



**Canaan Valley Resort and Conference Center** is a West Virginia state park that provides the perfect year-round destination for individuals of all ages. Immerse yourself in the natural beauty and tranquility of your surroundings while indulging in all of the fine amenities and adventures the area has to offer.

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*Your business makes a big impact. 100% of our profits go to maintaining, improving, and preserving Canaan Valley Resort State Park.*

# #BEHERE

## POCKET GUIDE

### HIKING • BIKING • FISHING

# #BEHERE

Canaan Valley is a place unlike any other. We at Canaan Valley Resort believe that the foundation of our guest's experience starts with them being in Canaan. We say "you have to be here," to experience Canaan. While there are many similar activities you can enjoy outside of Canaan Valley, nothing come close to being here.

## Keep in mind...

- DO NOT feed the wildlife! Feeding creates malnutrition and negative guest-wildlife interactions.
- ATVs and other non-licensed vehicles are not permitted to be operated on the Park.
- Golf carts are restricted to golfers and must remain on the golf course.
- Please help conserve the natural areas of Canaan Valley by using designated trails only. The natural trails include wetlands with sensitive ecosystems.
- Use caution when biking roads within the park to obey traffic rules. We recommend experienced road bikers bike only off the park.
- While enjoying the trails and natural areas of the park, we recommend providing an itinerary to others in your party, or one of the Canaan staff.

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## TRAILS & HIKES

### ABE RUN TRAIL (BLUE)

This trail meanders through Abe Run Swamp, a designated natural area. Many plants can be seen from various board walks.

Access: Deer run trail 1/2 mile.  
Hiking only, Easy.

### BACK HOLLOW TRAIL (WHITE)

The south end of this trail winds through open meadow and skirts the forest edge providing a wide range of wildlife viewing. The north end travels through forest and meadow as it provides a connection between the Nature center & campground to the main lodge and cabin area.

Access: Nature Center, cabin area, Back hollow Road and the pool parking lot. 3 miles, Hike or Bike, Easy – Moderate.

### BALD KNOB TRAIL (GREEN)

The steep one-mile accent, from the tube park to Bald Knob Overlook, is well worth the effort once you reach the breathtaking panoramic view from 4,308ft. Cross-country skiers can gain access to the White Grass Ski Touring Center trails at the overlook. A one-way lift ticket can also be purchased at the Canaan Valley Resort Ski Area in summer and winter access the other end of the trail.

Access: Tube park, shooting range or one-way lift ticket at ski area. 2.5 miles, Hike or Bike, Difficult.

### BLACKWATER RIVER TRAIL (RED)

\*Dave's Favorite Trail, featuring some unique rock formations and a vast wetland area, with signs of beaver activity. One of the best hiking spots in the park and a great place for a family to take their little ones for an easy fun adventure. This trail passes through mixed northern

## TRAILS & HIKES

hardwood stands and follows a meandering section of the Blackwater River. This trail passes by some of the largest big-tooth aspen on the park.

Access: Golf Course parking lot.  
1 mile loop, Hiking only, Easy - Moderate.



### BOTTLENECK TRAIL (BLUE)

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

Access: Middle Ridge, Ridge Top, Club Run & Clubmoss Trails.  
1/4 mile, Hike or Bike, Moderate.

### CLUBMOSS TRAIL (YELLOW)

A connector that links Bottleneck to 3-pin trails.

Access: Balsam Swamp Overlook, Bottleneck & 3-pin Trail.  
1/3 mile, Hike or Bike, Easy.

## TRAILS & HIKES

### CLUB RUN TRAIL (RED)

This trail follows a section of Club Run, which flows into the Blackwater River, and winds through mixed forest and shrub Swamp wetland. An old beaver dam can be viewed from the western end of the loop. The water has formed deep ruts in part of this trail; see black diamond symbol on map.

Access: Cabin Area, Ridge Top, Promise Land & Bottleneck Trails.  
1 ¼ mile loop, Hike or Bike, Moderate.

