

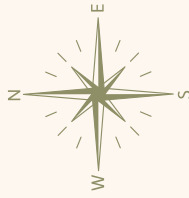
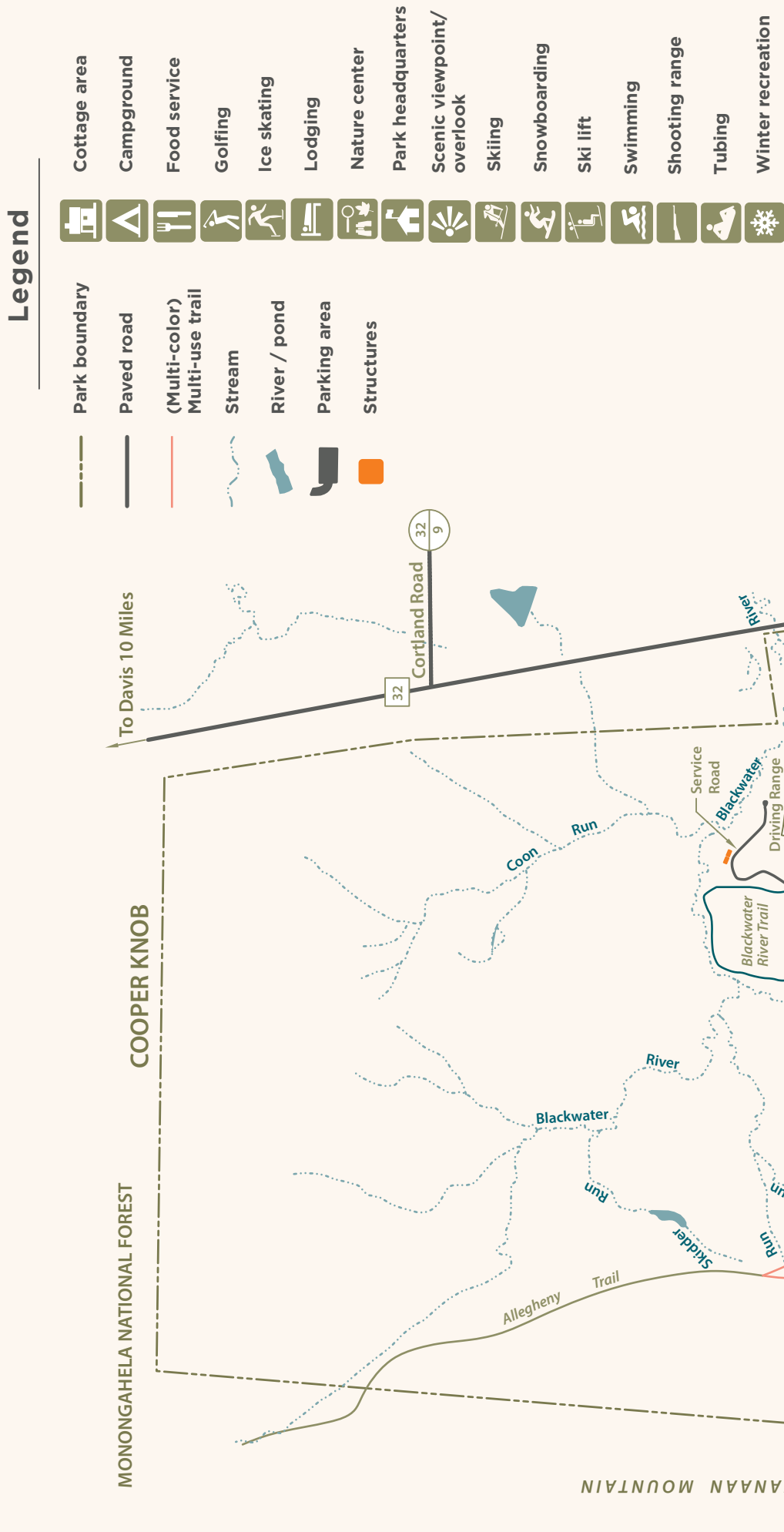


WEST VIRGINIA

state
parks

CANAAN VALLEY RESORT
STATE PARK

1-833-WV-PARKS | WVstateparks.com |   



TRAIL DESCRIPTIONS

CANAAN VALLEY RESORT STATE PARK

ABE RUN TRAIL | | 0.75 MI

TRAIL RATING ●

Many “nursery trees” can be seen along this trail that forms a loop off the Deer Run Trail.

