



# TRAILS

## RULES AND REGULATIONS

### EMERGENCY PHONE NUMBER 256-1700

- Disturbing, destroying, or removing natural and cultural objects is prohibited.
  - Park trails are closed to all motorized vehicles.
  - Bicycles and horses on designated trails only.
  - Pets must be kept on a leash at all times.
  - No littering. Dispose of all trash, including cigarette butts, in trash cans at trailheads.
  - Be aware that **hunting** is allowed in New River Gorge National River.
- Wear blaze orange during hunting seasons.**

## SAFETY FIRST !

- Wear comfortable shoes.
- Take plenty of drinking water. Do not drink water from any other source than your water bottle.
- Stay on designated trail.
- Do not enter structures, mines, or coke ovens.
- Know the weather forecast and plan/dress accordingly.
- If hiking alone, tell a friend of your plans.
- During spring and summer, check periodically for ticks. Check thoroughly when you get home.
- Two species of poisonous snakes live here, the copperhead and the timber rattlesnake.
- Watch where you put your feet and hands!
- Poison ivy thrives here. "Leaflets three, let it be!"
- Lock valuables in the trunk of your car or take them with you.
- Mountain Bikes:
  - Ride on designated bike trails only.
  - When approaching hikers from behind, call out a greeting to let them know of your whereabouts.
  - Yield to pedestrians and slow down when approaching curves (a hiker or biker could be on the other side).
  - Dismount and walk on bridges or trestles and in congested areas.

The New River Gorge National River was established in 1978 to preserve and protect the natural, cultural, and recreational resources of 53 miles of the New River. The National River offers many miles of hiking, biking, and horseback riding trails that provide an opportunity for visitors to experience old coal towns, spectacular waterfalls, outstanding geological formations, and many scenic views of the New River. The trails vary from easy to difficult in terrain and distance. Since the trail system is constantly changing, please check at the park's visitor centers for specific information on trail construction, new trail additions, and general trail maintenance before beginning your hike. Many of the trails in the park were constructed to be small in width, primitive, and natural to offer an opportunity for visitors to experience the remote areas within the park. Some land within New River Gorge is privately owned. Please respect the rights of property owners as you visit the park.

For additional trail information, contact the New River Gorge National River at P.O. Box 246, Glen Jean, WV 25846.

### TRAILS LISTED FROM NORTH TO SOUTH, AND DISTANCES ARE ONE WAY EXCEPT FOR LOOP TRAILS.

**DEVELOPED: Signed at trailhead and junctions**  
**UNDEVELOPED: Not signed, but maintained**  
**UNDER CONSTRUCTION: Not maintained**

#### LAING LOOP TRAIL (DEVELOPED)

**Length: 1.0 mile → Difficulty: easy → Type: hiking**

**Directions:** Trail is at the Burnwood Day Use Area, across from the Canyon Rim Visitor Center on U.S. Route 19.

**Description:** Traveling through different habitats, the trail leads through a forested area to an open field. Follow along the forest and field edge to the loop section of trail. The trail passes through beech-maple forests, and rhododendron thickets, oak-hickory forests, and an open field.

#### CANYON RIM BOARDWALK (DEVELOPED)

**Length: .1 mile → Difficulty: easy → Type: hiking**

**Directions:** Boardwalk is located at Canyon Rim Visitor Center on U.S. Route 19 north of Fayetteville.

**Description:** This wooden boardwalk drops 100 feet down to the rim of the gorge and offers excellent views of New River Gorge Bridge. The walkway is barrier-free, affording all visitors access to the first overlook. It continues down 178 steps to the lower overlook.

#### NEW RIVER BRIDGE TRAIL (UNDEVELOPED)

**Length: 1.6 miles → Difficulty: difficult → Type: hiking**

**Directions:** Trail is located at parking area 0.8 mile down Fayette Station Road on the right, and ends at the Kaymoor Trailhead parking area, also on Fayette Station Road. Parking in this area is limited; do not block the road.