### DEER RUN TRAIL (ORANGE)

\*Dave's Second favorite trail. This trail wanders through the forest and connects the Nature Center to the Lodge. Look for the observation platform & bubbling springs and listen for Barred Owls and the harmonic Hermit Thrush.

Access: Campground & Nature Center, Park Road and Main Lodge .  
1 ¼ mile, Hiking only, Easy



## ROAD & MOUNTAIN BIKING

### MIDDLE RIDGE TRAIL (GREEN)

This trail passes over varied terrain and features hillsides of clubmoss on the western flank of Middle Ridge. Open meadows and forest edges provide great opportunities for bird watching. Clubmosses are primitive vascular plants that evolved 400 million years ago. Though now only inches tall, their ancestors towered over 130 feet.

Access: Promised Land, Ridge Top, Bottleneck & Railroad Grade Trails  
and Balsam Swamp Overlook.  
2 ½ mile loop, Hike or Bike, Moderate

### MILL RUN TRAIL (GREEN)

A loop, when joined by Deer Run Trail, travels through unique wetlands. Look for pedestal birch seeds which germinated on a rotting log or stump long ago. Once the log rots away, these birch trees appear to have legs.

Access: Deer Run Trail and Abe Run Trail via yellow connector.  
¾ mile, Hiking only, Easy.

### MONARCH TRAIL (BLUE)

\*Dave's Third Favorite Trail. The trail is host to the Monarch Butterfly. With a field of the Common Milkweed, the Monarch Butterfly lays its eggs on the underside of the plants leaves. A connector trail between Promised Land, Allegheny, Railroad Grade and Back Hollow Trail. Keep an eye out for the pioneer species of our region when fields transition to forests such as the Hawthorne Tree. This trail passes by the Campfire ring and is the path the hay wagon takes in fall.

Access: Back Hollow, Promised Land, & Railroad Grade Trails.  
½ mile, Hike or Bike, Easy.

## TRAILS & HIKES

### PROMISED LAND TRAIL (PURPLE)

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

Access: Pool parking lot, Balsam Swamp Overlook, Cabin Area, Park road near main lodge entrance .  
6 mile loop, Hike or Bike, Easy – Moderate.

### RAILROAD GRADE TRAIL (ORANGE)

This trail follows the base of Canaan Mountain and passes through a variety of mature forests. Several small streams cross the trail so be prepared with proper footwear. It follows the Allegheny Trail's path for about 2 miles before linking into the far end of Middle Ridge Trail.

Access: Cabin Area, Allegheny, Promised Land & Middle Ridge Trails.  
2 ½ mile, Hike or Bike, Easy – Moderate.

### RIDGE TOP TRAIL (WHITE)

A connector trail that links Middle Ridge Trail to Club Run Trail.

Access: Middle Ridge, Club Run & Bottleneck Trails.  
¼ mile, Hike or Bike, Easy.

### 3 – PIN TRAIL (YELLOW)

A connector that links the Cabin Area to Clubmoss Trail.

Access: Cabin Area, Park Road, Clubmoss Trail.  
¼ mile, Hike or Bike, Easy.

## FISHING

### Trout Fishing Opportunities

A list of popular trout fishing opportunities near Canaan Valley Resort State Park. Anglers should keep in mind of the following:

A West Virginia fishing license is required to fish in the state. A trout stamp is required while fishing for trout and a National Forest stamp is required when fishing on National Forest lands. A license can be purchased at [www.wvhunt.com](http://www.wvhunt.com).

We recommend you become familiar with the WV Fishing regulations which can be found at [www.wvdnr.gov/fishing/Fishing\\_regs.shtm](http://www.wvdnr.gov/fishing/Fishing_regs.shtm).

Streams and lakes are stocked weekly, biweekly, or monthly from January through May. The stocking frequency is available at <http://www.wvdnr.gov/fishing/Regs21/trout.pdf>.

A list of the recent trout stockings is available at <http://www.wvdnr.gov/Fishing/Stocking/DailyStock.shtm>.

An interactive map showing the following and other fishing opportunities is available at [www.mapwv.gov/huntfish/](http://www.mapwv.gov/huntfish/).

Some streams meander through public lands and private lands. When looking for places to fish, be aware of private lands which are noted with signs or purple boundary markers.

