



Trails of New River

The official trail guide of
Bluestone National Scenic River
Gauley River National Recreation Area
New River Gorge National River

Summer 2009

Nature of the Trail

WHAT DRAWS YOU TO TRAILS? IS IT THE THINGS YOU CAN find there, the physical challenge, something deeper that stirs your soul, or a combination of these elements? Each of us have reasons we enjoy spending time outside. This trail guide will help you find your way, including maps, trail descriptions and directions, regulations, and tips on smart trail use.

New River Gorge National River, Bluestone National Scenic River, and Gauley River National Recreation Area offer a variety of trail experiences. Over eighty miles of foot, mountain bike, or equestrian trails are found here. Some follow the path of old roads or rail lines, while others offer opportunities to explore the more rugged aspects of the local landscape. Each trail is designed for a specific type of use, from a leisurely, accessible boardwalk to a steep mountain climb. Each also offers a unique look into our heritage.

Nature's beauty draws many people to this part of the Appalachian Plateau. Trails are found near the river's edge, on forested slopes, along ridge tops, and in open fields. These rich habitats are filled with a great diversity of animal and plant life. Some birds and animals are year-round residents, while others pass through on migration or stop for a bit of summer nesting. With over 1,400 species of plants found here, the flora along area trails is a treat to see in any season, be it the blossoms of spring and summer, the rich colored autumn leaves, or the stark landscape of winter. The river and rocks also tell a story, one of the oldest in the land.

But there is another side of these trails to explore, one filled with rich cultural stories. Clues to the stories of the region's people can be found throughout the landscape. How did people build a life in this rugged country? Generations have done so, leaving evidence of prehistoric native people, stories of the changing frontier and nation,



Many area trails offer spectacular views of the New River Gorge, like this view of the horseshoe bend at Grandview. National Park Service photo.

and the comparatively recent boom years of industrialization. Some trails lead through old farmsteads, while others reveal evidence of a busier time when coal was king, and the railroad was the blood that ran through his veins. Remains of old mine, railroad, and timber towns dot the landscape.

Whether we're on the trail to discover new sights or to get our adrenaline flowing, we each can help care for these special places during our visits. By thinking safety first and practicing Leave No Trace outdoor ethics, we'll keep the fun in our fun. This is also an easy way to ensure that we protect and preserve our national parks for future generations to enjoy and explore. Happy trails!



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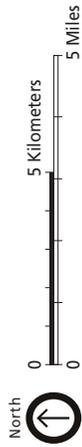
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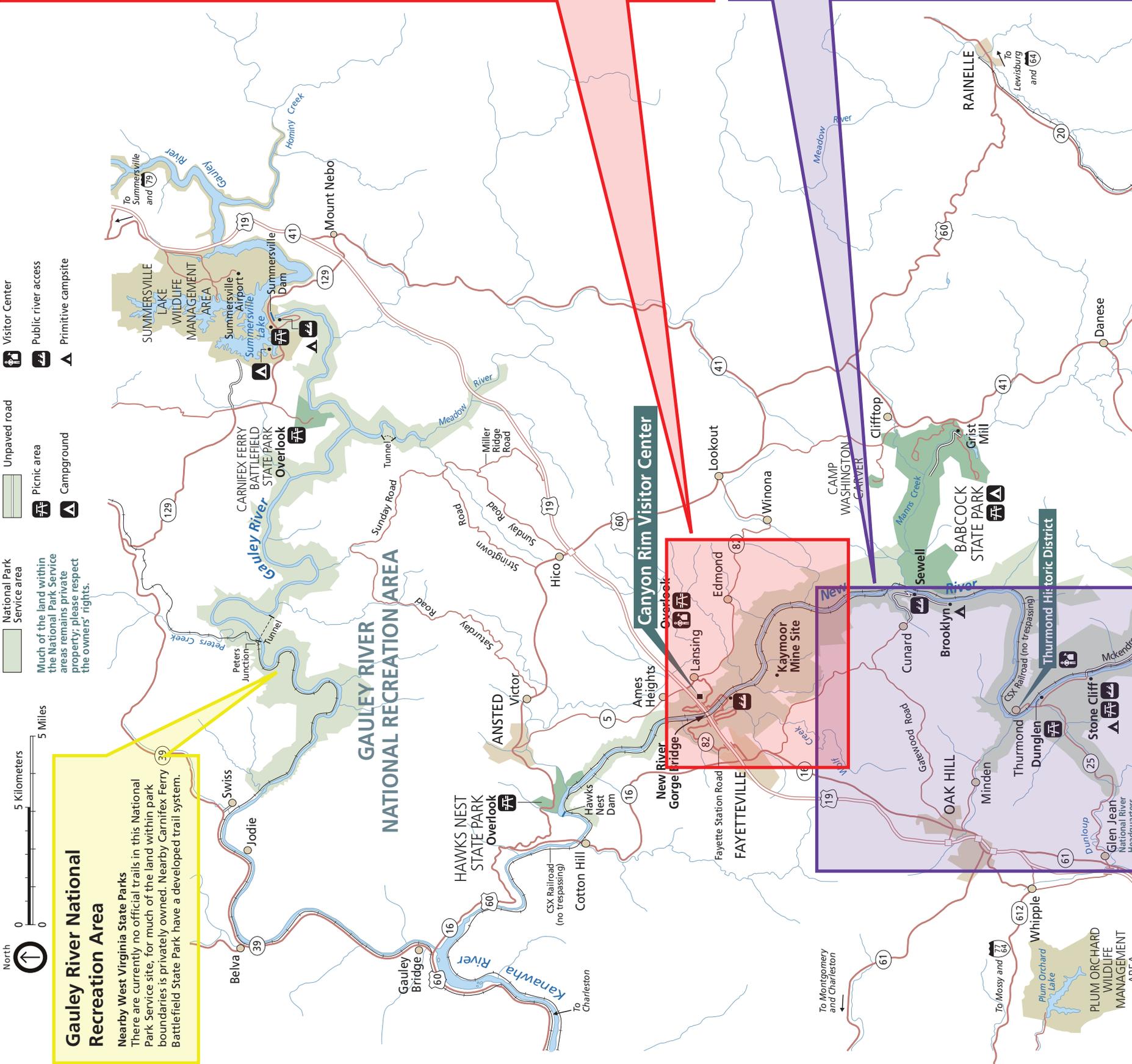
Park Map and Trails Key



- National Park Service area
- Unpaved road
- Visitor Center
- Picnic area
- Public river access
- Much of the land within the National Park Service areas remains private property; please respect the owners' rights.
- Carnifex Ferry Battlefield State Park
- Campground
- Primitive campsite

Gauley River National Recreation Area

Nearby West Virginia State Parks
There are currently no official trails in this National Park Service site, for much of the land within park boundaries is privately owned. Nearby Carnifex Ferry Battlefield State Park have a developed trail system.



Trails of Lansing and Fayetteville (page 4)

Canyon Rim Visitor Center

This center has a theater, information desk, bookstore, and exhibit area highlighting park history, geology, and ecology. The gorge and bridge may be viewed from indoor and outdoor fully-accessible observation areas.

New River Gorge Bridge

The world's second largest single span steel arch bridge carries U. S. Route 19 across the gorge. A special celebration is held there on Bridge Day, the third Saturday in October.

Fayette Station Road

This one-way road descends into the gorge under the bridge. Parking at the river affords views of a whitewater rapid and the New River Gorge Bridge. An auto tour guide and roadside exhibits enhance the trip.

Trails

- **Burnwood Trail** 1.2 mi/1.93 km
A leisurely walk on a forested loop trail
- **Canyon Rim Boardwalk** 0.1 mi/0.16 km
Boardwalk views of the gorge and New River Gorge Bridge
- **Endless Wall Trail** 2.4 mi/3.86 km
Forest trail to a rugged cliff line with views of the gorge
- **Bridge Trail** 0.86 mi/1.38 km
Hike under the New River Gorge Bridge
- **Fayetteville Trail** 3.96 mi/6.37 km
Connects Fayette Station Road, Fayetteville Town Park, and Kaymoor Top
- **Park Loop Trail** 1.1 mi/1.7 km
Forested loop trail off Fayetteville's Town Park
- **Timber Ridge Trail** 1.0 mi/1.6 km
Connects from Long Point Trailhead to Fayetteville Trail
- **Kaymoor Trail** 8.6 mi/13.84 km
Trail passed a coal mine site with trail exhibits (*only 2.0 mile hike to the mine site from Wolf Creek Trailhead)
- **Kaymoor Miners Trail** 1.0 mi/1.6 km
A steep descent to the Kaymoor mine site and coke ovens
- **Craig Branch Trail** 2.4 mi/3.86 km
Connects Kaymoor Top to the Kaymoor Trail
- **Butcher Branch Trail** 0.8 mi/1.29 km
Access to Long Point from Kaymoor Top
- **Long Point Trail** 1.6 mi/2.57 km
Field and forest trail a panoramic view of the gorge and New River Gorge Bridge
- **Keeney's Creek Trail** 3.0 mi/4.83 km
Old railroad line to historic Nuttallburg
- **Nuttallburg Tipple Trail** 0.8 mi/1.29 km
Trail in development; contact park for update

Trails of Cunard, Thurmond and Stone Cliff (page 6)

Thurmond Depot

The restored depot provides a glimpse of the golden days of railroading. It serves as a summer visitor center and museum.

Historic District

Exhibits and a self-guided walking tour brochure bring life to the once thriving town. The remaining commercial and residential buildings and their exhibit photographs help in visualizing this early 1900s railroad center.

