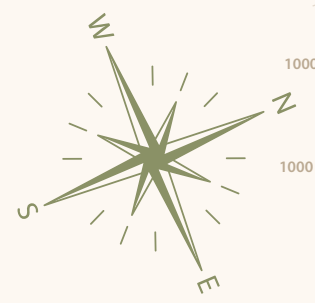


NOTE: Overlook is 1 mile south of the top of Giddy Up Trail

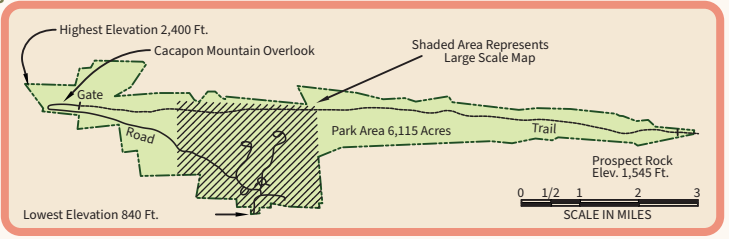
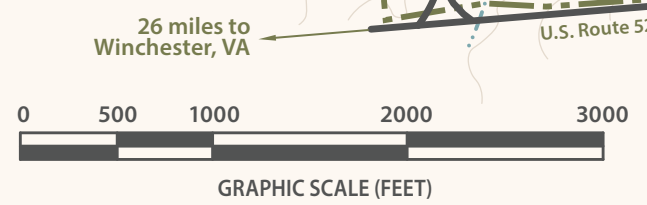
- ### Legend
- Park boundary
 - Paved road
 - Improved road
 - Unimproved road
 - Parking area
 - Structure
 - Dedicated horse trail
 - Hiking only trail
 - 5K loop (hiking only)
 - Multiple-use trail
 - Lake
 - Stream
 - Automated External Defibrillator (AED)
 - Cabin area
 - Fishing pier - accessible
 - Food service
 - Gift shop
 - Golfing
 - Lodging
 - Park headquarters
 - Picnic area
 - Picnic shelter
 - Restroom
 - Scenic viewpoint/overlook
 - Showers
 - Stables
 - Swimming
 - Sporting clay shooting range
 - Horse trail
 - Mountain bike trail

ADVENTURE AWAITS

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

CACAPON RESORT STATE PARK



26 miles to Winchester, VA
10 Miles to Berkeley Springs
U.S. Route 522

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.

Cacapon Mountain Bike Rules of the Trail: Helmets required- no exceptions. Ride in control and within your abilities. Scout all features before riding. Drops and jumps for advanced riders only. Stay on marked trails. Do not ride on muddy trails. Bikers yield to hikers on classic multi-use trails, hikers yield to bikers on mountain bike optimized trails. Mountain biking involves the risk of serious injury from both natural and man-made features. Users assume all risk.

 = Hiking  = Horseback Riding  = Mountain Bike Riding

CABIN LOOP TRAIL


The starting and ending point of this trail is between Cabins 21 and 22. It follows the base of Piney Ridge and passes through oaks, maples, pines, mountain laurel, blueberry and flowering dogwood.

Distance: 0.75 mile
Difficulty: easy
Blaze: 

BOY SCOUT TRAIL


Mountain bike optimized single track trail:
Hikers yield to bikers.

This is a less steep, less rocky way to get uphill and form a loop back to the Batt Picnic Area Hub, rather than using Start Me Up to lower Get Down. The trail branches off of Start Me Up before it crosses the paved road and then begins a more gentle climb. It is still called mountain biking, so there is uphill, about 111 feet of it over the 0.8-mile trail. Also, it is Cacapon, so there are still some rocks, but it is not extremely technical. To make a fun loop, ride this uphill to where it dead-ends into Get Down. Hang a right and follow Get Down until it dead-ends into Giddy-Up Trail. Hang another right and continue back to the Batt Picnic Area Mountain Biking Hub for a fun 1.5-mile loop that's great for beginners who want a little more challenge, or for anyone else who just wants a fun warm up or add-on loop to a bigger ride. Trail climbs 111 feet.

Distance: 0.8 mile
Difficulty: easy
Blaze: 

CENTRAL TRAIL


Start from Batt Picnic Area, near Cabin 1, Cabin 10 or from either log cabin area road. The elevation at the Batt Picnic area is 1,200 feet. Points of interest are Bear Den Rocks and a nearby crag that overlooks the broad valley between Cacapon and Sleepy Creek mountains. The trail crosses the east side of Cacapon Mountain, the north and middle forks of Indian Run and passes through mixed hardwoods, pines, blueberry bushes and various flowering plants.

Distance: 5 miles
Difficulty: moderate with some midgrade uphill sections
Blaze: 

CENTRAL EXTENSION

Mountain bike optimized single track trail:
Hikers yield to bikers


This trail continues the fun flow of Ziler & Central Trail across Giddy-Up Trail and over to Boy Scout. Intended primarily as a down trail for those riding Ziler & Central Trail, this gives a really fun finish with a couple of sweeping turns and dips before ending at Boy Scout.

