

HIKING • BIKING • SCENIC

Trail Guide

 Visit
Southern
West Virginia



Trails are rated based on steepness of ascent, descent, terrain and technical difficulty. Visit Southern WV has made every effort to provide accurate ratings but assumes no responsibility for unknown variables. Please refer to ratings before heading out on your adventure.

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● = Easy ■ = Moderate ◆ = Difficult

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Welcome to the inaugural Southern West Virginia Trail Guide. As a response to the rapid growth in popularity and the development of new trails, this guide highlights 18 great trail adventures in Southern West Virginia. We feature leisurely and scenic, family-friendly trails to high adventure routes that will test your endurance. These 18 trails are just a small sample of the trail system throughout our nine counties. Come back again and again to experience them all.

 Visit
Southern
West Virginia

1408 Harper Road
Beckley, WV 25801
304.252.2244 • 800.VisitWV
VisitWV.com/trails

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In addition to great trails, Southern West Virginia is jam packed with other forms of outdoor adventures! We are home to America's Best Whitewater and are known internationally for our New and Gauley River rafting trips. Fantastic rock climbing and rappelling, ATV trails, ziplines, hunting, fishing, golf and more! All closer than you think.

For more information about visiting our part of Almost Heaven, go to VisitWV.com and order a free Visitor Guide.



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FAMILY HIKING

1. Grandview Rim Trail
2. Lake Stephens
3. Pipestem's Lick Hollow Trail
4. Twin Falls' Falls Trail

FAMILY BIKING

5. Bluestone Turnpike Trail
6. Glade Creek Trail
7. Greenbrier River Trail
8. Southside Junction

SCENIC

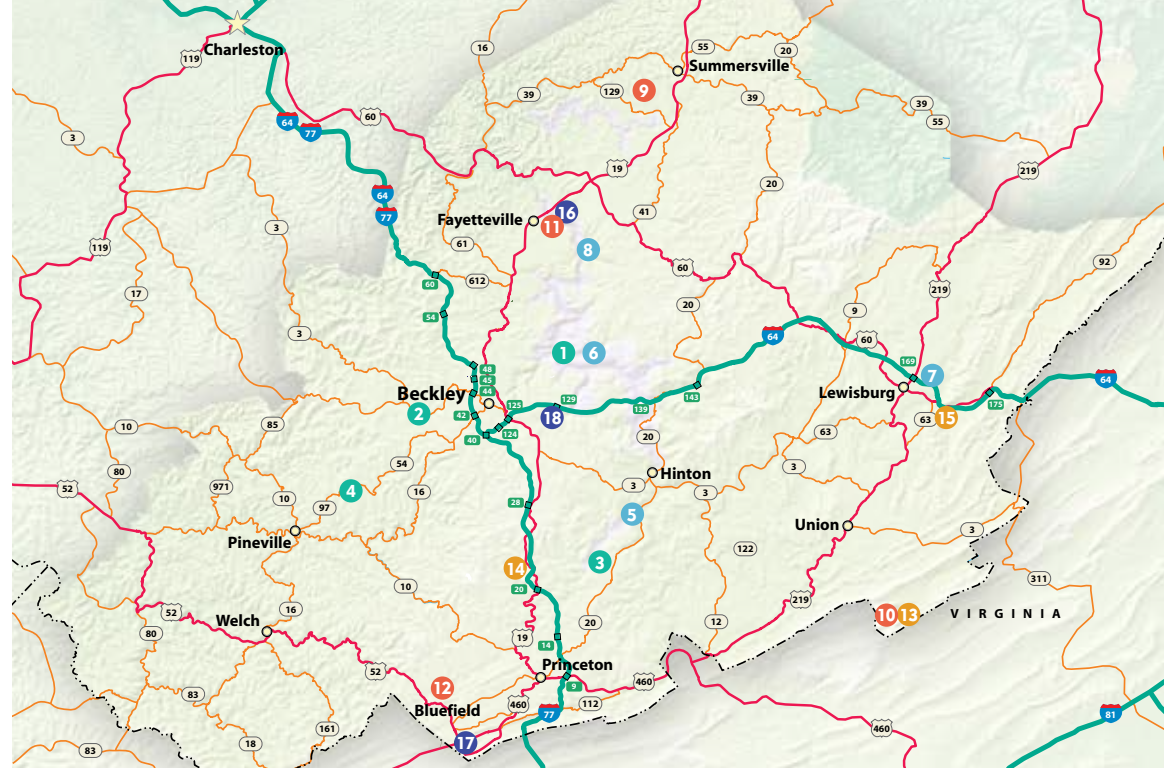
9. Carnifex Ferry Patterson Trail
10. Hanging Rock
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12. Pinnacle Rock

