



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
<b>Barbour</b>			
	Alum Cave	Audra State Park	2.7
	Bartlett Run	Pleasant Creek WMA	1.2
	Dayton Park Riverfront Walk	Philippi	2.5
	Office	Pleasant Creek WMA	0.4
	Rifle Range	Pleasant Creek WMA	0.8
	Riverside	Audra State Park	2
	Wildlife	Pleasant Creek WMA	1
<b>Berkeley</b>			
	Hedgesville Park	Martinsburg Berkeley County Parks and Recreation	0.5
	Poor House Farm Park	Martinsburg Berkeley County Parks and Recreation	6
	Tuscarora Creek Linear Park	Martinsburg Berkeley County Parks and Recreation	0.5
	Yankauer Nature Preserve Trail	Potomac Valley Audabon Society	2.2
<b>Boone</b>			
	John Slack Park Walking	Boone County Commission	
<b>Braxton</b>			
	Belknap Hollow	US Army Corps of Engineers - Sutton Lake	1
	Billy Linger	Elk River WMA	2.2
	Braxton County Middle School Nature	Braxton County Board of Education	0.38
	Braxton County Nature	Elk Conservation District	1
	Bulltown Battlefield	US Army - Corps of Engineers - Burnsville Lake	0.25
	Bulltown Historic Overlook	US Army - Corps of Engineers - Burnsville Lake	0.25
	Canoe River	Elk River WMA	1.8
	Cherry Tree Hunting	Elk River WMA	1.7
	Dynamite	Elk River WMA	0.5
	Gibson	Elk River WMA	0.45
	Hickory Flats	Elk River WMA	2.4
	Southside	US Army Corps of Engineers - Sutton Lake	4
	Stony Creek Hunting	Elk River WMA	2.5



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Tower Falls	Elk River WMA	0.4
	Weston to Gauley Bridge Turnpike	US Army - Corps of Engineers	10
	Woodell	Elk River WMA	1.1
<b>Brooke</b>			
	Bethany Trails	Bethany College	
	Brooke Pioneer Rail	Brooke Pioneer Rail Trail Foundation	6.7
	Follansbee City Park Nature	Follansbee	0.3
	Panhandle Rail	Weirton Parks and Recreation	4
	Wellsburg Yankee Rail	Wellsburg	1.1
<b>Cabell</b>			
	27th Street Park	Greater Huntington Park & Recreation District	0.2
	Adahi	Tri-State Council, Boy Scouts of America- Camp Arrowhead	18
	Foxfire Nature	Foxfire Resort	1.1
	Gentle Oak	Huntington Museum of Art	0.2
	Kanawha Trace	Tri-State Council, Boy Scouts of America- Camp Arrowhead	31.7
	Ritter & Boulevard Parks	Greater Huntington Park & Recreation District	6
	Rotary Park	Greater Huntington Park & Recreation District	0.5
	Spicebush	Huntington Museum of Art	0.3
	Tulip Tree ★	Huntington Museum of Art	1
	YMCA - Kennedy Outdoor Recreation	Huntington YMCA	1
<b>Calhoun</b>			
	Calhoun County Park	Calhoun County Commission	3.5
	Grantsville Walking	Calhoun County Commission	0.25
<b>Clay</b>			
	Clay County Park	Clay County Parks	2
<b>Doddridge</b>			
	North Bend Rail	North Bend State Park	
<b>Fayette</b>			
	Arbuckle Creek Connector	NPS - New River Gorge National River - Thurmond, Minden, Cunard	0.2



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Brooklyn Mine	NPS - New River Gorge National River - Thurmond, Minden, Cunard	2
	Burnwood Nature Church Loop	NPS - New River Gorge National River - Thurmond, Minden, Cunard	1.2 0.1
	Cliffside	Hawks Nest State Park	2
	Endless Wall	NPS - New River Gorge National River	2.4
	Fayette County Park	Fayette County Parks	10
	Fisherman's	Hawks Nest State Park	1
	Fisherman's	Babcock State Park	2
	Glade Creek	NPS - New River Gorge National River - Glade Creek Area	11.2
	GYSP	Hawks Nest State Park	1.5
	Hawks Nest Rail	Ansted	1.8
	Island in the Sky	Babcock State Park	0.5
	Kates Falls	NPS - New River Gorge National River - Glade Creek Area	0.2
	Kates Plateau	NPS - New River Gorge National River - Glade Creek Area	5.1
	Kaymoor	NPS - New River Gorge National River - Kaymoor Area	8.7
	Kaymoor Miner's	NPS - New River Gorge National River - Kaymoor Area	1
	Lake View ★	Babcock State Park	1
	Long Point	NPS - New River Gorge National River - Kaymoor Area	1.6
	Loop	Hawks Nest State Park	0.3
	Lover's Leap	Hawks Nest State Park	0.25
	Manns Creek Gorge	Babcock State Park	2
	Mountain Health	Babcock State Park	0.25
	Narrow Gauge Rail	Babcock State Park	3.5
	New River Bridge	NPS - New River Gorge National River - Kaymoor Area	1.6
	Polls Plateau	NPS - New River Gorge National River - Glade Creek Area	4.9
	Rocky	Babcock State Park	0.5
	Skyline	Babcock State Park	2



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County	Trail Name	Land Manager	Length in Miles
	Southside	NPS - New River Gorge National River - Thurmond, Minden, Cunard	7
	Stone Cliff Trail	NPS - New River Gorge National River - Thurmond, Minden, Cunard	2.7
	Thurmond - Minden	NPS - New River Gorge National River - Thurmond, Minden, Cunard	3.4
	Wilderness	Babcock State Park	2.5
<b>Gilmer</b>			
	Fisherman's	Cedar Creek State Park	1.5
	Grassy Ridge	Cedar Creek State Park	0.25
	Nightingale	Cedar Creek State Park	0.5
	North Boundary	Cedar Creek State Park	1
	Park View	Cedar Creek State Park	1.75
	Stone Trough	Cedar Creek State Park	2.25
	Two Run	Cedar Creek State Park	2.5
<b>Grant</b>			
	Bear Rocks	MNF - Potomac District - Dolly Sods Area	2.4
	Landes	MNF - Potomac District - Seneca Rocks National Recreation Area	1.4
	North Fork Mountain	MNF - Potomac District - Seneca Rocks National Recreation Area	24
	Redman Run	MNF - Potomac District - Seneca Rocks National Recreation Area	1.6
	South Branch	MNF - Potomac District - Seneca Rocks National Recreation Area	3.5
<b>Greenbrier</b>			
	Allegheny Mountain	MNF - White Sulphur - Lake Sherwood Recreation Area	3.6
	Anthony Creek	MNF - White Sulphur - Bluebend Recreation Area	3.8
	Beaver's Tail	MNF - White Sulphur - Bluebend Recreation Area	0.3
	Big Run	MNF - Gauley District - Summit Lake Recreation Area	1
	Black Bear	Greenbrier State Forest	2
	Blue Bend Loop Trail	MNF - White Sulphur - Bluebend Recreation Area	5



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Charles Creek	MNF - Gauley District - Summit Lake Recreation Area	1
	Connector	MNF - White Sulphur - Lake Sherwood Recreation Area	1.9
	Eagle Camp	MNF - Gauley District - Summit Lake Recreation Area	1
	Falls of Hills Creek	MNF - Gauley District - Summit Lake Recreation Area	0.75
	Fisherman	MNF - Gauley District - Summit Lake Recreation Area	1.5
	Frosty Gap	MNF - Gauley District - Summit Lake Recreation Area	5.2
	Greenbrier River Rail	Greenbrier River Trail State Park	33
	Holsapple	Greenbrier State Forest	2.3
	Kate's Mountain Loop	Greenbrier State Forest	7.8
	Kennison Mountain	MNF - Gauley District - Summit Lake Recreation Area	10.9
	L & R	Ronceverte	3
	Lake Sherwood	MNF - White Sulphur - Lake Sherwood Recreation Area	3.7
	Little Allegheny	MNF - White Sulphur - Lake Sherwood Recreation Area	4.2
	Mabel Dowdy Nature	Greenbrier State Forest	1.3
	Meadow Creek	MNF - White Sulphur - Lake Sherwood Recreation Area	2.7
	Meadow Creek Mountain	MNF - White Sulphur - Lake Sherwood Recreation Area	3.5
	North Bend	MNF - Gauley District - Summit Lake Recreation Area	2.4
	Old Field	Greenbrier State Forest	1.5
	Old Roads	Greenbrier State Forest	1.6
	Pocahontas	MNF - Gauley District - Summit Lake Recreation Area	20.2
	Rocky Ridge	Greenbrier State Forest	2.1
	South Boundary	MNF - White Sulphur - Bluebend Recreation Area	4.8
	South Fork	MNF - Gauley District - Summit Lake Recreation Area	2