**Description:** This steep, rocky trail descends a path and stairs along the base of a wall of cliffs, providing excellent views of the New River Gorge Bridge.

#### FAYETTEVILLE TRAIL (UNDER CONSTRUCTION)

**Length: 2.5 miles → Difficulty: moderate → Type: hiking**

**Directions:** Trail begins off U.S. Route 19, north of Fayetteville, at trailhead parking area 0.8 miles down Fayette Station Road on the right, and splits from the New River Bridge Trail. It then joins with the Long Point Trail and ends at Kaymoor Top Trailhead parking area at the end of Kaymoor One Road, just off Salem-Gatewood Road near Fayetteville. Trail connections can also be made with Long Point Trail, Kaymoor Miner's Trail, and Cunard to Kaymoor Trail.

**Description:** Traveling along old roads and paths, this trail leads through a diverse upland forest and parallels the gorge rim. It crosses bridges over House Brook and Wolf Creek, offering scenic views of the Wolf Creek drainage.

#### KAYMOOR TRAIL (DEVELOPED)

**Length: 1.8 miles → Difficulty: moderate → Type: hiking**

**Directions:** Kaymoor Trailhead parking area is 2.0 miles down Fayette Station Road. Parking in this area is limited; do not block the road. Trail connections can be made with New River Bridge Trail, Kaymoor Miner's Trail, and Cunard to Kaymoor Trail.

**Description:** After crossing a footbridge over Wolf Creek, the trail follows an old road leading to the former coal mining town of Kaymoor. The Kaymoor Mine, which first shipped coal out of the gorge in 1899, employed thousands of miners over its lifetime. It was abandoned in 1962. Today many structures and mine entrances remain. **Do not enter any mines or structures.**

#### LONG POINT TRAIL (UNDEVELOPED)

**Length: 1.4 miles → Difficulty: moderate → Type: hiking**

**Directions:** Follow Salem-Gatewood Road 2.0 miles to Kaymoor One Road, which leads to Kaymoor Top Trailhead parking area. Trail connections can be made with Fayetteville Trail, Kaymoor Miner's Trail, and Cunard to Kaymoor Trail.

**Description:** Traveling through a forested area, this trail leads to a rock outcrop, or point, with panoramic views of the New River Gorge and New River Gorge Bridge. The point is unprotected with a steep dropoff. Trail ends at this point.

#### KAYMOOR MINER'S TRAIL (UNDEVELOPED)

**Length: 1.0 mile → Difficulty: difficult → Type: hiking**

**Directions:** From Fayetteville, follow Salem-Gatewood Road 2.0 miles to Kaymoor One Road, which leads to the Kaymoor Top Trailhead parking area. Trail connections can be made with Fayetteville Trail, Long Point Trail, Kaymoor Trail, and Cunard to Kaymoor Trail.

**Description:** Trail descends steep mountain switchbacks, a short ladder, and stairs to the old Kaymoor mine site. Near the beginning of the trail, a short spur trail goes off to the right and leads to an overlook of Kaymoor, Nuttallburg, the New River Gorge, and Bridge.

#### CUNARD TO KAYMOOR TRAIL (DEVELOPED)

**Length: 5.0 miles → Difficulty: moderate → Type: hiking/biking**

**Directions:** Trail begins at trailhead parking area at top of the Cunard Road, located off Salem-Gatewood Road near Fayetteville. This trail can also be reached from Kaymoor Trailhead parking area on Kaymoor One Road, just off Salem-Gatewood Road. Trail connections can be made with Kaymoor Trail, Kaymoor Miner's Trail, and Long Point Trail.

**Description:** After crossing a bridge over Coal Run, this trail follows along an old mine road. Passing the Elverton Mine site and then going under some utility lines, the trail continues to the Kaymoor Mine site. From Kaymoor, hikers may continue on the Kaymoor Trail or Kaymoor Miner's Trail. Bikers must return to the park maintenance road leading to Kaymoor Top Trailhead parking area, or return to Cunard.

