreation.html</a>	
Motorized	Buffalo Mountain Trail	Hatfield McCoy Regional Recreation Authority Trail System	86.3 mi.	Mingo	ATV and dirt bikes	The Buffalo Mountain Trail System has two trailheads, the first is located just south of Williamson on Route 52, and the second is located in historic Matewan and it also connects with Town of Delbarton. The Trail commonly known as the most historic trail of all the Hatfield-McCoy systems and also has the most single track mileage with over 20	<a href="http://www.trailsheaven.com/planyourtrip/choosetrail/buffalomountain/default.aspx">http://www.trailsheaven.com/planyourtrip/choosetrail/buffalomountain/default.aspx</a>	<a href="http://www.trailsheaven.com/planyourtrip/choosetrail/buffalomountain/map.aspx">http://www.trailsheaven.com/planyourtrip/choosetrail/buffalomountain/map.aspx</a>
Non-Motorized	Buffalo Trail	Chief Logan State Park	2.2 mi.	Logan	Day hike, mountain biking and equestrian	Distance: 2.2 miles. Walking time: 1 hour. Rating: Moderate. The starting point is across from shelter 1. The trail has a short but very steep climb	<a href="http://www.chiefloganstatepark.com/activities.html">http://www.chiefloganstatepark.com/activities.html</a>	
Non-Motorized	Burch High School Walking Track	Burch High School	0.2 mi	Mingo	Walking Track			
Motorized Trail	Burning Rock Off-Road Park Trail System	Burning Rock Off-Road Park Trail System	100 mi.	Raleigh	ATV and dirt bikes	For your convenience, the trails are open 365 days a year. Only a short drive from the McKinney Mountain Exit of the Coalfield Expressway, the trailhead amenities include: on-site parking, permit & souvenir sales, and restrooms.	<a href="http://www.burningrockwv.com/">http://www.burningrockwv.com/</a>	
Non-Motorized	Burnwood Nature Trail	NPS - New River Gorge National River	1.2 mi.	Fayette	Day hike			<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Butcher Branch Trail	New River Gorge National River Trail System	0.7 mi.	Fayette			<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Cabin Trail	Bluestone State Park	0.4 mi.	Mercer	Day hike		<a href="http://www.bluestonesp.com/">http://www.bluestonesp.com/</a>	Excellent Site map but no trails featured at <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	Camp Arrowhead Trail	Tri-State Area Boy Scout Council Trail System	22.4 mi.	Cabell				
Non-Motorized	Camp Creek State Park and Forest Trail	Camp Creek State Park and Forest	40 mi.	Mercer			<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>	
Non-Motorized	Canyon Rim Boardwalk	New River Gorge National River Trail System	0.1 mi.	Fayette		A short hiking trail descends into the gorge on a wooden boardwalk. The boardwalk has two observation decks which offer unobstructed views of the longest steel arch span in the western hemisphere and the mile wide gorge it spans. A fully accessible ramp provides access to the upper observation deck.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Canyon Rim Trail	Pipestem Resort State Park	0.7 mi.	Summers	Day hike			
Non-Motorized	Castle Rock Trail	New River Gorge National River Trail System - Grandview Visitor	0.5 mi.	Raleigh	Day hike		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	CCC Snipe Trail	Kanawha State Forest	0.8 mi.	Kanawha	Day hike and mountain biking	This interpretive trail starts at the group camp area behind the pool and ends at Shrewsbury Hollow Road and Mossy Rock Trail. Easy.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Cedar Branch Trail	Bluestone WMA	1.5 mi.	Summers	Day hike		<a href="http://www.bluestonewma.com/recreation.html">http://www.bluestonewma.com/recreation.html</a>	Map shows WMA campgrounds etc. but not specific trails. <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	Charleston Riverfront Trail	Charleston Parks and Recreation	5 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.cityofcharleston.org/government/city-departments/parks-recreation">http://www.cityofcharleston.org/government/city-departments/parks-recreation</a>	
Non-Motorized	Church Loop Trail	NPS - New River Gorge National River - Thurmond, Minden, Cunnard	0.2 mi.	Fayette	Day hike and mountain biking		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Cliff Side Trail	Twin Falls State Park	3 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Cliffside Trail	Chief Logan State Park	1.1 mi.	Logan	Day hike, mountain biking and equestrian	Distance: 1.1 miles. Walking time: 45 minutes. Rating: Easy. The starting point is near the park office. The trail begins with a short climb and levels off.	<a href="http://www.chiefloganstatepark.com/activities.html">http://www.chiefloganstatepark.com/activities.html</a>	
Non-Motorized	Cliffside Trail	Hawks Nest State Park	2 mi.	Fayette	Day hike	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 average difficulty with some steep slopes and sturdy shoes are recommended. Distance 2 mile.		
Scenic Byway	Coal Heritage Trail National Scenic Byway	Multiple Counties	157 mi.	Fayette, McDowell, Wyoming, Mercer, Raleigh,	Driving Tour	Wind through mountains and valleys showcasing America's remarkable industrial heritage. The region commemorates the history and culture of the coal industry and the impact it has had on the physical and social environment. Numerous resources line the corridor, including coal company towns, tipples, railroad structures and reclaimed mining lands.	<a href="http://www.byways.org/explore/byways/10346/">http://www.byways.org/explore/byways/10346/</a>	

