

Places to visit on your way to or from the conference. Enjoying any of these sites that are also conference field trip sites does NOT substitute for going on the field trip for credit. With those few exceptions, these sites are not feasible for classes for logistics reasons. The sites are just suggestions for you to enjoy on your own if interested. West Virginia Master Naturalists assumes no liability for your visit and cannot guarantee the condition of any trails or other facilities at these sites. Assume all sites are open dawn to dusk, but check websites for confirmation as any visitor centers will have shorter hours. Sites marked with an \* are included in the AllTrails app so we recommend that if available. In some cases, as for West Virginia Botanic Garden, AllTrails only designates one of the several trails so that is marked with an \*. In the case of multiple trails, like Coopers Rock State Forest, the name of the site is designated with an \*.

| Site and brief description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Address, contact information                                   | Website or Facebook page                                                                                                                                                              | Facilities                                                     |
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| Traveling west (Potomac Valley and Canaan Valley)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                |                                                                                                                                                                                       |                                                                |
| Swallow Falls State Park (WV Land Trust)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                |                                                                                                                                                                                       |                                                                |
| trail near Friendsville off I-68, a lovely trail though be prepared for mud. And take Rte. 7 into Camp Dawson from there.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2470 Maple Glade Road, Oakland, MD 21550                       | <a href="https://dnr.maryland.gov/publiclands/pages/es/western/swallowfalls.aspx">https://dnr.maryland.gov/publiclands/pages/es/western/swallowfalls.aspx</a>                         | website has information on camping, picnic facilities          |
| Cranesville Swamp Natural Area                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                |                                                                                                                                                                                       |                                                                |
| (for those not on the field trip or want more time there), The Nature Conservancy site, information kiosk, boardwalk and marked trails; audio tour map                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | go to website for directions and map                           | <a href="https://dnr.maryland.gov/wildlife/pages/naturalareas/western/cranesville-swamp.aspx">https://dnr.maryland.gov/wildlife/pages/naturalareas/western/cranesville-swamp.aspx</a> | none                                                           |
| Cathedral State Park                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                |                                                                                                                                                                                       |                                                                |
| virgin hemlocks (for those not on the field trip or want more time there); 3 miles of trails                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 12 Cathedral Park Drive, Aurora 26705                          | <a href="https://wvstateparks.com/parks/cathedral-state-park/">https://wvstateparks.com/parks/cathedral-state-park/</a>                                                               | restrooms                                                      |
| New Germany State Park                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                |                                                                                                                                                                                       |                                                                |
| trails, Nature Center, Native Plant Garden, boating, swimming, fishing, snack bar, gift shop, self-guided walking tour, black bears, camping, CCC-era structures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 349 Headquarters Ln, Granstsville, MD 21536-2141. 301-895-5453 | <a href="https://dnr.maryland.gov/publiclands/Pages/es/western/newgermany.aspx">https://dnr.maryland.gov/publiclands/Pages/es/western/newgermany.aspx</a>                             | see park map on website for information on parking, restrooms, |
| Backbone Food Farm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                |                                                                                                                                                                                       |                                                                |
| They are having one of their farm events on Sunday July 26th from 3pm - 7pm. Band and Burgers with the Sugarcoat Stompers. The farm is near Oakland, MD. Folks from Monongahela, Canaan Valley, and Potomac Highlands might be interested. Max and Katharine Dubinsky have worked hard to create a farm verified (better than organic standard) farm. Max is our instructor for the mushroom walk. He is an expert on mushrooms, one of the farm's specialties. Max has also been working with Cornell University for 10 years on soil improvement. Last year, his vegetable plots met all of Cornell's goals on their 29 page report of soil structure and nutrients. I have grabbed a handful of the dirt. And it is something gardeners anywhere would give their eye teeth to have. | 530 Lynndale RD, Oakland, MD 21550, 301-233-2082               | <a href="https://backbonefarm.com/katharine@backbonefarm.com">https://backbonefarm.com/katharine@backbonefarm.com</a>                                                                 |                                                                |
| Traveling east and north (Mid-Ohio Valley, Tygart Valley, New River Gorge, Kanawha)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                |                                                                                                                                                                                       |                                                                |