BACKCOUNTRY HIKING

13. Allegheny Trail
14. Camp Creek State Park
15. Greenbrier State Forest's
Kate's Mountain Loop

SINGLE-TRACK BIKING

16. Arrowhead Trails
17. Bluefield City Park
18. Little Beaver State Park



Grandview Rim Trail

FAMILY HIKING

37°49'49.7"N 81°03'49.0"W

DIRECTIONS

Exit 129 from I-64 - approximately 5 miles to Grandview. Stay on main road and park in main parking area near the visitors center. Trailhead is located along the path to the main Grandview Overlook.

DESCRIPTION

At slightly longer than 3 miles round-trip, the Grandview Rim Trail winds through forest and rhododendron with multiple sweeping views of the New River Gorge. For extended hiking, there are opportunities to pick up connector trails along the way. This trail takes you to some of the most photographed areas in the state of West Virginia, so be sure to take your camera. Grandview is easily accessible from the interstate.

CONTACT

New River Gorge National River
PO Box 246, Glen Jean, WV
304.465.0508
nps.gov/neri/planyourvisit/grandview-trails.htm



7



Length: Out & back trail
1.63 miles one way
3.26 miles total

Surface: Packed trail,
uneven, rocky in areas

Rating: ● ■

Amenities:

Picnic facilities
Overlooks
Restrooms
Playground areas
Rentable shelters

Points of Interest:

Overlooks of the Gorge
Abundance of rhododendron
(when in bloom)

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Lake Stephens

FAMILY HIKING

37°46'49.2"N 81°18'43.3"W

DIRECTIONS

Take Exit 44 off I-77. Take Rt. 3 West for 9 miles. Entrance of park will be on right. Follow signs to recreation area where you will find the trailhead on the right as soon as you pull in parking area.

DESCRIPTION

This short trail follows the contour of Lake Stephens and leads to an overlook with a beautiful view of the lake below. Plan for a leisurely walk, as the wide trail follows rolling terrain with several tree identification signs along the way. There are other hiking trails, of varying lengths and degrees of difficulty, surrounding the lake. Playground facilities, picnic areas and a public beach make this trail a great add-on to a day of family fun at Lake Stephens.

CONTACT

Raleigh County Recreation Authority
P.O. Box 5496, Beckley, WV 25802
Office 304.934.5323 • lakestephenswv.com



Length: Out & back trail
1 mile one way
2 miles total

Surface: Varying terrain

Rating:

Amenities:

20 miles of varying degrees of trails
Lake swimming/fishing
Camping/RV
Picnic and playground areas
Restrooms

Points of Interest:

Views of Lake Stephens

Pipestem's Lick Hollow Trail

FAMILY HIKING

37°32'03.2"N 80°59'55.7"W

DIRECTIONS

Upon entering the the park, follow main road for 2.2 miles, turn left at intersection. Parking is available at the Canyon Rim Center. Trailhead located left of the building and is marked by trail signage.

DESCRIPTION

The Lick Hollow Trail is a short 1.6-mile loop that features several creek crossings and opportunities to view wildlife. It is easily accessible from the Canyon Rim Center, where you can enjoy an aerial tramway ride into the Bluestone Canyon. There are many other hiking trails within the park for those looking to extend their time on the trail.

CONTACT

Pipestem Resort State Park
3405 Pipestem Drive, Pipestem WV, 25979
304.466.1800 • pipestemresort.com



Length: 1.6 mile loop

Surface: Packed trail, rocky areas

Rating: ■

Amenities:

Multiple trails within the park
Scenic tram
Lodging, dining & more

Points of Interest:

Views of the
Bluestone Canyon
Wildlife viewing



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Twin Falls' Falls Trail

FAMILY HIKING

37°37'19.4"N 81°27'29.6"W

DIRECTIONS

From I-64/77 take Exit 42. Turn right onto WV Rt 16/97, follow 3.5 miles. At intersection of WV Rt. 54 turn right, travel 15 miles. Turn right onto WV Rt. 97, go 5.5 miles W, make a left onto Bear Hole Rd and drive approx. 1 mile then bear right just past park entrance sign. Drive 200 yards, turn left at Fall Trail sign, drive another 200 yards to parking area/trailhead.