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



TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	<b>Crumps Bottom Road Trail</b>	Bluestone WMA	5 mi.	Summers	Day hike		<a href="http://www.bluestonewma.com/recreation.html">http://www.bluestonewma.com/recreation.html</a>	Map shows WMA campgrounds etc. but not specific trails. <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	<b>Cub Trail</b>	Kanawha County Parks and Recreation	0.4 mi.	Kanawha	Day hike	Located in Coonskin Park	<a href="http://www.kcprc.com/">http://www.kcprc.com/</a>	Maps available at Park
Non-Motorized	<b>Damsite Trail</b>	USACE - East Lynn Lake	.5 mi.	Wayne	Day hike	1 mile round-trip. Trailheads below Dam and Damsite. Difficulty - moderate. Terrain - Steep climb from below dam to damsite.	<a href="http://www.lrh.usace.army.mil/projects/lakes/elt/">http://www.lrh.usace.army.mil/projects/lakes/elt/</a>	<a href="http://www.lrh.usace.army.mil/_kd/Items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem">http://www.lrh.usace.army.mil/_kd/Items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem</a>
Non-Motorized	<b>Davis Creek</b>	Kanawha State Forest	2.5 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	<b>Deer Crossing</b>	Camp Creek State Park	1.2 mi.	Mercer	Day hike, mountain biking and equestrian		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Non-Motorized	<b>Deer Loop</b>	Little Beaver State Park	0.4 mi.	Raleigh	Day hike, mountain biking, and equestrian	An open trail with .8 miles of changing terrain. The trail changes from an open field to a steep wooded incline.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	<b>Deer Trail</b>	Little Beaver State Park	0.8 mi.	Raleigh	Day hike, mountain biking, and equestrian	An open trail with .8 miles of changing terrain. The trail changes from an open field to a steep wooded incline.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	<b>Den Tree Trail</b>	Pipestem Resort State Park	0.6 mi.	Summers	Day hike		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	
Non-Motorized	<b>Dog Pool Ridge Trail</b>	Upper Mud WMA	1.2 mi.	Lincoln	Day hike		<a href="http://www.wvdnr.gov/Hunting/D5WMAareas.shtm">http://www.wvdnr.gov/Hunting/D5WMAareas.shtm</a>	
Non-Motorized	<b>Dogwood Trail</b>	Pipestem Resort State Park	0.6 mi.	Summers	Day hike		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	
Non-Motorized	<b>Drift Branch</b>	Panther State Forest	1.5 mi.	McDowell	Day hike	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 hikers with panoramic views of Virginia, Kentucky, and West Virginia. 3 miles round trip, difficult. Trailhead at Cowshed picnic area.	<a href="http://www.pantherstateforest.com/recreation.html">http://www.pantherstateforest.com/recreation.html</a>	



TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	East Fork Trail	USACE - East Lynn Lake	2 mi.	Wayne	Day hike	Trailhead - East Fork Campground, Area 1 (campers only). Length 1.2 mile. Difficulty - Moderate. Terrain - creek crossings, rocky terrain, mowed portions.	<a href="http://www.lrh.usace.army.mil/projects/lakes/elt/">http://www.lrh.usace.army.mil/projects/lakes/elt/</a>	<a href="http://www.lrh.usace.army.mil/_kd/Items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem">http://www.lrh.usace.army.mil/_kd/Items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem</a>
Non-Motorized	East River Mountain Trail		0.2 mi.	Mercer	Day hike			
Rail-Trail	Elk River Rail-Trail	Kanawha County Parks and Recreation	1 mi.	Kanawha	Day hike and mountain biking	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 Charleston. The remainder of the disused line towards Morgantown may be converted into a rail trail. Also, the extension of the runways at Yeager Airport has damaged the trail to make it nearly impassible at several places.	<a href="http://www.wvrtc.org/trails/index.html">http://www.wvrtc.org/trails/index.html</a>	Maps available at Park - 304-341-8000
Water Trail	Elkhorn Creek Fishing Trail	New River Gorge National River Trail System	17.6 mi.	McDowell	Water Trail	Most prolific rainbow trout streams in West Virginia.	<a href="http://sites.google.com/site/mcdowellcountywvtourism/Home/hunting-and-fishing-in-mcdowell-county/fishing-information-for-mcdowell-county">http://sites.google.com/site/mcdowellcountywvtourism/Home/hunting-and-fishing-in-mcdowell-county/fishing-information-for-mcdowell-county</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Endless Wall Trail .	New River Gorge National River Trail System	2.2 mi.	Fayette	Day hike	Among the wonders of the national river, The Endless Wall hiking trail is 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 dark thickets of rhododendron. 1.0 miles moderate hiking	<a href="http://www.newriverwv.com/Recreation_Hiking_Trails_Endless_Wall_Trail.php">http://www.newriverwv.com/Recreation_Hiking_Trails_Endless_Wall_Trail.php</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Falls Trail	Twin Falls State Park		Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Farley Branch	Camp Creek State Park	1.4 mi.	Mercer	Day hike	More detailed map <a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Park.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Park.pdf</a>	<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Non-Motorized	Farley Loop	Pipestem Resort State Park	3 mi.	Summers	Day hike		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	
Non-Motorized	Farley Ridge	Camp Creek State Park	2.3 mi.	Mercer	Day hike, mountain biking and equestrian		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
State Byway	Farm Heritage Road Backway		27 mi.	Summers and other counties	Driving Tour			

