



REFUGE TRAILS AND TRAIL MILES WITH BLAZES

1	Freeland Trail	0.4 (Including Loop)	4	Cabin Mountain Trail	2.2 (One way)
2	Idleman's Run Trail	0.4 (One way)	9	Cabin Mountain Spur	0.8 (One way)
	Idleman's Run Trail and Road Loop	0.9 (Loop)	10	Sand Run Trail	0.9 (One way)
3	Beall Trails	4.7 (Total)	11	South Glade Run Crossing	0.8 (One way)
△	Beall North Trail	1.9 (Loop)	12	Middle Valley Trail	6 (One way)
▲	Blackwater View trail	0.6 (One way)	13	Blackwater View Trail	Not shown
▲	Beall Connector	0.2 (One way)	14	Valley Overlook	0.5 (One way)
▲	Beall Bridge Trail	0.3 (One way)	15	Canaan Mountain Trail	1 (One way)
▲	Beall South Loop	1.4 (Round trip)	16	Hellbender's Tail Trail	0.1 (One way)
▲	Shortcut	0.2 (One way)	17	Shady Hollow Trail	0.03 (One way)
▲	Bog Overlook	0.1 (One way)	18	Blackwater River Fishing Access Trail at Camp 70	0.2 (One way)
4	Rivers Edge Trail	0.06 (One way)	19	Wilderness Way Trail	0.3 (One way)
5	Brown Mountain Trail	2.1 (One way)	20	Fishing Hook Trail	0.2 (One way)
6	Brown Mountain Overlook	2 (Loop)			
7	Camp 70 Loop (Including Old Road)	24 (Round trip)			