



Type: Pedestrian

- #1 Store Trail. 0.25 miles. Short trail starting near the first bathhouse in the campground; ending on Pine Ridge Trail. Non-campers can park at the campground entrance and hike to this trail. Moderate.
- Alligator Rock Trail. 0.5 miles. Steep trail beginning on Shrewsbury Hollow Road above the Gift Shop; ending on Middle Ridge Road. Moderate to Difficult
- CCC Snipe Trail. 1 mile. An interpretive trail that starts at the group camp area behind the Forest Office and ends at Shrewsbury Hollow Road and Mossy Rock Trail Fasy
- Crabapple Trail. 0.5 mile. This short trail can be accessed from the road and is a steep incline that ends at the end of Rattlesnake Connector Trail. Difficult.
- Hemlock Falls Trail. 0.75 miles. Follows an old gas well road out of Polly Hollow and turns west to the Boundary Ridge Road. Moderate.
- Kevin Dials Bat Trail. 0.25 miles. Learn about the nine species of bat that inhabit the forest on this short interpretive trail. It can be accessed from the road towards the shooting range. Easy.
- Lindy Trail. 0.5 miles. Steep trail ascends from the shooting range road up to Middle Ridge Road near the top of Alligator Rock Trail. Moderate to Difficult.
- Overlook Rock Trail. 1.5 miles. Steep trail starts just south of the Forest Office; ends in #2 Store Hollow. Be careful to follow the blazes. This trail follows an access road and then turns South. Watch for this turn off or you will end up on the Old Boundary Road. Moderate to Difficult.
- Polly Trail. 1.5 miles. Trail starts in Dunlop Hollow Picnic Area and can be accessed at the mouth of Polly Hollow. Runs up Polly Hollow; ends into Wildcat Ridge Trail. Moderate with steep sections.
- Rattlesnake Trail. 1 mile. Starts near main road at the mouth of Rattlesnake Hollow; ends approximately halfway up access road. Moderate to Difficult.
- Rattlesnake Connector Trail. 0.75 miles. This trail connects Rattlesnake Trail to Crabapple Trail. Beginning with a steady incline you then follow a service road to Crabapple Trail. Moderate.
- Rocky Ridge Trail. 1.5 miles. Starts across from Shelter #5 parking lot; ends into Pigeon Roost Trail. A portion of the trail follows a ridge top gas well road. Be sure to follow trail blazers carefully and watch for the turn off the road. Moderate with steep sections.

Spotted Salamander Trail. 0.25 miles. Wheelchair accessible; located next to the ADA playground across the road from the old barn.

- Veteran's Memorial. 0.5 miles. This gently rolling trail connects Overlook Rock Trail to Old Boundary Road. It can be accessed from Overlook Rock Trail. Easy.
- White Hollow Trail. 1.75 miles. Starts on the southern end of Davis Creek Trail; ends across from Dunlop Hollow. A portion of this trail follows an access road; follow blazes carefully. Moderate.

Type: Pedestrian/Mountain Bike

- Backhand Bend Trail. 1 mile. This trail can be accessed from Polly Hollow Road. and connects to Bob Ward Pathway Trail. Begins with a moderate climb before leveling off on a scenic ridge line. Moderate.
- Ballard Trail. 1 mile. Trail starts on Middle Ridge Road: ends near the shooting range. A rocky overhang makes this trail a technical challenge for bikers. Moderate

- Barred Owl. 0.5 miles. This short connector trail branches off of Portercamp Road, and ends at Middle Fork, Moderate with Difficult sections.
- Bays Fork Trail. 2.5 miles. Parallels a ridge for approx. 3/10 of a mile, followed by a sharp drop into Bays Fork for a relatively flat remainder of the trail. This trail is remote and located along the north western forest boundary, suggested GPS use. Moderate.
- Beech Glen. 1 mile. Starts in Polly Hollow and ascends to Wildcat Ridge Trail. Mountain bikes uphill only. Moderate.
- Black Bear Trail. 1 mile. A steep, challenging downhill trail from Middle Ridge Road to Pigeon Roost Trail. Look for the right hand alternative route around the steepest section "Honey Bee Trail". Experienced bikers only. Difficult.
- Blazing Saddles Trail. 0.5 miles. This short trail can be accessed from Stable Trail and is a steep—incline that ends at an old service road. Difficult.
- ▲ Bob Ward Pathway Trail. 1 mile. This trail begins at Polly Hollow Road and ends at Old Boundary Road. Expect a steady incline followed by rolling terrain. Moderate.
- Brier Hollow Trail. 1.5 miles. This scenic trail is located along the southern most border and can be accessed using South Boundary Road. It starts with steep drop followed by a gentle downhill slope following brier creek. Moderate.
- Country Roads Trail. 1 mile. This gently rolling trail begins and ends on Old Boundary Road on the West boundary line, following a ridge line out and back Fasy.
- Davis Creek Trail. 2.25 miles. Fairly level trail beginning at the footbridge below the lake and following Davis Creek to Copperhead Rock below the stables. The trail can also be accessed from the forest office. Easy with Moderate sections.
- Dunlop Trail. 0.5 miles. This rolling trail starts in Dunlop Hollow and ends in the middle of Pine Ridge Trail. Moderate.
- Dunlop Hollow Trail. 0.75 miles. This trail begins at an old gas well on Dunlop Hollow Road. and ends at an old road near the West boundary of the forest. Expect a steep climb before gently following the ridge line the rest of the way.
- Flatlander Trail. 0.5 miles. This easy, gently rolling walk connects Old Boundary Trail to Tuskegee Trail. Easy.
- Hoffman Hollow Interpretive Trail. 2.5 miles. This trail follows an old gas line road, starting at the gun range and ending on Park Forest Road. Moderate.
- Honey Bee Trail. 0.25 miles. This trail is comprised of the steepest section of Black Bear Trail. Hikers beware of bikers who will be unable to brake at high speeds. This steep, challenging trail is for experienced bikers only.
- Johnson Hollow Trail. 1 mile. This trail starts behind Shelter #7 and ends at Middle Ridge Road. Mountain bikes uphill only until Laurels Trail. Easy to Moderate.
- Laurels Trail. 2.75 miles. This trail can be accessed from Middle Ridge Trail at the end of the forest and crosses both Johnson Hollow Trail and Black Bear Trail. Easy with Moderate sections.
- Logtown Trail. 1 mile. Begins behind Shelter #9 and ends on Middle Ridge Road. Easy to Moderate.