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

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Flood Wall Path	Williamson	1.3 mi.	Mingo	Day hike and mountain biking			
Non-Motorized	Garden Trail of the Five Senses	Charleston Parks and Recreation	.05 mi.	Kanawha	Day hike		<a href="http://www.cityofcharleston.org/government/city-departments/parks-recreation">http://www.cityofcharleston.org/government/city-departments/parks-recreation</a>	
Non-Motorized	George's Fork Trail	Panther State Forest	0.5 mi.	McDowell	Day hike	Length: 0.25 miles one-way Starting point behind George's Fork Picnic Shelter. Trail leads to Buzzard's Roost Overlook. Located in Panther State Forest.	<a href="http://www.mountaintravelguide.com/Hiking%20Trails/WestVirginia/mcdowell/GeorgesForkTrail.htm">http://www.mountaintravelguide.com/Hiking%20Trails/WestVirginia/mcdowell/GeorgesForkTrail.htm</a>	
Non-Motorized	Giles, Fayette, Kanawha Turnpike	Bluestone State Park	1 mi.	Mercer	Day hike		<a href="http://www.bluestonesp.com/">http://www.bluestonesp.com/</a>	Excellent Site map but no trails featured at <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	Glade Creek Trail	New River Gorge National River Trail System	10.3 mi.	Fayette	Day hike	This popular New River Gorge hiking trail winds through hemlock forest 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 carefully on Batoff Mountain Road. This is a rather narrow, very winding, typical two-lane West Virginia "backroad" with a very steep grade (use extra caution (and low gearing) if you are towing a boat or camping trailer, etc.).	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a> and <a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Glenwood Park Trail System	Glenwood Recreational Park	9.4 mi.	Mercer	Day hike, fitness, mountain biking, ADA		<a href="http://glenwoodparkwv.com/">http://glenwoodparkwv.com/</a>	
Non-Motorized	Goose Neck Trail	Beech Fork Trail System	2.0 mi.	Wayne	Day hike			
Non-Motorized	Grandview Rim Trail	New River Gorge National River Trail System	1.5 mi.	Raleigh	Day hike		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Guyandotte Beauty Trail	Chief Logan State Park	1.1 mi.	Logan	Day hike, mountain biking and equestrian	Distance: 1.1 miles. Walking time: 1 hour. Rating: Difficult. The starting point is at the head of Mud Lick Hollow. On this trail you may see the endangered wildflower species the Guyandotte beauty blooming in May. Abandoned coal mines also may be seen.	<a href="http://www.chiefloganstatepark.com/activities.html">http://www.chiefloganstatepark.com/activities.html</a>	
Non-Motorized	Gwinn Ridge Trail	New River Gorge National River Trail System	3.0 mi.	Summers	Day hike	Loop trail descending through a rocky forest. Includes some scenic views of the gorge.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	GYSP Trail	Hawks Nest State Park	1.5 mi.	Fayette	Day hike	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 close-toe shoes are recommended	<a href="http://www.hawksnestsp.com/recreation.htm">http://www.hawksnestsp.com/recreation.htm</a>	
Non-Motorized	Hamlin Walking Track and Fitness Trail	Lions Club	0.25 mi	Lincoln	Walking and fitness track		<a href="http://www.lincolnprimarycare.com/">http://www.lincolnprimarycare.com/</a>	
Non-Motorized	Harts Fitness Trail	Harts	0.25 mi.	Lincoln	Walking and fitness track			
Rail-Trail	Hawks Nest Rail-Trail Photo at <a href="http://www.hawksnestsp.com/recreation.htm">http://www.hawksnestsp.com/recreation.htm</a>	Town of Ansted Rail-Trail System	1.8 mi.	Fayette	Day hike	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 volunteers. No trail fee, tramway requires ticket purchase.	<a href="http://www.hawksnestsp.com/recreation.htm">http://www.hawksnestsp.com/recreation.htm</a>	
Non-Motorized	Hemlock Falls Trail	Kanawha State Forest	0.8 mi.	Kanawha	Day hike and mountain biking	This trail follows an old gas well road out of Polly Hollow and turns west to the Boundary Ridge Road. Moderate.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Hemlock Trail	Kanawha County Parks and Recreation	0.5 mi.	Kanawha	Day hike	Located in Coonskin Park.	<a href="http://www.kcprc.com/">http://www.kcprc.com/</a>	Maps available at Park
Non-Motorized	Hemlock Trail	Twin Falls State Park	2 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Homestead Trail	Pinnacle Rock State Park	4 mi.	Mercer	Day hike and mountain biking		<a href="http://www.pinnaclerockstatepark.com/">http://www.pinnaclerockstatepark.com/</a>	<a href="http://www.pinnaclerockstatepark.com/pinnaclerock.pdf">http://www.pinnaclerockstatepark.com/pinnaclerock.pdf</a>
Non-Motorized	Horse By-Pass	Camp Creek State Park	1 mi.	Mercer	Equestrian	More detailed trail with amenities <a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Park.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Park.pdf</a>	<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Non-Motorized	Horsepen Knob Trail	Twin Falls State Park	2.5 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Huckleberry Trail	Twin Falls State Park	1.3 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Hurricane Branch Trail	Panther State Forest	1.3 mi.	McDowell	Day hike		<a href="http://www.pantherstateforest.com/recreation.html">http://www.pantherstateforest.com/recreation.html</a>	
Motorized Trail	Indian Ridge Trail System	Hatfield McCoy Regional Recreation Authority Trail	63 mi.	McDowell	ATV and dirt bikes	The Indian Ridge Trail System has one trailhead with a two-acre parking area and restrooms. This trail offers a nice variety of trails for all difficulty levels. This trail system offers community access to the Town of Northfork and the Town of Keystone.	<a href="http://www.trailsheaven.com/planyourtrip/chooseatrail/indianridge/default.aspx">http://www.trailsheaven.com/planyourtrip/chooseatrail/indianridge/default.aspx</a>	<a href="http://www.trailsheaven.com/planyourtrip/chooseatrail/indianridge/map.aspx">http://www.trailsheaven.com/planyourtrip/chooseatrail/indianridge/map.aspx</a>
Non-Motorized	Indian Trail	Cabwaylingo State Forest	3.0 mi.	Wayne	Day hike	Along these paths, hikers can capture the scenic beauty of the forest and enjoy the many varieties of wildflowers and trees growing in the area. Overhanging rock cliffs can be found along several of these rustic trails.	<a href="http://www.cablingo.com">http://www.cablingo.com</a>	
Non-Motorized	Island Loop Trail	New River Gorge National River Trail System	0.6 mi.	Raleigh	Day hike		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	John Slack Park Walking Trail	Boone County Commission		Boone	Day hike	Pool, mini-golf, concession stand. Located at John Slack Park, John Slack Circle, Racine, WV Shelters for rent by the day Public access for small watercraft, playground equipment, softball field, restroom facilities, tennis courts,		
Non-Motorized	Johnson Hollow Trail	Kanawha State Forest	0.8 mi.	Kanawha	Day hike and mountain biking	This trail starts behind Shelter #7 and ends at Middle Ridge Road. Easy to moderate.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Junkyard Trail	New River Gorge National River Trail System	0.2 mi.	Fayette			<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Justice Trail	USACE - R.D. Bailey Dam	0.8 mi.	Wyoming	Day hike	Foot trails (Hiking) are located at the Salt River, Ridge Top, and Justice Trails.	<a href="http://www.lrh.usace.army.mil/projects/lakes/rdb/">http://www.lrh.usace.army.mil/projects/lakes/rdb/</a>	
Non-Motorized	Kanawha Trace		31.68 mi.	Cabell		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: <i>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.</i> <i>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.</i> <i>10-Mile Loop - This loop also starts in the parking lot of Camp Arrowhead. This loop has the same option as the 5-mile loop as to what trail to start on.</i>	<a href="http://webpages.marshall.edu/~kyle4/index.html">http://webpages.marshall.edu/~kyle4/index.html</a>	