## FISHING

### *Family Friendly*

#### **Canaan Valley State Park**

Within Canaan, the Blackwater River is stocked near the Golf Course Pro Shop. Park at the Pro Shop Parking lot. Follow the Blackwater River Trail for ½ mile to the Blackwater River.

#### **Blackwater Falls State Park – Pendleton Lake**

Turn left onto Route 32 north for 10.4 miles to the park and follow signs to Pendleton Lake/Nature Center.

#### **Spruce Knob Lake**

Turn right at the park entrance going south on Route 32 for 10.3 miles to Harman. Turn right onto Route 33 west for 3.9 miles. Turn left onto Whitmer Road for 7 miles. Continue on Dry Fork Road and Forest Road 1 for 12.4 miles to Spruce Knob Lake

### *Medium Adventure - Put and Take Streams*

#### **Dry Fork – Dry Fork Area**

Turn right at the park entrance going south on Route 32 for 4 miles where Red Creek crosses Route 32. From this point you will begin to see Dry Fork on the right. Take any of the public access roads or find safe wide berms to park along Route 32. The stream is stocked for 4 miles to the Old Mill.

#### **Red Creek**

Turn right at the park entrance going south on Route 32 for 1.5 miles. Turn sharp left onto Laneville Road for approximately 5.5 miles to Laneville. Park at the Dolly Sods trail access and fish downstream.

#### **Blackwater River – Camp 70 Road**

Turn left at the park entrance going north on Route 32 for approximately 10 miles. Turn left at the Shop and Save in Davis onto Camp 70 Road. Fishing available along this road for approximately 4 miles.

## FISHING

### **Gandy Creek**

Turn right at the park entrance going south on Route 32 for 10.3 miles to Harman. Turn right onto Route 33 west for 3.9 miles. Turn left onto Whitmer Road for 4.4 miles to Whitmer. Continue past Whitmer on Route 29 for 1 mile. Glady is stocked for approximately 7 miles along Route 29.

### **Glady Creek**

Turn right at the park entrance going south on Route 32 for 10.3 miles to Harman. Turn right onto Route 33 west for 10.5 miles. Turn right onto Sully Road, Route 12 at the Alpena Inn, for 4.5 miles to Glady Creek. The stream is stocked upstream of the bridge (past the gate at times) and downstream to the forest service gate (below the gate at times)



## FISHING

### North Fork of South Branch

Turn right at the park entrance going south on Route 32 for 10.3 miles to Harman. Turn left onto Route 33 east for 12 miles to Seneca Rocks. A catch and release section exists for approximately 1 mile at the Seneca Rocks area. The stream is stocked for several miles along Rt. 33 east toward Circleville WV and along Route 28 north toward Cabins WV.

### Shavers Fork

Turn right at the park entrance going south on Route 32 for 10.3 miles to Harman. Turn right onto Route 33 west toward Elkins for 13.5 miles. As the road becomes 4-lane turn right just before crossing the bridge over Shavers Fork. Fishing is available in this area.

### High Adventure

#### Blackwater River – Blackwater Falls State Park

Turn left onto Route 32 north for 10.4 miles to the park. Few trails lead in and out of the rugged canyon. Consult with Blackwater Falls Superintendent for conditions, access, and any known dangers.

#### Otter Creek and Red Creek Catch and Release Areas

Red Creek catch and release section is located upstream of the Dolly Sods trail access. (Directions – see Red Creek under Put and Take Streams) Consult a map for access on trails to these native brook trout streams. Trails and access are limited.

## ROAD & MOUNTAIN BIKING

### Beach Cruisers

Beach Cruiser bikes can be rented from the recreation center in the state park. These bike are meant to be ridden only on the blacktop; do not take them on trails or off-road.

### Promised Land Trail

Located within the state park, this trail was purposely built for mountain biking in 2019 for beginner and novice bikers. This trail system provides the sense of adventure every mountain biker looks for when heading into nature. The 5.5 mile loop is also utilized every fall as a certified National Interscholastic Cycling Association race course as high school student athletes from all over WV converge on Canaan Valley.