DESCRIPTION

The Falls Trail is a short loop which takes you to Marsh Fork and Black Fork Falls, the landmarks for which the park is named. Starting out as a paved trail, it drops down along the creek before circling back. Many other hiking and biking trails are available at the park.

CONTACT

Twin Falls Resort State Park
RR 97, Mullens, WV
304.294.4000 • twinfallsresort.com



13



Length: 1.25 mile loop

Surface: Varying Terrain

Rating: 

Amenities:

Many miles of trails within State Park
Lodging, dining, golf, swimming, restrooms, & more

Points of Interest:

Marsh Fork Falls
Black Fork Falls

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Bluestone Turnpike Trail

FAMILY BIKING

37°36'08.3"N 80°56'46.6"W

DIRECTIONS

This trailhead is located inside of the Bluestone State Park. From park headquarters travel 1.7 miles past the Old Mill Campground to a parking area. Trailhead is marked with signage.

DESCRIPTION

This scenic trail follows the river. You will find yourself right along the river or at times the ridgeline viewing the scenic Bluestone River. This 15 mile out and back trail connects Bluestone and Pipestem State Parks. Make this ride as long or as short as you want—it's a favorite of mountain bikers!

CONTACT

Bluestone State Park
HC 78, Box 3, Hinton
304.466.2805 • 800.CALL.WVA
nps.gov/blue/planyourvisit/hiking.htm



Length: Out & back trail
7.5 miles one way
15 miles total

Surface: Wooded area,
packed trail

Rating:

Amenities:
Bluestone State Park
has restrooms, camping,
cabins, picnic area,
playground & more

Points of Interest:
Scenic views
Wildlife

Glade Creek Trail

FAMILY BIKING

37°49'36.5"N 81°00'37.1"W

DIRECTIONS

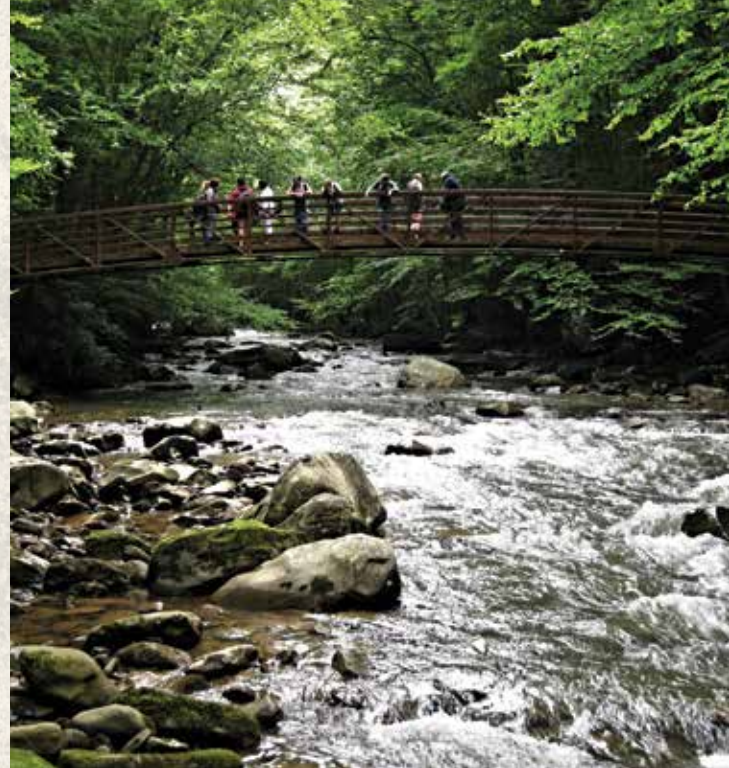
From Rt. 41 North toward Prince, WV take a right onto Glade Creek Rd., just before the bridge at Prince. Follow this gravel road 7 miles and it will end at the Glade Creek Trailhead.

DESCRIPTION

This scenic hiking trail has recently been open to mountain biking and quickly becoming a favorite. A moderate grade makes this enjoyable for all ages and abilities.