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Kates Falls Trail	New River Gorge National River Trail System	1.6 mi.	Fayette	Day hike	1.6 miles one-way - difficult hiking 4.5 miles of Glade Creek Trail must be hiked to reach this trail. 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 Plateau Trail. Go left at the end of this section to hike Kates Plateau Trail.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Kates Plateau Trail	New River Gorge National River Trail System	4.9 mi.	Fayette	Day hike	4.0 miles loop - moderate hiking & 4.5 miles of Glade Creek Trail and part of Kates Falls Trail must be hiked to reach this trail. 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 July look for the state flower, Great Rhododendron, in bloom.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Kaymoor Miners Trail	New River Gorge National River Trail System	0.6 mi.	Fayette	Day hike	A 1/2 mile trail sounds easy, right? This difficult trail is one of the harshest as it literally descends 1,000 feet down the face of the gorge through switchbacks, staircases and slippery trails. The top affords views of the gorge while the bottom features old mining ruins and coke ovens.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Kaymoor Trail	New River Gorge National River Trail System	8.3 mi.	Fayette	Day hike and mountain biking	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 glimpse of the town's mining past, including derelict buildings, old mine entrances and ruins.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Keeneys Creek RR Trail	New River Gorge National River Trail System	3.3 mi.	Fayette		Picture at <a href="http://www.flickr.com/photos/timberwolf1212/4027529617/">http://www.flickr.com/photos/timberwolf1212/4027529617/</a>	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Lake Shore Trail	Chief Logan State Park	1.1 mi.	Logan	Day hike, mountain biking and equestrian	Distance: 1.1 miles. Walking time: 45 minutes. Rating: Easy. The starting point is at the lower end of the lake. Many spring wild flowers may be seen along the trail.	<a href="http://www.chiefloganstatepark.com/activities.html">http://www.chiefloganstatepark.com/activities.html</a>	
Non-Motorized	Lake Shore Trail	Pipestem Resort State Park	2.2 mi.	Summers	Day hike, mountain biking, equestrian and cross country skiing		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	
Non-Motorized	Lake Stephens Mountain Bike & Hiking Trail	Raleigh County Recreation Authority	4.6 mi.	Raleigh	Day hike & mountain biking	- Gary Morefield - Earth, Wind, & Tire Cycling (304)673-5002 can provide additional information on this trail system	<a href="http://www.earthwindandtire.us/">http://www.earthwindandtire.us/</a>	
Non-Motorized	Lakeside Trail	Laurel Lake WMA	1.5 mi.	Mingo	Day hike		<a href="http://www.laurellakewma.com/recreation.html">http://www.laurellakewma.com/recreation.html</a>	
Non-Motorized	Lakeside Trail	USACE - East Lynn Lake	1.8 mi.	Wayne	Day hike	Trailhead at Lakeside Picnic Area. Length - 1.2 mile loop. Difficulty - moderate. Terrain - moderate climb at trailhead to ridgeline.	<a href="http://www.lrh.usace.army.mil/projects/lakes/elt/">http://www.lrh.usace.army.mil/projects/lakes/elt/</a>	<a href="http://www.lrh.usace.army.mil/_kd/Items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem">http://www.lrh.usace.army.mil/_kd/Items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem</a>
Non-Motorized	Lakeview Trail	Babcock State Park	1 mi.	Fayette	Day hike		<a href="http://www.babcocksp.com/recreation.html">http://www.babcocksp.com/recreation.html</a>	<a href="http://www.babcocksp.com/babcock.pdf">http://www.babcocksp.com/babcock.pdf</a>



TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Lakeview Trail	Pipestem Resort State Park	0.4 mi.	Summers	Day hike, mountain biking, equestrian and cross country		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf</a>
Non-Motorized	Laurel Creek Crossing	Little Beaver State Park	2.6 mi.	Raleigh	Day Hike, Mountain Biking, Equestrian	This trail is 2.6 miles and is the second longest trail in the park. It follows the park boundary along Country Club Road and is an easy to moderate walk with changing scenery.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	Law Hollow Trail	Pipestem Resort State Park	0.5 mi.	Summers	Day hike and mountain biking		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf</a>
Non-Motorized	Lick Hollow Trail	Pipestem Resort State Park	1.6 mi.	Summers	Day hike and cross country skiing		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf</a>
Non-Motorized	Lindy Trail	Kanawha State Forest	0.5 mi.	Kanawha	Day hike and cross country skiing	This steep trail ascends from the shooting range road up to Middle Ridge Road near the top of Alligator Rock Trail. Moderate to difficult.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Motorized Trail	Little Coal River Trail System	Hatfield McCoy Regional Recreation Authority Trail	54.5 mi.	Boone	ATV and dirt bikes	Little Coal is most commonly known for its high percentage of green or easiest level trails. This trail system has direct access to lodging and is located very near family, summer season activities.	<a href="http://www.trailsheaven.com/playyourtrip/chooseatrail/littlecoal/default.aspx">http://www.trailsheaven.com/playyourtrip/chooseatrail/littlecoal/default.aspx</a>	<a href="http://www.trailsheaven.com/playyourtrip/chooseatrail/littlecoal/map.aspx">http://www.trailsheaven.com/playyourtrip/chooseatrail/littlecoal/map.aspx</a>
Non-Motorized	Logtown Hollow Trail	Kanawha State Forest	0.8 mi.	Kanawha	Day hiking	Begins behind Shelter #3 and ends on Middle Ridge Road. Easy to moderate	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Long Branch Trail	Pipestem Resort State Park	0.3 mi.	Summers	Day hike and mountain biking		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forums/Pipestem_Park_Map.pdf</a>
Non-Motorized	Long Point Trail	New River Gorge National River Trail System	1.6 mi.	Fayette	Day hike	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 the best views of the gorge. Be careful along the cliff's edge!	<a href="http://www.nps.gov/neri/playyourvisit/hiking.htm">http://www.nps.gov/neri/playyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/playyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/playyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Loop Trail	Panther State Forest	1.5 mi.	McDowell	Day hike		<a href="http://www.pantherstateforest.com/recreation.html">http://www.pantherstateforest.com/recreation.html</a>	
Non-Motorized	Lost Trail	Beech Fork Trail System	2.8 mi.	Wayne	Day hike			
Non-Motorized	Lost Trail	Beechfork State Park	1 mi.	Wayne	Day hike and mountain biking			



