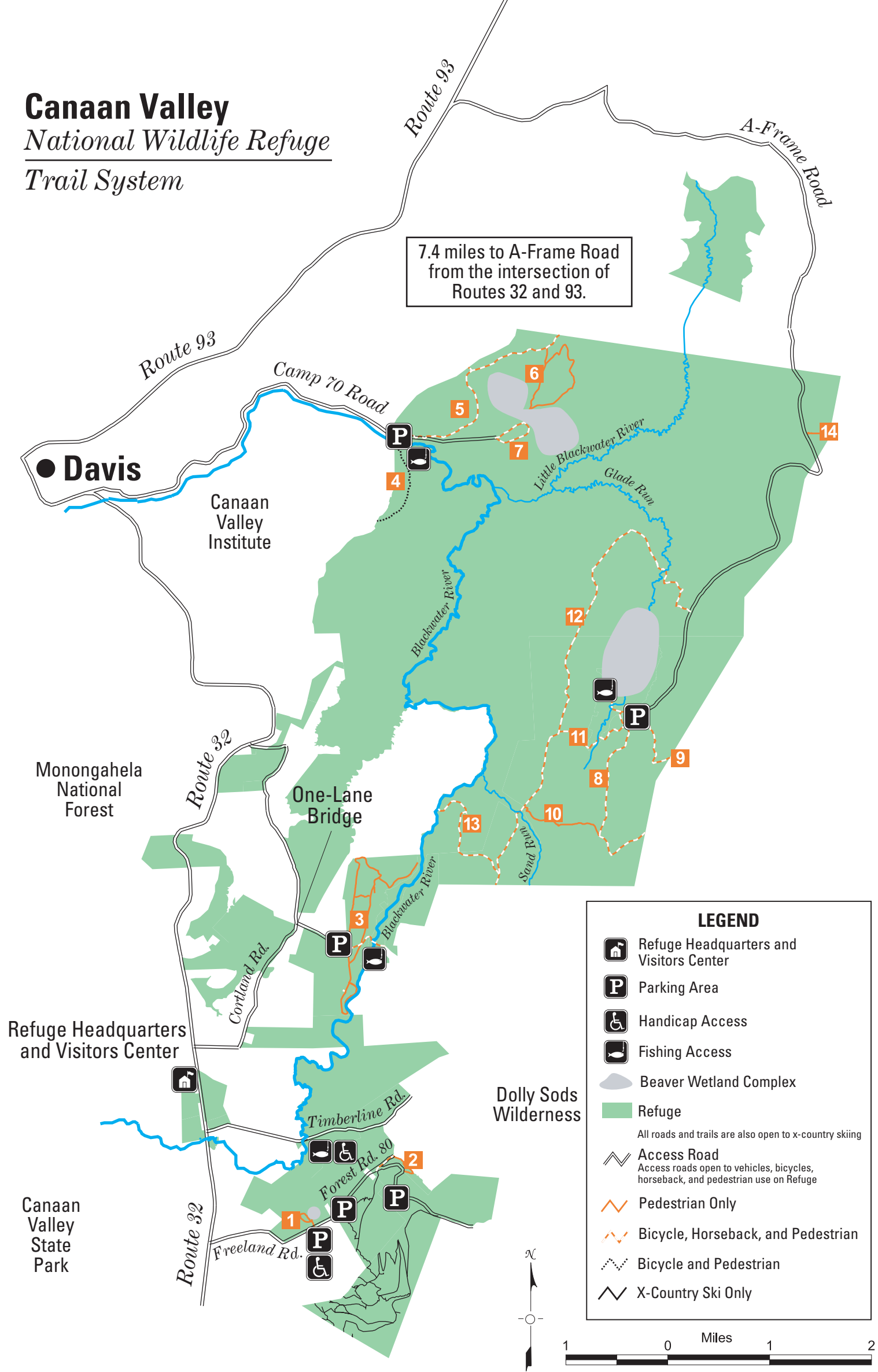


# Canaan Valley National Wildlife Refuge

## Trail System



### REFUGE TRAILS AND TRAIL MILES WITH BLAZES

● 1	Freeland Trail	0.4 (Including Loop)	■ 4	Swinging Bridge Trail	1.1 (One way)
○ 2	Idleman's Run Trail	0.4 (One way)	■ 5	Brown Mountain Trail	2.4 (One way)
	Idleman's Run Trail and Road Loop	0.9 (Loop)	■ 6	Brown Mountain Overlook	2 (Loop)
■ 3	Beall Trails	4.5 (Total)	□ 7	Camp 70 Loop	2.8 (Round trip)
△	Beall Loop Trail	2.1 (Loop)		(Including Old Road)	
▲	Hemlock Spur	0.6 (One way)	■ 8	Cabin Mountain Trail	2 (One way)
▲	Beall Connector	0.2 (One way)	■ 9	Cabin Mountain Spur	0.8 (One way)
▲	Beall Bridge Trail	0.5 (One way)	■ 10	Sand Run Trail	0.9 (One way)
▲	Beall South Loop	1.4 (Round trip)	■ 11	South Glade Run Crossing	0.8 (One way)
▲	Shortcut	0.2 (One way)	□ 12	Middle Valley Trail	6 (One way)
▲	Bog Overlook	0.1 (One way)	■ 13	Blackwater View Trail	1.4 (One way)
			■ 14	Valley Overlook	0.1 (One way)