

Canaan Valley National Wildlife Refuge Trail Map



Freeland Road | Forest Road 80

1 Freeland Boardwalk
(0.4 mi, including loop) Easy. Accessible boardwalk leading through wet field and stands of balsam fir. Dogs not permitted.

2 Idleman's Run Trail
(0.6 mi, one way) Moderate. Short trail through woodlands along Idleman's Run. Return on Forest Road 80 to make a loop of 0.9 mi.

3 Wilderness Way
(0.3 mi, one way) Easy. Trail skirts intermittent ponds and red spruce forest to arrive at Dolly Sods Wilderness.

Beall Tract

4 Farm View Trail
(3.4 mi, round trip) Moderate. Great views of valley and the Blackwater River as it passes through old farm fields.

5 Beall South Loop
(0.4 mi, one way) Moderate. Follows Blackwater River back to Farm View Trail.

6 Shortcut Trail
(0.2 mi, one way) Easy. Connects Farm View to Beall Bridge.

7 Beall Bridge Trail
(0.2 mi, one way) Easy. Short trail connecting to Blackwater View.

8 Beall North Trail
(1.3 mi, one way) Moderate. Stroll through a variety of habitats, including forest, field, shrub swamp, and bog.

9 Bog Overlook Trail
(0.1 mi, one way) Moderate. Leads to a small viewing platform overlooking a bog.

10 Beall Connector
(0.2 mi, one way) Easy. Shortcut trail from Beall North to Blackwater View.

11 Blackwater View Trail
(3.2 mi, one way) Moderate. Follow along the winding Blackwater River. Bikes, horses, and hiking east of Blackwater River Crossing.



Middle Valley

12 Sand Run Trail
(1 mi, one way) Moderate. Travels through forested and wetland habitat to join Middle Valley and Cabin Mountain trails.

13 Cabin Mountain Trail
(2.2 mi, one way) Moderate to Difficult. Pass through the forest up slope for beautiful valley views.

14 Cabin Mountain Spur
(0.8 mi, one way) Moderate. Steep trail traveling through northern hardwood forest.

15 South Glade Run Crossing
(0.9 mi, one way) Moderate. Connects Cabin Mountain and Middle Valley trails. Crosses Glade Run with view of wetlands.

16 Fishing Hook Trail
(0.2 mi, one way) Easy. Allows for fishing access at the pond area.

17 Middle Valley Trail
(5.2 mi, one way) Moderate. Trail crosses Sand Run and Glade Run along a low sandstone ridge. Beaver activity may flood north stream crossing.



Camp 70

18 Chris Clower Trail
(3.8 mi, one way) Moderate. Uphill climb through hardwood forest.

19 Hellbender's Tail Trail
(0.1 mi, one way) Easy. Connects to Hellbender Trail in Little Canaan WMA.

20 Shady Hollow Trail
(0.03 mi, one way) Easy. Connects to Splash Dam Trail in Little Canaan WMA.

21 Blackwater Fishing Access
(0.1 mi, one way) Easy. Cross the bridge and follow the trail to the right to access the Blackwater River.

22 River's Edge Trail
(0.06 mi, one way) Easy. Short trail through a hemlock grove to the ADA canoe/kayak launch.

23 Camp 70 Loop
(2.4 mi, round trip) Moderate. Provides excellent views of beaver ponds and the refuge's central wetlands.

24 Brown Mountain Trail
(2.1 mi, one way) Moderate. Pleasant trail through the forest with gently increasing grade. Connects to Brown Mountain Overlook Trail.

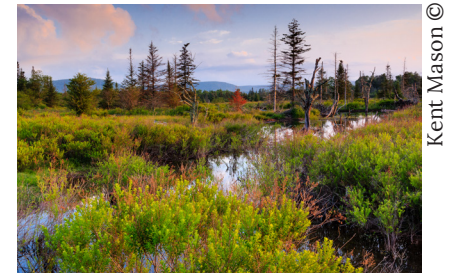
25 Brown Mountain Overlook Trail
(2 mi loop) Moderate. Loop on the valley floor with beautiful views of the wetlands.

26 Brown Mountain Connector to Moon Rocks/Hoodoo Rocks
(0.2 mi, one way) Moderate. Connects to Moon Rocks/Hoodoo Rocks Trail in Yellow Creek Natural Area.