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

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

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Nature Trail	Beechfork State Park	0.8 mi.	Wayne	Day hike and mountain biking		<a href="http://www.beechforksp.com/">http://www.beechforksp.com/</a>	<a href="http://www.beechforksp.com/beechnfork.pdf">http://www.beechforksp.com/beechnfork.pdf</a>
Non-Motorized	Nature Trail	Twin Falls State Park	1.3 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Neely Knob Road & Trail	Camp Creek State Park	2 mi.	Mercer	Day hike		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Non-Motorized	New River Bridge	NPS - New River Gorge National River - Kaymoor Area	1.6 mi.	Fayette	Day hike			
Non-Motorized	New River Park Trail		0.6 mi.	Raleigh				
Non-Motorized	North Ridge Trail	Beech Fork Trail System	0.6 mi.	Wayne				
Non-Motorized	North Side Trail	Pipestem Resort State Park	0.5 mi.	Summers	Day hike and cross country skiing		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf</a>
Non-Motorized	Northgate Business Park	Charleston Parks and Recreation	0.8 mi.	Kanawha	Day hike and mountain biking			
Non-Motorized	Nuttall Mine Trail	New River Gorge National River Trail System	0.4 mi.	Fayette		Pictures and info at <a href="http://www.coalcampusa.com/sowv/river/nuttalburg/nuttalburg.htm">http://www.coalcampusa.com/sowv/river/nuttalburg/nuttalburg.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Nuttallburg Tipple Trail	New River Gorge River Trail System	0.4 mi.	Fayette		Pictures and info at <a href="http://www.coalcampusa.com/sowv/river/nuttalburg/nuttalburg.htm">http://www.coalcampusa.com/sowv/river/nuttalburg/nuttalburg.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Oak Rock Trail	Kanawha State Forest	1.5 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Oak Trail	Kanawha County Parks and Recreation	0.3 mi.	Kanawha	Day hike	Located in Coonskin Park	<a href="http://www.kcprc.com/">http://www.kcprc.com/</a>	Maps available at Park

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Overlook Rock Trail	Kanawha State Forest	1.5 mi.	Kanawha	Day hike	A steep trail that starts just South of the pool and ends in #2 Store Hollow. Be careful to follow the blazes. The trail follows an access road and then turns South. Moderate to difficult.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Overlook Trail	Beechfork State Park	1 mi.	Wayne	Day hike and mountain biking		<a href="http://www.beechforksp.com/">http://www.beechforksp.com/</a>	<a href="http://www.beechforksp.com/beechnfork.pdf">http://www.beechforksp.com/beechnfork.pdf</a>
Non-Motorized	Overlook Trail	Bluestone State Park	0.5 mi.	Mercer	Day hike		<a href="http://www.bluestonesp.com/">http://www.bluestonesp.com/</a>	Excellent Site map but no trails featured at <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	Overlook Trail	USACE - East Lynn Lake	2 mi.	Wayne	Day hike	Trailheads - Overlook area and lakeside. Length - 4 miles round trip. Difficulty - Moderate. Terrain - open field, steep climb to near ridge line and levels off.	<a href="http://www.lrh.usace.army.mil/projects/lakes/elt/">http://www.lrh.usace.army.mil/projects/lakes/elt/</a>	<a href="http://www.lrh.usace.army.mil/_kd/items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem">http://www.lrh.usace.army.mil/_kd/items/actions.cfm?action=Show&amp;item_id=7420&amp;destination=ShowItem</a>
State Backway	Paint Creek Scenic Trail Byway State	Multiple counties	42. mi.	Kanawa, Raleigh, Fayette,	Driving Tour			
Non-Motorized	Park Loop Trail	New River Gorge River Trail System	1 mi.	Raleigh	Day hike		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a> <a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>
Non-Motorized	Pathfinder Trail	Twin Falls State Park	2.5 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Physical Fitness Trail	Beechfork State Park	0.8 mi.	Cabell	Day hike, fitness, mountain biking, ADA	Located in the Franklin D. Wooten Recreation Area, this trail offers a challenging series of exercise stations for those who wish to test their fitness. The fitness trail also makes a pleasurable walking path for those who enjoy a leisurely after dinner or early morning walk. Directions: Located in the south western section of West Virginia, Beech Fork is	<a href="http://www.mountaintravelguide.com/Hiking%20Trails/WestVirginia/cabell/PhysicalFitnessTrail.htm">http://www.mountaintravelguide.com/Hiking%20Trails/WestVirginia/cabell/PhysicalFitnessTrail.htm</a>	
Non-Motorized	Picnic Area Trail	Upper Mud WMA	0.7 mi.	Lincoln	Day hike		<a href="http://www.wvdnr.gov/Hunting/D5WMAareas.shtm">http://www.wvdnr.gov/Hunting/D5WMAareas.shtm</a>	
Non-Motorized	Pigeon Roost Trail	Kanawha State Forest	0.8 mi.	Kanawha	Day hike and mountain biking			
Non-Motorized	Pine Ridge Trail to Dunlap Hollow	Kanawha State Forest	1.5 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Piney Ridge Trail	Camp Creek State Park	1.5 mi.	Mercer	Day hike		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Motorized	Pinnacle Creek Trail System	Hatfield McCoy Regional Recreation Authority Trail	71.6 mi.	Wyoming	ATV and dirt bikes	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.	<a href="http://www.trailsheaven.com/planyourtrip/chooseatrail/pinnaclecreek/default.aspx">http://www.trailsheaven.com/planyourtrip/chooseatrail/pinnaclecreek/default.aspx</a>	<a href="http://www.trailsheaven.com/planyourtrip/chooseatrail/pinnaclecreek/map.aspx">http://www.trailsheaven.com/planyourtrip/chooseatrail/pinnaclecreek/map.aspx</a>
Non-Motorized	Pinnacle Rock State Park Trail	Pinnacle Rock State Park	6.5 mi.	Mercer			<a href="http://www.pinnacrockstatepark.com/">http://www.pinnacrockstatepark.com/</a>	<a href="http://www.pinnacrockstatepark.com/pinnacrock.pdf">http://www.pinnacrockstatepark.com/pinnacrock.pdf</a>
Non-Motorized	Pinnacle Rock-Bramwell Trail	Pinnacle Rock State Park Trail System	2.4 mi.	Mercer	Day hike		<a href="http://www.pinnacrockstatepark.com/">http://www.pinnacrockstatepark.com/</a>	<a href="http://www.pinnacrockstatepark.com/pinnacrock.pdf">http://www.pinnacrockstatepark.com/pinnacrock.pdf</a>
Non-Motorized	Pipestem Knob	Pipestem State Park	19.5 mi.	Summers	Day hike		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf</a>
Non-Motorized	Poke Hollow Trail	Twin Falls State Park	3.5 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Polecat Trail	Kanawha State Forest	1.5 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
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.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Polly Trail	Kanawha State Forest	1.5 mi.	Kanawha	Day hike and mountain biking	Starts in Dunlop Hollow Picnic Area. Moderate with steep sections.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Prices Creek Trail		2.6 mi.	Cabell, Wayne				
Non-Motorized	Princeton City Park Trails	City of Princeton Parks and Recreation Dept.	1 mi.	Mercer	Day hike and mountain biking		<a href="http://www.cityofprinceton.org/Recreation%20Department.2007-2008.htm">http://www.cityofprinceton.org/Recreation%20Department.2007-2008.htm</a>	