- Middle Ridge Trail. 10 miles. This rolling trail crisscrosses Middle Ridge and runs from the South boundary to the North boundary of the forest. Moderate.
- Mossy Rock Trail. 0.75 miles. This trail goes from the head of Shrewsbury Hollow to Middle Ridge Road.
 - Oak Flats Trail. 1 mile. This level and beautiful trail can be accessed from the middle of Teaberry Rock Trail and follows a mountain ridge before merging with Middle Ridge Trail. Easy.
- Old Boundary Trail. 0.75 miles. This gently rolling trail runs parallel to Old Boundary Road., starting on a service road on the western border and ending at Tuskegee Trail. Moderate.
- Pigeon Roost Trail. 0.75 miles. Moderate trail ascending Pigeon Roost Hollow up to the West Boundary Road. Moderate.
- Pine Ridge Trail. 1.25 miles. Trail begins on the C-26 Gas Well Road; bends in Dunlop Hollow. Bikers watch for signs; #1 Store Trail and the northern portion of Pine Ridge Trail are for hikers only (from Dunlop Trail intersection north to the bottom of Pine Ridge Trail). Moderate with difficult sections.
- Polecat Trail. .75 miles. Downhill trail splits off of Ballard Trail very close to Middle Ridge Road and ends at the road to the Shooting Range. Moderate.
- Portercamp Trail. 1.5 miles. This scenic trail is comprised of a loop along an open ridge line with an abundance of wildlife. Trailhead can be accessed off of Old Boundary Road. It is somewhat remote, GPS recommended. Easy.
- Stables Trail. 0.25 miles. This short trail can be accessed behind the barn and is mostly level. It is entirely within a No Hunting Zone. Easy.
- Teaberry Rock Trail. 1.25 miles. Trail begins on Davis Creek Trail across from The Pines and ends at Middle Ridge Road near gas well C-25. Moderate with difficult sections.
- Tuskegee Trail. 1 mile. This trail begins with a gentile decline and follows a ridge line from Old Boundary Trail to an old gas well road. Moderate
- Warbler Trail. 1 mile. This trail begins at an old gas well and follows a creek bed before ending near the North Boundary. Expect a steep climb back to Rattlesnake Road.

 Moderate.
- White Tail Trail. 0.5 miles. This gentle short trail connects Old Boundary Road to Bob Ward Pathway Trail. Easy.
- Wall Fork Trail. 2.5 miles. This trail runs from Southeast Boundary Road. to the shooting range, following Wall Fork stream. Moderate with steep sections.
- Wildcat Ridge Trail. 1.75 miles. Trail begins at Dunlop Hollow Picnic Area with switchbacks to top of the ridge running between Polly and Dunlop Hollows and ends on the west Boundary Ridge Road. Moderate with some difficult switchbacks.

MARY INGLES TRAIL. NW to SE starts at the Mary Ingles Trailhead at McGhee Road and ascends to Boundary Ridge Road. From that point onward, the Mary Ingles Trail piggybacks on the roadway, turn East on Hemlock Falls Trail, Beech Glen Trail, turn North on Wildeat Ridge Trail, turn North on Dunlop Hollow Roadway, North on the main forest road, East at White Hollow Trail, North onto Davis Creek Trail, South through the Shrewsbury Hollow parking area to Snipe Trail, follow to Mossy Rock Trail, North on Middle Ridge Road, East on Ballard Trail, South on Shooting Range Road, East on Wall Fork Trail to East Boundary Road.

Kanawha State Forest, Trail Description Sheet

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