BACK HOLLOW TRAIL | | 3 MI ONE WAY

TRAIL RATING ● ◆ | NOT A LOOP TRAIL

The trail winds through open meadows and connects the Main Lodge and Cabin Area with the Nature Center.

BALD KNOB TRAIL | | 2.5 MI ONE WAY

TRAIL RATING ◆ ◆ | NOT A LOOP TRAIL

Access is at the top of the chair lift or ski area overflow parking lot. The trail ascends through meadows full of birds and butterflies to the top of Bald Knob (elevation 4,308 feet), offering a panoramic view of Canaan Valley.

BLACKWATER RIVER TRAIL | | 1 MI

TRAIL RATING ●

This trail begins at the gold course parking lot, following the Blackwater River and passing through mixed northern hardwood stands and some of the largest big-toothed aspen in the park.

BOTTLENECK TRAIL | | 0.25 MI ONE WAY

TRAIL RATING ■ | NOT A LOOP TRAIL

A connector trail that provides access to Club Run, Ridge Top and Middle Ridge Trails.

CLUB RUN TRAIL | | 1 MI

TRAIL RATING ◆

The trail begins at the Cabin Area and follows a section of the Club Run tributary of the Blackwater River. The terrain of mixed forest shrub swamp wetland showcases a variety of wildflowers.

DEER RUN TRAIL | | 1.5 MI ONE WAY

TRAIL RATING ◆ | NOT A LOOP TRAIL

This self-guided, interpretive trail within the Wildlife Observation Area can be accessed at the Main Lodge or Campground.

MIDDLE RIDGE TRAIL | | 2.5 MI

TRAIL RATING ◆

This trail begins at Balsam Swamp Overlook. Its open meadows and forest edge provide a good location for birdwatching.

MILL RUN TRAIL | | 1 MI

TRAIL RATING ●

This loop is an offshoot of Deer Run Trail and includes benches overlooking the wetland.

MONARCH TRAIL | | 0.25 MI ONE WAY

TRAIL RATING ● | NOT A LOOP TRAIL

This trail can be accessed via Back Hollow Trail. Monarch butterflies are drawn to the patches of milkweed in the open fields.

PROMISED LAND TRAIL | | 6 MI

TRAIL RATING ● ■

Our longest trail that weaves in and out of most bike trails in the park (including Allegheny Trail), passes by the pool, Main Lodge and Cabin Area. This trail can be traveled on its own or connected with several others to make a day-long adventure. This is a good beginner trail for the novice mountain biker. It is also a NICA (National Interscholastic Cycling Association) race course.

ICON KEY:  = Hiking
 = Mountain Bike Riding

RAILROAD GRADE TRAIL | | 2.5 MI ONE WAY

TRAIL RATING ● ◆ | NOT A LOOP TRAIL

Access points are the Cabin Area and Middle Ridge Trail. The trail follows the base of Canaan Mountain, passing through a hardwood forest and crossing several small streams.

RIDGE TOP TRAIL | | 0.125

TRAIL RATING ●

This trail connects Club Run and Middle Ridge trails.

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.

WEST VIRGINIA
state parks
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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

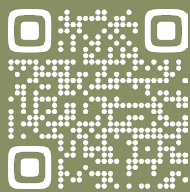
Steep grades, loose surfaces, natural and man made obstacles, elevated features, berms, jumps, very narrow tread.



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 Canaan Valley Resort State Park has to offer.



EMERGENCY INFORMATION



- CALL 911
- FIND AN EMERGENCY LOCATOR
- TRAIL HEAD ADDRESS:
230 Main Lodge Road
Davis, WV 26260