| Site and brief description                                                                                                                                                                                                                                      | Address, contact information                                        | Website or Facebook page                                                                                                                                                        | Facilities                                                           |
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| <b>Marie Hall Jones Ancient Forest Preserve</b> (WV Land Trust, hilly)                                                                                                                                                                                          | 86MJ+655 West Union, 39°19'58.9"N<br>80°46'10.2"W                   | <a href="https://www.wvlandtrust.org/rec-access/marie-hall-jones-ancient-forest-preserve/">https://www.wvlandtrust.org/rec-access/marie-hall-jones-ancient-forest-preserve/</a> | none                                                                 |
| <b>Pricketts Fort State Park</b> ; reconstructed frontier fort, historic cemetery, trails on AllTrails App, hiking/biking trails connect to Marion County Trail and Mon River Trail, fishing, boating; check website for special events                         | 88 State Park RD, Fairmont 26554                                    | <a href="https://wvstateparks.com/parks/pricketts-fort-state-park/">https://wvstateparks.com/parks/pricketts-fort-state-park/</a>                                               | visitor center                                                       |
| <b>Valley Falls State Park</b> -site of former lumber and grist mill community; *8 hiking trails for 18 miles of ravine, downhill paths, overlooks and more with path connecting AllTrails for 10-mile loop ; trail map on website; fishing, kayaking permitted | 720 Valley Falls Road, Fairmont, 304-367-2719; valleyfallssp@wv.gov | <a href="https://wvstateparks.com/parks/valley-falls-state-park/">https://wvstateparks.com/parks/valley-falls-state-park/</a>                                                   | park map on website shows restrooms, gift shop, picnic shelter, etc. |

**Traveling North via 219 instead of the interstate (Greenbrier River, New River Gorge, Kanawha)**

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| <b>Gaudineer Knob</b> (Virgin Red Spruce, like something out of Tolkien’s woods, make sure to take the Virgin Red Spruce Trail); "Forest Service road 27A is well maintained and leads right to the summit, Gaudineer Knob, where there is a gravel parking area, picnic tables, trash receptacles, toilets, and lots of old growth red spruce trees. This is about 1-mile loop underneath the large spruce trees to a beautiful overlook where you will be able to see miles and miles of West Virginia mountains. There are a number of hiking trails below the summit and these are worth checking out as well."                                                                                            | Forest Road 27, Cheat Bridge 26273; 304-636-1800                         | <a href="https://elkinsrandolphwv.com/place/gaudineer-scenic-area/">https://elkinsrandolphwv.com/place/gaudineer-scenic-area/</a>                         | gravel parking area, picnic tables, trash receptacles, toilets |
| <b>*Droop Mountain State Park Sites of West Virginia's last significant Civil War battle on November 6, 1863</b> ; "Located in the Greenbrier River Valley north of Lewisburg, Droop Mountain Battlefield State Park is part of the Civil War Discovery Trail, which links more than 300 historical sites in 16 states. Dedicated in 1928 as West Virginia’s first state park, Droop Mountain is known for its reenactments of the Battle of Droop Mountain, the last major American Civil War conflict in West Virginia. Reenactments occur in October of even-numbered years. The park also provides hiking trails, picnic shelters and play areas for use any time of the year." Download map from website. | 683 Droop Park Road, Hillsboro 24946; 304-653-4254; droopmountain@wv.gov | <a href="https://wvstateparks.com/parks/droop-mountain-battlefield-state-park/">https://wvstateparks.com/parks/droop-mountain-battlefield-state-park/</a> | restrooms, picnic area on map on website                       |

**Traveling southeast from Northern Panhandle via Rte. 7**

\*Mason-Dixon Park-AllTrails gives 3 top trails, but there are more; easy trail along Deckers Creek to marker dividing West Virginia and Pennsylvania (and a state swing), fun fairy house trail near that, or steeper trail to Mason-Dixon boundary marker

