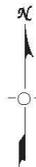


REFUGE TRAILS AND TRAIL MILES WITH BLAZES

1 Freeland Trail	0.4 (Including Loop)	8 Cabin Mountain Trail	2.2 (One way)
2 Idleman's Run Trail	0.4 (One way)	9 Cabin Mountain Spur	0.8 (One way)
3 Beall Trails	3.4 (Total)	10 Sand Run Trail	0.9 (One way)
4 Rivers Edge Trail	0.06 (One way)	11 South Glade Run Crossing	0.9 (One way)
5 Brown Mountain Trail	2.1 (One way)	12 Middle Valley Trail	5 (One way)
6 Brown Mountain Overlook	2 (Loop)	13 Blackwater View Trail	3 (One way)
7 Camp 70 Loop (Including Old Road)	1.6 (Round trip)	14 Canaan Mountain Trail	1 (One way)
		15 Hellbender's Tail Trail	0.1 (One way)
		16 Shady Hollow Trail	0.03 (One way)
		17 Blackwater River Fishing Access Trail at Camp 70	0.01 (One way)
		18 Wilderness Way Trail	0.3 (One way)
		19 Fishing Hook Trail	0.2 (One way)



Canaan Valley

National Wildlife Refuge Trails

1. **Freeland Boardwalk Trail:** (0.4 mile, including loop) Easy. Nice views of Canaan Valley abound on this short accessible boardwalk leading 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
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 (pronounced "bell") Trails System:** (9 total miles) Easy-to-moderate for a variety of trail users. Loops go north and south from the parking area at the end of Beall Lane, off Cortland Road, leads to 4.7 miles of trails. Loops go north and south from the parking area and are excellent for bird watching, and photography.

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.

Beall Connector Trail: (0.2 mile, one way) Pedestrian only. Connects Beall North Trail to Blackwater View Trail. Views of early successional habitat.

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.

Bog Overlook Trail: (0.1 mile, one way) Pedestrian only.

Farm View Trail: (3.4 miles, loop) Pedestrian and bicycles only. This easy-to-moderate loop trail offers great views of the valley and surrounding mountains as it passes through old farm fields that have been converted to grasslands, shrublands, and riparian habitat. Connects to the Beall South Loop (0.4 mile loop, pedestrian only).

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.

Shortcut Trail: (0.2 mile, one way) Pedestrian only. Easy. Short connector allows access to Farm View Trail from Beall Bridge Trail. (0.2 mile)

4. **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.
5. **Brown Mountain Trail:** (2.1 miles, one way) Moderate. The Brown Mountain Trail travels north from the Camp 70 parking lot. This is a pleasant trail through the forest with a gently increasing grade. It leads to Brown Mountain Overlook Trail. Listen for different woodland birds, including scarlet tanagers and a variety of warblers. Open for pedestrian, horse, and bicycle use.
6. **Brown Mountain Overlook Trail:** (2 mile, loop) Moderate. This loop on the valley floor provides a beautiful overlook of Canaan Valley's wetlands. Watch for a variety of water birds and wetland plants. Pedestrian only.
7. **Camp 70 Loop Trail:** (2.4 miles, round trip) Moderate. Camp 70 Loop Trail travels east from the Camp 70 parking lot. The trail provides excellent views of beaver ponds and the refuge's central wetlands. This trail is open for pedestrian, horse, and bicycle use.
8. **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.
9. **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.
10. **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.
11. **South Glade Run Crossing Trail:** (0.9 mile, one way) Moderate. South Glade Run Crossing Trail travels through forested and grassland habitats to connect Cabin Mountain trail to Middle Valley trail. The trail crosses Glade Run on a footbridge and has nice views of the Glade Run wetlands. Open for pedestrian, horse, and bicycle use.
12. **Middle Valley Trail:** (5 miles, one way) Moderate. This trail crosses Sand Run and Glade Run as it travels along a low sandstone ridge. Near Glade Run alder thickets harbor unique plant and animal species. Bog goldenrod and cottongrass grow in the northern reach of the trail. From spring through fall be on the lookout for savannah sparrows, vesper sparrows, American bittern, and many different warblers. Open for pedestrian, horse, and bicycle use. **Note:**The north stream crossing is often flooded because to on-going beaver dam building activity. Please plan accordingly.
13. **Blackwater View Trail:** (3 miles, one way) Moderate. This trail travels from Middle Valley Trail, through forest, and ends at the Beall Parking Lot. Look for belted kingfishers flying along the river and bald eagles soaring high above. Listen for wood frogs and spring peepers calling from ponds along the trail in the springtime. Open for pedestrian, horse, and bicycle use east of Blackwater River at bridge. Pedestrians, and bikes west of Blackwater River.
14. **Canaan Mountain Trail:** (1 mile, one way) Moderate. Open for pedestrian and bicycle use.
15. **Hellbender's Tail Trail:** (0.1 mile, one way) Easy. Open for pedestrian and bicycle use.
16. **Shady Hollow Trail:** (0.03 mile, one way) Easy. Open for pedestrian and bicycle use.
17. **Blackwater River Fishing Access Trail @ Camp 70:** (0.01 miles, one way) Easy. Pedestrian only. Cross the bridge and follow the the trail on the right to the Blackwater River.
18. **Wilderness Way Trail:** (0.3 mile, 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, bikes, and horse use (on refuge property). Limited parking available at trailhead.
19. **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.