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Summit Lake	MNF - Gauley District - Summit Lake Recreation Area	1.8
	Upper Meadow	MNF - White Sulphur - Lake Sherwood Recreation Area	1.2
	Virginia	MNF - White Sulphur - Lake Sherwood Recreation Area	0.6
	WV School of Osteopathic Medicine	WV School of Osteopathic Medicine	0.75
	YCC Exercise	Greenbrier State Forest	1
	Young's Nature	Greenbrier State Forest	1.7
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<i>Hampshire</i>			
	17	Nathaniel Mountain WMA	2
	Brushy Hollow	GWJNF - Lee District - Hawk Recreation Area	3
	Buffalo Run	Nathaniel Mountain WMA	3
	County Line	GWJNF - Lee District - Hawk Recreation Area	8.6
	Hawk	GWJNF - Lee District - Hawk Recreation Area	5.2
	Ice Mountain	Nature Conservancy of West Virginia	3
	Mill Run	Nathaniel Mountain WMA	1.2
	Nathaniel Mountain	Nathaniel Mountain WMA	2.8
	Road Connector	Nathaniel Mountain WMA	1
	Short Mountain	Short Mountain WMA	15
	Squirrel Gap★	GWJNF - Lee District - Hawk Recreation Area	2.2
	Vances Cove	GWJNF - Lee District - Hawk Recreation Area	6.3
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<i>Hancock</i>			
	Beech	Tomlinson Run State Park	1.1
	Big Foot	Tomlinson Run State Park	1.2
	Fern	Tomlinson Run State Park	0.5
	Laurel	Tomlinson Run State Park	2.5
	Maple	Tomlinson Run State Park	1.25
	Poe	Tomlinson Run State Park	1.9
	White Oak	Tomlinson Run State Park	1.5
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<i>Hardy</i>			
	Arbutus	Lost River State Park	0.75



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Baker Park	Moorefield	2.5
	Baker Park Trail System	Hardy County Commission	
	Big Ridge	Lost River State Park	1
	Big Sloss	GWJNF - Lee District - Wolf Gap Recreation Area	0.3
	Big Sloss Cutoff	GWJNF - Lee District - Wolf Gap Recreation Area	1.3
	Branch Mountain	Lost River State Park	0.5
	Chimney Rock	GWJNF - Lee District - Trout Pond Recreation Area	0.8
	Copse Cove	Lost River State Park	1.75
	Covey Cove	Lost River State Park	0.5
	East Ridge	Lost River State Park	2.5
	Fishermen's	GWJNF - Lee District - Trout Pond Recreation Area	0.4
	Half Moon	GWJNF - Lee District - Wolf Gap Recreation Area	3.2
	Half Moon Lookout	GWJNF - Lee District - Wolf Gap Recreation Area	0.8
	Howard Lick	Lost River State Park	1.25
	Laurel	Lost River State Park	0.5
	Lee	Lost River State Park	0.5
	Light Horse Harry Lee	Lost River State Park	1.25
	Loblolly ★	Lost River State Park	0.87
	Long Mountain	GWJNF - Lee District - Trout Pond Recreation Area	7.8
	Mill Mountain	GWJNF - Lee District - Wolf Gap Recreation Area	6
	Miller's Rock	Lost River State Park	3.5
	North Mountain	GWJNF - Lee District - Trout Pond Recreation Area	6.5
	Peer	GWJNF - Lee District - Wolf Gap Recreation Area	3.2
	Pond Run	GWJNF - Lee District - Wolf Gap Recreation Area	3.9
	Razor Ridge	Lost River State Park	1.25
	Red Fox	Lost River State Park	0.25



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Rock Cliff	GWJNF - Lee District - Trout Pond Recreation Area	1
	Shingle Mill Lane	Lost River State Park	1
	Staghorn	Lost River State Park	1
	Trout Pond	GWJNF - Lee District - Trout Pond Recreation Area	2.5
	Virginia View	Lost River State Park	0.62
	Welton Park	Petersburg	3
	White Oak	Lost River State Park	1.5
	Wood Thrush	Lost River State Park	0.25
<b><i>Harrison</i></b>			
	Bridgeport City Park Loop	Bridgeport Parks and Recreation	2
	Burr Smith	Watters Smith Memorial State Park	1.3
	Clarksburg City Park	Clarksburg Board of Parks Commissioners	1
	Dogwood	Watters Smith Memorial State Park	0.6
	Harrison County Hike & Bike Rail	Harrison County Parks and Recreation	7
	Harrison County Southern Rail	Harrison County Parks and Recreation	5
	North Bend Rail	North Bend State Park	72
	Nutter Fork Park	Nutter Fork	1
	Rachel Hershey	Watters Smith Memorial State Park	1.2
	Smith Cemetery	Watters Smith Memorial State Park	0.2
	Uncle Doc (Proposed)	Watters Smith Memorial State Park	4.9
	Veterans Memorial Park	Clarksburg Board of Parks Commissioners	1.5
	West Fork River Rail	Marion County Parks and Recreation	14
	White Oak	Watters Smith Memorial State Park	1.3
<b><i>Jackson</i></b>			
	Cedar Lakes	WV Division of Education	2
	Jackson County Fairgrounds	Jackson County Commission	1
	Nature Trail	Jackson County Commission	0.6
	Ravenswood Walking	Ravenswood Development Authority	1.1
<b><i>Jefferson</i></b>			
	Appalachian Trail - North Section	Appalachian Trail Conference - Mid Atlantic Region	17.4
	Bolivar Heights	NPS - Harpers Ferry National Historical Park	1.3





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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Cliff (Jefferson Rock)	NPS - Harpers Ferry National Historical Park	
	Loudown Heights	NPS - Harpers Ferry National Historical Park	3.2
	Morgans Grove Park	Sheperdstown Mens Club	1
<b><i>Kanawha</i></b>			
	#1 Store	Kanawha State Forest	0.25
	Alligator Rock	Kanawha State Forest	0.5
	Ballard	Kanawha State Forest	1.5
	Beech Glen	Kanawha State Forest	1.5
	Black Bear Mountain Bike Carriage	Kanawha State Forest	1
	Cato Park	Charleston Parks and Recreation - Sunrise	0.5
	CCC Snipe	Charleston Parks and Recreation	0.6
	Charleston City Parks	Kanawha State Forest	0.75
	Charleston Riverfront	Charleston Parks and Recreation	5
	Coonskin Fitness Trail	Charleston Parks and Recreation	7.5
	Coonskin Nature Trail	Kanawha County Parks and Recreation	1
	Cougar	Kanawha County Parks and Recreation	1.5
	Cub	Kanawha County Parks and Recreation	1.4
	Davis Creek	Kanawha County Parks and Recreation	0.4
	Elk River Rail	Kanawha State Forest	0.25
	Fern	Kanawha State Forest	2.5
	Fire Road	Kanawha County Parks and Recreation	1
	Garden Trail of the Five Senses	Kanawha County Parks and Recreation	0.2
	Hemlock	Charleston Parks and Recreation - Sunrise	0.7
	Hemlock Falls	Charleston Parks and Recreation - Sunrise	0.05
	Johnson Hollow	Kanawha County Parks and Recreation	0.5
	Lindy	Kanawha State Forest	0.75
	Logtown	Kanawha State Forest	0.75
	Mary Ingles	Kanawha State Forest	0.5
	Middle Ridge	WV Scenic Trails Association	0.75
	Mossy Rock	Kanawha State Forest	3
	Northgate Business Park	Kanawha State Forest	0.75
	Oak	Charleston Parks and Recreation	0.8
		Kanawha County Parks and Recreation	0.3



