

Trails

These trail descriptions are written with the hiker starting at the lower Glade Creek trailhead. Trails 2, 3, and 4 are accessed by hiking a majority of the Glade Creek Trail.

① Glade Creek Trail

5.6 miles ➔ **one-way** ➔ **moderate** ➔ **hiking**

Enjoy waterfalls, rhododendron thickets, and hemlock forests along this trail. The creek is a popular trout stream. Expect several sets of stone steps before the bridge crossing at the halfway point. A connection with the Kates Falls Trail may be made.

② Kates Falls Trail

1.6 miles ➔ **one-way** ➔ **difficult** ➔ **hiking**
4.5 miles of Glade Creek Trail must be hiked to reach this trail.

Enjoy the spray of scenic Kates Falls as you hike this trail. The steep, rocky portion of the trail past the falls is a connector trail to the Kates Plateau Trail. Go left at the end of this section to hike Kates Plateau Trail.

③ Kates Plateau Trail

4.0 miles ➔ **loop** ➔ **moderate** ➔ **hiking**
4.5 miles of Glade Creek Trail and part of Kates Falls Trail must be hiked to reach this trail.

Prepare for a beautiful experience as you follow this old logging road through the woods. Explore a wetland found just off the trail. In early July look for the state flower, Great Rhododendron, in bloom. Access this trail from its junction with Kates Falls Trail.

④ Polls Plateau Trail

4.1 miles ➔ **loop** ➔ **moderate** ➔ **hiking**
This trail is accessed from its junction with Kates Plateau Trail.

Cross several creeks on this loop trail which passes through an upland forest and past an old farm. It is wide and well-maintained at this point, but there are places where the trail becomes ambiguous further along the loop. Topographic maps are recommended.

Directions

From Beckley

From Route 19 (Eisenhower Drive), take Route 41 north toward Prince. Turn right onto the Glade Creek Road, just before the bridge at Prince. Follow the gravel road seven miles; it ends at the Glade Creek trailhead.

From Fayetteville

Follow Route 19 south; take the Glen Jean exit. Turn right onto Route 61 south; follow Route 61 for 3.0 miles. Turn left, staying on Route 61, and continue for another 4.0 miles. Turn left onto Route 41 north; follow Route 41 for 4.0 miles toward Prince. Turn right onto the Glade Creek Road, just before the bridge at Prince. Follow the gravel road seven miles; it ends at the Glade Creek trailhead.

Camping

Glade Creek Campground

Camping in the five drive-in, developed campsites at Glade Creek is on a first-come, first-served basis. Campers in the Glade Creek area will be registered by a park ranger. Camping is limited to fourteen days in a twenty-eight day period. Fires are allowed only in established fire rings. Park only on the graveled parking pad at each site. Quiet hours are from 10:00 PM to 6:00 AM.

Pit toilets are available; there is no running water. Do not drink water from the New River or its tributaries. Bring your own drinking water.

Primitive Camping

Practice low-impact camping and pack everything out. Camp at least 100 feet from the creek and the river. Camping is not permitted within 100 feet of trails and trailheads, parking lots, boat ramps, day-use areas, developed campsites, historic structures and ruins, or cliffs and rock outcrops.

New River Gorge
National River
National Park Service
U.S. Department of the Interior



Glade Creek Trails

New River Gorge National River offers more than fifty miles of trails. The trails vary from easy to difficult in terrain and distance. The trail system is expanding and conditions can change. Check at park visitor centers for current information.

Trail Regulations

- Carry out all trash; no littering.
- All trails are closed to motorized vehicles.
- Pets must be restrained and leashed.
- Disturbing, destroying, or removing natural and cultural objects is prohibited.
- Bicycles and horses are not permitted on the trails in the Glade Creek area.
- Hunting is permitted in the Glade Creek area. Wear blaze orange during hunting season.