CONTACT

New River Gorge National River
PO Box 246, Glen Jean, WV
304.465.0508
nps.gov/neri/planyourvisit/glade-creek-trails.htm



Length: Out & back trail
6 miles one way
12 miles total

Surface: Old rail line,
grated type surface

Rating: ● ■

Amenities:

Parking
Picnic facilities
Restroom facilities
Primitive camping

Points of Interest:

Waterfalls, swimming holes,
scenic views and a catch
and release trout stream

Greenbrier River Trail

FAMILY BIKING

37°47'38.4"N 80°22'48.8"W

DIRECTIONS

Suggested Greenbrier County trailhead located 1.3 miles North of Rt. 60 at Caldwell on County Rt. 38 (Stonehouse Rd.)

DESCRIPTION

A 78-mile rail trail comprised of packed gravel following the Greenbrier River. With a grade of only 1%, this trail is perfect for cyclists of all ages and ability levels.

CONTACT

Greenbrier River Trail
800.CALL.WVA • 304.799.7416
greenbrierrivertrailstatepark.com



Length: 78 miles in length. Out & back trail can be as long or short as you want.

Surface: Gravel packed trail

Rating: ● ■

Amenities:

Parking and picnic tables at trailhead.
Trailside camping, picnic area, outdoor restroom facilities, swimming & fishing opportunities.

Points of Interest:

The Greenbrier River Scenic countryside

Southside Junction

FAMILY BIKING

37°59'59.6"N 81°01'21.3"W

DIRECTIONS

From Fayetteville take Gatewood Rd. for 4.5 miles then turn left onto Cunard Rd. Follow 1.8 miles to Cunard. You can choose to park in the river access area and walk the one mile gravel road to trail head or follow the road and park—the gravel road is maintained and most vehicles can navigate it.

DESCRIPTION

The Southside Junction Trail is a favorite for bikers, thanks to a mix of gravel single and double track that rolls along an old railroad grade that hugs the New River for most of its length. The trail is out-and-back, meaning you have the option to ride as many as 14 total miles. Dotted by remnants from the West Virginia coal boom, you'll see old coke ovens and stone foundations of buildings, among other relics. This trail is fun for all ages and ability levels. Beginning at the designated parking area (where whitewater rafters and kayakers park for river access), follow the gravel road one mile upstream to a park service gate.

CONTACT

New River Gorge National River
PO Box 246, Glen Jean, WV
304.465.0508
nps.gov/neri/planyourvisit/thurmond-and-cunard-area-trails.htm



Length: Out & back trail
7 miles one way
14 miles total

Surface: Varying terrain

Rating:  

Amenities:
Restrooms, camping and picnic area at Cunard

Points of Interest:
Views of the New River
Remnants of coal mining history including coke ovens

Carnifex Ferry Patterson Trail

SCENIC

38°12'21.0"N 80°56'20.7"W

DIRECTIONS

Take Rt. 129 off of Rt. 19, south of Summersville, follow approximately 5 miles then take a left into Carnifex Ferry Battlefield State Park. Go 1.3 miles to a paved parking area, trailhead is just left of shelter 3.

DESCRIPTION

One of the oldest State Parks in the United States, Carnifex Ferry is the location of an important Civil War battle that played a crucial role in the formation of the State of West Virginia. The Patterson Trail is a 2-mile loop, with extended options, highlighted by historical markers and providing incredible views of the Gauley River below. This trail forms a loop around the park and can be accessed from several locations. Generally easy to moderate in difficulty, the trail features three overlooks of the Gauley River.

CONTACT

Carnifex Ferry Battleground State Park
1194 Carnifex Ferry Rd., Summersville, WV 26651
304.872.0825 • 800.CALL.WVA
carnifexferrybattlefieldstatepark.com



Length: 2 mile loop

Surface: Packed trail

Rating: ■

Amenities:

Reservable shelters
Picnic area
Horseshoes
Playground
Restrooms
Softball/volleyball areas

Points of Interest:

Three overlooks of the Gauley River
Patterson House Museum - Open seasonally
Park is on The Civil War Discovery Trail



Hanging Rock

SCENIC

37°30'35.4"N 80°26'17.3"W

DIRECTIONS

From Union, WV turn left on WV-3 and go 8.7 miles to the outskirts of Gap Mills. You will see "Watchable Wildlife" sign on right at turn off for Zenith Rd. Follow Zenith Rd. 3.5 miles to Limestone Hill Rd. Make a slight left onto Limestone Hill Rd. and follow 1.8 miles to top of Peters Mountain and the Forest Service Parking Area for the Allegheny Trail.