| Site and brief description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Address, contact information                                                                             | Website or Facebook page                                                                    | Facilities                                                                                                                                                                  |
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| <b>Visit Mountaineer County (Convention &amp; Visitors Bureau)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                          |                                                                                             |                                                                                                                                                                             |
| covers North Central West Virginia, including Monongalia, Preston, and Taylor counties and City of Belington; click "experiences" for "explore outdoors" options, including shopping                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Visitor center at 341 Chaplin Hill Road, Morgantown (off I-79 exit) open M-F 9 am – 5 pm; (304) 292-5081 | <a href="https://visitmountaineercounty.com">https://visitmountaineercounty.com</a>         | parking lot at visitor center                                                                                                                                               |
| <b>MONONGALIA COUNTY</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                          |                                                                                             |                                                                                                                                                                             |
| Directions to all sites in City of Morgantown and Monongalia County Rail-Trails, we recommend using SR 7 from Camp Dawson. Exiting Camp Dawson, turn left on Engineer Drive. When it dead ends at Sapper Lane, turn right onto Sapper Lane (SR 7/26). This becomes Camp Dawson Road/Army Road. With a loop at St. Joe Road, stay on SR 7 west toward Kingwood. Stay on SR 7. At Reedsville, turn right to stay on SR 7. SR. 7 will take you to downtown Morgantown, then through Morgantown, and out to the western end of the county. Allow one hour to drive from Camp Dawson to downtown Morgantown. Use Google Maps to take you to sites from SR 7. |                                                                                                          |                                                                                             |                                                                                                                                                                             |
| <b>Rail-Trails in Monongalia, Preston, and Marion counties</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                          |                                                                                             |                                                                                                                                                                             |
| montrails.org has maps and informative signage under Rail-Trail info tab                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                          | <a href="https://montrails.org/rail-trail-maps/">https://montrails.org/rail-trail-maps/</a> | see website for facilities                                                                                                                                                  |
| <b>Deckers Creek Rail -Trail</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                          |                                                                                             | parking in Morgantown at Hazel Ruby McQuain Park and in Sabraton at Marilla Park; Breakiron Road in Rock Forge, Masontown and Reedsville also have trailheads with parking. |
| Trail begins at Hazel Ruby McQuain Riverfront Park in Morgantown and follows Deckers Creek upstream/Route 7 into Preston County with an elevation change of 1,000 feet over 19 miles. The trail is asphalt in Morgantown city limits and gives access to Marilla Park. The trail current ends just beyond Morgan Mine Road but gives easy access to Arthurdale (see that entry below), less than a mile to the west on Route 92.                                                                                                                                                                                                                        | park address is 185 Garrett Street                                                                       | <a href="https://montrails.org/rail-trail-maps/">https://montrails.org/rail-trail-maps/</a> | restrooms at Riverfront Park may be open                                                                                                                                    |
| <b>*Deckers Creek Rail-Trail: Masontown Trailhead</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                          |                                                                                             |                                                                                                                                                                             |
| 1907 Elkins Coal and Coke Co. building; coke ovens that used to be there were destroyed several years ago                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | SR 7 past Reedsville and through Masontown                                                               | <a href="https://montrails.org/rail-trail-maps/">https://montrails.org/rail-trail-maps/</a> | restrooms, 2 trail parking areas, drinking fountain, bike fix-it station, vending machines, pedestrian/bike bridge, weather shelter, and way-finding signs.                 |
| <b>* Deckers Creek Rail-Trail at Mellon Chapel</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                          |                                                                                             |                                                                                                                                                                             |

