





CANAAN VALLEY
RESORT & CONFERENCE CENTER
A WEST VIRGINIA STATE PARK

TRAIL GUIDE

WILDLIFE & WETLANDS

Canaan Valley contains over 6,000 acres of wetlands, a portion of which are found within the Wildlife Observation Area on the Park. If you are interested in wetland ecology, nature photography, or birdwatching, the trails within this area will be of interest to you.

DEER RUN TRAIL (ORANGE BLAZE)

Deer Run Trail is a self-guided, interpretive trail within the Wildlife Observation Area. There is an observation platform just off the trail, overlooking an open meadow.

- » Access: Main Lodge or Campground
- » Length: 1.5 mile segment
- » Difficulty: Easy
- » Allowed Uses: Hiking, XC, Snowshoeing

ABE RUN TRAIL (BLUE BLAZE)

A trail forming a loop from Deer Run Trail. Many 'nursery trees' can be seen along this trail.

- » Access: Deer Run Trail
- » Length: 3/4 mile segment
- » Difficulty: Easy
- » Allowed Uses: Hiking, XC, Snowshoeing

MILL RUN TRAIL (GREEN BLAZE)

A loop from Deer Run Trail. At the halfway point, benches are provided overlooking the wet meadow.

- » Access: Deer Run Trail
- » Length: 1 mile loop
- » Difficulty: Easy
- » Allowed Uses: Hiking, XC, Snowshoeing

RIDGETOP & VALLEY FLOOR

BALD KNOB TRAIL (GREEN BLAZE)

An unequalled panorama of Canaan Valley can be viewed from the top of Bald Knob (elevation 4,308 ft.). The trail ascends through meadows, where butterflies and birds can be seen. XC skiers can gain access to White Grass Ski Touring Center from the top of Bald Knob (refer to White Grass Trail Map). A one-way lift ticket can be purchased at the CVR Ski Area, allowing skiers to start at the top of the ridge on Bald Knob Trail. See reverse for a map of Bald Knob Trail.

- » Access: Top of chair lift or ski area overflow parking lot
- » Length: 2.5 mile segment
- » Difficulty: Most Difficult
- » Allowed Uses: Hiking, XC, Snowshoeing

BLACKWATER RIVER TRAIL (RED BLAZE)

Blackwater River Trail passes through mixed northern hardwood stands and follows a meandering section of the Blackwater River. Look for strange erosional features that have developed in the exposed limestone bedrock and have the appearance of tombstones. This trail passes by some of the largest big-tooth aspen in the park. A self-guided interpretive booklet is available at the Nature Center.

- » Access: Golf Course Parking Lot

- » Length: 1 mile loop
- » Difficulty: Easy
- » Allowed Uses: Hiking, XC, Snowshoeing

MONARCH TRAIL (BLUE BLAZE)

Monarch butterflies love the open fields along this trail. Take a leisurely walk along this trail, looking for the patches of milkweed that provide nectar for the butterflies.

- » Access: Back Hollow Trail

- » Length: 1/4 mile segment
- » Difficulty: Easy
- » Allowed Uses: Hiking, XC, Snowshoeing

WALK OR RIDE

BACK HOLLOW TRAIL (WHITE BLAZE)

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

- » Access: Nature Center, Cabin Area, Recreation Building Parking Lot

- » Length: 3 miles total
- » Difficulty: Easy to Difficult
- » Allowed Uses: Hiking, XC, Snowshoeing, Biking

CLUB RUN TRAIL (RED BLAZE)

Club Run Trail follows a section of Club Run, a tributary of the Blackwater River. This stream follows through mixed forest and shrub swamp wetland. Wildflowers such as the trout lily, haberd-leaved violet, and dwarf ginseng can be seen in late spring.

- » Access: Cabin Area

- » Length: 1 mile loop
- » Difficulty: More difficult
- » Allowed Uses: Hiking, XC, Snowshoeing, Biking

RIDGE TOP TRAIL (WHITE BLAZE)

- » Access: Connecting segment between Club Run & Middle Ridge Trails

- » Length: 1/8 mile segment
- » Difficulty: Easy
- » Allowed Uses: Hiking, XC, Snowshoeing, Biking



CANAAN VALLEY RESORT STATE PARK TRAIL SYSTEM



The trail system within Canaan Valley Resort State Park is diverse as well as interesting. Many different features can be seen including northern bog and heath barren plant communities. A primary intent of the State Park is to preserve and protect the natural resources contained within its boundaries.

Trail descriptions indicate special features, access, length, difficulty and allowable uses. Loop trails return to the original starting point. Single trail segments do not return to the original starting point, but may be combined with other trails segments to form a loop. Difficulty ratings are general indications only. Each individual must assess their own ability and experience level before and during the use of park trails.

FISHING



Fishing is allowed within all areas of the park; however, a valid West Virginia state fishing license must first be obtained along with appropriate use stamps.

OFF-ROAD BIKING



Canaan Valley Resort State Park offers 11 miles of mountain bike trails ranging in ability level from easy pathways to more difficult single track. The Allegheny Trail provides access to an extensive trail system on Canaan Mountain. Touring bikes, maps and other useful advice on trails can be obtained from the Nature Center.

X-COUNTRY SKIING



Cross-Country Skiing (XC) and snowshoeing are popular winter sports at Canaan Valley Resort State Park. 18 miles of trails offer a diverse experience for the winter traveler. The Nature Center provides cross-country ski and snowshoe rentals.

TRAIL MAP

RIDGETOP/VALLEY FLOOR

- 1: Monarch Trail
- 2: Railroad Grade Trail
- 3: Bald Knob Trail
- 4: Blackwater River Trail

WALK OR RIDE

- 5: Back Hollow Trail
- 6: Club Run Trail
- 7: Ridge Top Trail
- 8: Middle Ridge Trail

WILDLIFE & WETLANDS

- 9: Deer Run Trail
- 10: Abe Run Trail
- 11: Mill Run Trail

MAP LEGEND:

- Foot Trail Only
- - - Bike/Foot Trail
- Park Roads



GENERAL INFORMATION

- » Trail distances are one-way, unless otherwise noted. Double distance figures to hike one trail or add distances to plan a multi-trail hike, ski, or ride.
- » Sturdy shoes and socks are advised. Canaan Valley receives high annual precipitation totals. Trail surfaces may be wet or damp.
- » Carry a flashlight from May through September, if you will be out past 4pm. From October through April, carry one if you will be out past 3pm.
- » Cell phone coverage areas are sporadic. If you do not receive a signal in one location, try again a short distance away. Carry your cell phone with you in case of emergency.

- » Hike with a friend, relative, or on planned hikes provided by the park. It's more fun and a lot safer than hiking alone. Always let someone know where you plan to go. Feel free to stop at the front desk and leave your plans with us.
- » Please stay on marked trails. Numerous unmarked cliff edges exist within the park boundary that have dangerous, sudden, and steep drops.
- » Trail ratings provided are for an average person in relatively good physical condition. They may not fit your exact requirements or abilities and should serve as a guide only.
- » Box lunches are available through the park restaurant. A standard box lunch is available or they can be customized to your specific dietary needs. Please inquire in advance.

- » Visit us online at CanaanResort.com for information, reservations, and directions to the park.
- » Trail volunteers are welcome and encouraged. Much of the work you see has been completed by park volunteers. Please contact the Park Office for more information on how to help keep the trails nice for everyone.

Please remember, leave no trace. We hope you had a pleasant and enjoyable stay. Please contact us with any questions or comments you may have.

800.622.4121
CanaanResort.com