Dunglen and Stone Cliff Area

Enjoy fishing or a picnic near the river. Stone Cliff has primitive camping (no water).

Trails

- **Brooklyn Mine Trail** 2.7 mi/4.35 km
Equestrian trail to the Brooklyn mine site
- **Southside Junction Trail** 7.0 mi/11.27 km
Forest trail along an old rail line along the river's edge
- **Rend Trail** 3.4 mi/5.47 km
Old railroad grade with views of Thurmond
- **Arbuckle Connector Trail** 0.3 mi/0.48 km
Steep, rocky hiking trail connecting the Rend and Southside Trails
- **Church Loop Trail** 0.1 mi/0.16 km
Pass a historic church off the Rend Trail
- **Stone Cliff Trail** 2.7 mi/4.35 km
Primitive camping area

Stone Chimney trail
A rugged riverside trail

2.7 mi/4.35 km

Trails of Grandview (page 8)

Grandview Information Station

This small summer-season center offers information and a bookstore. Picnic tables are nearby; shelters may be reserved.

Cliffside Amphitheater

Theatre West Virginia offers outdoor dramas nightly in the summer except Mondays. Three musicals are scheduled. Call (800) 666-9142 for information.

Main and North Overlooks, Turkey Spur

Overlooks offer panoramic views of the gorge and the New River 1,400 feet below. The main overlook is fully accessible. Turkey Spur requires a 150-step climb.

Trails

- **Little Laurel Trail** 2.0 mi/2.31 km
Old forest road connecting the ridge top to river level
- **Big Buck Trail** 0.9 mi/1.45 km
Forest loop trail includes information about local trees
- **Woodland Loop Trail** 0.6 mi/0.97 km
Scenic forest loop trail
- **Castle Rock Trail** 0.6 mi/0.97 km
Difficult hiking with close-ups of towering rock walls
- **Grandview Rim Trail** 1.6 mi/2.57 km
Hiking trail winds along the ridge through forest and rhododendron thickets; includes several scenic gorge views
- **Grandview Walkways** 1.5 mi/2.41 km
Sidewalks and flagstone walkways lead around the site
- **Tunnel Trail** 0.5 mi/0.8 km
Shaded forest path includes cave-like tunnel and wooden steps

Trails of Glade Creek (page 10)

Army Camp

Once the site of a Korean War-era military training camp, it now offers primitive camping (no water).

Grandview Sandbar

A pleasant place along the river, the site offers a boat launch and primitive camping (no water).

Glade Creek

The road to Glade Creek is under repair and closed to motorized vehicles; however, it is open for hiking and biking. Glade Creek has a boat launch, picnic tables, and primitive camping (no water).

Trails

- **Glade Creek Trail** 5.6 mi/9.01 km
Scenic hiking trail following a trout stream
- **Kates Falls Trail** 0.2 mi/0.32 km
A steep hike to Kates Falls
- **Kates Plateau Trail** 5.1 mi/8.21 km
Explore fields, forests, and wetlands of Kates Branch
- **Polis Plateau Trail** 4.9 mi/7.89 km
Pass through upland forest and an old farmstead

Trails of Brooks and Sandstone (page 12)

Sandstone Visitor Center

Water and rivers is the theme of the exhibits and video program. Notable are a floor map of the New River Watershed, a bookstore, and a native plant garden.

River Road

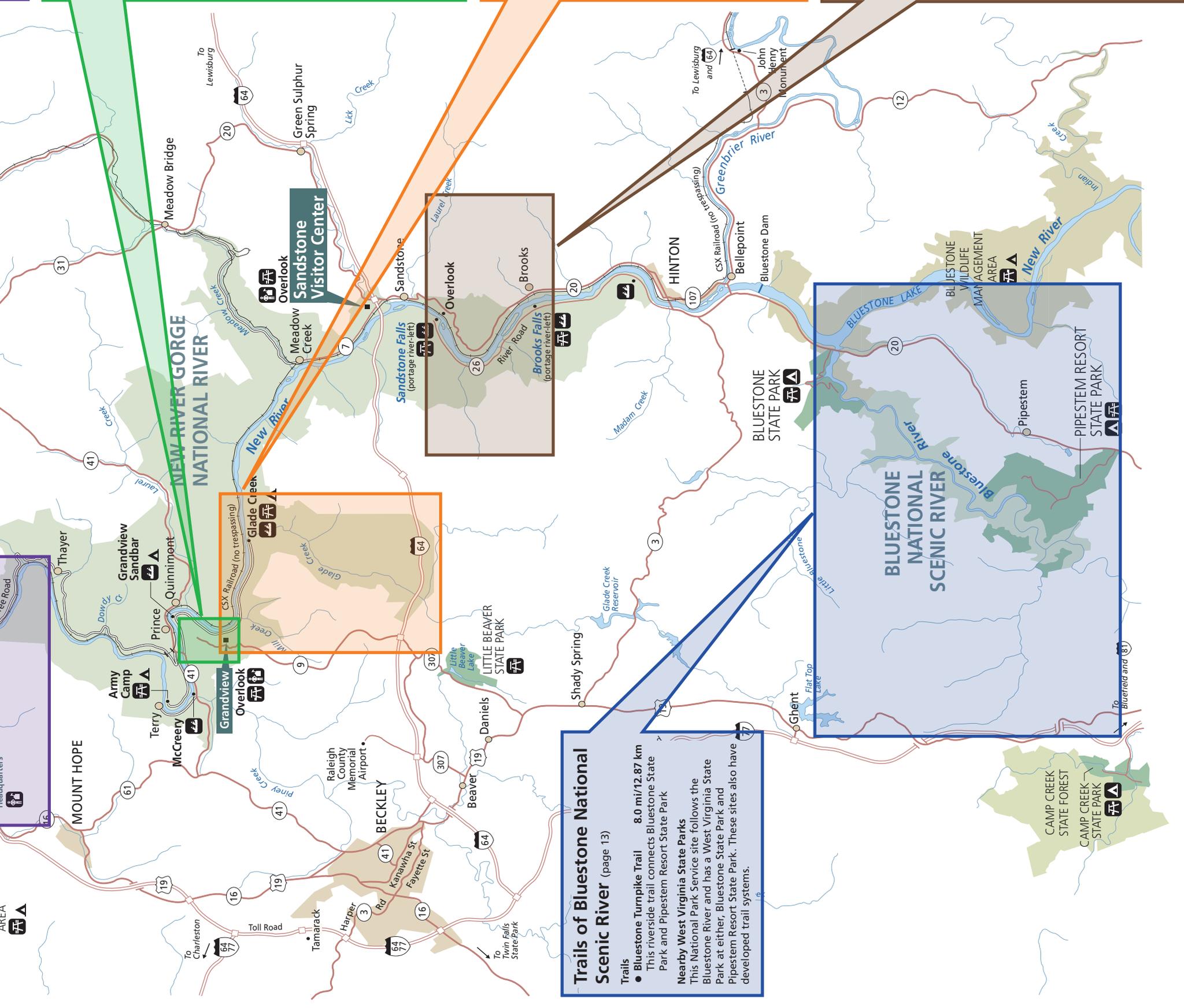
A narrow, uneven, 9-mile road leads north from Hinton; there is no direct connection to I-64. Halfway to Sandstone Falls is Brooks Falls, offering river views and picnic tables.

Sandstone Falls

A fully-accessible boardwalk winds across islands to viewing areas of the river-wide falls. Boardwalk exhibits enhance the walk.

Trails

- **Route 20 Overlook** 0.1 mi/0.16 km
A high overlook of Sandstone Falls just off the highway
- **Gwinn Ridge Trail** 3.0 mi/4.83 km
A loop through a ridge top forest
- **Sandstone Falls Boardwalk** 0.2 mi/0.32 km
A river-level boardwalk with views of Sandstone Falls
- **Island Loop Trail** 0.5 mi/0.8 km
This rocky trail circles the first island
- **Big Branch Trail** 2.0 mi/2.74 km
See waterfalls on this creek side, forest loop trail



Trails of Bluestone National Scenic River (page 13)

Trails

- **Bluestone Turnpike Trail** 8.0 mi/12.87 km
This riverside trail connects Bluestone State Park and Pipestem Resort State Park