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Railroad Grade	Little Beaver State Park	1.95 mi.	Raleigh	Day hike, 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.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	Rattlesnake Trail	Kanawha State Forest	1 mi.	Kanawha	Day hike and mountain biking	Starts near main road at mouth of Rattlesnake Hollow. Moderate to difficult	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Red Sulphur Turnpike	Bluestone WMA	2 mi.	Summers	Day hike and mountain biking		<a href="http://www.bluestonewma.com/recreation.html">http://www.bluestonewma.com/recreation.html</a>	Map shows WMA campgrounds etc. but not specific trails. <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	Rhododendron Run Trail	Little Beaver State Park	2.1 mi.	Raleigh	Day hike, mountain biking and equestrian	This trail is 2.5 miles long, which makes it the longest in the park. It follows the park boundary with extreme terrain challenges to bikers and hikers.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	Rhododendron Trail	Bluestone State Park	0.8 mi.	Mercer	Day hike		<a href="http://www.bluestonesp.com/">http://www.bluestonesp.com/</a>	Excellent Site map but no trails featured at <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	Ridenour Lake	Ridenour Park in 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-Motorized	Ritter Walking Trail	Greater Huntington Park & Recreation District	6 mi.	Cabell	Day hike and mountain biking	public park maintained by the Greater Huntington Park and Recreation District. It consists of numerous lengthy walking trails along Four Pole Creek, restroom facilities, picnic tables, shelter with grills and electrical outlets, a children's playground.	<a href="http://www.ghprd.org/parks.html#1">http://www.ghprd.org/parks.html#1</a>	
Non-Motorized	River Trail	Pipestem Resort State Park	5.3 mi.	Summers	Day hike, mountain biking and equestrian		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf</a>
Non-Motorized	Riverview Trail	Bluestone State Park	1.6 mi.	Mercer	Day hike		<a href="http://www.bluestonesp.com/">http://www.bluestonesp.com/</a>	Excellent Site map but no trails featured at <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Non-Motorized	Robinson Drive Trail	Roadside Trail	0.5 mi.	Mingo	Walking and bicycling			
Non-Motorized	Rock Hollow Trail	USACE - Beech Fork Lake	0.5 mi.	Wayne	Day hike	Several trails are maintained by the Corps of Engineers at Beech Fork Lake. They are located in the vicinity of Beech Fork Dam, and the Stowers Branch Beach.	<a href="http://www.lrh.usace.army.mil/projects/lakes/BBF/">http://www.lrh.usace.army.mil/projects/lakes/BBF/</a>	
Motorized	Rockhouse Trail System	Hatfield McCoy Regional Recreation Authority Trail System	89.3 mi.	Logan, Mingo	ATV and dirt bikes	The Rockhouse Trail System is located between the towns of Man and Gilbert, consists of 89.3 miles of trail. Rockhouse has one trailhead located just outside the town of Man, WV. Rockhouse has the largest total mileage of any of the six Hatfield-McCoy Trail Systems and offers a wide variety of trails for all difficulty levels.	<a href="http://www.trailsheaven.com/planyourtrip/chooseatrail/rockhouse/default.aspx">http://www.trailsheaven.com/planyourtrip/chooseatrail/rockhouse/default.aspx</a>	<a href="http://www.trailsheaven.com/planyourtrip/chooseatrail/rockhouse/map.aspx">http://www.trailsheaven.com/planyourtrip/chooseatrail/rockhouse/map.aspx</a>

