

PARK TRAIL DESCRIPTIONS

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.

M = Hiking
H = Horseback Riding
■ = Mountain Bike Riding
■ = Cross-Country Skiing

BACKBONE TRAIL

The starting point is near the park office.

Distance: 3 miles **Difficulty:** moderate

BUFFALO TRAIL

The starting point is across from shelter 1. The trail

has a short but very steep climb.

Distance: 2.2 miles **Difficulty:** moderate

CLIFFSIDE TRAIL

The starting point is near the park office. The trail

begins with a short climb and levels off.

Distance: 1.1 mile **Difficulty:** easy

COAL MINE TRAIL

This trail starts in the campground behind campsite 2. It follows a mine tram road, passing old mine openings and a tipple site. Because of steep drops, children should not take this trail unsupervised.

Distance: 1 mile **Difficulty:** moderate

FITNESS TRAIL

This trail starts across from the multipurpose building and has a series of exercise stations along it.

Distance: 1 mile **Difficulty:** moderate

GUYANDOTTE BEAUTY TRAIL

The trail starts at the head of Mud Lick Hollow. Sights along the trail include abandoned coal mines and the endangered wildflower species the Guvandotte beauty, which blooms in May.

Distance: 1.1 miles **Difficulty:** difficult

LAKE SHORE TRAIL

The trails starts at the lower end of the lake. Many spring wildflowers may be seen along the trail.

Distance: 1.1 miles **Difficulty:** difficult

SHAWNEE TRAIL

This trail starts at the amphitheater. It is a great location for viewing spring wildflowers.

Distance: 0.5 mile **Difficulty:** easy

WATERFALL TRAIL

This trail begins at the first bridge on the left above the park office and makes a loop. In the rainy season, it is possible to see a small natural waterfall.

Distance: 0.75 mile **Difficulty:** moderate

WILDERNESS TRAIL

The trail begins at the campground. It is mostly easy walking, but due to the length of this trail it is

considered moderate. **Distance:** 6 miles **Difficulty:** moderate

WILD TURKEY TRAIL

The trail begins between campsites 16 and 17. It follows an old timber road and intersects with the Wilderness Trail, ending at the water tank near the

conference center. **Distance:** 1.3 miles **Difficulty:** moderate

WOODPECKER TRAIL

The trail starts at the first parking area on the right, past the park office. Many spring wildflowers may be

seen along the trail. **Distance:** 2.3 miles **Difficulty:** easy