Nearby West Virginia State Parks

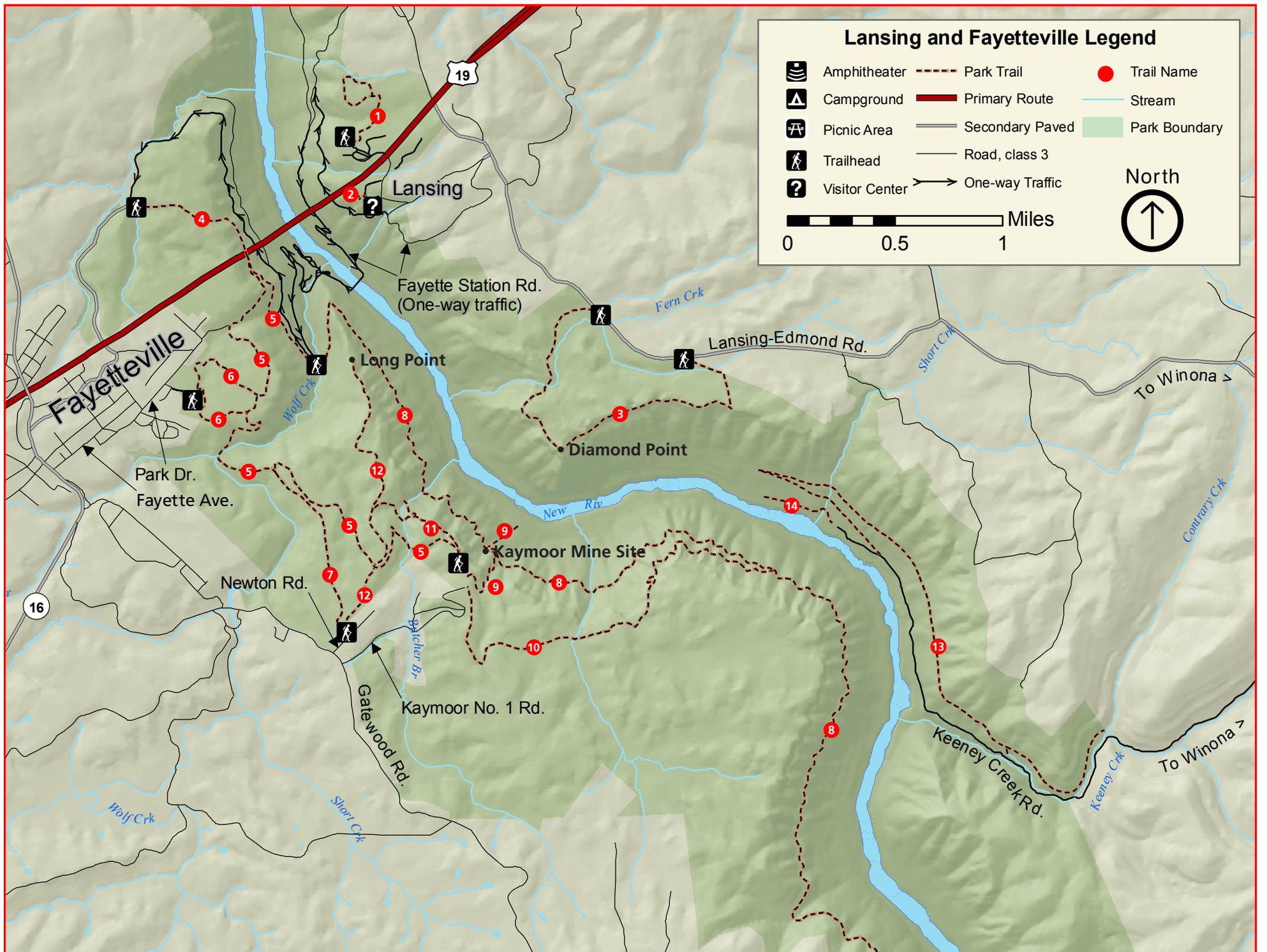
This National Park Service site follows the Bluestone River and has a West Virginia State Park at either, Bluestone State Park and Pipestem Resort State Park. These sites also have developed trail systems.

Trails of Lansing and Fayetteville

Trail Name	Distance (mi/km)	Description	Directions
1 Burnwood Trail (formerly Laing Loop Trail)	 1.2/1.93	Easy This enjoyable loop trail leads through rich forest and rhododendron thickets. The trail then follows the edge of an open field, then loops back through the forest and returns to the field. This area was a former home site of the Laing family; clues of this history can be glimpsed along the trail.	Park at the Burnwood Day Use Area, across U.S. Route 19 from Canyon Rim Visitor Center in Lansing. Look for the trailhead sign just past the restroom facility at the end of the parking lot.
2 Canyon Rim Boardwalk	  0.1/0.16	Easy + Strenuous Stairs This boardwalk offers scenic views of the gorge and New River Gorge Bridge, plus displays on area points of interest. A fully accessible ramp leads to the first viewing point, then 178 steps descend to the lower overlook.	U.S. Route 19 in Lansing at the Canyon Rim Visitor Center
3 Endless Wall Trail	 2.4/3.86	Moderate This trail offers great views of the gorge, as well as access to some of the best rock climbing in the eastern United States. The trail passes through rich forest, crosses Fern Creek, then zig-zags along the cliff edge. Many vistas can be seen along the trail; the overlook at Diamond Point provides a good turnaround spot, creating a popular two-mile out-and-back hike from the Fern Creek parking area. Note: please use caution when near cliff edges!	Turn off U.S. Route 19 on Lansing-Edmond Road (Route 5 > County Route 82), located just north of Canyon Rim Visitor Center. Fern Creek Trailhead is located 1.3 miles (just before Fern Creek) down this road, while the Nuttall Trailhead is 1.8 miles from U.S. Route 19. This is a narrow road; please drive with caution.
4 Bridge Trail	 0.86/1.38	Strenuous This occasionally steep and rocky trail offers views of the gorge and bridge. The trail passes under the New River Gorge Bridge, and connects to the Fayetteville Trail.	Turn off U.S. Route 19 at the sign for Fayette Station Road, south of the New River Gorge Bridge. At 0.8 miles, turn right for the trailhead parking.
5 Fayetteville Trail	 3.96/6.37	Strenuous This trail connects Fayette Station Road, the town of Fayetteville, and Kaymoor Top - with hiking access to Long Point. Be prepared for a creek crossing and up and down terrain. Connections can be made to the following trails: Kaymoor, Bridge, Park Loop, Timber Ridge, Long Point, Butcher Branch, Kaymoor Miners, and Craig Branch.	Wolf Creek Trailhead: Turn off U.S. Route 19 onto Lansing-Edmond Road (Route 5), located just north of Canyon Rim Visitor Center. Follow signs for State Route 82, turning right onto Fayette Station Road, then fork to the left. Cross the New River on the Tunney Hunsaker Bridge, and continue for 1.2 miles to the small parking area on the left. Kaymoor Top Trailhead: From U.S. Route 19, follow State Route 16 south through Fayetteville. Take a left on Gatewood Road (park signs indicates Kaymoor and Cunard). Follow Gatewood Road 2.0 miles, and turn left at the Kaymoor sign (Kaymoor No. 1 Road). Follow this road about one mile to the intersection; turn left. Parking is 50 yards on the right. This trail starts end of the parking area.
6 Park Loop Trail	 1.1/1.7	Easy An enjoyable loop trail that begins at the Town Park in Fayetteville, with a connection to the Fayetteville Trail.	From Court Street (State Route 16) in Fayetteville, turn left on Fayette Avenue, then right onto Park Drive. Follow signs toward Fayetteville Town Park. At the stop sign (town park) continue on Park Drive 0.2 miles; turn right onto driveway to trailhead parking area.
7 Timber Ridge Trail	 1.0/1.6	Easy This old, forested roadbed provides access to the Fayetteville Trail near Wolf Creek.	From U.S. Route 19, follow Route 16 south through Fayetteville. Turn left on Gatewood Road (Kaymoor and Cunard sign). Follow Gatewood Road for 1.9 miles, and turn left on Newton Road. The trail begins 50 yards up on the left.
8 Kaymoor Trail (formerly part of the Kaymoor-Cunard Trail)	 8.6/13.84	Moderate This trail runs parallel with the middle of the gorge, passing the historic coal mine site at Kaymoor. The northern 2.0 miles – Wolf Creek trailhead to the old mine site – follows an old road. Learn more about the Kaymoor mine operation and community at signs along the way. The forested trail then continues toward Cunard. Connections can be made with the steep Kaymoor Miners Trail at the mine site or the Craig Branch Trail, 1.74 miles further down the trail from the mine site. Note: Do not enter any of the abandoned structures in the Kaymoor area.	Wolf Creek Trailhead: Turn off U.S. Route 19 onto Lansing-Edmond Road (Route 5), just north of Canyon Rim Visitor Center. Follow signs for County Route 82, turning right onto Fayette Station Road (very narrow road with hairpin turns), then fork to the left. Cross the New River on the Tunney Hunsaker Bridge, and continue for 1.2 miles to the small parking area on the left. Cunard Road Trailhead: From U.S. Route 19, follow Route 16 south through the town of Fayetteville. Take a left on Gatewood Road (sign indicates Kaymoor and Cunard). Follow Gatewood Road for 4.6 miles and turn left at the sign for Cunard. Go 1.8 miles and turn left at both of the signs indicating Cunard River Access Road. Parking for the Kaymoor Trail is located 0.5 miles further on the right. The trail begins about 50 yards back on the other side of the road.
9 Kaymoor Miners Trail	 1.0/1.6	Strenuous This forest trail descends steeply from the top of the gorge, with switchbacks and stairs, to the abandoned Kaymoor coal mine, where it connects to the Kaymoor Trail. A view of the gorge is located about 0.2 miles down the trail off to the right, just before this path drops over the rim. At the mine site, a set of 821 steps leads down to the remains of the processing plant, coke ovens, and town site at river level. Note: Many structural remains at Kaymoor Bottom are unstable; do not play in or around these structures.	From U.S. Route 19, follow State Route 16 south through the town of Fayetteville. Take a left on Gatewood Road (park signs indicates Kaymoor and Cunard). Follow Gatewood Road 2.0 miles, and turn left at the Kaymoor sign (Kaymoor No. 1 Road). Follow this narrow road about one mile to the intersection; turn left. Parking is 50 yards on the right. This trail starts at the information bulletin board.
10 Craig Branch Trail (formerly part of the Kaymoor-Cunard Trail)	  2.4/3.86	Moderate This popular hiking and biking trail offers views of the river and gorge, plus connects to the Kaymoor Trail, offering access to the Kaymoor coal mine site. There are several steep sections on this gravel trail, which is also used as a park administrative road.	Same directions as above. This trail starts at the administrative road gate, back at the intersection.
11 Butcher Branch Trail	 0.8/1.29	Moderate This wooded trail connects Kaymoor Top to the Long Point Trail, with a spur to the popular Butcher Branch climbing area. There is a steep section and a small stream crossing on this trail.	Same directions as above. This trail starts at the end of the trailhead parking lot.
12 Long Point Trail	 1.6/2.57	Moderate This trail traverses field and forest on the way to a rock outcrop (Long Point) with panoramic views of the gorge and New River Gorge Bridge. Most of this trail lazily descends through the forest, but it does include one steep section just before you arrive at the point. Note: use caution around the unprotected cliff edges located at Long Point.	From U.S. Route 19, follow State Route 16 south through the town of Fayetteville. Take a left on Gatewood Road (sign indicates Kaymoor and Cunard). Follow Gatewood Road for 1.9 miles, and turn left on Newton Road. The Long Point Trail begins about 50 yards up on the left.