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County	Trail Name	Land Manager	Length in Miles
	Overlook Rock	Kanawha State Forest	1.5
	Pigeon Roost	Kanawha State Forest	0.75
	Pine	Kanawha County Parks and Recreation	0.4
	Pine Ridge Trail to Dunlap Hollow	Kanawha State Forest	1.5
	Polecat	Kanawha State Forest	1.5
	Polly	Kanawha State Forest	1.5
	Rattlesnake	Kanawha State Forest	1
	Ridenour Lake	Ridenour Park - Nitro	1
	Rocky Ridge	Kanawha State Forest	2
	Spotted Salamander	Kanawha State Forest	0.25
	St. Albans Nature	St. Albans City Park	0.5
	Teaberry Rock	Kanawha State Forest	1.5
	Trace Fork Canyon	South Charleston - Little Creek Park	9
	White Hollow	Kanawha State Forest	2
	Wildcat Ridge	Kanawha State Forest	2
	Wine Cellar Nature	Dunbar Parks and Recreation	0.6
<b>Lewis</b>			
	Autumn Laurel Brook	Stonewall Jackson Resort State Park	1
	Friendship	US Army Corps of Engineers - Stonewall Jackson Lake	0.75
	Hevener Orchard	Stonewall Jackson Resort State Park	3.5
	Overlook	Stonewall Jackson Resort State Park	0.5
<b>Lincoln</b>			
	Boat Launch ★	Upper Mud WMA	0.45
	Dog Pool Ridge	Upper Mud WMA	1.15
	Fitness Trail	Lincoln Primary Care Center	0.25
	Hamlin Fitness Trail	Lions Club	0.25
	Harts Fitness Trail	Harts	0.25
	Mid Lake Ridge System	Upper Mud WMA	7
	Picnic Area	Upper Mud WMA	0.7
<b>Logan</b>			
	Backbone	Chief Logan State Park	3
	Buffalo	Chief Logan State Park	2.2
	Cliffside	Chief Logan State Park	1.1
	Coal Mine	Chief Logan State Park	1
	Fitness	Chief Logan State Park	1



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Guyandotte Beauty	Chief Logan State Park	1.1
	Lake Shore	Chief Logan State Park	1.1
	Shawnee	Chief Logan State Park	0.5
	Waterfall	Chief Logan State Park	0.75
	Wild Turkey	Chief Logan State Park	1.3
	Wilderness	Chief Logan State Park	6
	Woodpecker	Chief Logan State Park	2.3
<b>Marion</b>			
	Deer	Valley Falls State Park	2.1
	McTrail	Marion County Parks and Recreation	2.5
	North Marion Rail	Mannington Main Street	2
	Red Cardinal	Valley Falls State Park	2
	Rhododendron	Valley Falls State Park	3.2
	Rocky	Valley Falls State Park	2
	West Fork River Rail	Marion County Parks and Recreation	
	Wild Turkey	Valley Falls State Park	1.2
	Woodland	Valley Falls State Park	1.5
<b>Marshall</b>			
	Cabin Trail	Grand Vue Park - Marshall County	1.8
	Warrior Trail	Warrior Trail Association	22.8
<b>Mason</b>			
	Adahi	Tri-State Council, Boy Scouts of America- Camp Arrowhead	
	Kanawha Trace	Tri-State Council, Boy Scouts of America- Camp Arrowhead	
	Nature	WV Farm Museum	1
<b>McDowell</b>			
	Crane Branch	Panther State Forest	0.5
	Drift Branch	Panther State Forest	1.5
	Fishing	US Army Corps of Engineers - R D Bailey Dam	0.5
	George's Fork	Panther State Forest	0.5
	Hurricane Branch	Panther State Forest	1.25
	Justice	US Army Corps of Engineers - R D Bailey Dam	0.75
	Loop	Panther State Forest	1.5
	McDowell County	Gary	1



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Salt River	US Army Corps of Engineers - R D Bailey Dam	1
	Twin Rocks	Panther State Forest	1
	White Oak	Panther State Forest	1
<b><i>Mercer</i></b>			
	Acorn Ridge	Pinnacle Rock State Park	2
	Bear Wallow	Camp Creek State Park	5
	Big Pine	Bluestone State Park	1.7
	Blue Jay Ridge	Camp Creek State Park	1.8
	Blue Jay Spur	Camp Creek State Park	0.7
	Boundary	Bluestone State Park	2
	Brush Creek Falls Rail Trail	Nature Conservancy of West Virginia	2.5
	Cabin	Bluestone State Park	0.4
	Deer Crossing	Camp Creek State Park	1.2
	Farley Branch	Camp Creek State Park	1.4
	Farley Ridge	Camp Creek State Park	2.3
	Giles, Fayette, Kanawha Turnpike	Bluestone State Park	1
	Glenwood Park Walking	Glenwood Recreational Park	0.57
	Homestead	Pinnacle Rock State Park	4
	Lotito City Park	Bluefield	0.75
	Neely Knob	Camp Creek State Park	2
	Overlook	Bluestone State Park	0.5
	Piney Ridge ★	Camp Creek State Park	1.5
	Pinnacle Rock to Bramwell	Pinnacle Rock State Park	9
	Princeton City Park	Princeton	0.5
	Rhododendron	Bluestone State Park	0.8
	Riverview	Bluestone State Park	1.6
	Turkey Loop	Camp Creek State Park	10
	Turkey Rock	Pinnacle Rock State Park	2
	White Oak	Camp Creek State Park	1.3
<b><i>Mineral</i></b>			
	Barnum Whitewater Area Rail	Mineral County Parks and Recreation	4.2
	High Timber	US Army Corps of Engineers - Jennings Randolph Lake	0.75
	Lakeside	US Army Corps of Engineers - Jennings Randolph Lake	0.5
	Larenim Park	Keyser	4



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County	Trail Name	Land Manager	Length in Miles
<b>Mingo</b>	Sunset	US Army Corps of Engineers - Jennings Randolph Lake	1.8
	Swisher Nature Area	Mineral County Chamber of Commerce	
	Flood Wall Path	Williamson	1.3
<b>Monongalia</b>	Lake Side	Laurel Lake WMA	1.5
	Brown	West Virginia University - Core Arboretum	
	Caperton Rail	Monongahela River Trail Conservancy	8
	Cheat Lake Rail	Allegheny Energy Supply	4.5
	Circular	West Virginia University - Core Arboretum	3.3
	Clay Furnace	Coopers Rock State Forest	1
	Clay Run	Coopers Rock State Forest	2.5
	Cliff	West Virginia University - Core Arboretum	
	Cross Country Ski Advanced	Coopers Rock State Forest	3
	Cross Country Ski Intermediate	Coopers Rock State Forest	2
	Darnell Hollow	Coopers Rock State Forest	4
	Deckers Creek Rail	Monongahela River Trail Conservancy	19
	Glade Run	Coopers Rock State Forest	1.5
	Goodspeed Highway	Coopers Rock State Forest	2.5
	Granville Island	West Virginia University - Core Arboretum	
	Interpretive	Chestnut Ridge Regional Park	1
	Johnson Hollow	Coopers Rock State Forest	5
	Ken's Run	Coopers Rock State Forest	4.5
	Krepps Park	Morgantown Board of Parks and Recreation Commissioners	1
	Lick Run	Coopers Rock State Forest	1.5
Mason Dixon Line	Core	3	
Mon River Trail North	Monongahela River Trail Conservancy	6	
Mon River Trail South	Monongahela River Trail Conservancy	17	
Mont Chateau	Coopers Rock State Forest	3	
Nuttall	West Virginia University - Core Arboretum		



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<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Pompano Run #1	Star City	0.1
	Pompano Run #2	Star City	0.2
	Rattlesnake	Coopers Rock State Forest	1
	Raven Rock	Coopers Rock State Forest	2
	Rhododendron	Coopers Rock State Forest	1.5
	Ridge	Coopers Rock State Forest	2.5
	Roadside	Coopers Rock State Forest	3
	Rock City	Coopers Rock State Forest	1.2
	Rumsey	West Virginia University - Core Arboretum	
	Ryan's Nature	West Virginia University Forest	1.7
	Scott Run	Coopers Rock State Forest	2.5
	Sheldon	West Virginia University - Core Arboretum	
	Short Hiking	Chestnut Ridge Regional Park	0.8
	Silver Maple	West Virginia University - Core Arboretum	
	Strausbaugh	West Virginia University - Core Arboretum	
	Taylor	West Virginia University - Core Arboretum	
	Virgin Hemlock	Coopers Rock State Forest	1.2
	West Virginia Botanical Gardens	West Virginia Botanical Garden Inc.	
	White Park ★	Morgantown Board of Parks and Recreation Commissioners	8
	Whitemoore Park	Morgantown Board of Parks and Recreation Commissioners	2
	Wildlife Plot	Chestnut Ridge Regional Park	1
<b>Monroe</b>	Alexander Park	Union	
	Appalachian Trail - South Section	Appalachian Trail Conference - Mid Atlantic Region	7.7
	Devils Creek	Moncove Lake State Park	0.5
	Diamond Hollow	Moncove Lake State Park	1.25
	Ground Hog	Appalachian Trail Conference - Mid Atlantic Region	1.8
	Grouse Knoll	Moncove Lake State Park	0.75
	Middle Mountain	Moncove Lake State Park	1