| Site and brief description                                                                                                                                                                                                                                                                                              | Address, contact information                                                                                            | Website or Facebook page                                                                                                                                                            | Facilities                                                                                                                                                                                                                                               |
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| trail entrance on Breakiron Road; follow sign from Rt. 7 just after crossing bridge over Deckers Creek after passing Tyrone Road; turn left onto Pixler Hill Road, the left at trail sign onto Breakiron Hill Road.                                                                                                     | 39°36'4.05"N, 79°53'39.13"W                                                                                             | <a href="https://montrails.org/rail-trail-maps/">https://montrails.org/rail-trail-maps/</a>                                                                                         | parking lot on the right just beyond the church; no facilities                                                                                                                                                                                           |
| <b>*Deckers Creek Rail-Trail at Downtown Morgantown</b>                                                                                                                                                                                                                                                                 |                                                                                                                         |                                                                                                                                                                                     |                                                                                                                                                                                                                                                          |
| trail entrance at parking lot behind Dering Funeral Home on Foundry Street                                                                                                                                                                                                                                              | 39°37'37.04"N, 79°57'32.05"W                                                                                            | <a href="https://montrails.org/rail-trail-maps/">https://montrails.org/rail-trail-maps/</a>                                                                                         | restrooms at Marilla Park                                                                                                                                                                                                                                |
| <b>Mon River Rail-Trail (North Section-Star City to Pennsylvania state line)</b>                                                                                                                                                                                                                                        |                                                                                                                         |                                                                                                                                                                                     |                                                                                                                                                                                                                                                          |
| trailhead at Star City's Edith Barrill Riverfront Park; includes John F. Kennedy Memorial Park where he announced his intention to enter WV primary in 1960; with children's playground ; 6 miles; Connections: Sheepskin Trail at the state line continues an additional 3 miles<br>Trail Surface: Compacted limestone | access to parking lot is off Industrial Avenue, turning right from University Avenue if coming from downtown Morgantown | <a href="https://mapwv.gov/Trails/?trailName=Mon_River_North_Rail-Trail&amp;county=Multiple">https://mapwv.gov/Trails/?trailName=Mon River North Rail-Trail&amp;county=Multiple</a> | restrooms; parking area is shared with several businesses and Terra Café; additional restrooms can be found by entering Terra Café building through double doors to right of Terra Café entrance                                                         |
| <b>*Caperton Rail-Trail</b>                                                                                                                                                                                                                                                                                             |                                                                                                                         |                                                                                                                                                                                     |                                                                                                                                                                                                                                                          |
| 6 miles of paved surface in Morgantown and Star City connecting Edith Barill Riverfront Park (Star City), WVU arboretum, Hazel Ruby McQuain Park (Morgantown); connects north and south sections of Mon River Rail-Trail                                                                                                | Edith Barill Riverfront Park is on Leeway Street, Star City                                                             | <a href="https://www.traillink.com/trail/caperton-rail-trail/">https://www.traillink.com/trail/caperton-rail-trail/</a>                                                             | parking at Star City trailhead, Edith Barill Riverfront Park, First Street lot accessed from intersection with Beechurst Avenue & Campus Drive in Morgantown, Hazel Ruby McQuain Riverfront Park, or Wharf District Garage (400 Clay Street, Morgantown) |
| <b>Mon River Rail-Trail at Wharf District</b>                                                                                                                                                                                                                                                                           |                                                                                                                         |                                                                                                                                                                                     |                                                                                                                                                                                                                                                          |
| direct access to *Caperton Rail-Trail north from Deckers Creek and, to the north, to the Hazel Ruby McQuain Riverfront Park; also to *Mon River South Trail south from Deckers Creek to Pricketts Fort                                                                                                                  | 40 Clay Street is address for Wharf District garage                                                                     | <a href="https://montrails.org/rail-trail-maps/">https://montrails.org/rail-trail-maps/</a>                                                                                         | garage (75 Cents/hour) or meters at parking lot by depot accessed from Sturgiss Street (Gene Arden Vance Jr. Memorial Drive is most visible sign); restrooms at Riverfront Park may be open                                                              |

| Site and brief description                                                                                                                                                                                                                                                                                                                                                                                                                                        | Address, contact information                                                                                                                                                                                                                       | Website or Facebook page                                                                                                          | Facilities                                                                                                                                                                                                                        |
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| <b>*Mon River Rail-Trail (South Section-Morgantown city limits to Pricketts Fort State Park)</b><br><br>18 miles, compacted limestone; links to Marion County Trail                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                    |                                                                                                                                   | parking at Uffington Trailhead, Opekiska Trailhead, Pricketts Fort Trailhead                                                                                                                                                      |
| <b>City of Morgantown</b>                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                    |                                                                                                                                   |                                                                                                                                                                                                                                   |
| <b>West Virginia University Core Arboretum</b><br><br>multiple trails and service road connect upper area that is fairly level to lower level that parallels rail-trail; cross Rail-Trail to area between Rail-Trail and Monongahela River; trails can be uneven and have roots; service road has roots and ruts; some trees identified in upper area; occasional small interpretive signs throughout arboretum; *Core Arboretum Loop is marked with yellow signs | Monongahela Boulevard (U.S. 19) across from WVU Canady Creative Arts Center and adjacent to WVU Hope Coliseum at the Boulevard and SR 705; can also access via Rail-Trail from Star City to north or from several Rail-Trail access point to south | <a href="https://arboretum.wvu.edu/">https://arboretum.wvu.edu/</a>                                                               | parking available in lot off Monongahela Boulevard or at WVU Hope Coliseum; Coliseum lot requires payment by ParkMobile and must park with license plate visible for parking patrol checks; port-a-potty in parking lot; no water |
| <b>Morgantown History Museum</b><br><br>exhibits on history and geology; free admission                                                                                                                                                                                                                                                                                                                                                                           | 175 Kirk Street, Morgantown; 304-319-1800<br>morgantownwvhistory@morgantownwv.gov                                                                                                                                                                  | <a href="https://www.themorgantownhistorymuseum.com/">https://www.themorgantownhistorymuseum.com/</a>                             | very limited parking behind museum on Kirk Street; City parking lots and garages are nearby; lots require ParkMobile app; restrooms                                                                                               |
| <b>*WVU Falling Run Greenspace</b><br><br>maintained by volunteers, steep ravine, narrow trails                                                                                                                                                                                                                                                                                                                                                                   | End of Outlook Street, Morgantown                                                                                                                                                                                                                  | <a href="https://fallingrun.wvu.edu/">https://fallingrun.wvu.edu/</a>                                                             | none; small parking area at end of Outlook Street                                                                                                                                                                                 |
| <b>Main Street Morgantown</b><br><br>signs on High Street identify nearby businesses; numerous restaurants and shops along High, Walnut streets                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                    | <a href="https://morgantownpartnership.com/main-street-morgantown/">https://morgantownpartnership.com/main-street-morgantown/</a> | city parking lots require ParkMobile app; garages on Spruce Street and University Avenue take cash or cards for 75 cents/hour; no public restrooms if not a customer                                                              |
| <b>Morgantown City Parks</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                    |                                                                                                                                   |                                                                                                                                                                                                                                   |