Visitor Center

27 Visitor Center Trail
(0.1 mi, one way) Easy. A short stroll through the native garden and shrubby wetlands.

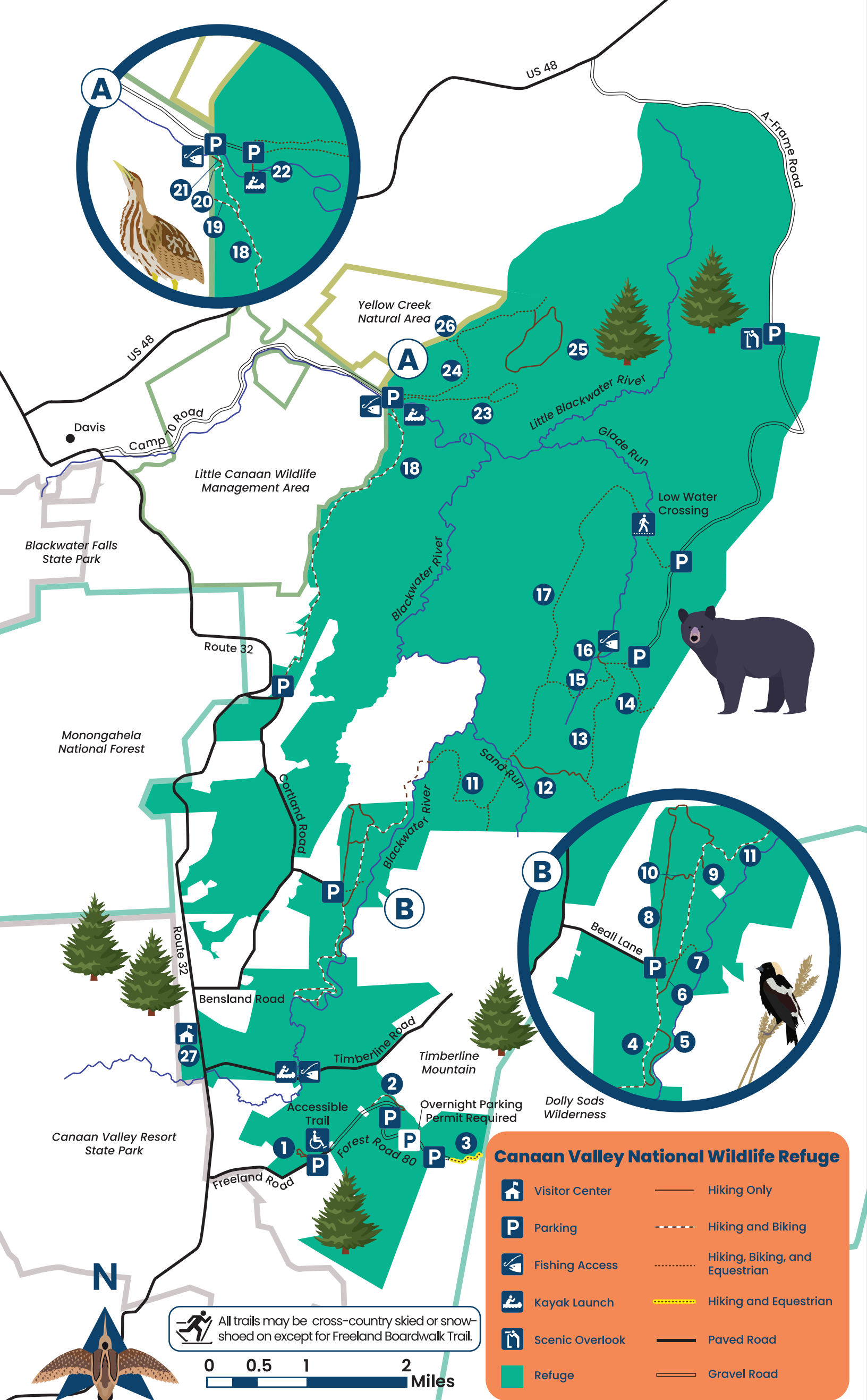


Kent Mason ©

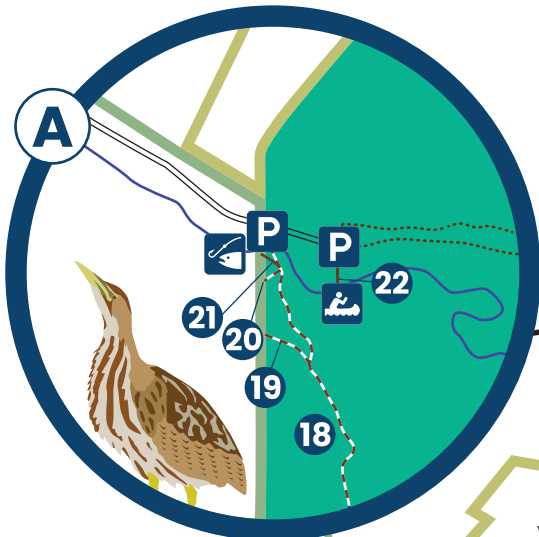
To learn more about the work we do and the ways you can enjoy the refuge, check out our website at www.fws.gov/refuge/Canaan-Valley/



NATIONAL WILDLIFE REFUGE SYSTEM



A



US 48

A-Frame Road

Yellow Creek Natural Area

US 48

A

Camp 70 Road

Little Canaan Wildlife Management Area

Little Blackwater River

Glade Run

Low Water Crossing

Blackwater Falls State Park

Route 32

Monongahela National Forest

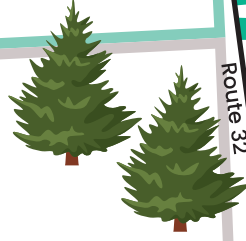
Cortland Road

Blackwater River

Sand Run

B

Beall Lane



Bensland Road

Timberline Road

Timberline Mountain

Dolly Sods Wilderness

Canaan Valley Resort State Park

Freeland Road

Accessible Trail

Overnight Parking Permit Required

Forest Road 80

N

All trails may be cross-country skied or snowshoed on except for Freeland Boardwalk Trail.



Canaan Valley National Wildlife Refuge

- Visitor Center
- Parking
- Fishing Access
- Kayak Launch
- Scenic Overlook
- Refuge
- Hiking Only
- Hiking and Biking
- Hiking, Biking, and Equestrian
- Hiking and Equestrian
- Paved Road
- Gravel Road

