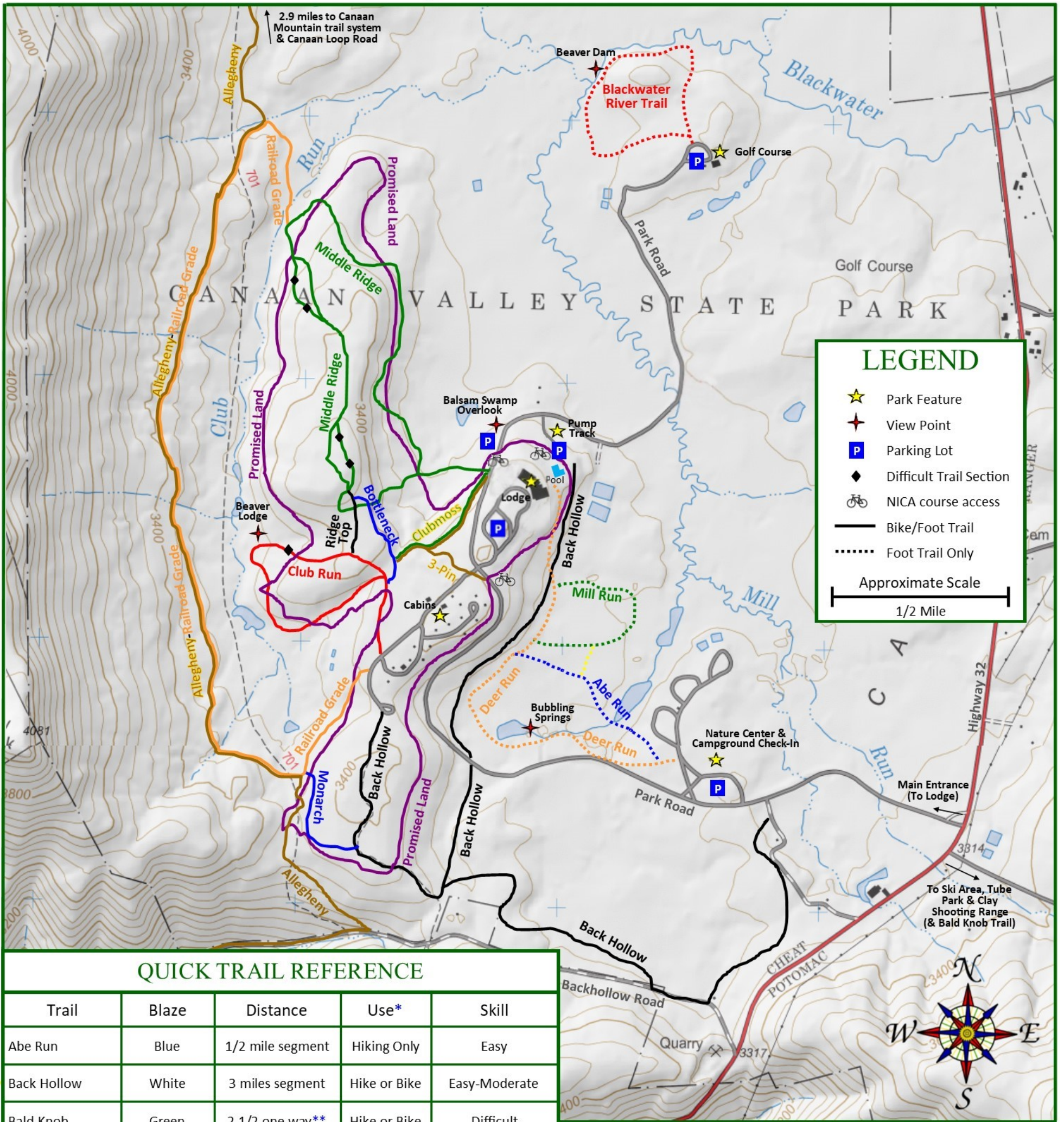


Your Adventure Starts Here

Canaan Valley State Park Trail Map

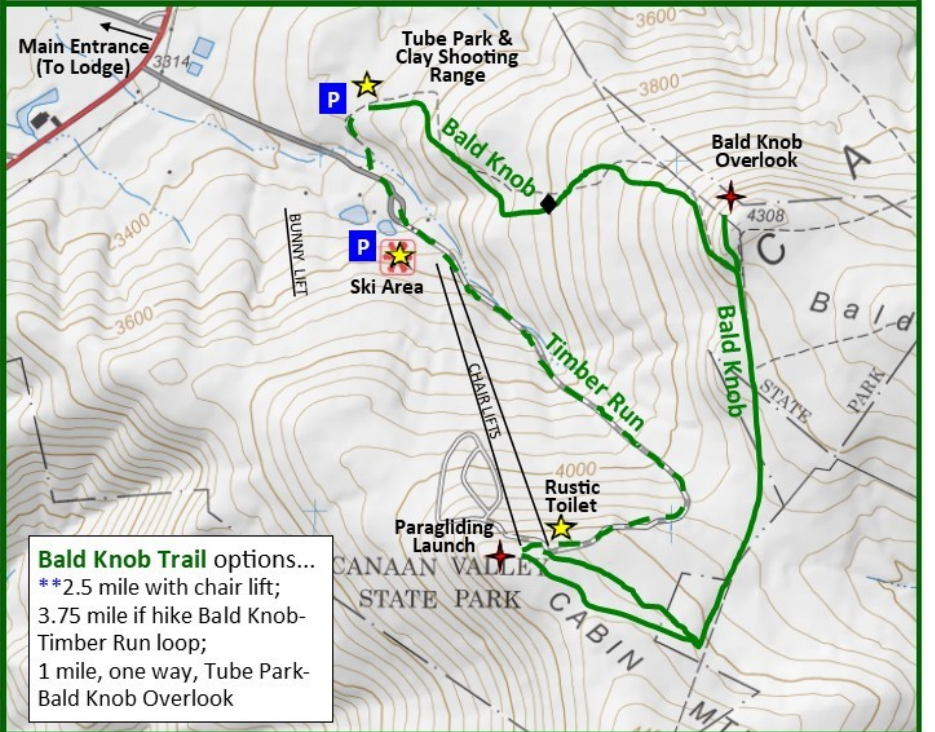


QUICK TRAIL REFERENCE

Trail	Blaze	Distance	Use*	Skill
Abe Run	Blue	1/2 mile segment	Hiking Only	Easy
Back Hollow	White	3 miles segment	Hike or Bike	Easy-Moderate
Bald Knob	Green	2 1/2 one way**	Hike or Bike	Difficult
Blackwater River	Red	1 mile loop	Hiking Only	Easy-Moderate
Bottleneck	Blue	1/4 mile segment	Hike or Bike	Moderate
Clubmoss	Yellow/Green	1/3 mile segment	Hike or Bike	Easy
Club Run	Red	1 1/4 mile loop	Hike or Bike	Moderate
Deer Run	Orange	1 1/4 mile segment	Hiking Only	Easy
Middle Ridge	Green	2 1/2 mile loop	Hike or Bike	Moderate
Mill Run	Green	3/4 mile segment	Hiking Only	Easy
Monarch	Blue	1/2 mile segment	Hike or Bike	Easy
Promised Land	Purple	6 mile loop	Hike or Bike	Easy-Moderate
Railroad Grade	Orange	2 1/2 mile segment	Hike or Bike	Easy-Moderate
Ridge Top	White	1/4 mile segment	Hike or Bike	Easy
3-Pin	Yellow	1/2 mile segment	Hike or Bike	Easy

*though ungroomed, all trails welcome cross-country skiing and snowshoeing in winter

*Canaan Valley is a wetland—Be prepared for wet terrain in all seasons * Please stay on boardwalks, where present * Cell service is sporadic throughout park * Bikers have the right of way * Please keep dogs on leash * Please pack out what you bring into the forest or meadow * Respect wildlife and other hikers *



Bald Knob Trail options...
 **2.5 mile with chair lift;
 3.75 mile if hike Bald Knob-Timber Run loop;
 1 mile, one way, Tube Park-Bald Knob Overlook

MOUNTAIN BIKING

Canaan Valley Resort State Park offers over 19 miles of mountain bike trails, ranging in ability level from beginner pathways to more difficult single track. The Allegheny Trail (330 mile trail traveling through the Allegheny Mountains of WV) passes through the park and provides access to an extensive trail system on Canaan Mountain and beyond. Please avoid biking on trails when very wet.

Be sure to try out the pump track located near the pool. This is a great way to fine tune your balancing and maneuvering skills for kids and adults!

The Nature Center provides bike rentals and trail maps.

SNOW SPORTS

With an average snowfall of 150 inches per year, cross-country skiing and snowshoeing are popular winter sports in Canaan Valley. Over 22 miles of trails within the park offer a diverse experience for the winter traveler. Though ungroomed, all trails welcome cross-country skiers and snowshoers.

The Nature Center provides cross-country ski and snowshoe rentals.

You can also visit the ski lodge for a one-way lift ticket and gain access to the White Grass Ski Touring Center's trail system at the Bald Knob Overlook; please refer to White Grass trail map.