Distance: 0.2 mile
Difficulty: intermediate
Blaze: 

GIDDY UP TRAIL

Mountain bike optimized single track trail:
Hikers yield to bikers


Giddy-Up is a fast, flowing downhill trail from the ridge. It is an old road that connects the Batt Picnic area to the South Prospect Rock Trail at the top of the mountain. This is a downhill-optimized trail, so if hiking or riding uphill, yield to downhill riders. Speeds can be extreme on this trail, so use caution and your best judgement. The trail is unusual for Cacapon in that it is NOT rocky, but it is very steep, so NOT for beginners. The trail is an old road bed that appears to have been well-graded and bench cut into the side of the mountain. There are a few steeper pitches, but nothing too extreme. The top of the trail can be found by riding north from the overlook for 1 mile. It is the first trail on the right. The top trailhead is a doubletrack opening in the trees on the right hand side of the Ridge Trail. About two-thirds of the way down, you can turn right onto Get Down to continue the descending fun, or go left to continue onto the jump line section of Giddy Up. **CAUTION:** There are several jumps in this section that should be ridden by advanced riders only, and then only after scouting. Use good judgment and wear appropriate safety gear. The jumps are easy to ride around. There also is an alternate drop line with a progression of drop offs from 6 inches to almost 3 feet. Start small and work your way up as comfortable. These are not for beginner riders. Giddy Up descends 820 feet.

Distance: 1.2 miles
Difficulty: difficult
Blaze: 

GET DOWN TRAIL


Mountain bike optimized single track trail:
Hikers yield to bikers

This trail is built primarily for a descent from Boy Scout. The best way to ride is to go up Boy Scout from the Batt Picnic Area and turn left at the top to enter Get Down. There are a couple of fun downhill sections to this trail with some challenging rock moves that are optional. At the end of the trail, turn left on Start Me Up and follow back up to the Batt Picnic Area. If going up Get Down, this is a great workout. It has some steep pitches but is 100% ride-able. The trail descends 243 feet.

Distance: 0.9 mile
Difficulty: intermediate+
Blaze: 


LAUREL TRAIL

Loop trail starts at main park road near Gamy Court Parking, also near Cabins 21 and 25. Point of interest is a crag overlooking the Sleepy Creek Valley. Elevations range from 900 to 1,240 feet. Trail winds through mixed forest trees, Keefer Sandstone outcroppings and boulders from which wildlife and birds may be observed. Look for flowering shrubs and wildflowers in season.

Distance: 2 miles
Difficulty: moderate with some mid-grade uphill sections
Blaze: 


MULTI-PURPOSE TRAIL

Start and end this hike at the tennis court parking lot. The trail is a crusher run rock accessible path traveling through the picnic area near the lake.

Distance: 0.3-mile loop
Difficulty: easy
Blaze: 


PINEY RIDGE TRAIL LOOP

This short loop trail begins across the street from the lodge (with the Tower Trail and high school 5K course)* and leads through pine and mixed oak forest. Elevations range from 950 to 1,100 feet.

Distance: 1-mile loop
Difficulty: moderate
Blaze: 

RIDGE TRAIL


Start from the bathhouse or the bridge near the beach. Elevations range from 900 to 1,080 feet. The trail leads past Oriskany Sandstone outcroppings.

Distance: 1.5 miles
Difficulty: moderate
Blaze: 

ROCK & ROLL TRAIL

Mountain bike optimized flow trail:
Hikers yield to bikers


This trail starts and ends at the base of the mountain near the Nature Center and lower lake on Campfire Circle road. Rock & Roll forms a 2.2-mile figure 8 trail with the very short connector trail Crossroad. The inner loop is 1.2 miles and climbs a more gentle 89 feet. The outer loop is a slightly more challenging 1.0-mile loop that climbs 113 feet. The Crossroad connector enables multiple options for riding the trail. The trail is built so that beginners can ride and enjoy while progressing their skills. The trail climbs 215 feet.

Distance: 2.2-mile bi-directional
Difficulty: easy+
Blaze: 

START ME UP TRAIL

Mountain bike optimized single track trail:
Hikers yield to bikers

Start Me Up starts at the far end of Rock & Roll and continues to the Batt Picnic Area, which is the center of mountain biking activity at Cacapon. The trail is built so beginner-intermediate level riders can enjoy it. The trail climbs 174 feet.

Distance: 1-mile bi-directional
Difficulty: intermediate
Blaze: 

ZILER LOOP TRAIL

Starting points and views are the same as the Central Trail, but move to a higher elevation of about 2,200 feet. The trail winds upward to the top of Cacapon Mountain.

Distance: 5-mile loop
Difficulty: moderate
Blaze: 