Safety First

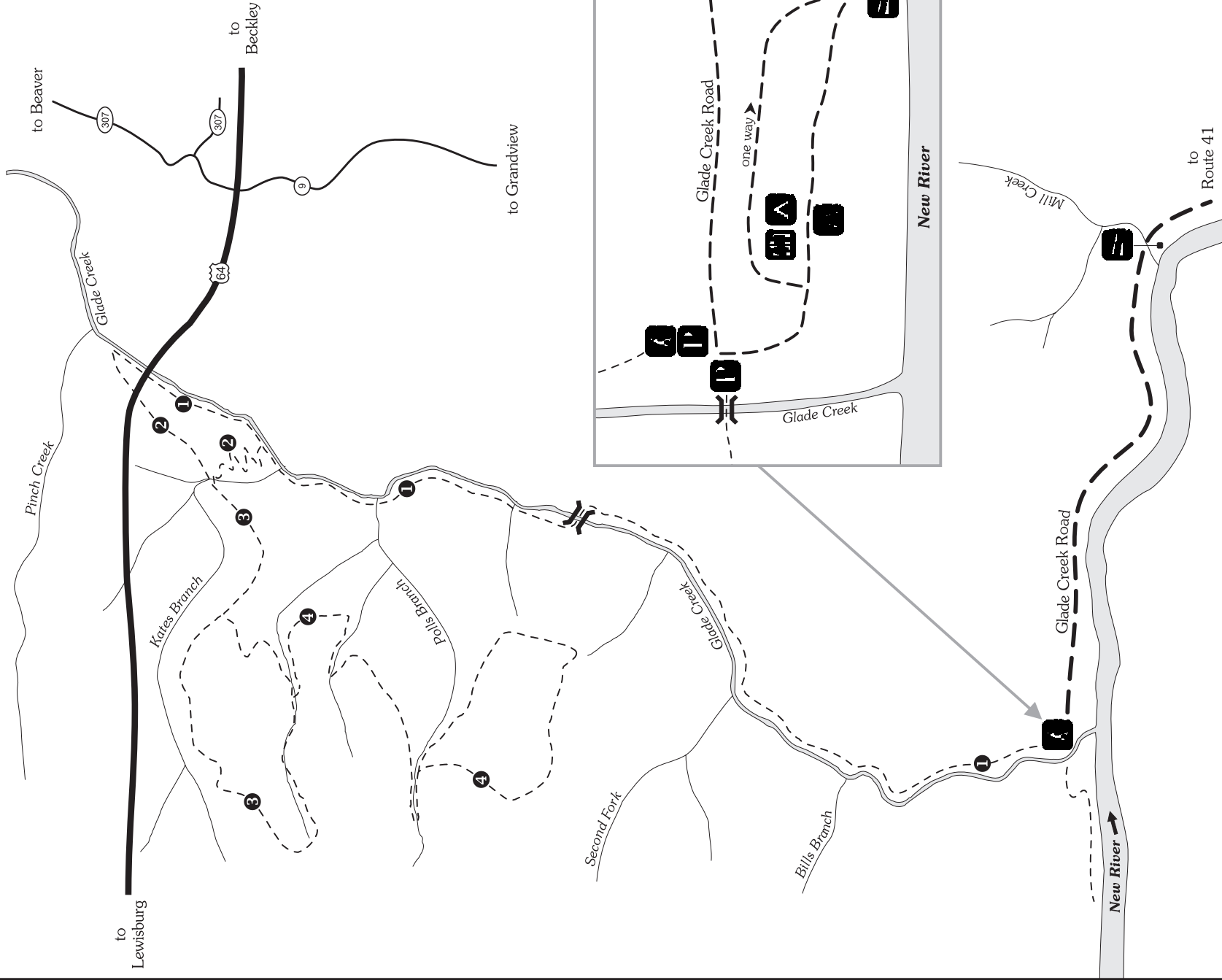
- Know the weather forecast; plan accordingly.
- Lock valuables in the trunk of your car or take them with you.
- Check for ticks during spring and summer.
- Poison ivy is common. *Leaflets three, let it be!*
- There are two kinds of poisonous snakes in the park, the copperhead and timber rattler. Watch where you put your hands and feet.
- In case of emergency call 911.



New River Gorge
National River
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New River Gorge National River — Glade Creek Trails



Legend

- hiking trail
- - - - gravel road
- ===== creek

- 1** Glade Creek Trail — 5.6 miles
 - 2** Kates Falls Trail — 1.6 miles
 - 3** Kates Plateau Trail — 4.0 miles
 - 4** Polls Plateau Trail — 4.1 miles
- All mileages are one-way**

- Picnic Area
- Restrooms
- Trailhead
- Camping
- Boat Launch



North



miles