DESCRIPTION

A 2-mile round-trip hike to the top of Peter's Mountain will provide a 360° view of the valley below. The hike begins with a short, steep section, then levels, with all but the last several hundred feet shared with the famous Allegheny Trail. For an added bonus, pay a visit during the fall migration of raptors. You just might see some of the hundreds of hawks and eagles making their way south for the winter.

CONTACT

Monroe Tourism
261 Health Center Dr., Union, WV 24983
304.772.3003 • hangingrocktower.org



Length: Out & back trail
1 mile one way
2 miles total

Surface: Rocky, steep short climb then flattens as you travel upslope to the tower.

Rating: 

Amenities:
Outdoor privy

Points of Interest:
The observatory is a monitoring station for hawk, eagle, falcon and osprey migration. Incredible view of rural Monroe County countryside and beyond Rock formations

Long Point Trail New River Gorge

SCENIC

38°02'30.2"N 81°04'40.9"W

DIRECTIONS

Long Point Trailhead is reached via Gatewood Rd. From U.S. Rt. 19, follow Rt. 16 South through the town of Fayetteville. Take a left on Gatewood Rd. (sign indicating Kaymoor and Cunard). Follow this road for 1.9 miles, and turn left on Newton Rd. Parking is 50 yards down on the left.

DESCRIPTION

This 3-mile round trip trail is one of the most popular in the New River Gorge. Expect to experience diverse terrain, first rolling through a forest canopy before reaching a rhododendron tunnel. Next, the trail becomes steeper and rockier, leading to an exposed outcropping with a panoramic view of the New River Gorge Bridge. This is one trail where you don't want to forget your camera. Be cautious as there are steep cliffs on all sides of the overlook.

CONTACT

New River Gorge National River
PO Box 246, Glen Jean, WV
304.465.0508
nps.gov/neri/planyourvisit/longpoint_trail.htm



Length: Out & back trail
1.6 miles one way
3.2 miles total

Surface: Packed trail,
rocky in areas

Rating: ● ■

Amenities:

Restroom at the trailhead/
parking area

Points of Interest:

Scenic View of the New
River Gorge Bridge and the
New River

Pinnacle Rock

SCENIC

37°19'15.9"N 81°17'33.9"W

DIRECTIONS

Located between Bluewell and Bramwell, WV. **From the North** take I-77 exit 9 at Princeton, WV then US460 West, to WV104 West, to WV20 South to Bluewell, WV then WV 52 North. **From the South** take I-77 exit 1 at Bluefield, WV then US460W/WV52 North, then WV52 North.

Park entrance is approx. 14 miles from Princeton and 10 miles from Bluefield.

DESCRIPTION

More than 7 miles of trail surrounds Pinnacle Rock, an iconic sandstone structure reaching more than 3,000 feet above sea level. From the Homestead Trail, which begins at the main parking area, you can link to other trails to create loops as short or as long as you wish. Be certain to include the short (.7 mile each way) Overlook Trail for impressive views of the rolling mountains below.

CONTACT

Pinnacle Rock State Park
RR 52, Bramwell
304.248.8565 • 800.CALL.WVA • pinnaclerockstatepark.com



Length: Over 7 miles of hiking and biking trails

Surface: Packed trails, steep grades

Rating: ■ ◆

Amenities:

Picnic areas
Children's playground
Restrooms
Picnic shelter for rent

Points of Interest:

Jimmy Lewis Lake (fishing)
Scenic Overlook
Pinnacle Rock - A sandstone formation reaching 3,100 ft. above sea level