#### BROOKLYN MINE ACCESS TRAIL (UNDEVELOPED)

**Length: 2 miles → Difficulty: easy → Type: equestrian**

**Directions:** Trail can be reached from trailhead parking area at the top of the Cunard Road, located off Salem-Gatewood Road near Fayetteville. A trail connection can be made with the Brooklyn-Red Ash Trail.

**Description:** See vistas of the New River Gorge as you ascend along a section of old strip mine to the former coal mining site of Brooklyn. Trail users can return to the trailhead parking area or continue on the Brooklyn-Red Ash Trail.

#### BROOKLYN MINER'S TRAIL (UNDEVELOPED)

**Length: 1.2 miles → Difficulty: difficult → Type: hiking**

**Directions:** This trail, which forms a connection between the Southside Junction to Brooklyn Trail and the Brooklyn Mine Access Trail, can be accessed at the bottom of the Cunard Road, located off Salem-Gatewood Road near Fayetteville.

**Description:** A spur trail off the Southside Junction to Brooklyn Trail, this trail begins near New River at Brooklyn, a former coal mining town. As the trail ascends the gorge, it follows steep, switchbacking coal roads and paths with stairs to the old Brooklyn Mine site. Hikers may continue on the Brooklyn Mine Access Trail or return to the Southside Junction to Brooklyn Trail. Significant elevation change should be noted.

#### BROOKLYN-RED ASH TRAIL (UNDER CONSTRUCTION)

**Length: 4.4 miles → Difficulty: moderate → Type: equestrian**

**Directions:** Trail connects with Brooklyn Mine Access Trail, which can be reached from a trailhead parking area at the top of Cunard Road, located off Salem-Gatewood Road near Fayetteville.

**Description:** After riding the Brooklyn Mine Access Trail, this trail begins at the Brooklyn Mine site, ascending old roads and stairs, passing through a pleasant woodland setting. Near the end, the road forms a loop that connects back to the trail and returns to the Brooklyn Mine site and the Brooklyn Mine Access Trail.

#### SOUTHSIDE JUNCTION TO BROOKLYN TRAIL (UNDEVELOPED)

**Length: 6 miles → Difficulty: moderate → Type: hiking/biking**

**Directions:** Trail begins off State Route 25 across the river from Thurmond, with parking available at the Dun Glen Day Use Area, and ends at the parking area at the bottom of the Cunard Road, just off Salem-Gatewood Road near Fayetteville. Hiking connections can be made with Southside Junction to Thurmond-Minden Connector Trail, Arbutle Creek Accessible Trail, Arbutle to Thurmond-Minden Connector Trail, and Brooklyn Miner's Trail.

**Description:** The trail follows an old railroad bed, crossing two trestle bridges, along New River and past the remains of several old mining towns. **Walk bikes over all trestle bridges.** Bikers can finish at a parking area at the bottom of Cunard Road or return on the trail to the Dun Glen Day Use Area. Hikers can make many trail connections along this route. Bikes can also use the Cunard Road to link up with Cunard-Kaymoor trail.

#### ARBUCLE CREEK TO THURMOND-MINDEN CONNECTOR (DEVELOPED)

**Length: 0.2 mile → Difficulty: difficult → Type: hiking**

**Directions:** This trail, which connects the Southside Junction to Brooklyn Trail and the Thurmond-Minden Trail, is located in the Thurmond area on State Route 25.

**Description:** Traveling along steep mountain paths and stairs, this trail passes by the remains of the old Wee Win coke ovens and leads through a forested area.

#### THURMOND-MINDEN TRAIL (DEVELOPED)

**Length: 3.2 miles → Difficulty: easy → Type: hiking/biking**

**Directions:** Trail begins at the Thurmond-Minden Trailhead parking area near Thurmond on State Route 25 and ends at the Minden-Thurmond Trailhead parking area in Minden, on Minden Road near Oak Hill. Trail connections can be made with the Southside Junction to Thurmond-Minden Connector Trail and Arbutle Creek to Thurmond-Minden Connector Trail.