| Site and brief description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Address, contact information                                                                                                                                             | Website or Facebook page                                                                                                                                                                | Facilities                                                                                         |
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| <p>good hiking trails at   *White Park's Blue Diamond Trail Loop (city reservoir, site of former oil tank "farm" so look for circular banks that mark of former tanks);</p> <p>*Whitmore Park Trail (AllTrails calls it Whitemoore Park Trail)) access to Deckers Creek Rail-Trail), *Dorsey's Knob (climb to Sky Rock for spectacular view off area );</p> <p>*Marilla Park; get maps from BOPARC website at   - then go to "more" tab for list of parks, including dog parks, and trails</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | various                                                                                                                                                                  | <a href="https://www.boparc.org/">https://www.boparc.org/</a>                                                                                                                           | varies by park                                                                                     |
| <b>Morgantown Farmers Market</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                                         |                                                                                                    |
| every Saturday from 8:30-noon at Morgantown Market Place                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 400 Spruce Street                                                                                                                                                        | <a href="http://www.morgantownfarmersmarket.org">http://www.morgantownfarmersmarket.org</a>                                                                                             | restrooms; parking at Spruce Street garage or adjacent parking lot that requires ParkMobile app    |
| <b>Eastern Monongalia County/Cheat Lake Area</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                                         |                                                                                                    |
| <b>*Coopers Rock State Forest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                          |                                                                                                                                                                                         |                                                                                                    |
| <p>" Coopers Rock State Forest is home to some of the most iconic views in Almost Heaven. The park features canyon overlooks, historic sites, picnic shelters, more than 50 miles of hiking and biking trails, sandstone cliffs for climbing and bouldering, and a cross-country ski terrain. Licensed hunting and fishing are permitted, and a six-acre pond filled with trout is on the north side of the forest. Spend a night under the stars in the Rhododendron Campground, with primitive tent/hammock campsites. Or embrace the modern age at the McCollum Campground. Electric hookups and a central bathhouse with showers, laundry and an outside faucet included. Wi-Fi is available for all registered campground guests." Park structures were built by the Civilian Conservation Corps and are listed on the National Register of Historic Places; overlook is currently closed; ; includes 1830s Henry Clay Furnace, first steam-powered blast furnace to make iron in western Virginia. <b>AllTrails lists 28 trails.</b></p> | Bruceton Mills, Cooper's Rock exit from I-68 and follow signs. Entry road ends at overlook parking area.                                                                 | <a href="https://wvstateparks.com/parks/coopers-rock-state-forest/">https://wvstateparks.com/parks/coopers-rock-state-forest/</a> includes park map to download as pdf                  | park map on website shows facilities, including restrooms and concession stand at overlook area    |
| <b>*Virgin Hemlock Trail</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                          |                                                                                                                                                                                         |                                                                                                    |
| A 1.7-mile loop through a 300-year-old forest as part of Chestnut Ridge Park.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | From Coopers Rock exit of I-68 turn right. At stop sign, turn right onto WV Rt. 73; trail is located about 2 miles from the exit on CR 73 toward the bottom of the hill. | <a href="https://www.alltrails.com/trail/us/west-virginia/virgin-hemlock-to-tyrone-trail-loop">https://www.alltrails.com/trail/us/west-virginia/virgin-hemlock-to-tyrone-trail-loop</a> | small parking area on east side or road or park along shoulder of road on west side; no facilities |
| <b>West Virginia Botanic Garden at Tibbs Run Preserve</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                          |                                                                                                                                                                                         |                                                                                                    |

Site and brief description

82-acre site of former Morgantown reservoir; \*Reservoir Loop Trail; other hiking trails; interpretive signs about city water supply and natural resources; look for markers on hemlocks for those MN leader Ellen Hrabovsky worked with USDA Forest Service to treat for hemlock woolly adelgid in early effort to control that pest; check webs site for trail maps and calendar of many special events; use a map because it can be easy to get confused in the wooded areas where trail markers do not always tell you how to get to the reservoir loop trail to exit.

