Mile Markers: Wood County

- 0.0 Western Terminus NBRT, closed to public
- 0.9 Happy Valley Trail Head, parking, picnic tables, bike fixit station, horse trailer parking
- 1.0 Happy Valley Road, map board
- 2.7 Trail crossing private campground
- 3.0 Picnic table
- 4.7 Bridge #1 Stillwell Creek
- 5.0 Picnic table
- 6.0 Trail crossing River Road, parking along trail
- 7.2 State Route 47 overpass
- 7.3 Picnic table
- 8.2 Bridge #50 Walker Creek
- 8.6 Bridge #49 Walker Creek
- 9.0 Picnic table
- 9.7 Picnic table
- 10.3 Bridge #48 Walker Creek
- 11.0 Bridge #47 Walker Creek, picnic table
- 11.1 Town of Walker
- 11.7 Walker trail head parking, map board, horse trailer parking
- 13.7 Bridge #46 Walker Creek
- 14.0 Tunnel #22 (abandoned)
- 14.1 Picnic table
- 15.0 Tunnel #21 Eaton Tunnel (second longest on the trail)
- 15.7 Eaton Station parking next to trail
- 16.2 Trail crossing County Route 7
- 16.8 County line Wood/Ritchie County
- 17.7 Bridge #45 Goose Creek

Mile Markers: Ritchie County

- 17.8 Bridge #44 Goose Creek
- 18.0 Bridge #43 Goose Creek
- 18.4 Bridge #42 Goose Creek
- 18.6 Bridge #41 1/2 Oil Spring Run
- 18.8 Town of Petroleum, rest area, comfort station, camping, shelter with picnic table, fire ring, bike fixit station, parking, horse trailer parking
- 18.9 Bridge #41 Goose Creek
- 19.2 Bridge #40 Goose Creek
- 19.9 Bridge #39 Goose Creek
- 20.1 Bridge # 38 Goose Creek
- 20.1 Bridge # 37 Goose Creek
- 20.4 Picnic table
- 22.3 Picnic table
- 22.8 Tunnel # 19 (reported to be haunted)
- 23.4 Silver Run Road crossing
- 23.5 Parking along trail, hand water pump, (not potable)
- 23.7 Old Spring House (not potable)
- 24.2 Picnic table
- 26.0 Bridge #36 North Fork Hughes River
- 26.0 Town of Cairo, parking, bike shop, food
- 26.4 Picnic table
- 27.0 Bridge # 35 North Fork Hughes River
- 27.3 Tunnel # 17 (abandoned), picnic table, fire ring, rusting camping fee site (call NBSP lodge for rental and information)
- 27.6 Bridge # 34 North Fork Hughes River, picnic table
- 27.9 Bridge # 33 North Fork Hughes River
- 28.0 Crossing County Route # 8 Rolling River Road
- 28.1 Crossing County Route #8 Rolling River Road

28.2 Crossing County Route #8 Rolling River Road
28.3 Crossing County Route #8 Rolling River Road
28.4 Town of Cornwalls (elevation 686 feet)
28.5 Bridge # 32 Bear Run
28.9 Bridge # 31 Bonds Creek, Riley-Hoston Memorial, map board, south side of trail, access trail to North Bend State Park, camping, rest rooms (.75 mile), food, lodging (2 miles)
28.9 Tunnel #13 Bonds Creek Tunnel
29.0 Matt Turner Memorial Gazebro
29.2 Picnic table
29.4 Tunnel #12
29.6 Picnic table, fire ring, horse rail, rusting camping fee site (call NBSP lodge for rental and information)
30.6 Picnic table, fire ring, rusting camping fee site (call NBSP lodge for rental and information)
31.1 Bridge #30 Hushers Run
31.1 Tunnel #10 Dick Bias Tunnel
31.2 Picnic table, fire ring, rusting camping fee site (call NBSP lodge for rental and information)
31.3 Bridge #29 Hushers Run
32.0 Bridge #28 Hushers Run
32.1 Hobo Rock and Springs (north side of trail)
32.2 Way Station Road
32.9 U.S. Rt 50 overpass
33.1 Ritchie County Middle/High School, picnic table
33.4 NBRT Overpass of U.S. Route 50 (deepest grade on the trail)
33.4 Town of Ellenboro (elevation 785 feet), food, lodging, parking, map board, horse trailer parking along trail
33.5 Ellenboro town park, picnic shelter, playground, rest room, parking
34.5 Bridge #27A
35.1 Bridge #27 Hushers Run
35.1 Crossing Wright Road
37.0 Old U.S. Route 50 overpass
37.5 Crossing Hornet Run Road (paved)
37.6 Tunnel #8
38.0 Picnic table
38.7 Town of Pennsboro (elevation 861 feet), B & O Depot, parking, food, picnic tables, bike fixit station
38.7 Crossing State Route 74
39.1 Picnic table
39.5 Tunnel #7
40.5 Picnic table
41.7 Bridge #26 North Fork Hughes River
42.1 Town of Toll Gate (elevation 788 feet), parking along trail.
42.1 Crossing County Route 10
42.2 Picnic table
42.6 Crossing County Route 50/26
42.7 County line Ritchie/Doddridge County