NATURE EXPLORATION

Canaan Valley is the highest mountain valley east of the Rocky Mountains and is on the edge of the Eastern Continental Divide. As a result, the mountainous edge, at over 4000 ft, and valley floor, at 3200 ft, are home to a broad range of biodiversity. Many species normally seen in more northern climates are found mingling with southern dwelling species. The headwaters of the Blackwater River, a plethora of flora and fauna and many unique wetlands can be found within the park.



Fishing is also allowed within the areas of the park; a valid West Virginia State Fishing License must be obtained along with appropriate use stamps (ie. trout). Brown, Golden, Rainbow and native Brook Trout call Canaan Valley home. If catching to release, please remove the barb on your hook to reduce your impact.

Monarch Trail (Blue)

A connector trail between Promised Land, Allegheny, Railroad Grade and Back Hollow Trail. Keep an eye out for the pioneer species of our region when fields transition to forests—the Hawthorne Tree. This trail passes by the campfire ring and is the path the hay wagon takes in fall.

Access: Back Hollow, Promised Land, & Railroad Grade Trails
1/2 mile, Hike or Bike, Easy

Promised Land Trail (Purple)

Our longest trail that weaves in and out of most bike trails in the park (including Allegheny Trail), passes by the pool, Main Lodge and Cabin Area. This trail can be traveled on its own or connected with several others to make a day-long adventure. This is a good beginner trail for the novice mountain biker. It is also a NICA (National Interscholastic Cycling Association) race course.

Access: Pool parking lot, Balsam Swamp Overlook, Cabin Area, Park Road near Main Lodge entrance
6 mile loop, Hike or Bike, Easy-Moderate

Railroad Grade Trail (Orange)

This trail follows the base of Canaan Mountain and passes through a variety of mature forests. Several small streams cross the trail so be prepared with proper footwear. It follows the Allegheny Trail's path for about 2 miles before linking into the far end of Middle Ridge Trail.

Access: Cabin Area, Allegheny, Promised Land & Middle Ridge Trails
2 1/2 mile, Hike or Bike, Easy-Moderate

Ridge Top Trail (White)

A connector trail that links Middle Ridge Trail to Club Run Trail.

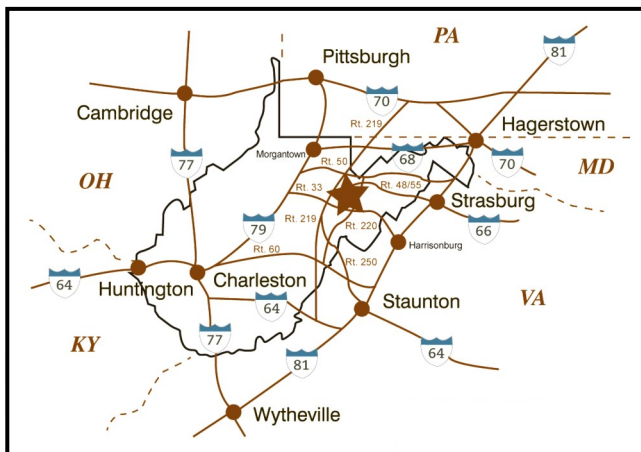
Access: Middle Ridge, Club Run & Bottleneck Trails
1/4 mile, Hike or Bike, Easy

3-Pin (Yellow)

A connector that links the Cabin Area to Clubmoss trail.

Access: Cabin Area, Park Road, Clubmoss Trail
1/4 mile, Hike or Bike, Easy

So Easy To Get To!



Approximate Driving Time

Richmond, VA.....4 hrs	Columbus, OH.....5 hrs
Washington D.C.....3.25 hrs	Charleston, WV.....3 hrs
Baltimore, MD.....3.25 hrs	Roanoke, VA.....3.5 hrs
Pittsburgh, PA.....3 hrs	Cincinnati, OH.....6.25 hrs
Harrisonburg, VA.....2 hrs	Cleveland, OH.....5 hrs
Cumberland, MD.....1.5 hrs	Lewisburg, WV.....3 hrs

800.622.4121

CanaanResort.com

Nearby Areas to Explore

Canaan Valley National Wildlife Refuge.....7 minutes
Blackwater Falls.....25 minutes
Dolly Sods Wilderness.....26 minutes
Seneca Rocks.....30 minutes
Roaring Plains West Wilderness.....32 minutes
Otter Creek Wilderness.....35 minutes
Smoke Hole Caverns.....40 minutes
Seneca Caverns.....44 minutes
Spruce Knob (highest point in WV).....1 hr 15 min

Canaan Valley Resort State Park
134 Headquarters Road
Davis, WV 26260
canaanresort.com

Clubmoss (Yellow/Green)

A connector that links Bottleneck to 3-Pin trails.
Access: Balsam Swamp Overlook, Bottleneck & 3-Pin Trail
1/3 mile, Hike or Bike, Easy

Club Run Trail (Red)

This trail follows a section of Club Run, which flows into the Blackwater River, and winds through mixed forest and shrub swamp wetland. An old beaver dam can be viewed from the western end of the loop. The water has formed deep ruts in parts of this trail; see black diamond symbol on map.