\*Glade Run Trail

"Begin from the parking area on Country Road 73/1. This forested route meanders southwest to Messinger Lake near Country Road 73/73. . . . This trail is maintained by Coopers Rock State Forest. The trail is not well marked or maintained in some areas, downloading the map ahead of time is helpful for navigating."

\*Snake Hill Wildlife Management Area

"Snake Hill Wildlife Management Area is a serene escape to nature located just outside of Morgantown, WV. Snake Hill is managed by the West Virginia Division of Natural Resources for the primary purpose of habitat restoration/management and hunting access. The terrain is a mix of rolling hills and rocky cliffs near the Cheat River Gorge. Snake Hill features some of the region’s lesser-explored sandstone climbing, as well as four moderate to difficult hiking trails and four overlooks standing 1,200-feet above the Cheat River.

**Snake Hill Overlooks Trail:** This 6.6-mile loop takes visitors on a scenic tour throughout the main portion of cleared area at Snake Hill. The trail makes a stop at each of the four overlooks over the Cheat River Gorge before looping back to the main entrance where it began.

**Snake Hill Trail:** This 3.5-mile loop is open to hikers of all skill levels. Visitors will stop at two overlooks before passing the old stone dam on their way back to the entrance.

**Snake Hill to Cheat River via Creekside Trail:** Watch your footing as you head down this 3.3-mile loop to the Cheat River. This steep descent is made more difficult with rough terrain and slick shorelines.

**Snake Hill to Cheat River Trail:** This 7.6-mile trail takes hikers along a gradual route down an old logging road toward the Cheat River.

Trails can be hard to follow; 1 of 4 parcels protecting headwaters of Tibbs Run, which feeds into West Virginia Botanic Garden is on this property

Address, contact information

1170 Tyrone Road, Morgantown; from SR 7, turn right onto Tyrone Road at Pioneer Rocks and proceed to the garden

Country Road 73

Snake Hill Road from SR 7, turn right onto Tyrone Road, go past WV Botanic Garden and turn right onto Snake Hill Road

Website or Facebook page

[www.wvbg.org](http://www.wvbg.org)

<https://www.trailforks.com/trails/glade-run-trail/>

<https://www.alltrails.com/parks/us/west-virginia/snake-hill-wildlife-management-area>

Facilities

restrooms and water at Education Center next to lower parking lot; visitor center at upper parking lot; seasonal café at visitor center

none

3 parking areas along left side of Snake Hill Road; 3rd area is best to use to access trails with views of Coopers Rock; no facilities and no guardrails at overlooks