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	Roxalia Springs	Moncove Lake State Park	1.75
<b>Morgan</b>			
	Blue	Coolfont Resort	1
	Blue-Orange	Coolfont Resort	0.8
	Blue-Red	Coolfont Resort	0.6
	Cabin Loop	Cacapon Resort State Park	0.75
	Central Trail	Cacapon Resort State Park	5
	Green	Coolfont Resort	2.5
	Green-Orange	Coolfont Resort	1.3
	Lake Siri	Coolfont Resort	1.8
	Laurel Trail	Cacapon Resort State Park	2
	Martha's	Coolfont Resort	0.5
	Multipurpose	Cacapon Resort State Park	0.3
	Paw Paw Park	Paw Paw	0.5
	Piney Ridge	Cacapon Resort State Park	1
	Ridge	Cacapon Resort State Park	1.5
	Sleepy Creek Trail	Sleepy Creek WMA	35
	Warm Springs Middle School	Eastern Panhandle Conservation District	3
	White	Coolfont Resort	1.8
	Ziler	Cacapon Resort State Park	7
	Ziler Loop	Cacapon Resort State Park	5
<b>Nicholas</b>			
	Cranberry /Tri Rivers Rail ★	Richwood	16.5
	Fisherman's	Carnifex Ferry Battlefield State Park	0.6
	Fork Mountain	MNF - Gauley District - Summit Lake Recreation Area	20.9
	Forks Spur	MNF-Cranberry	1
	Hiking	US Army Corps of Engineers - Summersville Lake	3.5
	Long Point	US Army Corps of Engineers - Summersville Lake	1.75
	Old Carnifex Road	Carnifex Ferry Battlefield State Park	1.5
	Old Main	Nicholas Old Main Foundation	0.25
	Patterson	Carnifex Ferry Battlefield State Park	2
	Pierson Hollow	Carnifex Ferry Battlefield State Park	0.8
	Pratt Park	Richwood	0.3



## Day Hike Trails in West Virginia

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Salmon Run	US Army Corps of Engineers - Summersville Lake	2
<b>Ohio</b>			
	Arboretum	Ogleby Park - Wheeling	2.8
	Discovery	Ogleby Park - Wheeling	0.4
	Falls Vista	Ogleby Park - Wheeling	0.5
	Glen Dale to Moundsville Rail	Moundsville	3.4
	Hardwoods Ridge	Ogleby Park - Wheeling	0.8
	Wheeling Heritage Rail	Wheeling	12
<b>Pendleton</b>			
	Bother Ridge	GWJNF - Dry River District - Brandywine Recreation Area	3.1
	Corridor	Nelson Rocks Preserve	
	Gracies	Nelson Rocks Preserve	
	High Knob	GWJNF - Dry River District - Brandywine Recreation Area	2.7
	Miller Run	GWJNF - Dry River District - Brandywine Recreation Area	4.6
	North Fork Mountain	MNF - Potomac District - Seneca Rocks National Recreation Area	
	Pierson's	Nelson Rocks Preserve	
	Pike Knob	Nature Conservancy of West Virginia	2.5
	Road Run	GWJNF - Dry River District - Brandywine Recreation Area	1.4
	Sawmill	GWJNF - Dry River District - Brandywine Recreation Area	3.6
	Sugar Run	GWJNF - Dry River District - Brandywine Recreation Area	4.5
	West Side	Nelson Rocks Preserve	
<b>Pleasants</b>			
	Belmont Elementary School	Belmont Elementary School	0.5
	Gobblers Knob	Boys and Girls Clubs of Pleasants County	1.5
	Rock Wall	Boys and Girls Clubs of Pleasants County	0.5
<b>Pocahontas</b>			
	3D	Snowshoe Mountain Resort - Snowshoe Basin	1





## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	6000 Steps	Snowshoe Mountain Resort - Snowshoe Basin	1.6
	Airport Runway C2a	Snowshoe Mountain Resort - Silver Creek	0.9
	Airport Runway C2b	Snowshoe Mountain Resort - Silver Creek	0.7
	Ann Bailey	Watoga State Park	3
	Arrowhead	Watoga State Park	1
	Back Run Road	Snowshoe Mountain Resort - Silver Creek	3
	Bail Out	Snowshoe Mountain Resort - Snowshoe Basin	1.1
	Ball Hammer	Snowshoe Mountain Resort- Western Territory	0.5
	Ball N the Jack	Snowshoe Mountain Resort- Western Territory	1.1
	Bandsaw	Snowshoe Mountain Resort- Western Territory	1.1
	Bannock Shoals Run	MNF - Marlinton District - Tea Creek Recreation Area	4.8
	Bar Ford	MNF - Greenbrier District - Little Mountain Area	1.5
	Bear Pen Ridge	MNF - Marlinton District - Tea Creek Recreation Area	3.5
	Bear Pin	Snowshoe Mountain Resort- Western Territory	1.8
	Bearpen	Watoga State Park	3
	Bear's Den	Snowshoe Mountain Resort - Silver Creek	0.2
	Beartown Boardwalk	Beartown State Park	0.5
	Beaver	MNF - Marlinton District - Beaver Creek Area	1.4
	Beaver Creek	MNF - Marlinton District - Beaver Creek Area	0.4
	Big Beechy	MNF - Gauley District - Cranberry Wilderness Area	5.4
	Big Mountain Road	Seneca State Forest	1
	Big Run Road	Seneca State Forest	2
	Big Spring	Droop Mountain Battlefield State Park	0.33



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Birch Log	MNF - Gauley District - Cranberry Wilderness Area	3
	Birdland	Snowshoe Mountain Resort- Western Territory	0.7
	Black Mountain	MNF - Marlinton District - Highlands Scenic Highway Area	2.4
	Black Mountain	MNF - Gauley District - Cranberry Wilderness Area	2
	Black Oak	Seneca State Forest	1
	Bobcat	Snowshoe Mountain Resort - Silver Creek	0.2
	Boundary	MNF - Marlinton District - Tea Creek Recreation Area	3.9
	Brooks Memorial Arboretum	Watoga State Park	
	Brushy Mountain	MNF - White Sulphur - Middle Mountain Area	2.1
	Buck and Doe	Watoga State Park	0.75
	Buck's Run	Snowshoe Mountain Resort - The Plateau	1.1
	Buffalo Fork Lake	MNF - Greenbrier District - Island Campground Area	1.1
	Burner Mountain	MNF - Greenbrier District - Middle Mountain Area	3.6
	Burnside Ridge	Watoga State Park	3
	Cheat Mountain Ridge B1a	Snowshoe Mountain Resort - Snowshoe Basin	1.9
	Cheat Mountain Ridge B1b	Snowshoe Mountain Resort - Snowshoe Basin	1.1
	Cheat Mountain Ridge B1c	Snowshoe Mountain Resort - Snowshoe Basin	0.9
	Clover Lick Road	Seneca State Forest	2
	Corduroy Road	Snowshoe Mountain Resort - Silver Creek	1.8
	County Line	MNF - Gauley District - Cranberry Wilderness Area	11.2
	Cow Pasture	MNF - Gauley District - Cranberry Glades Botanical Area	5.5
	Cranberry Bogs	Droop Mountain Battlefield State Park	0.5



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Cranberry Glades Overlook	MNF - Marlinton District - Highlands Scenic Highway Area	0.3
	Cranberry Ridge	MNF - Gauley District - Cranberry Wilderness Area	7
	Cranberry Volkswalk	MNF - Gauley District - Cranberry Glades Botanical Area	6
	Crestline	Seneca State Forest	2
	Cross Tie	Snowshoe Mountain Resort- Western Territory	0.5
	Cupp Cake	Snowshoe Mountain Resort- Western Territory	0.8
	Cut Off	Snowshoe Mountain Resort - The Plateau	1.8
	District Line	MNF - Gauley District - Cranberry Wilderness Area	2.8
	Dock	MNF - White Sulphur - Middle Mountain Area	2
	Doe Run	Snowshoe Mountain Resort - Snowshoe Basin	0.5
	Drop Out	Snowshoe Mountain Resort - Silver Creek	0.3
	Durbin Trail	Division of Natural Resources	16
	East Fork	MNF - Greenbrier District - Island Campground Area	8
	East Plateau P6a	Snowshoe Mountain Resort - The Plateau	0.4
	East Plateau P6b	Snowshoe Mountain Resort - The Plateau	0.4
	Enchanted Forest	Snowshoe Mountain Resort - Silver Creek	1.1
	Fire Tower	Seneca State Forest	0.75
	Fire Tower	Snowshoe Mountain Resort - Snowshoe Basin	2
	Flame Azalea	MNF - Marlinton District - Sugar Camp Area	0.3
	Forks of Cranberry	MNF - Gauley District - Cranberry Wilderness Area	5.7
	Gauley Mountain	MNF - Marlinton District - Tea Creek Recreation Area	5.2