Allegheny Trail

BACK COUNTRY HIKING

37°30'35.4"N 80°26'17.3"W

DIRECTIONS

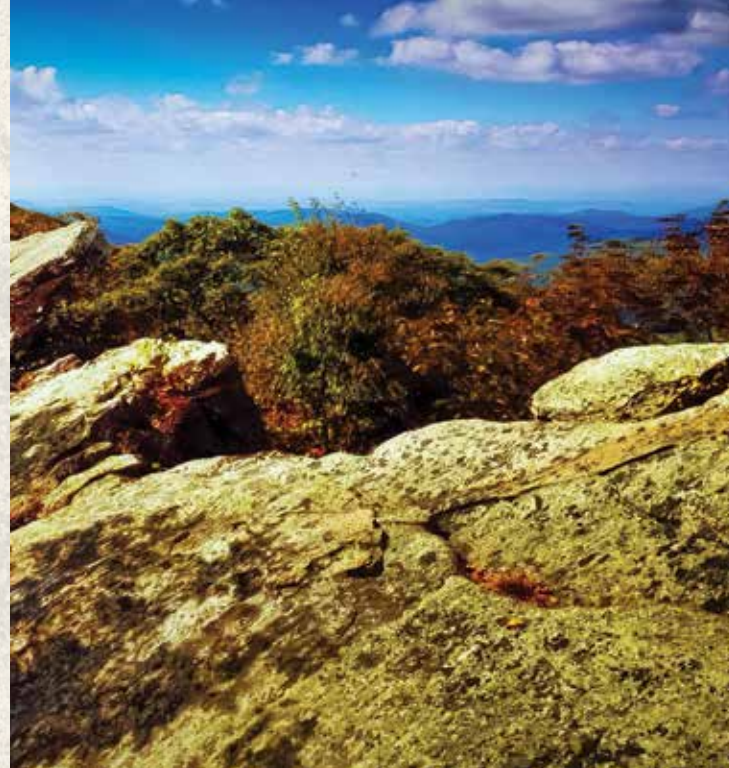
From Union, WV, turn left on WV-3 and go 8.7 miles to the outskirts of Gap Mills. You will see "Watchable Wildlife" sign on the right at the turn off for Zenith Rd. Follow Zenith Rd. 3.5 miles to Limestone Hill Rd. Make a slight left onto Limestone Hill Rd. and follow it 1.8 miles to top of Peters Mountain and the Forest Service Parking Area for the Allegheny Trail.

DESCRIPTION

The Allegheny Trail runs 330 miles, from the northern West Virginia/Pennsylvania border to the southern terminus on Peter's Mountain in Monroe County, West Virginia. Beginning at the parking area, follow the Allegheny Trail, to the Hanging Rock Trail turn off, hike to the Hanging Rock Observatory Tower, go past tower and resume your hike on the Allegheny. From this point you can hike the Allegheny for 11 miles where it will intersect with the Appalachian Trail.

CONTACT

Monroe Tourism
261 Health Center Dr., Union, WV
304.772.3003 • wvscenictrails.org



Length: Out & back trail
12 miles one way
24 miles total

Surface: Varying terrain,
rocky, packed trail

Rating: ■

Amenities:

Outdoor privy located
at tower.
Remote, dense
Appalachian Forest

Points of Interest:

Scenic views, wildflowers,
wildlife viewing



Camp Creek Bear Wallow Trail

37°31'23.8"N 81°07'54.8"W

BACK COUNTRY HIKING

DIRECTIONS

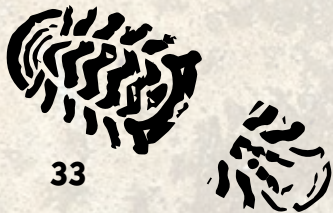
Take Exit 20 of I-77, go ½ mile on Rt. 19 S then turn right onto Camp Creek Rd. Travel 2 miles to park entrance. Once you enter the park stay on main road and go past the Blue Jay Camping Area (.7 of a mile above campground), Bear Wallow can be accessed from Turkey Loop Rd. Trailhead is marked with signage.

DESCRIPTION

Camp Creek State Park and State Forest is a multi-use park with more than 40 miles of trails to explore. For a true back country hiking experience you have two great options. The 5-mile Bear Wallow trail, which takes you to some of the most remote areas of the park, offers a challenging hike with many opportunities for wildlife viewing. The Turkey Loop trail is 7 miles with 10 creek crossings and two waterfalls.

CONTACT

Camp Creek State Park & State Forest
2390 Camp Creek Road, Camp Creek, WV 25820
304.425.9481 • 800.CALL.WVA
campcreekstatepark.com



33



Length: 5 mile loop

Surface: Packed, uneven trail with steep grade

Rating:  

Amenities:

Park offers camping, restrooms, picnic area, playgrounds and multiple hiking, biking and horseback riding trails for the beginner and advanced.

Points of Interest:

Scenic, views of both Bear Creek and Camp Creek, Wildlife viewing

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Greenbrier State Forest's Kate's Mountain Loop

BACK COUNTRY HIKING

37°45'02.2"N 80°21'06.0"W

DIRECTIONS

Take Exit 175 off of I-64, follow signs 1.5 miles to State Forest. Upon entering the forest area stay on main road until you arrive at the archery shooting parking area. Park and walk, following signs, ¼ mile to trailhead.