| Site and brief description                                                                                                                                                                                                                                                                                                                                                                            | Address, contact information                                                                                                                                                                                                                                                                                | Website or Facebook page                                                                                                                                                                                                                                                     | Facilities                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| <b>Chestnut Ridge Park/WVU Research Forest</b>                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |
| "The park has ponds for fishing and swimming as well as activities throughout the year. The WVU Forest includes the whole northern portion of Coopers Rock State Forest. There are five hiking trails that total just over nine miles as well as two gated roads that are about six and one half miles." Trails include Virgin Hemlock Trail - see below.                                             | 346 Chestnut Ridge Camp Road<br>Bruceton Mills, WV 26525<br>cmpark@monongaliacounty.gov304-594-1773                                                                                                                                                                                                         | <a href="https://www.monongaliacounty.gov/departments/parks_and_recreation/chestnut_ridge_park_and_campground/includes/link_to_park_map">https://www.monongaliacounty.gov/departments/parks_and_recreation/chestnut_ridge_park_and_campground/ includes link to park map</a> | park map shows facilities |
| <b>Southern Monongalia County</b>                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |
| <b>*Toms Run Nature Preserve</b>                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |
| 4 trails: Elizabeth's Woods, and Morris Loop ; 2.1 miles of trails, 400 feet elevation gain; Elizabeth's Loop and Hollenhorst Trail (1.2 miles, 255 feet elevation gain); Elizabeth's Loop (.8 mile, 101 feet elevation gain); and Cascade Trail (.4 mile, 98 feet elevation gain)                                                                                                                    | From I-79 Goshen Road exit, turn west toward Smithtown Road; turn left onto Smithtown Road, then immediately right onto Little Falls Road; then .4 miles to Toms Run sign at steep driveway (paved at bottom) up to parking area; Cascade Trail is on other side of Little Falls Road downhill to Tom's Run | <a href="https://www.wvlandtrust.org/sparking-a-vision-of-protecting-west-virginias-special-places-toms-run-preserve/">https://www.wvlandtrust.org/sparking-a-vision-of-protecting-west-virginias-special-places-toms-run-preserve/</a>                                      | none                      |
| <b>*George B. Flegal Dam and Reservoir</b>                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |
| New City of Morgantown reservoir with planned trail; construction still underway; limited parking; fishing allowed; dogs on leashes                                                                                                                                                                                                                                                                   | Kingwood Pike, west on Upper Cobun Creek Road to Cobun Creek Road                                                                                                                                                                                                                                           | <a href="https://www.boparc.org/flegal-reservoir.html">https://www.boparc.org/flegal-reservoir.html</a>                                                                                                                                                                      | none; pack out trash      |
| <b>Preston County</b>                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |
| <b>McGrew House</b>                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |
| 1840s house with post-Civil War addition, home of James and Persis McGrew. He was a delegate to the Virginia Secession Convention in 1861 and voted against secession; was open on Saturday mornings in summer 2025 so need to check for 2026 schedule in addition to tours from 1-3 on 3rd Sunday of month from June to October. The Shoppe is open every Saturday from 9-11 during Farmers Markets. | 11 East Main Street, Kingwood                                                                                                                                                                                                                                                                               | <a href="http://www.mcgrewhouse.org/toursrentals.html">http://www.mcgrewhouse.org/toursrentals.html</a>                                                                                                                                                                      | unknown                   |
| <b>Arthurdale</b>                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |
| first federal New Deal town, Fairfax slave cemetery, many special activities so check website for visitor center hours, book a guided tour, or access driving tour from website, gift shop                                                                                                                                                                                                            | 18 Q Road, Arthurdale, south of Reedsville (Rt. 7 & 92) on Rt. 92; (304) 864-3959; ahi@arthurdaleheritage.org; from SR 7, turn south at Reedsville onto SR 92 and go X mile to the Arthurdale visitor center on the right                                                                                   | <a href="https://www.arthurdaleheritage.org/">https://www.arthurdaleheritage.org/</a>                                                                                                                                                                                        | visitor center            |
| <b>Modern Homestead Garden Center and Café</b>                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |                           |

| Site and brief description                                                                                                                                                                                                                                                                                                                                                                                                       | Address, contact information                                                                                                            | Website or Facebook page                                                                                                                                    | Facilities                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| locally owned garden center and café; guest house also available                                                                                                                                                                                                                                                                                                                                                                 | 41 South Robert Stone Way, Reedsville; from SR 7, turn left onto SR 92; Modern Homestead is on the left; 304-864-4333; info@tathams.com | <a href="https://modhomestead.com">https://modhomestead.com</a>                                                                                             | café                                                                                                    |
| <b>Riffle Farms-American Bison</b>                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                         |                                                                                                                                                             |                                                                                                         |
| visit bison farm; see "Prepare for your visit" information on website; West Virginia Farm Store open Saturday and Sunday 11 a.m.-5:00 p.m. from May through October; other events may be posted later                                                                                                                                                                                                                            | 5169 Saltlick Road, Terra Alta, 304-519-4588, info@rifflefarms.com see "Getting to us is part of the adventure!" on visit tab           | <a href="https://www.rifflefarms.com/visit">https://www.rifflefarms.com/visit</a>                                                                           | restroom                                                                                                |
| <b>Historic Rowlesburg School Szilagyi Center</b>                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                         |                                                                                                                                                             |                                                                                                         |
| includes The Greatest Generation World War II Museum, open Saturdays 11:00 a.m. - 4:00 p.m. and Sundays 1:00 -4:00 p.m., free to World War II veterans, others by donation; also B & O Model Bridge Exhibit, Preston County Sports Museum                                                                                                                                                                                        | 20 S. Buffalo St., Rowlesburg; 304-329-1240                                                                                             | <a href="http://rowlesburginfo/indoor">http://rowlesburginfo/indoor</a>                                                                                     | café                                                                                                    |
| <b>Old Virginia Iron Furnace</b>                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                         |                                                                                                                                                             |                                                                                                         |
| similar to Henry Clay Iron Furnace at Coopers Rock: " The historic water-powered blast furnace that pre-dates the Civil War was built in 1854 and was used as a charcoal iron furnace used to smelt iron. The furnace remained in operation until the 1890’s and in 1933 the Virginia Furnace was acquired by the Kingwood Chapter of the Daughters of the American Revolution who created a roadside park at the furnace site." | 233 Wall St, Albright                                                                                                                   | <a href="https://www.visitmountaineercountry.com/play/virginia-iron-furnace/">https://www.visitmountaineercountry.com/play/virginia-iron-furnace/</a>       | road side park consisting of two picnic pavilions. a pump pavilion, a stone fireplace, and a pit toilet |
| <b>Aurora Area Historical Society Museum</b>                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                         |                                                                                                                                                             |                                                                                                         |
| "Step back in time with a visit to the Aurora Area Historical Society Museum, where the rich history of this mountain community comes to life. Located in Preston County, the society maintains a collection of historic buildings and artifacts that tell the story of early Appalachian life, from pioneering settlers to the town’s artistic roots.                                                                           | 23904 George Washington Hwy, Aurora; 304-735-3819                                                                                       | <a href="https://www.facebook.com/groups/378533958867739/">https://www.facebook.com/groups/378533958867739/</a>                                             | unknown                                                                                                 |
| <b>Dorothy’s Blueberry Patch</b>                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                         |                                                                                                                                                             |                                                                                                         |
| Pick you own blueberries plus Dorothy’s jams including elderberry, raspberry, blueberry, mixed berry. I think it was \$16/gallon bucket. She has picking buckets, but you need to transfer to your own containers. There should still be blueberries by the end of July, but call first to be sure.                                                                                                                              | 1031 Mount Olivet Church Rd, Rowlesburg. It runs off Rt. 50 near McCumber on the Cheat; 304-677-8221                                    | <a href="https://www.visitmountaineercountry.com/shop/dorothys-blueberry-patch/">https://www.visitmountaineercountry.com/shop/dorothys-blueberry-patch/</a> | unknown                                                                                                 |