Trails of Lansing and Fayetteville

Trail Name	Distance (mi/km)	Description	Directions
13 Keeneys Creek Trail	  3.0/4.83	Easy The gentle, 4% grade of this scenic, forest trail runs along the steep wall of the gorge, an abandoned branch (Keeneys Creek Subdivision) of the Chesapeake & Ohio (C & O) Railway. The trail crosses four railroad trestles; the upper trestles offer especially scenic views of the New River Gorge. It also passes under the historic Nuttallburg coal mine conveyor, as well as crosses over Short Creek. This trail is also used as an administrative road.	Winona Trailhead Turn off U.S. Route 19 on Lansing-Edmond Road (Route 5 > State Route 82), located just north of Canyon Rim Visitor Center. Follow Lansing-Edmond Road 6.0 miles to Winona. Turn right onto Route 85/2, Keeneys Creek Road. Travel 2 miles, crossing two bridges. The trailhead starts at the dirt road junction off to the right (Route 85/5), just after the second bridge. Limited road-side parking is available; turn left onto the trail. Nuttallburg Trailhead can be reached by continuing down this road an additional 1.5 miles. The trailhead is on the right, at the historic rail grade. Pass by the boulders to get on the trail.
14 Nuttallburg Tipple Trail	  0.8/1.29	As of 2008, this trail is in development. Contact New River Gorge National River for a current update on this trail.	As of 2008, this trail is in development. Contact New River Gorge National River for a current update on this trail.

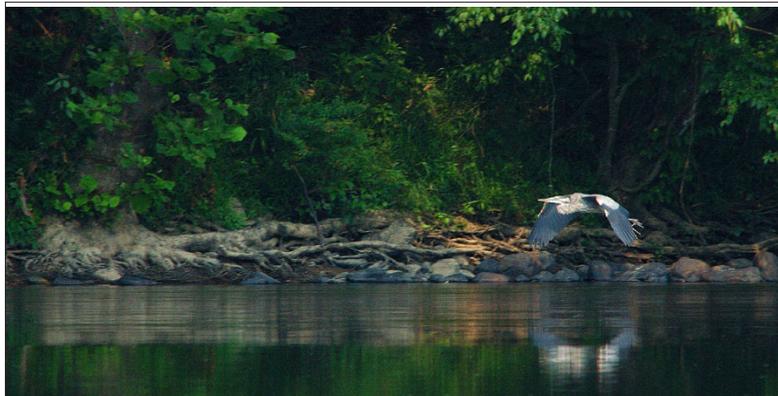


Trails of Cunard, Thurmond, and Stone Cliff

Trail Name	Distance (mi/km)	Description	Directions
1 Brooklyn Mine Trail	 2.7/4.35	Moderate This equestrian trail follows an old road through the forest to the Brooklyn coal mine site. Scenic views can also be found along this trail.	From U.S. Route 19, follow Route 16 south through the town of Fayetteville. Take a left on Gatewood Road (sign indicates Kaymoor and Cunard). Follow Gatewood Road for 4.6 miles and turn left at the sign for Cunard. Go 1.8 miles and turn left at both of the signs indicating Cunard River Access Road. The parking area is just past the trailhead, located 0.5 miles further on the right.
2 Southside Trail	 7.0/11.27	Easy This riverside trail provides great views of the New River, and passes through several abandoned New River Gorge mining towns. Rush Run, Red Ash, and Brooklyn were all once bustling communities located along this abandoned railroad line. Note: the first mile from the Cunard River Access is open to motorized vehicles. From this point (Brooklyn) to Red Ash, this trail is also used as an administrative road.	From U.S. 19, follow Route 16 South through Fayetteville. Take a left on Gatewood Road. Follow Gatewood Road for 4.6 miles and turn left at the sign for Cunard. Go 1.8 miles and turn left at both of the signs indicating Cunard River Access Road. Follow this road to the river access point at river level, where parking is available. The first mile from the Cunard River Access is open to motorized vehicles, as the trail leads upstream. A parking area at Brooklyn marks the end of the maintained road.
3 Rend Trail (formerly Thurmond-Minden Trail)	 3.4/5.47	Easy An easy stroll or bike along an abandoned branch line of the C & O Railway (Rend Line). This predominantly level trail crosses five railroad trestles, including a short stairs detour around an old rock slide. Several overlooks provide scenic views of Thurmond and the New River. The trail runs parallel with Dunloup Creek on the Thurmond end of the trail, where a few foundations of the town of South Boyd can be seen. Ar buckle Creek runs parallel with the trail on the Minden end.	Thurmond Trailhead: From U.S. Route 19 north of Beckley, take the Glen Jean-Thurmond exit. Take an immediate left, and go 0.5 miles to Glen Jean. Take a right and follow the signs to Thurmond (WV Route 25). The trailhead is on the left, 5.1 mile down WV Route 25. Minden Trailhead: Take the Main Street Exit (Oak Hill) off U.S. Route 19. If going south on U.S. Route 19, turn left and go 0.2 miles; if going north on U.S. Route 19, turn right and go 0.1 miles. Turn left onto Minden Road, and follow this 2.1 miles. Take a right across a small bridge to the trailhead.
4 Ar buckle Connector Trail	 0.3/0.48	Strenuous This steep and rocky trail connects the Rend and South Side Trails. Located 1.2 miles from the Thurmond end of the Thurmond-Minden Trail, just past the third trestle; this connector trail drops off to the right. This trail also provides glimpses of the stonework and coke ovens of the former mining town of Wee Win.	This trail connects Rend and Southside Trails. See above descriptions for directions to these trails.
5 Church Loop Trail	 0.1/0.16	Moderate This trail loops past the 1 st Baptist Church of Thurmond.	This trail loops off the Thurmond-Minden Trail. Follow directions above to the Thurmond Trailhead. The Church Loop Trail leads off to the right about 0.7 miles up the trail.
6 Stone Cliff Trail	 2.7/4.35	Moderate This rugged trail follows an old road along the banks of the New River. Great views and easy access to the river are available along this trail.	From U.S. Route 19 north of Beckley, take the Glen Jean-Thurmond exit. Take an immediate left, and go 0.5 miles to Glen Jean. Take a right and follow the signs to Thurmond (WV Route 25). Continue for 6.0 miles to a three-way intersection. Bear right and go 1.5 miles on this road. Take a right on the gravel road, just before the bridge crossing over the New River. Continue past the boat launch to the parking area. The trail begins beside the picnic area.



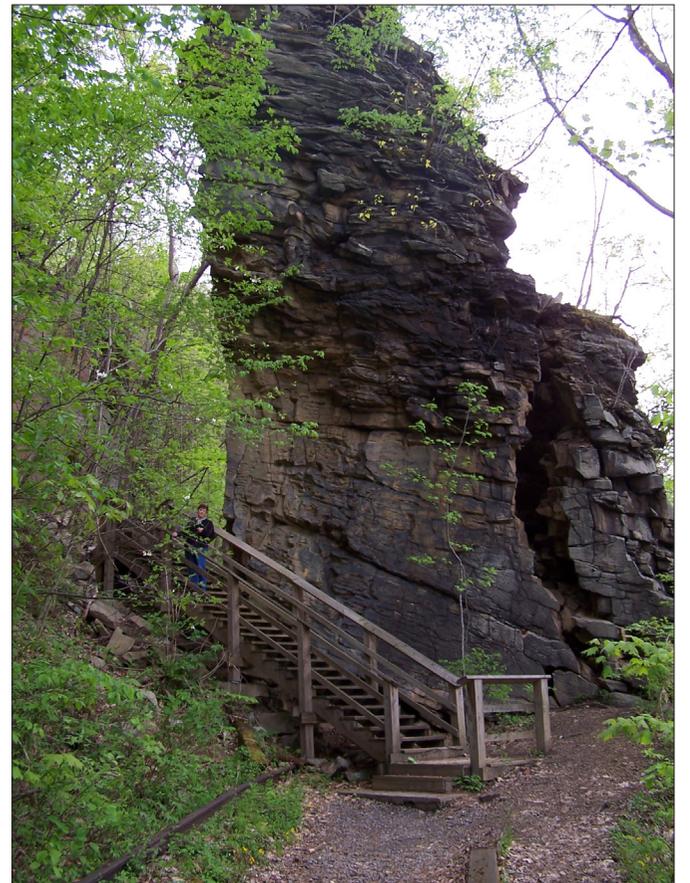
McKinley Rock tops this rock cliff on the Rend Trail. Legend has it that this facial silhouette predicted the assassination of President William McKinley in 1901. Photo by Lily Burr.