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



TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	South Side Junction Trail	New River Gorge National River Trail System	5.2 mi.	Fayette	Day hike and mountain biking	The Brooklyn to Southside Junction Trail is probably the most popular mountain bike trail within the park, and also a favorite with hikers and 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 below the town of Thurmond. The overall gradient of the trail is very mild; but the rocks, roots, and railroad ties require that the beginning biker pay close attention!	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	South Side Trail	Pipestem Resort State Park	0.6 mi.	Summers	Day hike and cross country skiing		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf</a>
Non-Motorized	Spicebush Trail	Huntington Museum of Art photo of trail <a href="http://www.hmoa.org">http://www.hmoa.org</a>	0.3 mi.	Cabell	Day hike	Behind museum	<a href="http://www.hmoa.org/pages/aa-nature.html">http://www.hmoa.org/pages/aa-nature.html</a>	
Non-Motorized	Spillway Trail	USACE - Beech Fork Lake	1.4 mi.	Wayne	Day hike	Several trails are maintained by the Corps of Engineers at Beech Fork Lake. They are located in the vicinity of Beech Fork Dam, and the Stowers Branch Beach.	<a href="http://www.lrh.usace.army.mil/projects/lakes/BBF/">http://www.lrh.usace.army.mil/projects/lakes/BBF/</a>	
Non-Motorized	Spotted Salamander	Kanawha State Forest	0.3 mi.	Kanawha	Day hike, interpretive ADA	A wheelchair accessible trail across the road from the riding stables	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Spruce Creek Trail	Cabwaylingo State Forest	1 mi.	Wayne	Day hike	Along these paths, hikers can capture the scenic beauty of the forest and enjoy the many varieties of wildflowers and trees growing in the area. Overhanging rock cliffs can be found along several of these rustic trails.	<a href="http://www.cablingo.com">http://www.cablingo.com</a>	
Non-Motorized	St. Albans Bike Trail	St. Albans City Park	0.5 mi.	Kanawha	Walking/Bicycle Trail		<a href="http://www.stalbanswv.com/parks.shtml">http://www.stalbanswv.com/parks.shtml</a>	
Non-Motorized	St. Albans Nature Trail	St. Albans City Park	0.5 mi.	Kanawha	Day hike		<a href="http://www.stalbanswv.com/parks.shtml">http://www.stalbanswv.com/parks.shtml</a>	
Non-Motorized	Still Run Ridge	Twin Falls State Park	2.5 mi.	Wyoming	Day hike		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Stone Cliff Trail	New River Gorge National River Trail System	2.8 mi.	Fayette	Day hike and mountain biking	This fairly rugged trail offers bountiful hiking and biking opportunities as it straddles the banks of the New River. It is an old roadbed, however, it is not without its challenges!	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Teaberry Trail	Kanawha State Forest	1.5 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>

TYPE	NAME OF TRAIL	LAND 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		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	The Ol' Bauldy Trail		0.5 mi.					
Rail-Trail	Thurmond-Minden Rail-Trail	New River Gorge National River Trail System	3.4 mi.	Fayette	Day hike and mountain biking	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.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Timber Ridge Trail	New River Gorge National River Trail System	1.2 mi.	Fayette		1.2 miles → moderate → 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.	<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
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.	<a href="http://www.littlebeaverstatepark.com/recreation.html">http://www.littlebeaverstatepark.com/recreation.html</a>	
Non-Motorized	Trace Fork Canyon	South Charleston Little Creek Park	9 mi.	Kanawha	Day hike			
Motorized	Trail to Burke Mountain		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	<a href="http://www.hmoa.org/pages/aa-nature.html">http://www.hmoa.org/pages/aa-nature.html</a>	
Non-Motorized	Tunnel Trail	New River Gorge National River Trail System	0.3 mi.	Raleigh	Day hike		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Turkey Loop Trail	Camp Creek State Park	10 mi.	Mercer	Day hike, mountain biking and equestrian		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>
Non-Motorized	Turkey Rock Trail	Pinnacle Rock State Park	2 mi.	Mercer	Day hike and mountain biking		<a href="http://www.pinnaclerockstatepark.com/">http://www.pinnaclerockstatepark.com/</a>	<a href="http://www.pinnaclerockstatepark.com/pinnaclerock.pdf">http://www.pinnaclerockstatepark.com/pinnaclerock.pdf</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	Turkey Spur Trail	Pipestem Resort State Park	0.4 mi.	Summers	Day hike and cross country skiing		<a href="http://www.pipestemresort.com">http://www.pipestemresort.com</a>	<a href="http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf">http://www.pipestemresort.com/forms/Pipestem_Park_Map.pdf</a>
Non-Motorized	Twin Coves Trail	USACE - Beech Fork Lake	3 mi.	Wayne	Day hike	Several trails are maintained by the Corps of Engineers at Beech Fork Lake. They are located in the vicinity of Beech Fork Dam, and the Stowers Branch Beach.	<a href="http://www.lrh.usace.army.mil/projects/lakes/BBF/">http://www.lrh.usace.army.mil/projects/lakes/BBF/</a>	
Non-Motorized	Twin Oaks	Twin Falls State Park	0.3 mi.	Wyoming	Day hike ADA		<a href="http://www.twinfallsresort.com/recreation.html">http://www.twinfallsresort.com/recreation.html</a>	<a href="http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf">http://www.twinfallsresort.com/TwinFallsStateParkTraileGuide.pdf</a>
Non-Motorized	Twin Rocks	Panther State Forest	1 mi.	McDowell	Day hike		<a href="http://www.pantherstateforest.com/recreation.html">http://www.pantherstateforest.com/recreation.html</a>	
Non-Motorized	Upper Shanklin's Ferry Trail	Bluestone WMA	1.5 mi.	Summers	Day hike and mountain biking		<a href="http://www.bluestonewma.com/recreation.html">http://www.bluestonewma.com/recreation.html</a>	Map shows WMA campgrounds etc. but not specific trails. <a href="http://www.bluestonewma.com/bluestonewildlifemanagementarea.p">http://www.bluestonewma.com/bluestonewildlifemanagementarea.p</a>
Water Trail	Walhonda Water Trail	Coal River Group	88 mi.	Boone, Lincoln, Kanawha	Water Trail	The Coal River Watershed Group has created an 88 mile water trail(The 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.  Public put-in locations are being marked with signs showing the Walhonde Water Trail access sites. Trail Heads in Whitesville, Madison, and St. Albans, WV.	<a href="http://www.paddling.net/places/showReport.html?1664">http://www.paddling.net/places/showReport.html?1664</a>	
Non-Motorized	Waterfall Trail	Chief Logan State Park	0.75 mi.	Logan	Day hike, mountain biking and equestrian	Distance: .75 miles. Walking time: 45 minutes. Rating: Moderate. This trail begins at the fi rst bridge on the left above the park offi ce and makes a loop. In the rainy season, it is possible to see a small natural waterfall.	<a href="http://www.chiefloganstatepark.com/activities.html">http://www.chiefloganstatepark.com/activities.html</a>	
Non-Motorized	White Hollow Trail	Kanawha State Forest	2 mi.	Kanawha	Day hike and mountain biking	Starts on the southern end of Davis Creek Trail and ends across from Dunlop Hollow. A portion of this trail follows an access road. Moderate.	<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Rail-Trail	White Oak Rail-Trail		7 mi.	Fayette				
Non-Motorized	White Oak Trail	Camp Creek State Park	1.3 mi.	Mercer	Day hike, mountain biking and equestrian		<a href="http://www.campcreekstatepark.com/recreation.html">http://www.campcreekstatepark.com/recreation.html</a>	<a href="http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf">http://www.campcreekstatepark.com/Camp%20Creek%20State%20Forest%20Trails.pdf</a>