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Gauley Mountain Base System	Elk River Touring Center	4.5
	Great Laurel	Seneca State Forest	0.6
	Greenbrier River Rail	Greenbrier River Trail State Park	42
	Greenhorn	Snowshoe Mountain Resort - The Plateau	0.4
	Gut Hammer	Snowshoe Mountain Resort- Western Territory	0.5
	Hawthorn Road	Snowshoe Mountain Resort- Western Territory	1.5
	Headset Adjustment	Snowshoe Mountain Resort - Silver Creek	0.6
	High Rock	MNF - Marlinton District - Highlands Scenic Highway Area	1.6
	Hill Top	Seneca State Forest	1
	Hinkle Run	MNF - Greenbrier District - Middle Mountain Area	3.7
	Honeycomb Rocks Trail	Monongahela National Forest	0.25
	Honeymoon	Watoga State Park	2
	Horse Heaven	Droop Mountain Battlefield State Park	0.25
	Horseshoe	Seneca State Forest	1
	Hosterman	MNF - Greenbrier District - Little Mountain Area	5.2
	Hut Nature Trail	Snowshoe Mountain Resort - Snowshoe Basin	0.3
	Jacobs Well Trail	MNF - Marlinton District - Beaver Creek Area	
	Jesse's Cove	Watoga State Park	2.5
	Johns Camp Run	MNF - Greenbrier District - Shavers Mountain Area	0.8
	Kennison Run	Watoga State Park	3.5
	Lake	Snowshoe Mountain Resort - Snowshoe Basin	0.8
	Lake	Watoga State Park	1.5
	Lake Connector	Snowshoe Mountain Resort - Snowshoe Basin	0.4
	Laurel Creek	MNF - Marlinton District - Pocahontas Recreation Area	8.8



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Laurelly Branch	MNF - Gauley District - Cranberry Wilderness Area	3.4
	Lick Branch	MNF - Gauley District - Cranberry Wilderness Area	2.1
	Little Fork	MNF - Gauley District - Cranberry Wilderness Area	3.5
	Little Mountain	Seneca State Forest	1
	Little Mountain	MNF - Greenbrier District - Little Mountain Area	2.5
	Loop Road	Seneca State Forest	3
	Lower Beaver Dam	Snowshoe Mountain Resort - Silver Creek	1.4
	Lower Spruce Road	Snowshoe Mountain Resort - Silver Creek	2.1
	Lynn Knob	MNF - Greenbrier District - Middle Mountain Area	3.9
	Maintenance Road	Snowshoe Mountain Resort - Silver Creek	1.8
	McDonald Way	Snowshoe Mountain Resort - Silver Creek	1.1
	Michael Mountain Road	Seneca State Forest	2
	Middle Fork	MNF - Gauley District - Cranberry Wilderness Area	10
	Middle Mountain	MNF - White Sulphur - Middle Mountain Area	13.1
	Middle Mountain North	MNF - Marlinton District - Pocahontas Recreation Area	4.6
	Middle Mountain South	MNF - White Sulphur - Middle Mountain Area	1.3
	Minnie Ball	Droop Mountain Battlefield State Park	0.5
	Monongaseneka	Watoga State Park	2.5
	Musket	Droop Mountain Battlefield State Park	0.5
	North - South	MNF - Gauley District - Cranberry Wilderness Area	14
	North Boundary	Watoga State Park	2
	North Face	MNF - Marlinton District - Tea Creek Recreation Area	3.1
	North Fork	MNF - Greenbrier District - North Fork of Deer Creek Area	2.9



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	North Fork	MNF - Gauley District - Cranberry Wilderness Area	6.5
	Old Soldier	Droop Mountain Battlefield State Park	0.66
	Out N Back	Snowshoe Mountain Resort - Silver Creek	0.7
	Overlook	Droop Mountain Battlefield State Park	0.5
	Peters Mountain	MNF - Greenbrier District - Little Mountain Area	5.5
	Pine Run	Watoga State Park	0.75
	Poca Run	MNF - Greenbrier District - Island Campground Area	2.5
	Point of No Return	Snowshoe Mountain Resort - Silver Creek	0.4
	Pole Axe	Snowshoe Mountain Resort - Silver Creek	1.4
	Poo Plateau	Snowshoe Mountain Resort - The Plateau	1.1
	Powder Puff	Snowshoe Mountain Resort - Snowshoe Basin	1.2
	Red Run	MNF - Marlinton District - Tea Creek Recreation Area	2.5
	Red Spruce Knob	MNF - Marlinton District - Highlands Scenic Highway Area	1.2
	Right Fork Connector	MNF - Marlinton District - Tea Creek Recreation Area	0.6
	Right Fork of Tea Creek	MNF - Marlinton District - Tea Creek Recreation Area	3.4
	Rock Garden	Snowshoe Mountain Resort- Western Territory	0.8
	Rock-N-Roll	Snowshoe Mountain Resort- Western Territory	0.6
	Rough Run	MNF - Gauley District - Cranberry Wilderness Area	3
	Round About	Snowshoe Mountain Resort - Silver Creek	0.8
	Ruff N Tumble	Snowshoe Mountain Resort- Western Territory	0.9
	Saddle Loop	MNF - Marlinton District - Tea Creek Recreation Area	1.7



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Scarlet Oak	Seneca State Forest	0.5
	Shavers Fork	MNF - Greenbrier District - North Fork of Deer Creek Area	
	Shaver's Fork	Snowshoe Mountain Resort - Snowshoe Basin	1.8
	Shavers Lake Road	Snowshoe Mountain Resort - Snowshoe Basin	2.5
	Shay Way	Snowshoe Mountain Resort - The Plateau	1.2
	Short N Sweet	Snowshoe Mountain Resort - The Plateau	0.4
	Sidewinder	Snowshoe Mountain Resort - The Plateau	0.4
	Slide Run	Snowshoe Mountain Resort - Silver Creek	2.2
	Smoke Camp	MNF - Greenbrier District - Island Campground Area	1.8
	South Burnside	Watoga State Park	1
	Span Oak	MNF - Greenbrier District - Middle Mountain Area	3.7
	Spruce Knob Lake Spur	WV Rails to Trails Council Snowshoe Mountain Resort - The Plateau	3 0.2
	Sticks N Stones	Snowshoe Mountain Resort - Silver Creek	0.7
	STP Road	Snowshoe Mountain Resort- Western Territory	1.7
	Substation Road	Snowshoe Mountain Resort - Silver Creek	1.1
	Swamper Loop	Snowshoe Mountain Resort- Western Territory	1.5
	T.M. Cheek Trail	Watoga State Park	0.5
	Take It Easy	Snowshoe Mountain Resort - The Plateau	0.7
	Tea Creek	MNF - Marlinton District - Tea Creek Recreation Area	6.8
	Tea Creek Mountain	MNF - Marlinton District - Tea Creek Recreation Area	2.6
	Ten Acre	Watoga State Park	0.5



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	The Gauntlet	Snowshoe Mountain Resort - The Plateau	0.7
	The Shadows	Snowshoe Mountain Resort - Silver Creek	0.5
	The Waterfalls	Snowshoe Mountain Resort- Western Territory	0.1
	Thomas Mountain Road	Seneca State Forest	2
	Thorny Creek	Seneca State Forest	6
	Thread The Needle	Snowshoe Mountain Resort - Silver Creek	0.1
	Timber-r-r	Snowshoe Mountain Resort- Western Territory	0.4
	To Granma's House	Snowshoe Mountain Resort - The Plateau	0.3
	Tower	Droop Mountain Battlefield State Park	0.5
	Tumbling Rock	MNF - Gauley District - Cranberry Wilderness Area	2.5
	Turkey Point	MNF - Marlinton District - Tea Creek Recreation Area	1.5
	Turkey Point Connector	MNF - Marlinton District - Tea Creek Recreation Area	1.3
	Turkey Trot	Snowshoe Mountain Resort - The Plateau	1.7
	Twin Branch	MNF - Gauley District - Cranberry Wilderness Area	1.5
	Two Lick	MNF - Marlinton District - Pocahontas Recreation Area	4.3
	Upper Beaver Dam	Snowshoe Mountain Resort - Silver Creek	0.4
	Upper Hawthorn Road	Snowshoe Mountain Resort- Western Territory	1.4
	Upper Spruce Road	Snowshoe Mountain Resort - Silver Creek	1.8
	Village to Lake	Snowshoe Mountain Resort - Snowshoe Basin	0.8
	Walking Path	Snowshoe Mountain Resort- Western Territory	1.6
	West Fork Rail	MNF - Greenbrier District - Shavers Mountain Area	22





## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	West Plateau	Snowshoe Mountain Resort - The Plateau	0.3
	Westridge Road	Snowshoe Mountain Resort - The Plateau	2.4
	Williams River	MNF - Marlinton District - Tea Creek Recreation Area	3
	Yew Pine	Snowshoe Mountain Resort - Snowshoe Basin	0.7
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<b><i>Preston</i></b>			
	Blackberry	Pine Hill Campground	1
	Cardinal	Cathedral State Park	0.23
	Cathedral	Cathedral State Park	1.1
	Chestnut Ridge Park	Bruceton Mills	6
	Coopers Rock Roadside	Coopers Rock State Forest	
	Cranesville Swamp	Nature Conservancy of West Virginia	0.4
	Giant Hemlock	Cathedral State Park	0.22
	Kingwood to Tunnelton Rail	Friends of The Cheat	10
	Lone Pine	Pine Hill Campground	
	Old Oakland Road	Cathedral State Park	0.4
	Overlook	Pine Hill Campground	
	Partridge Berry	Cathedral State Park	0.55
	Red Pine	Pine Hill Campground	
	Trillium	Cathedral State Park	0.13
	Wood Thrush★	Cathedral State Park	0.6
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<b><i>Putnam</i></b>			
	Buffalo High School	Putnam County Board of Education	0.25
	Eleanor - Blue	Putnam County Parks	1.9
	Eleanor - Orange	Putnam County Parks	0.6
	Eleanor - Red	Putnam County Parks	0.4
	Eleanor - Yellow	Putnam County Parks	1
	George Washington Middle School	Putnam County Board of Education	0.25
	Hurricane City Park	Putnam County Parks	1
	Hurricane High School	Putnam County Board of Education	0.25
	Kanawha Trace	Tri-State Council, Boy Scouts of America- Camp Arrowhead	
	Poca High School	Putnam County Board of Education	0.25
	Valley Park - Blue	Putnam County Parks	0.6



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Valley Park - Orange	Putnam County Parks	0.4
	Valley Park - Red	Putnam County Parks	0.7
	Valley Park - Yellow	Putnam County Parks	0.6
	Waves of Fun Park	Putnam County Parks	1.5
	Winfield High School	Putnam County Board of Education	0.25
<b>Raleigh</b>			
	Beaver Creek	Little Beaver State Park	0.5
	Beckley Rail	Beckley	4
	Big Buck	NPS - New River Gorge National River - Grandview Visitor Center	0.7
	Billy Goat's Gruff	Little Beaver State Park	0.6
	Castle Rock	NPS - New River Gorge National River - Grandview Visitor Center	0.6
	Creek Bed	Little Beaver State Park	0.4
	Deer Loop	Little Beaver State Park	0.4
	Deer Trail	Little Beaver State Park	0.8
	Fitzpatrick Park	Raleigh County Recreation Authority	1.25
	Grandview Rim	NPS - New River Gorge National River - Grandview Visitor Center	1.6
	Lake Stephens	Raleigh County Recreation Authority	
	Laurel Creek Crossing	Little Beaver State Park	1.75
	Nature Ridge	Little Beaver State Park	0.8
	Railroad Grade	Little Beaver State Park	0.9
	Rhododendron Run	Little Beaver State Park	2.1
	Topper's Ridge	Little Beaver State Park	0.6
	Tunnel	NPS - New River Gorge National River - Grandview Visitor Center	0.5
	Woodland Loop	NPS - New River Gorge National River - Grandview Visitor Center	0.6
<b>Randolph</b>			
	Allegheny Highlands	Highlands Trail Foundation	23.6
	Allegheny Mountain Trail	MNF - Potomac District - Spruce Knob National Recreation Area	12.4
	Back Ridge	MNF - Potomac District - Spruce Knob National Recreation Area	4.6
	Balsam	MNF - Greenbrier District - Shavers Mountain Area	



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Bear Hunter	MNF - Potomac District - Spruce Knob National Recreation Area	1
	Bee	MNF - Potomac District - Spruce Knob National Recreation Area	1.6
	Beulah	MNF - Greenbrier District - Middle Mountain Area	4.3
	Big Run	MNF - Potomac District - Spruce Knob National Recreation Area	3.1
	Boars Nest	MNF - Potomac District - Flatrock and Roaring Plains Area	2.7
	Camp Five	MNF - Greenbrier District - Middle Mountain Area	1.6
	Chestnut Ridge	MNF - Greenbrier District - Cheat Mountain Area	5.5
	Clay Run	Kumbrabow State Forest	0.75
	Couch Ridge	MNF - Greenbrier District - Cheat Mountain Area	2.9
	County Line	MNF - Greenbrier District - Middle Mountain Area	4.1
	Elza	MNF - Potomac District - Spruce Knob National Recreation Area	2
	Flatrock Run	MNF - Potomac District - Flatrock and Roaring Plains Area	5.1
	Forks	MNF - Greenbrier District - Middle Mountain Area	1.1
	Gatewood	MNF - Potomac District - Spruce Knob National Recreation Area	2
	Gaudineer Interpretive	MNF - Gaudineer Scenic Area	0.5
	Gaudineer Scenic	MNF - Gaudineer Scenic Area	0.5
	Glendale Park	Elkins Parks and Recreation Commission	1
	High Falls	MNF - Greenbrier District - Shavers Mountain Area	2.9
	High Meadows	MNF - Potomac District - Spruce Knob National Recreation Area	1.9
	Horton	MNF - Potomac District - Spruce Knob National Recreation Area	3.5
	Huckleberry	MNF - Potomac District - Spruce Knob National Recreation Area	6



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Judy Springs	MNF - Potomac District - Spruce Knob National Recreation Area	1
	Laurel River (North)	MNF - Greenbrier District - Middle Mountain Area	9.6
	Laurel River (South)	MNF - Greenbrier District - Middle Mountain Area	7.6
	Leading Ridge	MNF - Potomac District - Spruce Knob National Recreation Area	5.1
	Lumberjack	MNF - Potomac District - Spruce Knob National Recreation Area	3.3
	McGray Run	MNF - Greenbrier District - Middle Mountain Area	4.7
	Meatbox Run	Kumbrabow State Forest	1.5
	Middle Mountain	MNF - Greenbrier District - Middle Mountain Area	1.2
	Mill Ridge Fire	Kumbrabow State Forest	1
	Mowry	Kumbrabow State Forest	0.5
	North Prong	MNF - Potomac District - Spruce Knob National Recreation Area	2.8
	Potato Hole	Kumbrabow State Forest	2
	Raven Rocks	Kumbrabow State Forest	1
	Rich Mountain Battlefields	Rich Mountain Battlefield Foundation	4
	Rich Mountain Fire	Kumbrabow State Forest	3.5
	Roaring Plains	MNF - Potomac District - Flatrock and Roaring Plains Area	3.3
	Seneca Creek	MNF - Potomac District - Spruce Knob National Recreation Area	5
	Seneca Rocks Hiking	MNF - Potomac District - Seneca Rocks National Recreation Area	1.3
	Shallow Rock	MNF - Potomac District - Spruce Knob National Recreation Area	3.2
	Short	MNF - Potomac District - Spruce Knob National Recreation Area	0.5
	South Prong	MNF - Potomac District - Flatrock and Roaring Plains Area	5.9
	Spring Box Loop	MNF - Greenbrier District - Middle Mountain Area	1.8
	Spring Ridge	MNF - Potomac District - Spruce Knob National Recreation Area	3.1



## Day Hike Trails in West Virginia

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Spruce Knob Lake	MNF - Potomac District - Spruce Knob National Recreation Area	1
	Stone Camp Run	MNF - Greenbrier District - Middle Mountain Area	1.5
	Stonecoal Ridge	MNF - Greenbrier District - Cheat Mountain Area	4
	Strip Mine	MNF - Greenbrier District - Cheat Summit Fort Area	4
	Tom Lick Run	MNF - Potomac District - Spruce Knob National Recreation Area	1.1
	Turkey	MNF - Greenbrier District - Cheat Mountain Area	1
	Turkey Scratch Nature	MNF-Stuart Campground	0.8
	West Fork Rail	MNF - Greenbrier District - Shavers Mountain Area	
	Whispering Spruce	MNF - Potomac District - Spruce Knob National Recreation Area	0.5
	Whitemeadow Ridge	MNF - Greenbrier District - Cheat Mountain Area	4.6
	Whitman	Kumbrabow State Forest	2
	Wildcat Ridge	MNF - Greenbrier District - Cheat Mountain Area	1
	Yokum Ridge Spur	MNF - Greenbrier District - Cheat Mountain Area	1
<b>Ritchie</b>	★		
	Access	North Bend State Park	1.2
	Castle Rock Spur	North Bend State Park	0.3
	Extra Mile	North Bend State Park	0.6
	Giant Pine	North Bend State Park	0.6
	Giant Tree	North Bend State Park	0.5
	Gibbons Nature	North Bend State Park	0.25
	Harrisville Municipal Park	Harrisville	6
	Hibbs Cemetery	North Bend State Park	1
	Lake	North Bend State Park	6
	Nature	North Bend State Park	4
	North Bend Lake	North Bend State Park	25
	North Bend Rail	North Bend State Park	
	Overhanging Rock	North Bend State Park	0.5