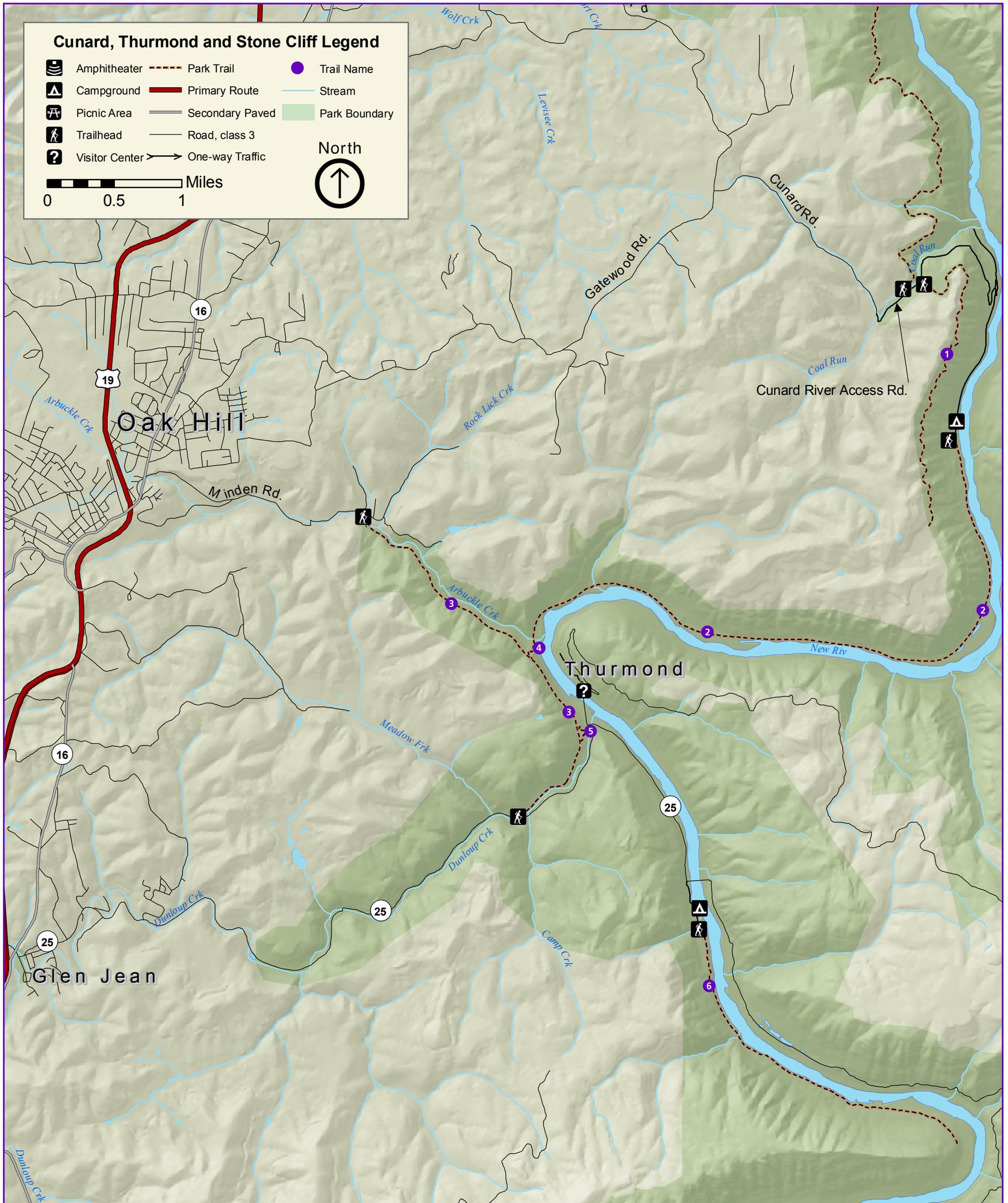
Great blue heron can often be seen along on New River. Photo by Gary Hartley.



Autumn hikers on the Long Point Trail. National Park Service photo.



Several trails in the Thurmond area run along old railroad line, like the Rend Trail. This line was used for years to ship coal from Minden to Thurmond. Today a small set of stairs by-passes an old rock slide on this multi-use trail. Photo by Leah Perkowski.



Trails of Grandview

Trail Name	Distance (mi/km)	Description	Directions
1 Little Laurel Trail	 2.0/2.31	Strenuous Make a connection between the ridge top at Grandview and the New River near Prince on this forest trail. Enjoy a great diversity of plants, as this old road passes by the area once operated as the coal mine at Royal. The road descends steeply in some places, with a total elevation change of around 1400 feet on this path. This graveled trail is used as a park administrative road.	Grandview: The trailhead is at the parking area for Shelter #3 and #4; From Beckley (near New River): Follow Route 41 toward Prince (4.0 miles from the intersection with Route 16/61). Just before the bridge that crosses the New River is a gravel road on the right that leads past the trailhead. Follow the signs toward Glade Creek (Royal Road). The trailhead (a gated, gravel road) is just ¼ mile down this road on the right, near scattered foundations of the coal town of Royal.
2 Big Buck Trail	 0.9/1.45	Easy This forest trail loops through a rolling section of forest. Tree identification signs along this route celebrate the great diversity of flora at this site.	The trail begins and ends near Grandview Shelter #2.
3 Woodland Loop Trail	 0.6/0.97	Easy Explore the rich forest on this leisurely trail. A variety of wildlife can be seen on this quiet trail, including turkey and deer.	One end of this trail begins near the entrance of Grandview Shelter #2 parking area (just up from the restrooms), while the other end comes out at the Grandview Shelter #2 playground.
4 Castle Rock Trail	 0.6/0.97	Strenuous Pull on your boots and hike along the most challenging and unique trail at Grandview. Hikers will find close-up views of towering fortress-like rock walls and exposed coal seams. This trail is considered difficult and is not recommended for young children because of uneven footing and drop-offs.	This trail begins near the Grandview's Main Overlook and ends where it intersects with the Grandview Rim Trail.
5 Grandview Rim Trail (formerly Canyon Rim Trail)	 1.6/2.57	Moderate Escape for an enjoyable stroll along Grandview's longest trail. This trail gently winds through the mature forest along the rim of the gorge. Along the way to Turkey Spur, hikers will enjoy several breathtaking views of the gorge and river far below. The topography is rolling, but this ridge top trail is considered moderate because of several steep sections.	This trail begins near the Main Overlook and ends at the Turkey Spur Overlook. The road to Turkey Spur allows for an easy return or for a vehicle shuttle for those not wishing to hike back. Extra large vehicles are not recommended on Turkey Spur Road, due to the roads narrow width and small parking lot.
6 Grandview Walkways	 1.5/2.41	Easy + Strenuous Several sidewalks and flagstone walkways lead around the Grandview site. Scenic views are available at the North Overlook, off the Shelter #1 parking area, and at the Main Overlook (fully accessible). Panoramic views can also be seen at Turkey Spur, with a climb of 150 steps to the three overlook platforms. Just before the steps is a <i>natural air conditioner</i> , a crack in the rock that puts forth cool air.	These walkways lead from the Main Overlook parking lot, the overflow parking area near the Main Overlook, Shelter #1 parking area, and the parking lot at Turkey Spur.
7 Tunnel Trail	 0.5/0.8	Moderate Cool off along Grandview's shadiest and shortest trail. The moist earth, lush vegetation, and cold-to-the-touch sandstone walls make a stroll along this forest trail a special experience, even on the hottest day. This trail includes several sections of stairs, one of which leads through a lit, cave-like tunnel. <i>Note: the stone and wooden steps can be slippery after rain.</i>	One end of this trail begins near off the walkway to the Main Overlook, while the other end comes out near the baseball diamond and playground, off the Main Overlook parking area.



A leisurely stroll on this Grandview walkway leads to one of the most spectacular views of the gorge in the park. Photo by R. Blankenship.



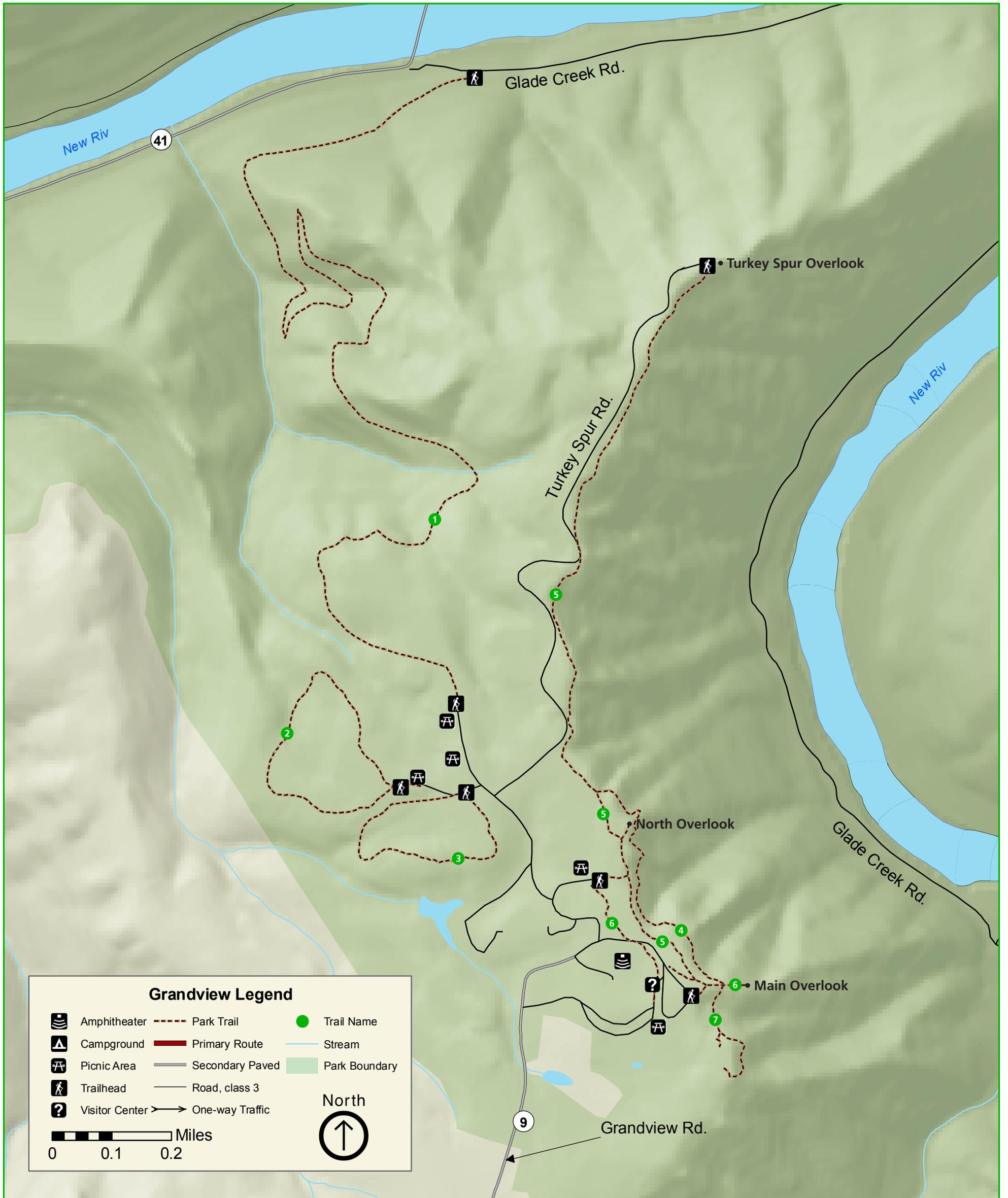
Photographer at Grandview's main overlook. Photo by Jodi French-Burr.



