



# TRAIL DESCRIPTIONS | CACAPON RESORT STATE PARK

## CABIN LOOP TRAIL | | 0.75 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

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.

## BOY SCOUT TRAIL | | 0.8 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

**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. Ride this uphill to where it dead-ends into Get Down. For a fun 1.5-mile loop that's great for beginners who want a little more challenge, hang a right and follow Get Down until it dead-ends into Giddy-Up Trail, and then hang another right and continue back to the Batt Picnic Area Mountain Biking Hub. Trail climbs 111 feet.

## CENTRAL TRAIL | | 5 MI ONE WAY

TRAIL RATING   | NOT A LOOP TRAIL BLAZE COLOR 

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.

## CENTRAL EXTENSION | | 0.2 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

**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.

## GIDDY UP TRAIL | | 1.2 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

**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.

**CAUTION:** There are several jumps in this section that should be ridden by advanced riders only, and then only after scouting.

## GET DOWN TRAIL | | 0.9 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

**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.

## HOVERMALE HOMESTEAD TRAIL | | 1.2 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

A fairly level easy hiking/biking trail leading off of the Rock and Rock Trail at the foot bridge. This loop trail winds along the South Fork of Indian Run through a mixed hardwood forest and around to where a family homestead was previously located. The return comes back through to the Rock and Roll trailhead.

## LAUREL TRAIL | | 2 MI

TRAIL RATING   BLAZE COLOR 



Loop trail starts at main park road near Game 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.

## MIDDLE FORK TRAIL | | 1.2 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL


Connecting trail from Central/Ziler Loop to the Rock & Roll Trail. This trail offers some unique rocky outcroppings along Piney Ridge.

## MULTI-PURPOSE TRAIL | | 0.3 MI

TRAIL RATING  BLAZE COLOR 

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.

## PINEY RIDGE TRAIL LOOP | | 1 MI

TRAIL RATING  BLAZE COLOR 

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.

## ICON KEY: = Hiking = Mountain Bike Riding

## RIDGE TRAIL | | 1.5 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

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.



## ROCK & ROLL TRAIL | | 2.2 MI

TRAIL RATING  BLAZE COLOR 

**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.

## START ME UP TRAIL | | 1 MI

TRAIL RATING  BLAZE COLOR 

**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.

## TOWER TRAIL | | 0.5 MI ONE WAY

TRAIL RATING  | NOT A LOOP TRAIL BLAZE COLOR 

Connecting trail from Piney Ridge to Central Trail near the water tower that has a steady rise in elevation.



## ZILER LOOP | | 5 MI

TRAIL RATING  BLAZE COLOR 

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

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.

## ZILER TRAIL | | 5-7 MI

TRAIL RATING  BLAZE COLOR 

Trail climbs from 900 feet at main park road near boat dock entrance to 2,200 feet at the top of Cacapon Mountain. Extending over the mountain, it connected the Sleepy Creek Valley with other communities like Great Cacapon, Largent, and Paw Paw years ago. Persons using this steep rugged trail may return by retracing their steps (total distance 5 miles) or by following the Blue marked trail (\*total distance 7 miles). Average walking time for either option is 4 to 5 hours.

## TRAIL RATINGS

### EASIER



Gentle off road trail with typical obstacles including gravel, loose rocks, sticks, bridges, narrow tread and trees.

### INTERMEDIATE



Challenging trail with steep slopes, varying obstacles, rocks, significant grades and narrow tread.

### EXPERT



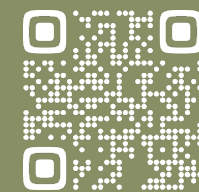
Steep grades, loose surfaces, natural and man made obstacles, elevated features, berms, jumps, very narrow tread.

### VERY DIFFICULT



Advanced riding skills required, Trails may not be continuously ride able or walkable and air time may be required.

## ADVENTURE AWAITS



Scan this QR code to get exclusive deals, book your stay or explore all that Cacapon State Park has to offer.

## EMERGENCY INFORMATION

- CALL 911
- PARK PHONE NUMBER: 304-258-1022
- PARK ADDRESS: 818 Cacapon Lodge Drive Berkeley Springs, WV 25411