WEST VIRGINIA

state parks

CABWAYLINGO STATE FOREST

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

N W E S

Branch
Pen Coal Haul Road
Missouri
To Huntington
152
35
Branch
Trail
Ridge
Arkansas
West Fork
Twelvepole Creek
Perry Gentle Hiking Loop
Martin
Sleepy Hollow Trail
Sweetwater
Long Branch Historic Trail
TANK HOLLOW PICNIC AREA
LONG BRANCH PICNIC AREA
Asst. Supt. Residence
35/5
Copley Trail
Supt. Residence
Indian Trail
Wiley
TICK RIDGE CAMPGROUND
152
Long
Ash Branch Trail
Branch
Jonnies Branch
SPRUCE CREEK CAMPGROUND
West Fork
41
Gourd Branch
35/4
Moses Fork
To Williamson
152
Right Fork
Spruce Creek Trail
Bark Camp Branch
Spruce Fork
Twelvepole Creek
41/2
41
Marcum Cemetery
52/48
Turkey Creek
Ground Branch
New
WAYNE COUNTY
MINGO COUNTY
41/1
52/30

Legend

- Park boundary
- County line
- Paved road
- Improved road
- Paved private road
- Forest road
- Private road
- Oil / gas well road
- Timber skid road
- Hiking trail
- Structures
- Stream/river
- Cemetery
- Oil/gas well
- Wildlife clearing
- Cabin area
- Camping area
- Fire tower
- Gift shop
- Group camp
- Park headquarters
- Picnic area
- Picnic shelter
- RV sites
- Trailer sites

TRAIL DESCRIPTIONS | CABWAYLINGO STATE FOREST

ASH BRANCH TRAIL | | 2 MI ONE WAY

TRAIL RATING ◆ | NOT A LOOP TRAIL

Ash Branch Trail begins near Cabin No. 8 and extends to the Perry Ridge vicinity, then ends at Long Branch Picnic Area.

COPLEY TRAIL | | 3 MI ONE WAY

TRAIL RATING ◆ | NOT A LOOP TRAIL

Copley Trail begins near Cabin No. 7 and goes to Tick Ridge. It then comes off the mountain to the Hatfield-McCoy Trailhead. Points of interest to notice are the rock formations running the top of the ridge.

INDIAN TRAIL | | 1 MI ONE WAY

TRAIL RATING ◆ | NOT A LOOP TRAIL

Indian Trail begins just above the Group Camp and ends at Tick Ridge Fire Tower location (built in 1934).

MARTIN RIDGE TRAIL | | 1.5 MI ONE WAY

TRAIL RATING ● | NOT A LOOP TRAIL

Martin Ridge Trail begins in Doane Hollow Picnic Area and ends on Martin Ridge Road. This Trail connects to Sleepy Hollow Trail at approximately one mile.

PERRY GENTLE HIKING LOOP | | 500 YD

TRAIL RATING ●

Perry Gentle Hiking Loop is located next to the bridge at the end of Tick Ridge Road. This trail is an exercise loop in a nicely wooded area.

SLEEPY HOLLOW TRAIL | | 1.5 MI ONE WAY

TRAIL RATING ● | NOT A LOOP TRAIL

Sleepy Hollow Trail begins across from Cabin No. 1/14 off the side of Sweetwater Road. It connects after one mile with Martin Ridge Trail.

SPRUCE CREEK TRAIL | | 2 MI ONE WAY

TRAIL RATING ◆ | NOT A LOOP TRAIL

Spruce Creek Trail begins in Spruce Campground Area and connects with Tick Ridge Road.

LONG BRANCH HISTORIC TRAIL | | 0.75 MI ONE WAY

TRAIL RATING ◆ | NOT A LOOP TRAIL

Long Branch Historic Trail begins and ends in the Long Branch Picnic area. It begins with a beautiful staircase leading to two picnic shelters. Note the CCC logo located on the floor of the second shelter. (The only original camp CCC logo in WV placed into a structure.) Points of interest include CCC hand cut stone fireplaces, chimneys, stairway and picnic table pads with stonework bordering the trail pathway throughout. (Cross the footbridge to view an awesome crescent shaped fireplace with a chimney built in the 1930's.)

ICON KEY: = Hiking

TRAIL RATINGS

EASIEST
Smooth graded trial with improved surfaces, few obstacles and gentle grades.

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 grates 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.

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
CABWAYLINGO STATE FOREST

EMERGENCY INFORMATION

- **CALL 911**
- **PARK PHONE NUMBER:** 304-385-4255
- **PARK ADDRESS:** 4279 Cabwaylingo Park Road Dunlow, WV 25511