Grandview is a favorite spot to view wildlife, like fox, deer, and birds. Photo by Gary Hartley.



Many area trails offer spectacular views of the New River Gorge, like this view of the horseshoe bend at Grandview. Photo by Leah Perkowski.



Trails of Glade Creek

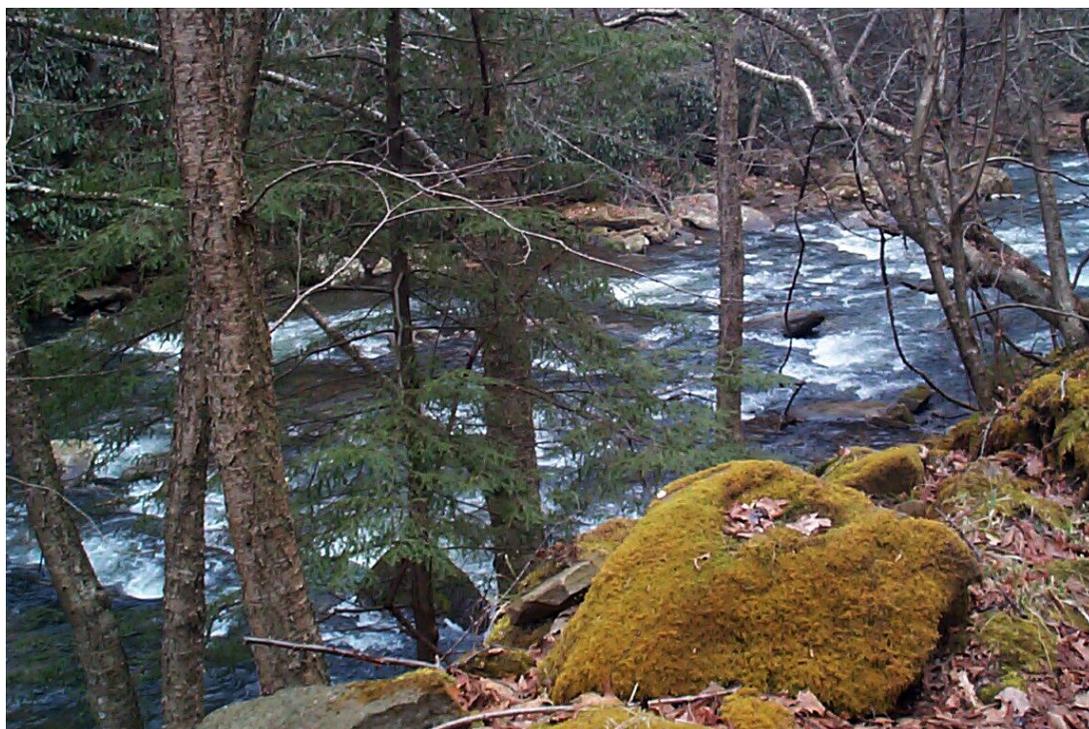
Trail Name	Distance (mi/km)	Description	Directions
1 Glade Creek Trail	5.6/9.01	Moderate Enjoy the waterfalls, rhododendron thickets, and hemlock forests that border this creek-side trail, an abandoned narrow-gauge railroad. Glade Creek is a popular trout stream, with the lower section (between the footbridge and the New River) designated catch and release only. Expect several sets of steps before the footbridge crossing 3 miles up from the New River. The upper section of this trail is also used as an administrative road.	Take Grandview exit 129 off I-64. Turn south on WV Route 9. Travel 0.5 miles toward Little Beaver State Park (junction with WV Route 307 in 0.3 miles). Turn left onto gravel road (just before Fire Tower Road). Note: High clearance vehicle recommended for this road; be prepared for steep terrain, tight switchback curves, and muddy conditions. Follow this road down to Glade Creek (about 1.0 mile). Cross the bridge for trailhead parking. This trail can also be accessed from the Glade Creek Campground near Prince, off WV Route 41.
2 Kates Falls Trail	0.2/0.32	Strenuous Hike this steep, but scenic trail to view Kates Falls. This trail is accessed off the Glade Creek Trail.	Follow directions above. This trail is accessed off the Glade Creek Trail, 1.5 miles upstream of the foot bridge crossing Glade Creek.
3 Kates Plateau Trail	5.1/8.21	Strenuous Look for signs of beaver, deer, and turkey as you follow old logging roads. The trail passes through fields, forests, and near wetlands. Initially the trail passes under Interstate 64, then crosses Kates Branch. The creek crossing of Kates Branch can be challenging and involves some steep terrain. The trail is marked by blazes through the forest and includes one steep section.	Follow directions above for Glade Creek Trail. These two trails share the trailhead off WV Route 307.
4 Polls Plateau Trail	4.9/7.89	Moderate Cross several creeks on this trail that passes through an upland forest and past an old farmstead. The trail follows an old roadbed; the route may not be obvious due to drainages and other old roadbeds.	Follow directions above for Glade Creek Trail. This trail is accessed from its junction with the Kates Plateau Trail. A topographic map is recommended for this remote trail.



Chickadees can be found in the New River Gorge throughout the year. Photo by Gary Hartley.



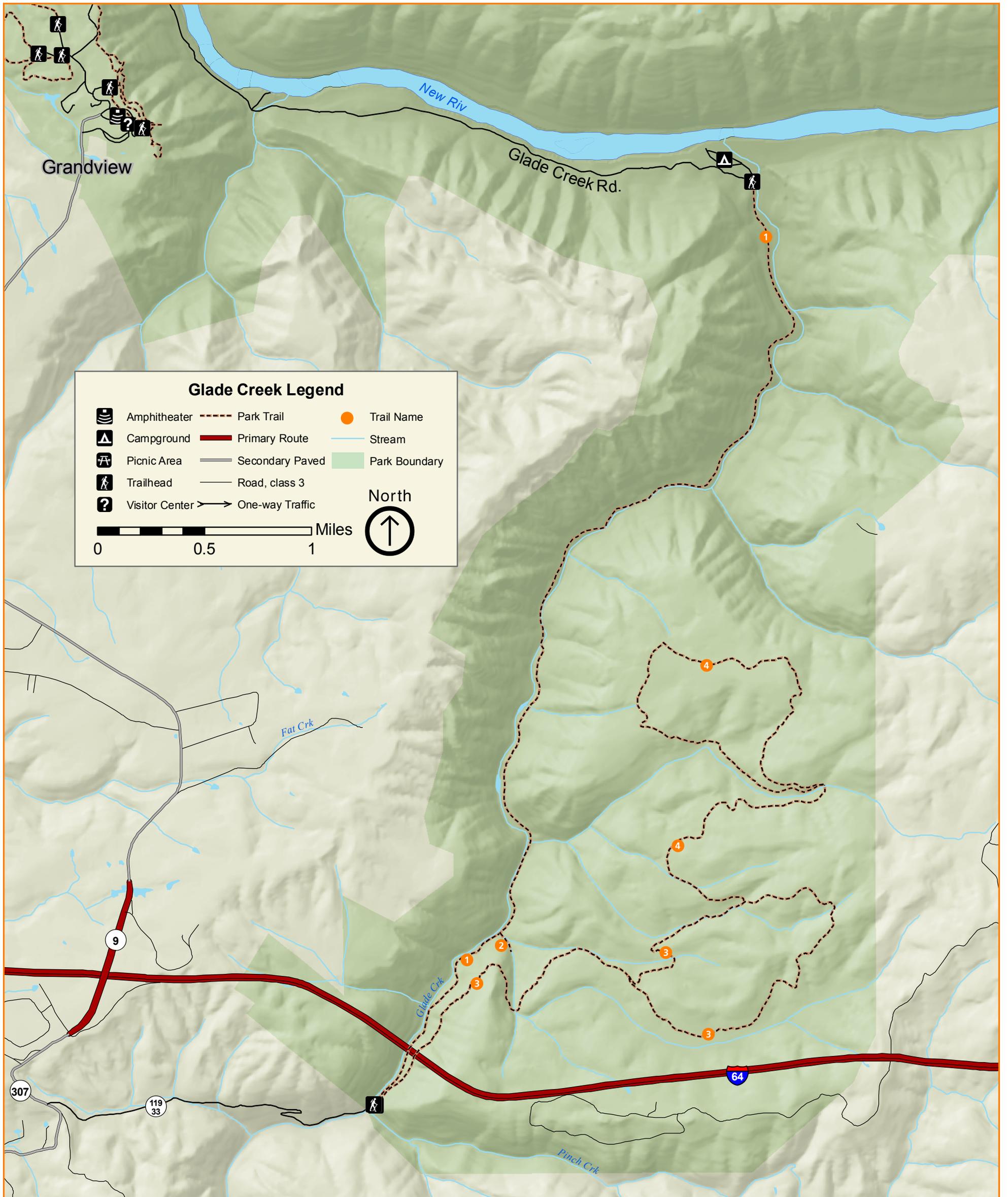
Red-spotted newt in its young red eft phase. Photo by Jodi French-Burr.

