

Directions

Thurmond – Minden Trail

Thurmond Trailhead

From U.S. Route 19 north of Beckley, take the Glen Jean–Thurmond exit. Take an immediate left, and go 0.5 miles to Glen Jean. Take a right and follow the signs to Thurmond (WV Route 25). The trailhead is on the left, 5.1 miles down WV Route 25.

Minden Trailhead

Take the Main Street Exit (Oak Hill) off Route 19. If going south on Route 19, turn left and go 0.2 miles; if going north on Route 19, turn right and go 0.1 miles. Turn left onto Minden Road, and follow this 2.1 miles. Take a right across a small bridge to the trailhead.

Stone Cliff Trail

From U.S. Route 19 north of Beckley, take the Glen Jean–Thurmond exit. Take an immediate left, and go 0.5 miles to Glen Jean. Take a right and follow the signs to Thurmond (WV Route 25). Continue on this road for 6.0 miles to a three-way intersection. Bear right and go 1.5 miles on this road. Take a right on a gravel road, just before crossing over the New River. Continue past the boat launch to the parking area. Trail users should park at the far end of the parking lot. The Stone Cliff Trail begins at the closed road beside the picnic area.

Cunard and Brooklyn Trailheads

These trailheads are located on the Cunard River Access Road. This road is reached from Fayetteville or Oak Hill via Gatewood Road.

From Fayetteville: Take WV Route 16 South through the town of Fayetteville. Take a left on Gatewood Road, and go 4.6 miles to the Cunard turn-off. Turn left and go 1.8 miles. Follow signs indicating Cunard River Access.

From Oak Hill: Take the Main Street Exit (Oak Hill) off of Route 19. If going south on Route 19, turn left and go 0.5 miles; if going north on Route 19, turn right and go 0.4 miles. Take a right on Gatewood Road, and go 5.4 miles to the Cunard turn-off. Turn right and go 1.8 miles. Follow signs indicating Cunard River Access.

Kaymoor Top Trailhead

Kaymoor Top is reached via Gatewood Road. From U.S. Route 19, follow Route 16 South through the town of Fayetteville. Take a left on Gatewood Road. Follow this road for 2.0 miles, and turn left at the Kaymoor sign. Follow this narrow road for about one mile to an intersection, and bear left. Parking is 50 yards down on the right; the Cunard – Kaymoor Trail begins behind the gate back at the intersection.

The Trails

All trail distances are one-way.

Cunard – Kaymoor Trail

6.0/6.4 miles → moderate → hiking/biking.

This trail begins from trailheads at Kaymoor Top and on the Cunard Access Road. It follows an old road and offers views of the gorge and river. From Kaymoor Top, it is 3.6 miles to the Kaymoor Mine site, and 6.4 miles to Cunard. From Cunard, it is 6.0 miles to the Kaymoor Mine site, and 6.4 miles to Kaymoor Top. **Note:** Bikes are not permitted on the Kaymoor Trail between the mine site and the trailhead on Fayette Station Road

Thurmond – Minden Trail

3.2 miles → easy → hiking/biking.

A popular bike ride along an abandoned branch line of the C & O Railway. This mostly level trail crosses five railroad trestles. Several overlooks provide scenic views of Thurmond and the New River.

Brooklyn – Southside Junction Trail.

6.0 miles → moderate → hiking/biking.

This riverside trail provides great views of the New River, and passes through some of the New River Gorge's abandoned mining towns. The first 1.8 miles from the Cunard River Access is open to motorized vehicles. A parking area at Brooklyn marks the end of the maintained road.

Stone Cliff Trail

3.5 miles → moderate → hiking/biking.

This rugged trail follows an old road along the banks of the New River ending near the site of the abandoned Bragg homestead. Great views and easy access to the river are available along this trail.



Mountain Bike Trails

New River Gorge National River offers almost twenty miles of mountain bike trails, varying from easy to difficult in terrain and distance. The trail system is still developing, and trail conditions change; check at the park's visitor centers for the most current information.

Trail Regulations

- ◆ Carry out all trash; no littering.
- ◆ Disturbing, destroying, or removing natural and cultural objects is prohibited.
- ◆ Park trails are closed to all motorized vehicles.
- ◆ Bicycles are permitted on designated trails only.
- ◆ Pets must be on a leash at all times.

Safety First

- ◆ Railroad lines throughout the park are active, and are private property. Do not cross railroad tracks, or trespass on railroad right-of-ways.
- ◆ Hunting is allowed in New River Gorge National River. Wear blaze orange during hunting season.
- ◆ Lock valuables in the trunk of your car or take them with you.
- ◆ Do not enter structures, mines, or coke ovens.
- ◆ During spring and summer, check for ticks.
- ◆ Poison ivy is common. *Leaflets three, let it be!*
- ◆ Two species of poisonous snakes live here, the copperhead and the timber rattlesnake. Watch where you put your feet and hands.