**Description:** The trail follows along the abandoned Arbutle Branch of the C&O Railroad, along the way passing three overlooks that offer views of the historic town of Thurmond. Geologic formations and many forms of wildlife can be seen along this trail, which crosses five railroad trestle bridges and has a set of stairs bypassing an old rockslide. **Trestles and stairs can be slippery when wet, so please use caution. Walk bikes over all trestle bridges.**

#### SOUTHSIDE JUNCTION TO THURMOND-MINDEN CONNECTOR TRAIL (DEVELOPED)

**Length: 0.1 mile → Difficulty: moderate → Type: hiking**

**Directions:** Trail begins across the river from Thurmond off State Route 25. (parking is available at Dun Glen Day Use Area). This trail connects to the Thurmond-Minden Trail, which can also be accessed from State Route 25. Trail connections can be made with Southside Junction Trail and Thurmond-Minden Trail.

**Description:** Passing through a wooded area on a mountainous path and stairs, the trail leads by an old church and then descends to the railroad track level, where it follows an old line to a junction with the Thurmond-Minden Trail. Views of remnants of railroad car "shanties" can be seen along this section of trail. Hikers can continue on the Thurmond-Minden Trail or return to the Southside Junction parking area.

#### TURKEY SPUR TRAIL (UNDER CONSTRUCTION)

**Length: 2 miles → Difficulty: moderate → Type: hiking**

**Directions:** Trail begins at the Turkey Spur parking area and concludes at the parking area for Picnic Shelters nos. 3 and 4 at the Grandview area.

**Description:** Follow along the trail through a thicket of rhododendron to the junction of an old road. The trail leads through a forested area, offering an overlook view of the town of Prince, then continues along an old road to the parking area.

#### CANYON RIM TRAIL (DEVELOPED)

**Length: 2.0 miles → Difficulty: easy → Type: hiking**

**Directions:** Trail begins near the Main Overlook parking area and ends at the road to Turkey Spur at the Grandview area. This trail can also be reached from parking area for Picnic Shelter no. 1, near the North Overlook. Trail connections can be made with Castle Rock Trail and Tunnel Trail.

**Description:** Enjoy scenic overlooks of the New River as the trail follows the gorge rim through a mature forest and rhododendron thickets. Hikers can continue along the road to the overlooks at Turkey Spur, return to the Main Overlook parking area, or follow the trail back to junctions with Castle Rock Trail or Tunnel Trail.

#### CASTLE ROCK TRAIL (DEVELOPED)

**Length: 0.5 mile → Difficulty: difficult → Type: hiking**

**Directions:** Trail begins near the Main Overlook parking area and connects with Canyon Rim Trail at the Grandview area. This trail can also be accessed from the parking area for Picnic Shelter no. 1, near the North Overlook. Trail connections can be made with Canyon Rim Trail and Tunnel Trail.

**Description:** Discover beautiful rock formations and views of the New River Gorge along this trail, which follows a narrow bench at the base of a cliff. **There are stone stairs, many boulders, and a steep dropoff along this trail, so watch your footing. Children should not hike this trail unattended.** Hikers can continue on the Canyon Rim Trail or return to the Main Overlook.

#### BIG BUCK TRAIL (DEVELOPED)

**Length: 0.7 mile, loop → Difficulty: easy → Type: hiking**

**Directions:** Trail begins and ends at the parking area for Picnic Shelter no. 2 at the Grandview area.

**Description:** Take a leisurely walk through a forested area. White-tailed deer are frequently seen on this loop trail.

#### WOODLAND LOOP TRAIL (DEVELOPED)

**Length: 0.8 mile → Difficulty: easy Type: hiking**

**Directions:** Trail begins and ends at the parking area for Picnic Shelter no. 2 at the Grandview area.

**Description:** Enjoy the beauty of a mature forest along this loop trail. Many forms of wildlife frequent this area.

#### TUNNEL TRAIL (DEVELOPED)

**Length: 0.4 mile → Difficulty: easy Type: hiking**

**Directions:** Trail begins and ends near the Main Overlook parking area in the Grandview area. Trail connections can be made with Castle Rock Trail and Canyon Rim Trail.