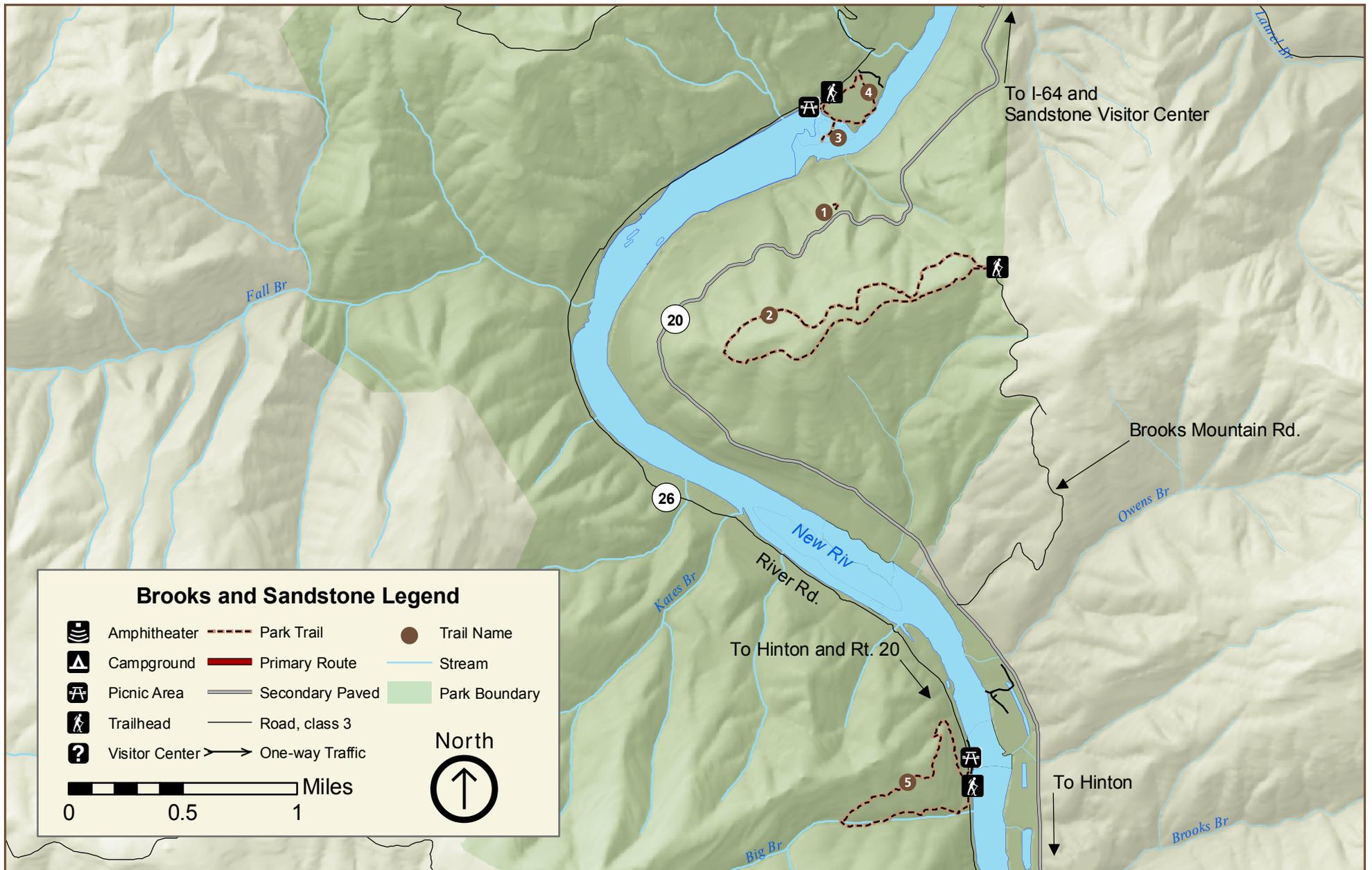


Glade Creek is one of the park's hidden gems, with many spectacular falls and pools along the trail. Photo by Jesse Purvis



Visitor takes a close up look at the diversity of nature in the New River Gorge. National Park Service photo.





Brooks and Sandstone Legend

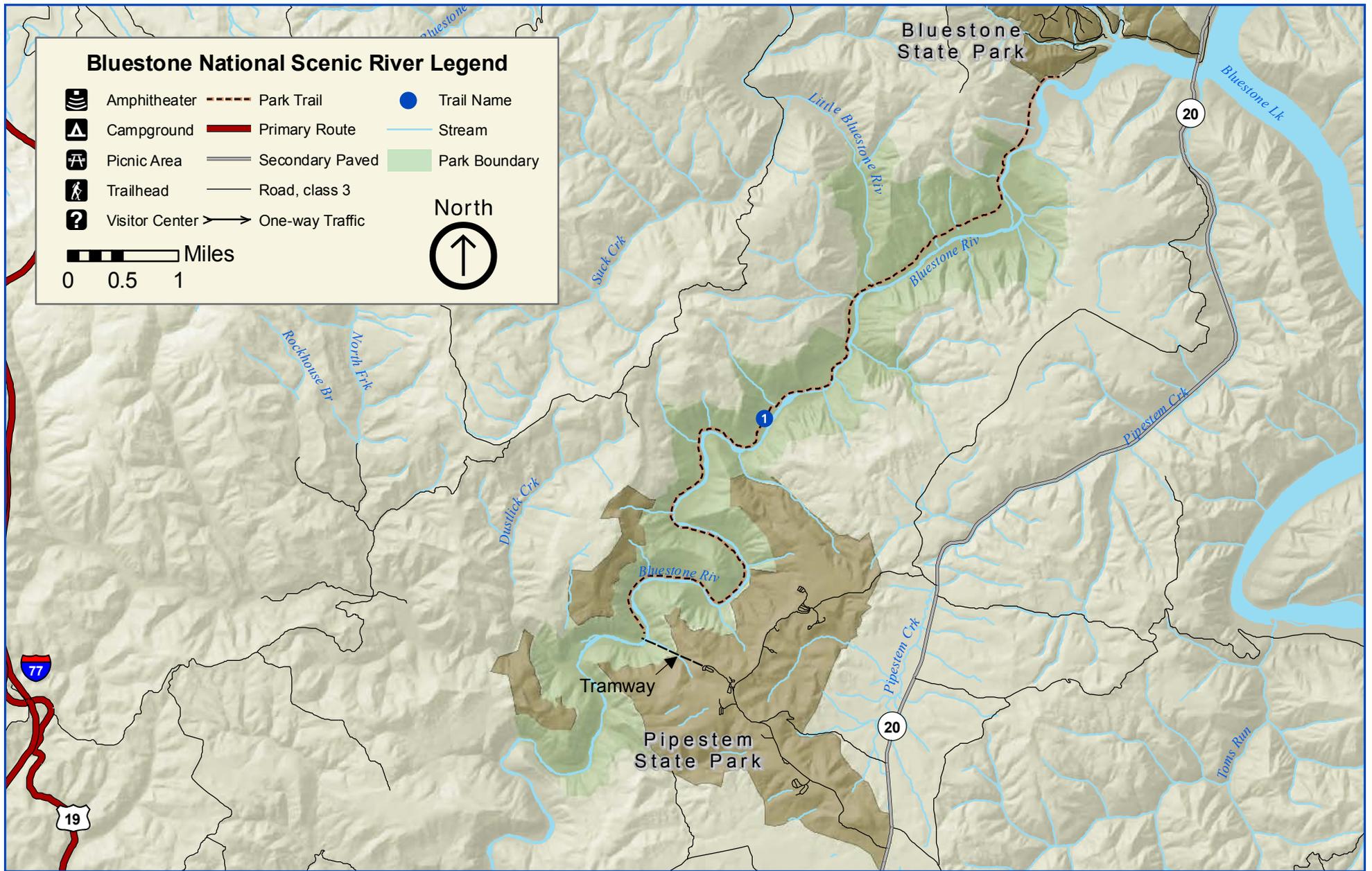
	Amphitheater		Park Trail		Trail Name
	Campground		Primary Route		Stream
	Picnic Area		Secondary Paved		Park Boundary
	Trailhead		Road, class 3		
	Visitor Center		One-way Traffic		