DESCRIPTION

Kate's Mountain is the dominant feature of Greenbrier State Forest, and by connecting several of the forest trails you can create a difficult 9.5 mile hike known as Kate's Mountain Loop.

CONTACT

Greenbrier State Forest
HC 30, Box 154, Caldwell
304.536.1944 • 800.CALL.WVA • greenbriersf.com

Kate's Mountain Loop:

- Start at the Old Roads Trail, follow it, and then take a left onto Rocky Ridge Trail
- Follow to the left at the road to the Holsapple Trail on the right.
- Follow the Holsapple Trail and take a right onto Young's Nature Trail
- Make a right on Black Bear Trail to the intersection with Old Roads Trail and follow back to the parking area.

Length: 9.5 mile loop

Surface: Rocky, steep, packed trail

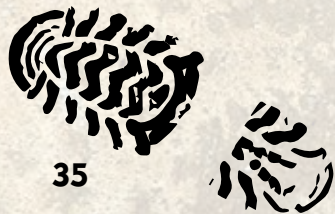
Rating:  

Amenities:

State forest: Hunting/fishing, hiking/biking, disc golf course, swimming, picnic area, playground area, restrooms, cabins and camping.

Points of Interest:

Overlook, wildlife viewing, hardwood forests, hemlock forest, mountain stream, Kate's Mountain flora



Arrowhead Trails

SINGLE-TRACK BIKING

DIRECTIONS

Follow Rt. 16 through Fayetteville to Gatewood Rd., Turn left up Gatewood Rd. and follow for 2 miles, then turn left onto Kaymoor No 1 Rd., follow approximately 1 mile to intersection and turn right. Follow gravel road to parking area.

DESCRIPTION

This stacked-loop system was built to IMBA (International Mountain Biking Association) specifications by 1,000 members of the Boy Scouts Order of the Arrow as part of one of the largest youth service projects in National Park history. Connecting multiple segments of flowing single-track mean endless ride possibilities. This is a can't-miss stop for mountain bikers.

CONTACT

New River Gorge National River
PO Box 246, Glen Jean, WV
304.465.0508 • nps.gov/neri/planyourvisit/bicycling.htm

38°02'29.3"N 81°04'04.3"W

Suggested loop: From the parking lot ride back out the entrance road and at the Dalton Trail markers take a left.

- At the intersection, take the hair-pin turn to the left on Clovis back to the main parking lot.
- Continue past the main parking lot and veer left following the signs towards Adena
- Go directly across the gravel road to the short connector trail, then take a right on Dalton
- At the gravel road take a left and follow the service road down the hill for a little over a mile then taking a right over the large rock at the Dalton Trail marker.
- Follow the Dalton to the next trail marker and take a left to continue on the Dalton.
- Continue on the Dalton, and then take a left on the Lecroy following back to the Dalton.
- Back at the 4-way intersection take a right to the Adena, and keep right at the at the intersection with The Clovis Trail. At the 4-way creek crossing, take a left and continue on the Adena Trail, staying on the Adena until you reach the gravel road.
- Take a left on the gravel road and take a left back on the Adena Trail, and continue bearing to the right until you return to the main parking lot.

Length: 11.5 mile loop
Many shorter routes available

Surface: Packed trail

Rating:  

Amenities:
Restroom facility at trailhead

Points of Interest:
Wooded trail scenery, one overlook of the New River Gorge, extremely popular to single-track biking enthusiasts. 13 total trail miles open to hikers.

Bluefield City Park

SINGLE-TRACK BIKING

37°14'49.1"N 81°15'07.4"W

DIRECTIONS

Take Exit 1 off I-77, merging onto US 52N then merge onto US 460W/US52N. Turn right on Leatherwood Ln. Left onto College Ave. then first right toward Stadium Dr. Destination will be on the left.

DESCRIPTION

This system provides endless opportunities to link single- and double-track sections of trail for rides as short or as long as you would like. Easy accessibility and varying terrain make this a great place for everyone to ride, regardless of age and ability level.

CONTACT

Bluefield City Park
1780 Stadium Dr., Bluefield, WV
304.327.2448

The suggested ride below roughly follows the course of the annual Crying Wolf Challenge mountain bike race.