**Description:** Pass through small tunnels and a forested area on this cliff trail. **The steps on this trail can be slippery when wet, so please use caution.**

#### GLADE CREEK TRAIL (DEVELOPED)

**Length: 5.6 miles → Difficulty: moderate → Type: hiking**

**Directions:** Trail begins at the end of Glade Creek Road, just off State Route 41 across the river from Prince, and ends at the end of County Road 22, just off State Route 307 near Beaver. Parking is limited in this area. The Glade Creek Road can be very rough and should be used only by high clearance vehicles, 4 x 4 recommended. A connection can be made with the Kates Falls Trail.

**Description:** Enjoy waterfalls, hemlock and rhododendron thickets, and an abundance of wildlife along this trail, which follows Glade Creek. The creek is also a very popular trout stream. Trail has several sets of stairs and one bridge crossing over Glade Creek. Trail connections can be made with the Kates Falls Trail, or hikers can go to the trailhead at the junction of Pinch and Glade Creeks on County Road 22 or return to the parking area on the Glade Creek Road.

#### POLLS PLATEAU TRAIL (UNDEVELOPED)

**Length: 4.1 mile, loop → Difficulty: moderate → Type: hiking**

**Directions:** Trail begins and ends at a junction with Kates Plateau Trail. Kates Plateau Trail can be accessed from Kates Falls Trail, which is located off Glade Creek Trail. Trailhead parking is available at the end of Glade Creek Road, just off State Route 41 across the river from Prince, and at the end of County Road 22, just off State Route 307 near Beaver. Parking in this area is limited. The road, which can be very rough, should be used by high clearance vehicles only, 4 x 4 recommended.

**Description:** Cross several creeks on this loop trail, which passes through a wooded upland forest and old farmland. This fairly remote trail is a junction off the Kates Plateau Trail. Parts of Glade Creek Trail, Kates Falls Trail, and Kates Plateau Trail must be hiked to reach this trail.

#### KATES PLATEAU TRAIL (UNDEVELOPED)

**Length: 2.8 miles → Difficulty: moderate → Type: hiking**

**Directions:** Trail begins and ends at a junction with Kates Falls Trail. Kates Falls Trail can be accessed from the Glade Creek Trail. Trailhead parking is located at the end of Glade Creek Road, just off State Route 41 across the river from Prince, and at the end of County Road 22, just off State Route 307 near Beaver. Parking in this area is limited. The road can be very rough and should be used by high clearance vehicles only, 4 x 4 recommended.

**Description:** Follow an old logging road through a wooded upland plateau adjacent to a wetland. Parts of Glade Creek Trail and Kates Falls Trail must be hiked to reach this trail.

#### KATES FALLS TRAIL (UNDEVELOPED)

**Length: 1.3 miles → Difficulty: difficult → Type: hiking**

**Directions:** Trail begins and ends at junctions with Glade Creek Trail. Trailhead parking is located at the end of Glade Creek Road, just off State Route 41 across the river from Prince, and at the end of County Road 22, just off State Route 307 near Beaver. Parking in this area is limited. The road can be very rough and should be used by high clearance vehicles only, 4 x 4 recommended.

**Description:** Enjoy a view of scenic Kates Falls along this trail, which then leads up steep, rocky mountain paths and stairs to an old road. This trail offers many views of the Glade Creek drainage, along with a look at the I-64 bridge, as it leads back to the Glade Creek Trail. A portion of Glade Creek Trail must be hiked to reach this trail.

#### SANDSTONE FALLS TRAIL (DEVELOPED)

**Length: 0.5 mile, loop → Difficulty: easy → Type: hiking**

**Directions:** The trail begins and ends at the Sandstone Falls Parking area on River Road, just off State Route 20 in Hinton.