0 0.5 1 Miles

North

Trails of Brooks and Sandstone

Trail Name	Distance (mi/km)	Description	Directions
1 Route 20 Overlook at Sandstone Falls	0.1/0.16	Moderate See all of Sandstone Falls at this scenic overlook, 600 feet above the river. This short, gravel walkway descends briefly from the parking lot to the view.	This roadside pull-off is on WV Route 20, 3 miles from I-64 exit 139 and the Sandstone Visitor Center or 8.5 miles north of Hinton.
2 Gwinn Ridge Trail	3.0/4.83	Strenuous Slip on your hiking boots for this loop trail descending through a rocky forest. The trail starts and ends in an old field that passes under a power line, with some scenic views of the gorge.	Follow Brooks Mountain Road 2.5 miles, off WV Route 20 in Brooks.
3 Sandstone Falls Boardwalk	0.2/0.32	Easy An accessible boardwalk crosses two bridges leading to islands and observation decks offering views of the falls and access to fishing areas. This unusual riparian ecosystem, the Appalachian Riverside Flatrock Community, surrounds the falls. Only plants that can withstand periodic flooding conditions survive.	Take River Road (WV Route 26) from the west end of the WV Route 20 bridge in Hinton. Follow this narrow road along the river for 9 miles to Sandstone Falls. Note: This road is single lane on some sections; please use extra caution.
4 Island Loop Trail	0.5/0.8	Easy This short, rocky trail loops around the largest island below Sandstone Falls, leading past a fishing beach. The land on this island was once farmed, grazed, and timbered, plus a grist mill operated here. Natural field succession can now be seen here, as this site transitions to forest.	This trail starts and ends on the Sandstone Falls Boardwalk. See directions above.
5 Big Branch Trail	2.0/2.74	Strenuous This creek side, forest loop trail follows Big Branch, and includes several waterfalls. There are three creek crossings along Big Branch. A hotspot for spring wildflowers, the trail then passes an old farmstead and up a ridge. Several scenic views of the gorge and river can be seen along the ridge top. The trail then steeply descends to the trailhead, offering scenic views of Brooks Falls along the way.	Take River Road (WV Route 26) from the west end of the WV Route 20 bridge in Hinton. Follow this narrow road along the river for 5 miles to Brooks Falls. Note: This road is single lane on some sections; please use extra caution. Parking is at Brooks Falls Overlook; cross the road to the trailhead.



Trails of Bluestone National Scenic River

Trail Name	Distance (mi/km)	Description	Directions
1 Bluestone Turnpike Trail	 8.0/12.87	<p>Moderate Follow the path of an old riverbank road. Farmed and timbered until the 1940s, this forested area now has a great diversity of plants and river wildlife. This area is now managed as a wilderness area, but still has remnants of its human history, like the town site of Lilly located at the confluence of the Bluestone and Little Bluestone rivers. Please note that overnight camping is not permitted in this area.</p> <p>The Bluestone Turnpike Trail junctions on the north end with Bluestone State Park's campground road, just past the Old Mill Campground. On the south end in Pipestem Resort State Park, this trail junctions with Farley Loop Trail and River Trail. These trails can be accessed from the Mountain Creek Lodge (at the base of the tram at Pipestem Resort State Park).</p>	<p>The Bluestone Turnpike Trail is best accessed via one of two West Virginia State Parks that lie at each end, Bluestone State Park to the north and Pipestem Resort State Park to the south. To reach these parks from I-64, take exit 139, then south on WV Route 20. Bluestone State Park is 15 miles and Pipestem is 22 miles. From I-77 take exit 14 to WV Route 20 north. Pipestem is 14 miles and Bluestone is 22 miles.</p> <p>This trail can also be accessed from the historic town site of Lilly, just a few miles upstream of Bluestone State Park. To get to the Lilly Trailhead take WV Route 3 to Nimitz. Turn onto Ellison Ridge Road. Travel 1.6 miles to where the road splits, stay on Ellison Ridge Road and continue an additional 2.4 miles. Then turn left onto Little Bluestone; travel 2.1 miles on this road, then turn onto Blue River Road. This goes to the parking lot at Lilly.</p>
Connections to Nearby Trails			
Bluestone State Park		The Bluestone Turnpike Trail junctions with Bluestone State Park's campground road, just past the Old Mill Campground. Bluestone State Park also has seven trails, covering a total distance of 8 miles. These trails vary in length, difficulty, terrain and permitted uses. Contact Bluestone State Park for detailed trail information: 1-800-CALL WVA or www.bluestonesp.com .	See directions above for Bluestone State Park and Pipestem Resort State Park.
Pipestem Resort State Park		The Bluestone Turnpike Trail junctions with Pipestem Resort State Park's Farley Loop Trail and River Trail. Pipestem Resort State Park has 16 trails, covering a total distance of over 18 miles. These trails vary in length, difficulty, terrain and permitted uses. Contact Pipestem Resort State Park for detailed trail information: 1-800-CALL WVA or www.pipestemresort.com .	



National Park Service
U.S. Department of the Interior

**Bluestone National Scenic River
Gauley River National Recreation Area
New River Gorge National River**

Mailing Address

P.O. Box 246
104 Main St.
Glen Jean, WV 25846
304-465-0508

Internet

<http://www.nps.gov/neri>

Canyon Rim Visitor Center

Open daily 9:00 A.M. - 5:00 P.M.
304-574-2115

Thurmond Depot

Open June through August
304-465-8550

Grandview Visitor Center

Open June through August
304-763-3715

Sandstone Visitor Center

Open daily 9:00 A.M. - 5:00 P.M.
304-466-0417

The National Park Service cares for the special places saved by the American people so that all may experience our heritage.

Trail Use Regulations

The following regulations apply to use of area National Park Service (NPS) trails.

- Follow all trail use designations and stay on designated trails.
- Pets must be on a leash.
- Park regulations prohibit the possession, collection, removal, destruction, or disturbance of both natural and cultural objects and structures on public land, unless specifically designated. Contact the park for a list of berries, other fruits, mushrooms, and roots that can be gathered. Respect wildlife.
- All groups biking and hiking on designated trails will be limited to a maximum of 22 persons.
- Hunting and fishing is permitted in the park. Contact the park for specific regulations and visit www.wvdnr.gov.
- Contact the park for specific regulations regarding horse and pack animal use.
- Camping is permitted on federally-owned lands within the park except where specifically excluded (contact the park for specific exclusions). Camping is prohibited within 100 feet of any developed day use and river access area, developed trails and trailheads, park structures or historic ruins, water sources, improved areas (unless otherwise stated), and within 25 feet of all main roads within the park boundary. (Practice Leave No Trace by increasing this distance to 200 feet, that's about 70 steps.)
- Pack out all trash, leftover food, and litter. Pack it in, pack it out!
- Campfires are allowed at developed sites and must be contained within the receptacles that are provided. Campfires are also allowed at established backcountry and riverfront campsites and must be contained within a fire pan or existing fire ring. Consider using a lightweight stove for cooking instead and enjoy a lantern for light.
- Dead wood on the ground may be collected only for use as campfire fuel in campsites within park boundaries. There are currently some restrictions on movement of firewood in Fayette County.



Hikers on Endless Wall Trail. Photo by Jodi French-Burr.



Mountain biker. Photo by Tina Dempsey.



Leashes show respect for visitors and wildlife. Photo by Jodi French-Burr.

Think Safety First!

Staying safe is a smart way to keep the fun in your fun while on the trail. Use the following tips to help you plan ahead and prepare for your next trail adventure.

- Know the weather forecast and current trail conditions; plan accordingly.
- Take cover during heavy rain and thunderstorms; inside a building is best.
- Stay on designated trails, and use extra caution around cliffs, overlooks, and stream crossings.
- Some historic building remains are unstable; do not play in or around these structures.
- Watch where you put your hands and feet; poison ivy (*leaves of three, let it be*), stinging nettles, yellow jackets, copperheads, and timber rattlesnakes live in the park. Learn to recognize these potentially harmful inhabitants.
- Check for ticks in spring and summer.
- Lock valuables in the trunk of your car or take them with you.
- If hiking alone, tell a friend your plans.
- Hunting is permitted in many areas of the park; blaze orange clothing is recommended during hunting season.
- The railroad tracks running through the park are active lines and private property; do not hike on the tracks, and use only designated railroad crossings.
- Always respect private property rights.
- **In case of emergency call 911.**



Poison ivy grows along the ground and up trees.

Trails Near Gauley River National Recreation Area

Description

There are currently no public trails in the Gauley River National Recreation Area, as most of the land within park boundaries is privately owned. Contact New River Gorge National River for updates on Gauley River area trail information.

Nearby Trails

Carnifex Ferry Battlefield State Park has three trails, covering a total distance of 2.9 miles. Several of these trails offer scenic views of Gauley River National Recreation Area. These trails vary in length, difficulty, terrain and permitted uses. Contact Carnifex Ferry Battlefield State Park for detailed trail information: 1-800-CALL WVA or www.carnifexferrybattlefieldstatepark.com

Take WV Route 129 off WV Route 19 to **Carnifex Ferry Battlefield State Park**, just south of Summersville, West Virginia.



The Gauley River cuts through the heart of this river canyon. National Park Service photo.

Help Care for Our Parks

As responsible land stewards, each of us can help care for our National Parks by practicing Leave No Trace Outdoor Ethics. Leave a good impression on the land and others by following these easy tips:

- **Plan Ahead and Prepare**
- **Travel and Camp on Durable Surfaces**
- **Dispose of Waste Properly**
- **Leave What You Find**
- **Minimize Campfire Impacts**
- **Respect Wildlife**
- **Be Considerate of Other Visitors**

In every walk with nature one receives far more than he seeks.

John Muir

For more information:
1-800-332-4100
• www.lnt.org