- Start with a clockwise loop on the Family Friendly Trail (partially paved)
- At the main trail intersection take the Wolf Pup Trail on the right side (orange blaze)
- Make the hard left at the top of the climb and back to the intersection on tight single-track.
- At the intersection take a hard right on Sleeping Wolf Trail straight up (yellow blaze)
- Right onto Wolf Tail Trail (red blaze)
- Left onto Rhododendron Trail (dark green blaze)
- Stay right at the switchback and back onto Sleeping Wolf Trail follow all the way around
- Back to Wolf Pup Trail and main intersection, then left on Family Friendly back to the start.

Length: 5+ mile loop

Surface: Varying terrain, steep grades

Rating:  

Amenities:

Park restrooms, picnic area, playground, tennis, gymnasium & Ridge Runner Train

Points of Interest:

Nice variation of double track, climbs, downhill, and benchcut single-track

Little Beaver State Park

SINGLE-TRACK BIKING

37°44'56.7"N 81°05'03.0"W

DIRECTIONS

Take Exit 129A off of I-64 toward Shady Spring. Turn onto Grandview Rd. South and travel 1.8 miles to entrance of Little Beaver. Continue along the main park road, taking the first right past the visitor center. Continue for ½ mile until reaching a parking area on the left. Trailhead located on far end of parking lot.

DESCRIPTION

Little Beaver State Park is quintessential Eastcoast mountain biking: Rocky. Rooty. Single-track. If challenging, technical trails thrill you, twist and turn through the rhododendron thickets and dense Appalachian forest along combinations of 20 total miles of well-maintained single-track. With easy interstate access, camping and State Park amenities, this is a great spot for a weekend trail getaway.

CONTACT

Little Beaver State Park
1402 Grandview Rd., Beaver, WV 25813
304.763.2494 • littlebeaverstatepark.com

The suggested route will allow you to experience some of the best of Little Beaver.

- From the parking lot (using the coordinates provided) begin on the left side of Beaver Creek Trail
- Go right on Rhododendron until you get to the gravel road by the cemetery
- Follow the gravel road to the left, past the old cemetery then go right on Deer Trail
- Take a right at the pond on Laurel Trail, then a right on Weaver Way
- Take a right at the end of Weaver Way onto Laurel Trail back to the pond
- Take a left onto Railroad Grade, then follow the road back toward the lake
- Take Lake Front Trail back to parking area

Length: 9+ mile loop

Surface: rocky, rooty, single-track trail

Rating:  

Amenities:

20 total miles of trails
Little Beaver Park has a lake for fishing, paddle boats, picnic and playground areas, camping/RV park and rentable shelters

Points of Interest:

Wildlife viewing, rhododendron when in bloom, creeks and forest views

Rules of the Trail

GUIDELINES RECOGNIZED AROUND THE WORLD

The International Mountain Biking Association developed the “Rules of the Trail” to promote responsible and courteous conduct on shared-use trails. Keep in mind that conventions for yielding and passing may vary in different locations, or with traffic conditions.

- 1. Ride Open Trails:** Respect trail and road closures — ask a land manager for clarification if you are uncertain about the status of a trail. Do not trespass on private land. Obtain permits or other authorization as required. Be aware that bicycles are not permitted in areas protected as state or federal wilderness.
- 2. Leave No Trace:** Be sensitive to the dirt beneath you. Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.
- 3. Control Your Bicycle:** Inattention for even a moment could put yourself and others at risk. Obey all bicycle speed regulations and recommendations, and ride within your limits.

4. Yield Appropriately: Do your utmost to let your fellow trail users know you're coming — a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists should yield to other non-motorized trail users, unless the trail is clearly signed for bike-only travel. Bicyclists traveling downhill should yield to ones headed uphill, unless the trail is clearly signed for one-way or downhill-only traffic. In general, strive to make each pass a safe and courteous one.

5. Never Scare Animals: Animals are easily startled by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife are serious offenses.

6. Plan Ahead: Know your equipment, your ability and the area in which you are riding and prepare accordingly. Strive to be self-sufficient: keep your equipment in good repair and carry necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear.

Source: IMBA.com





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Many thanks to our dedicated partners in the production of this inaugural Trail Guide. Without their support, projects like these are not possible. Please be sure to visit our partners when you come to the area and take advantage of their wonderful services, adventures and products.

There are many great things about visiting West Virginia, but without a doubt, the thing visitors always comment on is the hospitality of our people. We love having company and we will roll out the red carpet and make your stay special and memorable. **Hope to see you out on the trails soon!**



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