## Day Hike Trails in West Virginia

County	Trail Name	Land Manager	Length in Miles
	Overlook	North Bend State Park	1.2
	Southern Railroad	North Bend State Park	1.5
	Tanker Run Spur	North Bend State Park	0.8
	Ten Acre	North Bend State Park	3
<b>Roane</b>			
	Charles Fork Lake	Spencer	
	Coachman Ridge	Wallback WMA	1.1
	Granny Creek	Wallback WMA	1.8
	Upper King Shoals	Wallback WMA	1.7
<b>Summers</b>			
	Barton Ridge Trail	Bluestone WMA	1.25
	Bertha	Bluestone WMA	1.25
	Big Branch Loop	NPS - New River Gorge National River - Sandstone Falls Area	2
	Bluestone Turnpike	NPS- Bluestone River National Scenic River	8
	Buffalo Creek	Bluestone WMA	2.75
	Canyon Rim	Pipestem Resort State Park	0.7
	Cedar Branch	Bluestone WMA	1.5
	Cottage	Pipestem Resort State Park	0.2
	County Line	Pipestem Resort State Park	1.9
	Crumps Bottom Road	Bluestone WMA	5
	Den Tree ★	Pipestem Resort State Park	0.6
	Dogwood	Pipestem Resort State Park	0.6
	Farley Loop	Pipestem Resort State Park	3
	Lake Shore	Pipestem Resort State Park	2.2
	Lake View	Pipestem Resort State Park	0.4
	Law Hollow	Pipestem Resort State Park	0.5
	Lick Hollow	Pipestem Resort State Park	1.6
	Long Branch	Pipestem Resort State Park	0.3
	North Side	Pipestem Resort State Park	0.5
	Pipestem Knob	Pipestem Resort State Park	0.2
	Red Sulphur Turnpike	Bluestone WMA	2
	River	Pipestem Resort State Park	5.25
	Round Bottom	Bluestone WMA	9.5
	Sandstone Falls Boardwalk	NPS - New River Gorge National River - Sandstone Falls Area	0.3



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	South Side	Pipestem Resort State Park	0.6
	Turkey Spur	Pipestem Resort State Park	0.4
	Upper Shanklin's Ferry	Bluestone WMA	1.5
<i>Taylor</i>			
	Camping	Pleasant Creek WMA	0.5
	Doe Run	Pleasant Creek WMA	2.3
	Dogwood	Tygart Lake State Park	1.4
	Dogwood	US Army - Corps of Engineers - Tygart Lake	0.1
	Lake	Tygart Lake State Park	0.5
	Ridge	Tygart Lake State Park	0.75
	Ridge	Pleasant Creek WMA	0.7
	Tygart Dam	US Army - Corps of Engineers - Tygart Lake	0.12
	Woodland	Tygart Lake State Park	1.5
<i>Tucker</i>			
	A Frame Road	Canaan Valley National Wildlife Refuge	4.8
	Abe Run	Canaan Valley Resort State Park	0.75
	Allegheny Highlands	Highlands Trail Foundation	
	Back Hollow	Canaan Valley Resort State Park	3
	Baker Sods	MNF - Cheat District - Otter Creek Wilderness Area	3
	Balanced Rock	Blackwater Falls State Park	1
	Bald Knob	Canaan Valley Resort State Park	2.5
	Balsam Fir	Blackwater Falls State Park	1.5
	Beall	Canaan Valley National Wildlife Refuge	4.53
	Beaver Creek Trail	Canaan Valley Institute	1.2
	Beaver Dam	MNF - Potomac District - Dolly Sods Area	0.7
	Beaver View	MNF - Potomac District - Dolly Sods Area	1.2
	Bennett Rock	MNF - Cheat District - Canaan Mountain Area	0.7
	Big Springs Gap	MNF - Cheat District - Otter Creek Wilderness Area	0.9
	Big Stonecoal	MNF - Potomac District - Dolly Sods Area	4.4



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Blackbird Knob	Canaan Valley National Wildlife Refuge	0.65
	Blackbird Knob	MNF - Potomac District - Dolly Sods Area	2.2
	Blackwater Canyon Railroad Grade	MNF - Cheat District - Backbone Mountain Area	10.2
	Blackwater Falls Boardwalk	Blackwater Falls State Park	0.25
	Blackwater River	Canaan Valley Resort State Park	0.75
	Blackwater View	Canaan Valley National Wildlife Refuge	1.38
	Boundary	MNF - Cheat District - Backbone Mountain Area	3.5
	Breathed Mountain	MNF - Potomac District - Dolly Sods Area	2.5
	Brown Mountain	Canaan Valley National Wildlife Refuge	2.38
	Brown Mountain Overlook	Canaan Valley National Wildlife Refuge	1.96
	Cabin Mountain	Canaan Valley National Wildlife Refuge	2
	Cabin Mountain Spur	Canaan Valley National Wildlife Refuge	0.79
	Camp 70 Loop	Canaan Valley National Wildlife Refuge	1.8
	Canyon Rim	MNF - Cheat District - Backbone Mountain Area	3.1
	Cherry Lane	Blackwater Falls State Park	1
	Clover	MNF - Cheat District - Pheasant Mountain Area	2
	Club Run	Canaan Valley Resort State Park	1
Davis	Davis	Blackwater Falls State Park	0.25
Davis	Davis	MNF - Cheat District - Canaan Mountain Area	2.8
	Deer Run	Canaan Valley Resort State Park	1.5
	Dobbin Grade	MNF - Potomac District - Dolly Sods Area	4.3
	Dobbin House	Blackwater Falls State Park	0.75
	Dorman Ridge	MNF - Cheat District - Horseshoe Recreation Area	1.3
	Dunkenbarger	MNF - Potomac District - Dolly Sods Area	1.6
	Elakala	Blackwater Falls State Park	0.5
	Fansler	MNF - Cheat District - Backbone Mountain Area	3.1





## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Fire Trail #1	MNF - Cheat District - Canaan Mountain Area	0.4
	Fire Trail #2	MNF - Cheat District - Canaan Mountain Area	0.4
	Fire Trail #3	MNF - Cheat District - Canaan Mountain Area	0.8
	Fire Trail #6	MNF - Cheat District - Canaan Mountain Area	1.1
	Firelane Split	MNF - Cheat District - Canaan Mountain Area	2
	Fisher Spring Run	MNF - Potomac District - Dolly Sods Area	2.3
	Flag Run	MNF - Cheat District - Canaan Mountain Area	1
	Forest Road 80	Canaan Valley National Wildlife Refuge	1.91
	Freeland	Canaan Valley National Wildlife Refuge	0.24
	Gentle	Blackwater Falls State Park	0.25
	Green Mountain	MNF - Cheat District - Otter Creek Wilderness Area	4
	Harman	MNF - Potomac District - Dolly Sods Area	1.4
	Hedrick Camp	MNF - Cheat District - Otter Creek Wilderness Area	1
	Horseshoe Run Nature	MNF - Cheat District - Horseshoe Recreation Area	0.5
	Idleman's Run	Canaan Valley National Wildlife Refuge	0.39
	JoJo's Curve	Canaan Valley Institute	0.5
	JoJo's Curve	Canaan Valley Institute	0.5
	Limerock	MNF - Cheat District - Backbone Mountain Area	4.1
	Lindy Point	Blackwater Falls State Park	0.37
	Lindy Run	MNF - Cheat District - Canaan Mountain Area	2.8
	Little Stonecoal	MNF - Potomac District - Dolly Sods Area	1.8
	Losh Run	MNF - Cheat District - Horseshoe Recreation Area	1.8
	Maxwell Run	MNF - Cheat District - Horseshoe Recreation Area	2.1



