

Legend --- Park boundary

Paved road

Hiking trail

Parking area

Structures

Cabin area

Campground

Picnic area

RV sites

Trailer sites Waterfall

SCALE IN FEET

Picnic shelter

Wildlife food plot

Park headquarters

Scenic viewpoint/ overlook Shooting range

8000

Bridge

Gate

W-14

#

14

长

====== Unimproved road

Stream

Improved road



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.

CLAY RUN TRAIL

Beginning at Forest Headquarters, Clay Run Trail crosses Mill Creek then follows an old logging railroad grade north alongside Mill Creek. Approximately 0.5 mile downstream, this trail turns east and ascends to the top of Mill Ridge. Once reaching the top of Mill Ridge, the Clay Run Trail ends at the Mill Ridge Fire Trail.

Distance: 0.75 mile **Difficulty:** easy

MEATBOX RUN TRAIL

Beginning in the picnic area, Meatbox Run Trail is a steady incline following a hollow leading up to the Rich Mountain Fire Trail. Hikers may return by way of Raven Rocks or Potato Hole Trail.

Distance: 1.5 miles **Difficulty:** difficult

ADVENTURE AWAITS

Scan this code with vour smartphone's camera to access the exclusive **West Virginia State Parks Interactive** Vacation Guide.



MILL RIDGE FIRE TRAIL

Mill Ridge Fire Trail follows the top of Mill Ridge between Clay Run and Mowry Run. A picnic table overlooks Tygart Valley to Cheat Mountain.

Distance: 1 mile **Difficulty:** easy

MOWRY TRAIL

The Mowry Trail begins just south of Forest Headquarters, crosses Mill Creek and ascends to the top of Mill Ridge. Mowry connects to the Mill Ridge Fire Trail.

Distance: 0.5 mile **Difficulty:** easy

POTATO HOLE TRAIL

Starting behind Forest headquarters, Potato Hole Trail gradually climbs to the top of Rich Mountain, following Potato Hole Fork. The trail ends at the remains of a forest fire lookout tower on a branch road of the Rich Mountain Fire Trail.

Distance: 2 miles **Difficulty:** difficult

RAVEN ROCKS TRAIL

Beginning just north of the picnic area, Raven Rocks Trail starts as a sharp incline leading up to a rock overlook surrounded by lush rhododendron. The trail then gradually climbs to the top of Rich Mountain to the end of the Rich Mountain Fire Trail.

Distance: 1 mile **Difficulty:** moderate

RICH MOUNTAIN FIRE TRAIL

Beginning from Turkey Bone Road, the trail follows the top of Rich Mountain to the northern border of the forest. This fire trail takes you along the highest point in the forest (Buck Knob: Elevation 3.855 feet) and will lead you into the most remote sections of the forest. Potato Hole, Meatbox Run and Raven Rocks trails connect to this trail.

Distance: 3.5 miles **Difficulty:** moderate

WHITMAN TRAIL

Whitman Trail connects Turkey Bone Road to Kumbrabow State Forest Road. The suggested route is to begin from Turkey Bone Road; the trail then gradually descends off Rich Mountain.

Distance: 2 miles **Difficulty:** difficult