TYPE	NAME OF TRAIL	LAND MANAGER	LENGTH	COUNTY	USERS	DESCRIPTION	WEBSITE	MAPS
Non-Motorized	White Oak Trail	Panther State Park	1 mi.	McDowell	Day hike		<a href="http://www.pantherstateforest.com/recreation.html">http://www.pantherstateforest.com/recreation.html</a>	
Non-Motorized	Wild Turkey	Chief Logan State Park	1.3 mi.	Logan	Day hike, mountain biking and equestrian	Distance: 1.3 miles. walking time: 40 minutes (one direction). Rating: Moderate. This trail follows an old timber road and intersects with the Wilderness Trail. The trail begins between campsites 16 and 17 and ends at the water tank near the conference center. Funding to construct this trail was donated by the National Wild Turkey Federation.	<a href="http://www.chiefloganstatepark.com/activities.html">http://www.chiefloganstatepark.com/activities.html</a>	
Non-Motorized	Wildcat Ridge Trail	Kanawha State Forest	2 mi.	Kanawha	Day hike and mountain biking		<a href="http://www.kanawhastateforest.com/hiking.html">http://www.kanawhastateforest.com/hiking.html</a>	<a href="http://www.kanawhastateforest.com/kanawhastate.pdf">http://www.kanawhastateforest.com/kanawhastate.pdf</a>
Non-Motorized	Wilderness Trail	Babcock State Park	2.5 mi.	Fayette	Day hike		<a href="http://www.babcocksp.com/recreation.html">http://www.babcocksp.com/recreation.html</a>	<a href="http://www.babcocksp.com/babcock.pdf">http://www.babcocksp.com/babcock.pdf</a>
Non-Motorized	Wilderness Trail	Chief Logan State Park	6 mi.	Logan	Day hike, mountain biking and equestrian	Distance: 6 miles. Walking time: 3 hours. Rating: Moderate. The Wilderness Trail begins at the campground. It is mostly easy walking, but due to the length of this trail it is considered moderate.		
Non-Motorized	Williamson High School Track	Williamson High School	1 mi.	Mingo				
Roadside Trail	Wilson Creek Loop at Beech Fork Lake Bikeway	USACE - Beech Fork Lake		Wayne	Bicycling	Bicycles are permitted on main roads only. Under West Virginia law, all riders under the age of 12 years MUST wear a protective helmet.	<a href="http://www.lrh.usace.army.mil/projects/lakes/BBF/">http://www.lrh.usace.army.mil/projects/lakes/BBF/</a>	
Non-Motorized	Wine Cellar Nature Trail	Dunbar Parks and Recreation	0.6 mi.	Kanawha	Day hike, interpretive, mountain biking ADA	Trail is located in Wine Cellar Park	<a href="http://www.cityofdunbarwv.com/node/11">http://www.cityofdunbarwv.com/node/11</a>	
Non-Motorized	Woodland Loop	New River Gorge National River Trail System	0.6 mi.	Raleigh	Day hike		<a href="http://www.nps.gov/neri/planyourvisit/hiking.htm">http://www.nps.gov/neri/planyourvisit/hiking.htm</a>	<a href="http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf">http://www.nps.gov/neri/planyourvisit/upload/Trail-newsletter-2009c.pdf</a>
Non-Motorized	Woodpecker	Chief Logan State Park	2.3 mi.	Logan	Day hike, mountain biking and equestrian	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 the park office. This is a trail where many spring wildflowers may be seen.	<a href="http://www.chiefloganstatepark.com/activities.html">http://www.chiefloganstatepark.com/activities.html</a>	
Non-Motorized	YMCA - Kennedy Outdoor Recreation Trail	Huntington YMCA	1 mi.	Cabell	Day hike and mountain biking	A 1 mile walking/running trail surrounds portions of the property to allow individuals an opportunity to exercise while at the pool or during activities in which their child may be participating. Members may use the Kennedy Center facilities if you join the Kennedy Center Pool for the summer or are a YMCA May Building Member.	<a href="http://www.huntingtonymca.org/kennedy_facilities.php">http://www.huntingtonymca.org/kennedy_facilities.php</a>	