**Description:** The boardwalk and bridges pass through a unique natural environment, an Appalachian flatrock community that includes cedars and Virginia pines. Observation platforms offer views of Sandstone Falls, varying in height from 10 to 25 feet and spanning the entire width of the river, a distance of 1,200 feet. A short trail leads off the boardwalk, goes through a forest and an open field, and then loops back to the boardwalk.

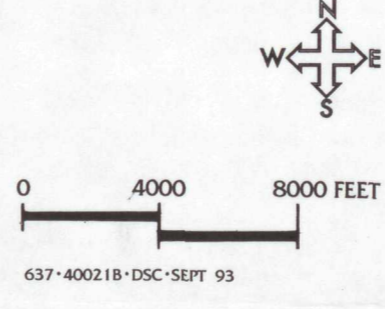
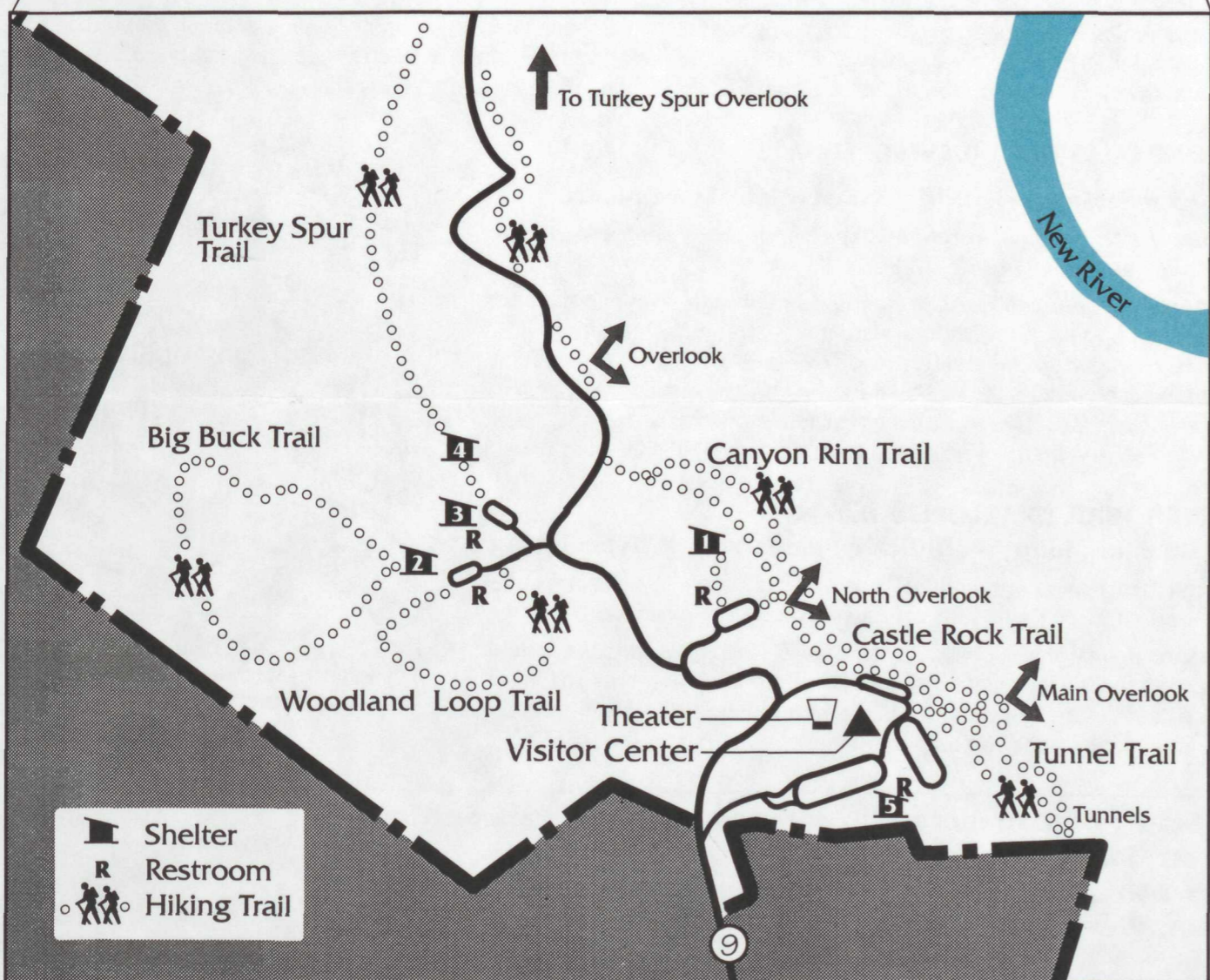
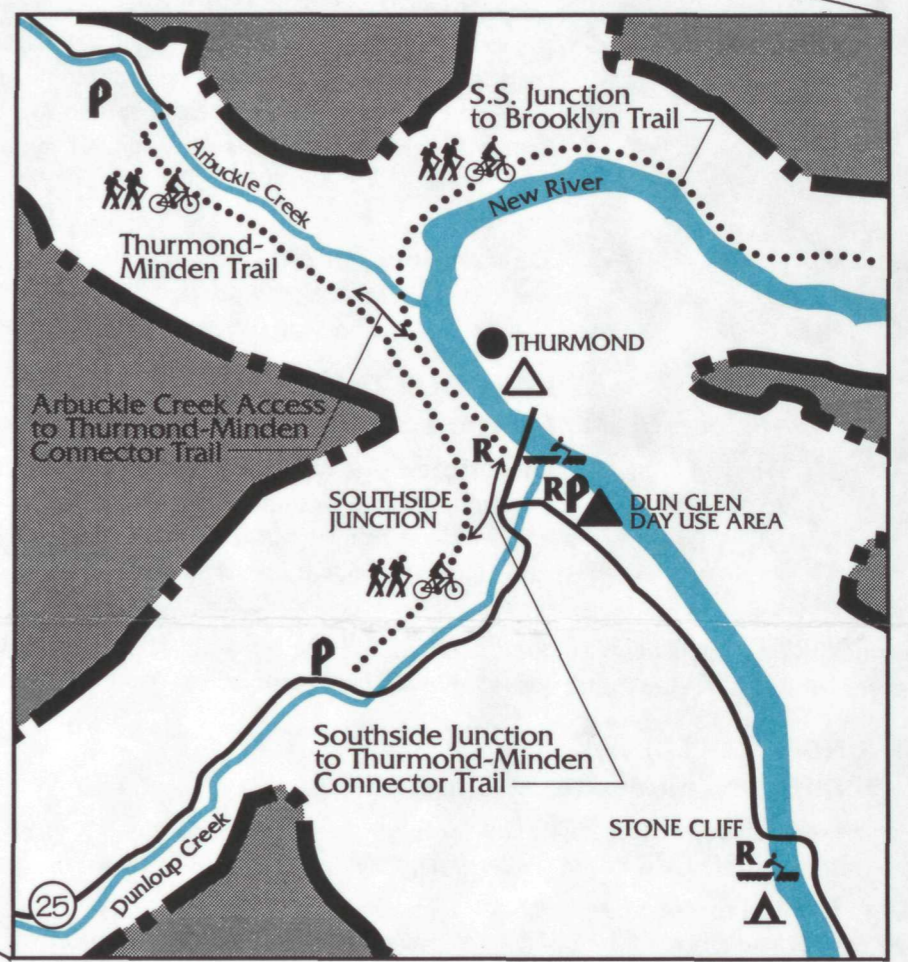
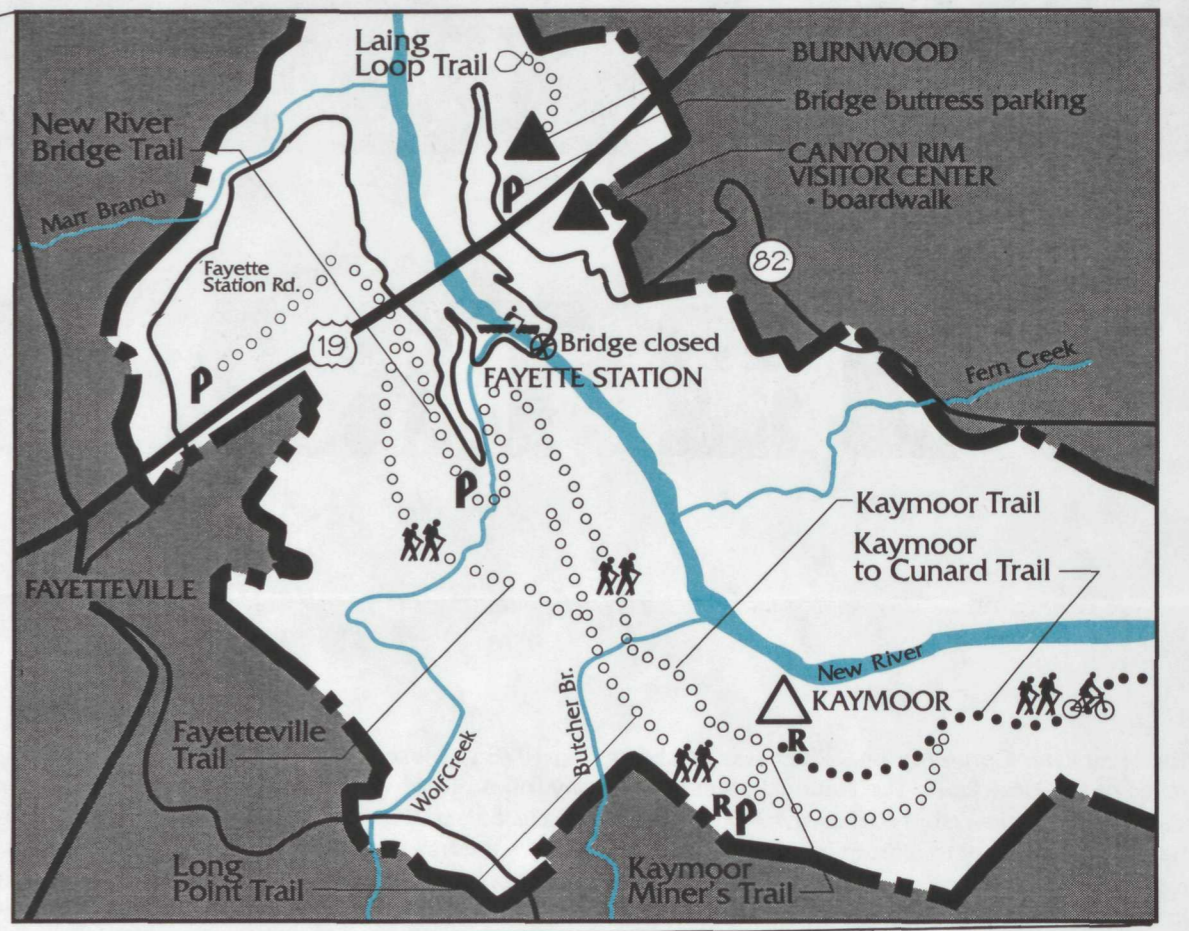
#### BIG BRANCH TRAIL (DEVELOPED)

**Length: 1.8 miles, loop → Difficulty: moderate → Type: hiking**

**Directions:** Trail begins and ends across the road from the Brooks Falls Day Use Area on River Road, just off State Route 20 in Hinton.

**Description:** Follow this loop trail with stairs through a mature forest on an old road. A 30-foot waterfall can be seen along this trail following Big Branch, as can many types of plants and animals. The trail crosses the creek and circles back to the parking area.





- New River Gorge National River Boundary
- State Park Boundary
- Hiking Trail
- Biking / Hiking Trail
- Horse Trail
- Town
- Historic Site
- Park Visitor Center or Operation Center
- River Access
- Trailhead Parking
- Camping
- Restroom