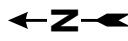
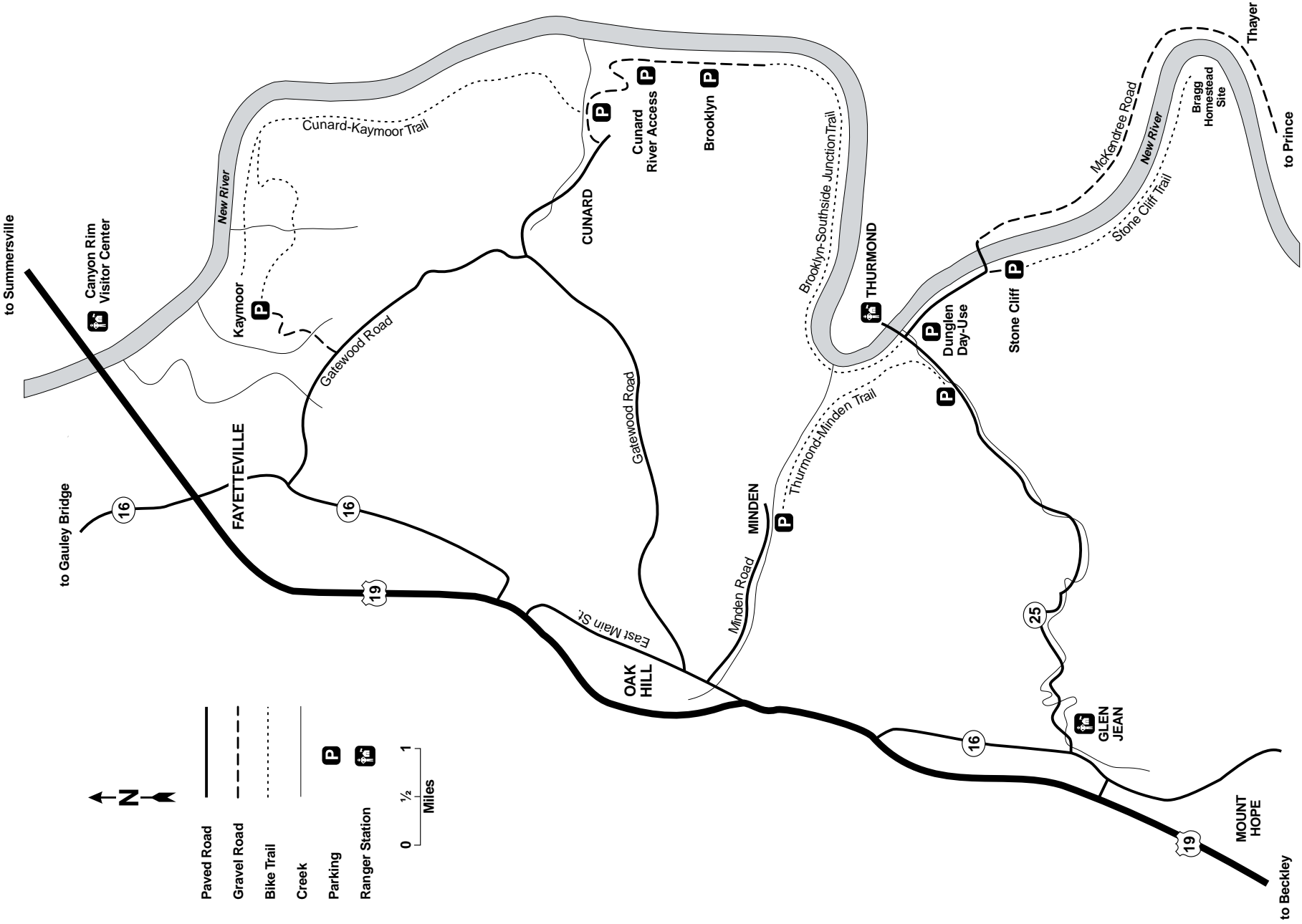


New River Gorge
National River

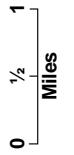
P.O. Box 246
Glen Jean, WV 25846
304-465-0508



Bike Trails of New River Gorge National River



- Paved Road
- Gravel Road
- Bike Trail
- Creek
- Parking
- Ranger Station



to Summersville

to Gauley Bridge

FAYETTEVILLE

New River

Kaymoor

Cunard-Kaymoor Trail

Gatewood Road

CUNARD

Gatewood Road

Cunard River Access

Brooklyn

OAK HILL

East Main St.

Minden Road

MINDEN

Thurmond-Minden Trail

Brooklyn-Southside Junction Trail

THURMOND

Dunglen Day-Use

Stone Cliff

25

GLEN JEAN

McKendree Road

Stone Cliff Trail

New River

19

MOUNT HOPE

Bragg Homestead Site

Thayer

to Prince

to Beckley