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	McGowan Mountain	MNF - Cheat District - Otter Creek Wilderness Area	3.5
	McKinley Run	MNF - Cheat District - Horseshoe Recreation Area	1
	Middle Point	MNF - Cheat District - Otter Creek Wilderness Area	1.6
	Middle Ridge	Canaan Valley Resort State Park	2.5
	Middle Valley	Canaan Valley National Wildlife Refuge	6.23
	Mikes Run	MNF - Cheat District - Horseshoe Recreation Area	4
	Mill Race Park	Parsons	1
	Mill Run	Canaan Valley Resort State Park	1
	Moore Run	MNF - Cheat District - Otter Creek Wilderness Area	4.1
	Mountainside	MNF - Cheat District - Canaan Mountain Area	4.8
	Mylius	MNF - Cheat District - Otter Creek Wilderness Area	2.4
	Northland Loop Interpretive	MNF - Potomac District - Dolly Sods Area	0.3
	Otter Creek	MNF - Cheat District - Otter Creek Wilderness Area	11.4
	Pase Point	Blackwater Falls State Park	0.7
	Pheasant Mountain	MNF - Cheat District - Pheasant Mountain Area	4.7
	Plantation	MNF - Cheat District - Canaan Mountain Area	8.4
	Pointy Knob	MNF - Cheat District - Canaan Mountain Area	5.2
	Possession Camp	MNF - Cheat District - Otter Creek Wilderness Area	3.3
	Railroad Grade	MNF - Cheat District - Canaan Mountain Area	3.1
	Railroad Grade	Canaan Valley Resort State Park	2.5
	Raven's Ridge	MNF - Potomac District - Dolly Sods Area	2.8
	Red Creek	MNF - Potomac District - Dolly Sods Area	6.1
	Red Spruce Riding	Blackwater Falls State Park	1.25



## *Day Hike Trails in West Virginia*

<i>County</i>	<i>Trail Name</i>	<i>Land Manager</i>	<i>Length in Miles</i>
	Rhododendron	Blackwater Falls State Park	0.5
	Ridge Top	Canaan Valley Resort State Park	0.13
	River Road	Blackwater Falls State Park	1.56
	Rock Shox	Canaan Valley Institute	0.75
	Rock Shox Trail	Canaan Valley Institute	0.75
	Rocky Point	MNF - Potomac District - Dolly Sods Area	1.8
	Rocky Ridge	MNF - Potomac District - Dolly Sods Area	3
	Rohrbaugh Plains	MNF - Potomac District - Dolly Sods Area	3.5
	Sand Run	Canaan Valley National Wildlife Refuge	0.94
	Shavers Mountain	MNF - Cheat District - Otter Creek Wilderness Area	10
	Shay Trace	Blackwater Falls State Park	0.75
	Sherald's Shunt	Canaan Valley Institute	0.75
	Sherald's Shunt	Canaan Valley Institute	0.75
	Shingletree South	MNF - Cheat District - Pheasant Mountain Area	4.5
	South Glade Run Crossing	Canaan Valley National Wildlife Refuge	0.8
	South Haddix	MNF - Cheat District - South Haddix Area	6.8
	Swinging Bridge	Canaan Valley National Wildlife Refuge	1.07
	Table Rock Overlook	MNF - Cheat District - Canaan Mountain Area	1.1
	Thomas Loop	Thomas Parks & Recreation	1
	Thomas Parks	Thomas Parks & Recreation	8
	Trials Road	Canaan Valley Institute	1.5
	Trials Road	Canaan Valley Institute	1.5
	Turkey Run	MNF - Cheat District - Otter Creek Wilderness Area	4
	Two Camp Trail	MNF - Cheat District - Canaan Mountain Area	0.3
	Valley Overlook	Canaan Valley National Wildlife Refuge	0.06
	Watertank	Blackwater Falls State Park	0.25
	Wildlife	MNF - Potomac District - Dolly Sods Area	1.2
	Yellow Birch	Blackwater Falls State Park	1



## Day Hike Trails in West Virginia

County	Trail Name	Land Manager	Length in Miles
	Yellow Creek	MNF - Cheat District - Otter Creek Wilderness Area	1.3
<b>Tyler</b>	Paden City Park	Paden City	2.28
	Sisterville River	Tyler County Development Authority	0.5
<b>Upshur</b>	River	Buckhannon	0.33
<b>Various</b>	Allegheny	MNF	
<b>Wayne</b>	Ash Branch	Cabwaylingo State Forest	1
	Beaver Pond	US Army - Corps of Engineers - Beech Fork Lake	1.3
	Beech Ridge	Cabwaylingo State Forest	2
	Below Dam	US Army - Corps of Engineers - East Lynn Lake	0.5
	Copley	Cabwaylingo State Forest	3
	East Fork	US Army - Corps of Engineers - East Lynn Lake	2
	Indian Lakeside	Cabwaylingo State Forest	1
	Lakeview	US Army - Corps of Engineers - East Lynn Lake	1.75
	Lost	Beechfork State Park	1
	Martin Ridge	Beechfork State Park	5
	Mary Davis	Cabwaylingo State Forest	1.5
	Nature	Wayne County Commission	3.5
	Overlook	Beechfork State Park	0.75
	Overlook	US Army - Corps of Engineers - East Lynn Lake	1.5
	Physical Fitness	Beechfork State Park	1
	Rock Hollow	Beechfork State Park	0.8
	Sleepy Hollow	US Army - Corps of Engineers - Beech Fork Lake	0.5
	Spillway	Cabwaylingo State Forest	2
	Spruce Creek	US Army - Corps of Engineers - Beech Fork Lake	1.4
		Cabwaylingo State Forest	1



## Day Hike Trails in West Virginia

County	Trail Name	Land Manager	Length in Miles
	Twin Coves	US Army - Corps of Engineers - Beech Fork Lake	3
<b>Webster</b>			
	Adkins Rockhouse	MNF - Gauley District - Bishop Knob Recreation Area	2.1
	Barrenshe	MNF - Gauley District - Bishop Knob Recreation Area	4.5
	Big Sycamore Park	Webster Springs (Addison)	2
	Bishop Knob	MNF - Gauley District - Bishop Knob Recreation Area	2.5
	Cranberry Ridge	MNF - Gauley District - Bishop Knob Recreation Area	2.5
	High Rock	Holly River State Park	1.5
	Hinkle Branch	MNF - Gauley District - Bishop Knob Recreation Area	1.2
	Nature's Rock Garden	Holly River State Park	0.5
	Oak Ridge	Holly River State Park	2.5
	Potato Knob	Holly River State Park	7.5
	Railroad Grade	Holly River State Park	10
	Reverie	Holly River State Park	3.5
	Ridge Road	Holly River State Park	6.1
	Saltlick	Holly River State Park	0.75
	Three Falls of Back Fork	Webster Springs (Addison)	4.6
	Tramotane ★	Holly River State Park	2.5
	Wilderness	Holly River State Park	4.5
<b>Wetzel</b>			
	East Wetzel Rail	Hundred Area Pride	1.5
	Hart Ridge	Lewis Wetzel WMA	1
	High Knob	Lewis Wetzel WMA	3.3
	Hiles Run	Lewis Wetzel WMA	0.7
	Horse Run	Lewis Wetzel WMA	0.9
	Huss Pen	Lewis Wetzel WMA	0.9
	Leslin Run	Lewis Wetzel WMA	1.1
	Nettle Run	Lewis Wetzel WMA	1.4
<b>Wirt</b>			
	Poor Farm Trail	Wirt County Commission	
	Sportsman's Park Trail	Elizabeth	0.25



## Day Hike Trails in West Virginia

County	Trail Name	Land Manager	Length in Miles
<b>Wood</b>			
	Blennerhassett Island	Blennerhassett Island Historical State Park	1
	Copperhead Road	Mountwood Park	3
	Dark Side of the Moon	Mountwood Park	2
	Gary's Grind	Mountwood Park	2
	Haystack	Mountwood Park	3
	Hunters Roost	Mountwood Park	1
	Lake	Mountwood Park	3.5
	Little Kanawha Connector	Parkersburg	0.5
	Lubeck Community Park Trail	Lubeck Volunteer Fire Department	0.5
	McDonough Wildlife Refuge	Vienna Department of Parks and Recreation	11
	Medicine Man	Mountwood Park	2.5
	North Bend Rail	North Bend State Park	
	North Hills	North Hills	0.5
	Ohio River Islands	Ohio River Islands National Wildlife Refuge	1.5
	Parkersburg City Park	Parkersburg	1
	Stiles Mansion	Mountwood Park	2.5
	Tecumseh	Mountwood Park	2.5
	Trip to the Moon	Mountwood Park	2
	White Oak	Mountwood Park	3
<b>Wyoming</b>			
	Buck Run	Twin Falls State Park	0.75
	Cliffside	Twin Falls State Park	3
	Falls	Twin Falls State Park	1.25
	Hemlock	Twin Falls State Park	2
	Horsepen Knob	Twin Falls State Park	2.5
	Huckleberry	Twin Falls State Park	1.33
	Moonshiner's	Twin Falls State Park	3.25
	Nature	Twin Falls State Park	1.25
	Pathfinder	Twin Falls State Park	2.5
	Poke Hollow	Twin Falls State Park	3.5
	Rocky Road	Twin Falls State Park	3
	Still Run Ridge	Twin Falls State Park	2.5
	Twin Oaks	Twin Falls State Park	0.25