1. **Rivers Edge Trail**: (0.06 mile, one way) Easy. Short trail from Camp 70 parking lot through a hemlock grove to the ADA canoe/kayak boat launch. Pedestrian only.

2. **Idlemans Run Trail**: (0.4 mile, one way) Moderate. This short pedestrian trail travels through woodlands along Idlemans Run. Enjoy the wildflowers, and look for the completed stream restoration work. Trail length is 0.40 mile and is for pedestrian use only. Return on Forest Road 80 to make a loop which totals 0.9 miles.

3. **Beall North Trail**: (1.3 miles, loop) Pedestrian only. Core trail loops back to parking area. Use this easy trail to experience forest, fields, shrub swamp, and bog habitats. Beall North Trail allows access to Blackwater View Trail (3.2 miles, one way) and eventual connection to Middle Valley Trail (5.2, one way) in the heart of Canaan Valley NWR.

4. **Cabin Mountain Trail**: (2.2 miles, one way) Moderate to Difficult. Passes through forested habitat and travels up slope for a beautiful view of the Valley. Look for woodland birds and other wildlife. Open for pedestrian, horse, and bicycle use.

5. **Blackwater View Trail**: (3.2 miles, one way) Pedestrians and bikes. Moderate. Trail goes from Beall parking lot through forest, across the Blackwater River, then connects with Middle Valley Trail. Belted Kingfishers, bald eagles, wood frogs, spring peepers can be seen and heard along a leafy, green corridor. Horses allowed east of the Blackwater River.

6. **Beall South Loop**: (0.4 miles, loop) Pedestrian only. This easy-to-moderate trail is great location to spot grassland birds, wander through riparian forests, and experience the upper reaches of the Blackwater River. Down-and-uphill sections can be moderately difficult.

7. **Cabin Mountain Spur Trail**: (0.8 mile, one way) Moderate. This is a steep trail travels through northern hardwood forest for most of its length. Easy access for this trail begins near the A-Frame Road parking lot. Open for pedestrian, horse, and bicycle use.

8. **Sand Run Trail**: (0.9 mile, one way) Moderate. This trail travels through forested and wetland habitat to join with Middle Valley Trail (west) and Cabin Mountain (east) on either end. A variety of wildlife can be viewed on this trail. Pedestrian only.

9. **South Glade Run Crossing Trail**: (0.9 mile, loop) Moderate. Trail goes from Beall Bridge Trail through a wet field, shrubland, and past a beaver pond and bubbling spring. An easy walk takes visitors to a stand of balsam fir, a plant community typical of Maine and Canada. Pedestrian only.

10. **Middle Valley Trail**: (5.5 miles, one way) Moderate. Open for pedestrian, horse, and bicycle use west of Blackwater River. 

11. **Canaan Mountain Trail**: (1 mile, one way) Moderate. Open for pedestrian and bicycle use.

12. **Bell Bend Trail**: (0.1 mile, one way) Easy. Open for pedestrian and bicycle use.

13. **Shady Hollow Trail**: (0.03 mile, one way) Easy. Open for pedestrian and bicycle use.

14. **Blackwater River Fishing Access Trail** @ Camp 70: (0.01 miles, one way) Easy. Pedestrian only. Cross the bridge and follow the trail on the right to the Blackwater River.

15. **Wilderess Way Trail**: (0.3 miles, one way) Easy. Beginning at the day use parking area at the top of Forest Road 80, this trail skirts intermittent ponds and red spruce forests to arrive at the US Forest Service/Dolly Sods Wilderness area property boundary. Open for pedestrian, bike, and horse use (on refuge property). Limited parking available at trailhead.

16. **Fishing Hook Trail**: (0.2 miles, one way) Easy. This short trail allows fishing access at pond area. Pedestrian only.

**A-Frame Road and adjacent trails**: A-Frame Road is 9 miles long from US Route 48 (Corridor H) to the endpoint at the Refuge parking lot. Parking is permitted in the designated lots and along roadsides on the Refuge. A-Frame Road is a public access route open to pedestrian, horse, bicycle, and vehicle use. This road is not maintained in winter.

Forest Road 80: (2.0 miles, one way) Moderate. This public access road is open to pedestrian, horse, bicycle, and vehicle use. Forest Road 80 provides access from the Canaan Valley to Dolly Sods Wilderness Area. This road is not maintained in winter.