Preston County Restaurant Suggestions

Rosemary's Thyme Mexican Restaurant

| Site and brief description                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Address, contact information                                        | Website or Facebook page                                                                                           | Facilities |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------|
| Rosemary’s Thyme is a locally owned Mexican Restaurant in Kingwood WV. Known for its vibrant atmosphere and authentic Mexican cuisine, this local favorite serves up classic dishes like sizzling fajitas, loaded nachos, and flavorful tacos—all made with fresh ingredients and bold spices.                                                                                                                                                                                                         | 183 Club House Dr., Kingwood; 304-329-6750; at Preston Country Club | <a href="https://www.facebook.com/rosemarysthy">https://www.facebook.com/rosemarysthy</a><br><a href="#">mellc</a> | restaurant |
| <b>High Ground Brewing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                     |                                                                                                                    |            |
| "With the help of our distributor Mountain State Beverage, we are available on tap and in cans at many locations in our beautiful state. We are also available in Garrett County Maryland through Lohr Distributors, Inc. Our promise is a unique and delicious craft beer experience with products that will come to you with hard work, passion, and quality as their backbone. Our taproom located in the operational brewery is open to the public, and that includes your babies and fur babies." | 102 Railroad Ave., Terra Alta; 304-789-1216                         | <a href="http://www.highgroundbrewing.com">www.highgroundbrewing.com</a>                                           | restaurant |
| <b>Monroe's Deli</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                     |                                                                                                                    |            |
| Open for lunch and dinner; lunch specials and photo of menu are on Facebook page                                                                                                                                                                                                                                                                                                                                                                                                                       | 110 E Main St., Kingwood; 304-329-3354                              | <a href="https://www.facebook.com/MonroesDeli/">https://www.facebook.com/MonroesDeli/</a>                          | restaurant |
| <b>The Preston County Inn</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                     |                                                                                                                    |            |
| "This Historic 1857 Federal Brick House on Kingwood's 'Main Street' has been offering lodging and fine dining in Preston County for over 77 years. The addition to the back of the Inn includes a full service kitchen with three dining rooms. The tradition of excellent food and service continues with an extensive menu for parties, receptions, private group parties, as well as casual dining. There are also rooms to rent."                                                                  | 112 W Main St., Kingwood; 304-329-2220; jguillot@live.com           | <a href="https://prestoncountyinn.com">https://prestoncountyinn.com</a>                                            | restaurant |
| <b>Screech Owl Brewing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                     |                                                                                                                    |            |
| "We love animals, but for the comfort and safety of all our guests, pets are not allowed inside the restaurant. Only service animals trained to assist individuals with disabilities are permitted."                                                                                                                                                                                                                                                                                                   | 2323 Ralph Livengood Rd., Bruceton Mills; 304-379-4777              | <a href="https://www.screechowlbrewing.com/">https://www.screechowlbrewing.com/</a>                                | restaurant |