Mile Markers: Doddridge County

43.1 Crossing County Route 50/6
43.8 Town of Greenwood (elevation 856 feet), parking area on trail
44.4 Crossing County Route 36 (Duckworth Road)
44.5 Crossing County Route 35 (Duckworth Road), picnic table
47.4 Tunnel # 15 (elevation 1,120 feet)
48.0 Picnic table, map board, parking north of trail,
48.3 Crossing County Route 1/1
48.3 Bridge #25 Arnold Creek
49.1 Picnic table

49.3 Crossing county route 11/8 (Tunnel Hill Road)
49.5 Tunnel #6 Central Station Tunnel (longest on the trail)
50.0 Rest area, camping shelter with picnic table, pit toilet
50.1 Bridge #24 over old U.S. Route 50
50.8 Paved portion of trail begins
51.0 Town of West Union (elevation 836 feet), food
51.0 Trail head, parking in marked area, map board
51.5 Bridge #23 over State Route 18 & Middle Island Creek (longest bridge on the trail)
51.5 Parking along the trail east of the bridge
51.6 Paved portion ends
51.7 Bridge #22, over Middle Island Creek
52.0 Picnic table
53.0 Picnic table
53.6 Bridge #21 over Middle Island Creek
54.1 Smithburg (elevation 794 feet), Smithton Depot, picnic table, map board, Spencer Park with shelter and picnic area
54.2 Crossing County Route 50/3, parking along trail east of crossing, bike fixit station
54.4 South side of trail, bridge across Middle Island Creek and tunnel under U.S. Route 50 to food and Doddridge County Park with camping
54.5 U.S. Route 50 bridge overpass
55.0 Bridge #20 over Buckeye Creek
56.0 Bridge #19 over Buckeye Creek
56.9 Bridge #18 over Morgan's Run
57.9 Bridge #17 over Buckeye Creek
57.9 Crossing County Route 15 (Long Run Road)
58.0 Picnic table
58.1 Tunnel # 4 Long Run
58.8 Tunnel #1 (abandoned)
59.3 Crossing County Route 38/7
60.2 Bridge #18 Buckeye Creek
60.3 Crossing County Route 38 (Long Run Road)
61.6 Crossing County Route 38 (Long Run Road)
62.6 Crossing County Route 38 (Long Run Road)
63.8 County Line Doddridge/Harrison County

Mile Markers: Harrison County

64.0 Parking next to trail at ball field
64.7 Bridge #15-1/2 Jacob's Run Bridge
65.0 Salem (elevation 1,046 feet), food, stores, bike shop
65.1 Parking, bike fixit station, Salem Depot, Salem Depot Park, shelter, picnic tables, rest rooms
65.2 Bridge # 15-1/4 Dog Run
66.3 Crossing County Route 50/2 (Turkey Run Road)
66.6 Rest area: comfort station, camping, shelter
67.1 Crossing County Route 50/2 (Raccoon Run Road), Town of Bristol (Elevation 1,090 feet)
67.5 U.S. Route 50 overpass
68.0 Crossing Flederam Road
68.1 Bridge #15 over Salem Fork of Ten Mile Creek
68.2 Tunnel # 2 Brandy Gap
68.7 Picnic table, parking near gate, crossing Hall's Run Road
69.2 Bridge #14 Ten Mile Creek crossing County Route 5 (Marshallville Road)
70.0 Trail access parking, horse trailer parking
71.0 Wolf Summit (elevation 1,136 feet), Old U.S. Route 50, County Route 11, Eastern Terminus

From scenic vistas to beautiful overlooks, hiking trails at West Virginia's state parks and forests lead to breathtaking mountain scenery. Along the way create lasting memories but remember to leave no trace behind in Almost Heaven.