

# Canaan Valley National Wildlife Refuge Trail Map



## Freeland Road | Forest Road 80

- 1** Freeland Boardwalk  
(0.4 mi, including loop) Easy. Accessible boardwalk leading through wet field, shrubland, and stands of balsam fir.
- 2** Idleman's Run Trail  
(0.6 mi, one way) Moderate. Short trail through woodlands along Idleman's Run. Return on Forest Road 80 to make a loop of 0.9 mi.
- 3** Wilderness Way  
(0.3 mi, one way) Easy. Trail skirts intermittent ponds and red spruce forest to arrive at Dolly Sods Wilderness.

## Beall Tract

- 4** Farm View Trail  
(3.4 mi, round trip) Moderate. Great views of valley and the Blackwater River as it passes through old farm fields.
- 5** Beall South Loop  
(0.4 mi, one way) Moderate. Follows Blackwater River back to Farm View Trail.
- 6** Shortcut Trail  
(0.2 mi, one way) Easy. Connects Farm View to Beall Bridge.
- 7** Beall Bridge Trail  
(0.2 mi, one way) Easy. Short trail connecting to Blackwater View.

**8** Beall North Trail  
(1.3 mi, one way) Moderate. Stroll through a variety of habitats, including forest, field, shrub swamp, and bog.

**9** Bog Overlook Trail  
(0.1 mi, one way) Moderate. Leads to a small viewing platform overlooking a bog.

**10** Beall Connector  
(0.2 mi, one way) Easy. Shortcut trail from Beall North to Blackwater View.

**11** Blackwater View Trail  
(3.2 mi, one way) Moderate. Follow along the winding Blackwater River. Bikes, horses, and hiking east of Blackwater River Crossing.



## Middle Valley

**12** Sand Run Trail  
(1 mi, one way) Moderate. Travels through forested and wetland habitat to join Middle Valley and Cabin Mountain trails.

**13** Cabin Mountain Trail  
(2.2 mi, one way) Moderate to Difficult. Pass through the forest up slope for beautiful valley views.

**14** Cabin Mountain Spur  
(0.8 mi, one way) Moderate. Steep trail traveling through northern hardwood forest.

**15** South Glade Run Crossing  
(0.9 mi, one way) Moderate. Connects Cabin Mountain and Middle Valley trails. Crosses Glade Run with view of wetlands.

**16** Fishing Hook Trail  
(0.2 mi, one way) Easy. Allows for fishing access at the pond area.

**17** Middle Valley Trail  
(5.2 mi, one way) Moderate. Trail crosses Sand Run and Glade Run along a low sandstone ridge. Beaver activity may flood north stream crossing.



## Camp 70

**18** Canaan Mountain Trail  
(1 mi, one way) Moderate. Uphill climb through hardwood forest.

**19** Hellbender's Tail Trail  
(0.1 mi, one way) Easy. Connects to Hellbender Trail in Little Canaan WMA.

**20** Shady Hollow Trail  
(0.03 mi, one way) Easy. Connects to Splash Dam Trail in Little Canaan WMA.

**21** Blackwater Fishing Access  
(0.1 mi, one way) Easy. Cross the bridge and follow the trail to the right to access the Blackwater River.

**22** River's Edge Trail  
(0.06 mi, one way) Easy. Short trail through a hemlock grove to the ADA canoe/kayak launch.

**23** Camp 70 Loop  
(2.4 mi, round trip) Moderate. Provides excellent views of beaver ponds and the refuge's central wetlands.

**24** Brown Mountain Trail  
(2.1 mi, one way) Moderate. Pleasant trail through the forest with gently increasing grade. Connects to Brown Mountain Overlook Trail.

**25** Brown Mountain Overlook Trail  
(2 mi loop) Moderate. Loop on the valley floor with beautiful views of the wetlands.

**26** Brown Mountain Connector to Moon Rocks/Hoodoo Rocks  
(0.2 mi, one way) Moderate. Connects to Moon Rocks/Hoodoo Rocks Trail in Yellow Creek Natural Area.

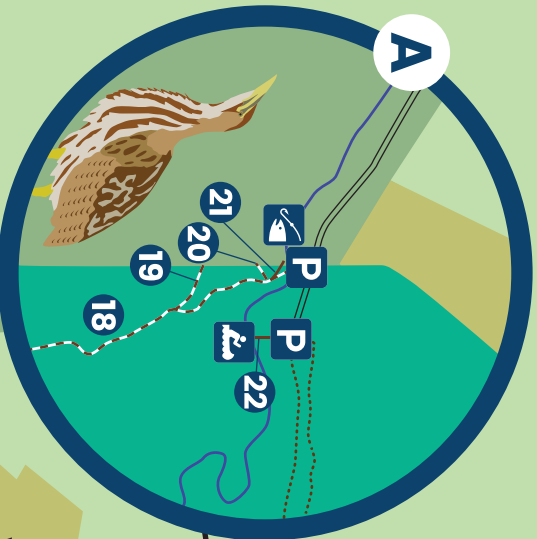


Kent Mason

Canaan Valley National Wildlife Refuge is the nation's 500th! The refuge works to protect the unique and important high-elevation wetlands and uplands in the valley. To learn more about the work we do and the ways you can enjoy the refuge, check out our website at [www.fws.gov/refuge/Canaan-Valley/](http://www.fws.gov/refuge/Canaan-Valley/)



**NATIONAL WILDLIFE REFUGE SYSTEM**



**Canaan Valley National Wildlife Refuge**

- Visitor Center
- Parking
- Fishing Access
- Kayak Launch
- Scenic Overlook
- Refuge
- Hiking Only
- Hiking and Biking
- Hiking, Biking, and Equestrian
- Hiking and Equestrian
- Paved Road
- Gravel Road

Overnight Parking Permit Required

All trails may be cross-country skied or snow-shoed on except for Freeland Boardwalk Trail.