Access: Cabin Area, Ridge Top, Promised Land & Bottleneck Trails
1 1/4 mile loop, Hike or Bike, Moderate

Deer Run Trail (Orange)

This trail wanders through the forest and connects the Nature Center to the Lodge. Look for the observation platform & bubbling springs and listen for Barred Owls and the harmonic Hermit Thrush.

Access: Campground & Nature Center, Park Road and Main Lodge
1 1/4 mile, Hiking only, Easy

Middle Ridge Trail (Green)

This trail passes over varied terrain and features hillsides of clubmosses on the western flank of Middle Ridge. Open meadows and forest edges provides great opportunities for bird watching.

Clubmosses are primitive vascular plants that evolved over 400 million years ago. Though now only inches tall, their ancestors towered over 130 feet.

Access: Promised Land, Ridge Top, Bottleneck & Railroad Grade Trails and Balsam Swamp Overlook
2 1/2 mile loop, Hike or Bike, Moderate

Mill Run Trail (Green)

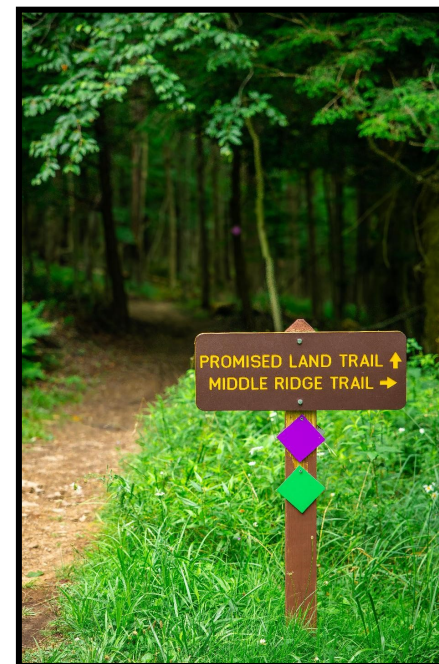
A loop, when joined by Deer Run Trail, travels through unique wetlands. Look for pedestal birch... birch seeds which germinated on a rotting log or stump long ago. Once the log rots away, these birch trees appear to have legs.

Access: Deer Run Trail and Abe Run Trail via yellow connector
3/4 mile, Hiking only, Easy

MAP & TRAIL GUIDE



CANAAN VALLEY RESORT STATE PARK & CONFERENCE CENTER



Over 23 Miles of Interwoven Adventure

Abe Run Trail (Blue)

This trail meanders through Abe Run Swamp, a designated Natural Area. Many unique plants can be seen from the various board walks.

Access: Deer Run Trail
1/2 mile, Hiking only, Easy

Back Hollow Trail (White)

The south end of this trail winds through open meadow and skirts the forest edge providing a wide range of wildlife viewing.

The north end travels through forest and meadow as it provides a connection between the Nature Center & Campground to the Main Lodge & Cabin Area.

Access: Nature Center, Cabin Area, Backhollow Road and pool parking lot
3 miles, Hike or Bike, Easy-Moderate

Bald Knob Trail (Green)

The steep one-mile accent, from the Tube Park to Bald Knob Overlook, is well worth the effort once you reach the breathtaking panoramic view from 4,308ft. Cross-country skiers can gain access to the White Grass Ski Touring Center trails at the overlook. A one-way lift ticket can also be purchased at the Canaan Valley Resort Ski Area in summer and winter to access the other end of the trail.

Access: Tube Park, Shooting Range or one-way lift ticket at Ski Area
2.5 miles**, Hike or Bike, Difficult

Blackwater River Trail (Red)

This trail passes through mixed northern hardwood stands and follows a meandering section of the Blackwater River. This trail passes by some of the largest big-tooth aspen on the park.

Access: Golf Course parking lot
1 mile loop, Hiking only, Easy-Moderate

Bottleneck Trail (Blue)

A connector trail that provides access to Club Run, Ridge Top & Middle Ridge Trails

Access: Middle Ridge, Ridge Top, Club Run & Clubmoss Trails
1/4 mile, Hike or Bike, Moderate