### Mountain Biking around Davis:

The trail systems are located in three distinct zones around Davis; Camp 70 is to the east, Canaan Mountain Backcountry to the south, and Blackwater Falls State Park to the west. Kiosks from are found at each trail head. On Camp 70 Road behind Shop and Save Grocery Store is a small parking lot with trail information. For Canaan Backcountry and Blackwater Falls you can start in the state park or enter an access road by the Town of Davis Bridge.

### Allegheny Highlands Rail Trail

A 12 mile trail created in place of an old rail line. Hikers and bikers can travel freely between Thomas to Hendricks using this trail. The rail trail specifically between the Douglas gated entry point and Hendricks is an under modified rail grade. Ideal for hiking and wide tired bikes, whether hybrid or mountain bike. The riding surface, signage, and trail heads are what would be expected from any seasoned rail trail user. Trail access and parking is found less than a mile from Thomas. Drive down Douglas Rd and you can park where the Rail Falls street sign is, or drive down Rail Falls Rd and park anywhere along it. This is where your adventure begins.





# RUNNING

## Start

All routes begin at the lodge entrance. Parking is available in the lodge parking lot. *All routes can also be used as walking routes for exercise.*

## 1 mile

Starting at the main lodge, continue along the main access road and head straight past the intersection towards the cabins. Stay on this road taking you to the cabins and turn around at the sign for cabins 1-11 to return to the main lodge. Total trip is about 1.06 miles.

## 2 mile

Starting at the main lodge, continue along the same path as the 1 mile route and proceed to the final loop passing the cottages. On your way back towards the lodge from the cottages, make a right and continue down the road passes cabins 10-15. Once at cabin 10, take another right and continue down a road where you will pass cabins 1-9 and follow through a loop that will eventually bring you back to the main road towards the cabins. Make a right turn and continue straight on this path until you reach the main lodge.

## 4 mile

Starting at the main lodge front entrance, proceed along the main access road for the lodge. Once you arrive that main intersection, make a right turn and continue downhill passing the Balsam Swamp Overlook. Stay on this road for 1.5 miles and you will pass over Mill Creek and reach the Golf Course parking lot. Take your first left at the parking lot and continue down the main road for another .5 miles where this road comes to an end. Turn around, and head back following the exact route you just took in reverse. Instead of returning to front entrance of the lodge, make a left turn at the sign for the Outdoor Swimming Pool and proceed up the hill, through the lower parking lot, and follow the pathway to the back lawn of the lodge.

# RUNNING

## 5 mile

Starting at the main lodge front entrance, proceed along the main access road for the lodge. Once you arrive at the main intersection, take a left turn and proceed down hill. Continue along Main Lodge Rd all the way until you reach the main entrance sign on Rt. 32 turn around and head west on Main Lodge Rd. Then make a slight right at the first entrance to the Recreation Center parking lot. Pass through the parking lot and head towards the campground. Continue on the main road of the campground before entering the farthest campsite loop. Complete each campsite loop in as you make your way back towards the Rec Center Parking lot. Instead of returning to the Rec Center, make a slight right and continue towards Main Lodge Rd. Make a right on Main Lodge Rd., and continue uphill until you reach the main intersection. Make a right turn at this intersection and follow the access road until you reach the front entrance of the main lodge.

## Precautions

Although the roads within the park have a maximum speed of 30 mph, these roads still present hazardous situations much like other roads with vehicular traffic. Please mind all traffic in front and behind you. Remain extra attentive at intersections.

## Trail Running

Canaan Resort's trail system offers a wide variety of routes perfect for any trail runner. Please refer to the Hiking Trail (Page 6) or the Road & Mountain Biking (Page 15 ) sections for information and routes best fitting for a trail run.

## OTHER ATTRACTIONS & ACTIVITIES

### Canaan Valley Wildlife Refuge Boardwalk

Located on Freeland Road, this boardwalk takes you on a stroll through a protected area of Canaan Valley. The boardwalk takes you over top of wetlands, past beaver dams, and through a lonely stand of Canaan Furs, a species of tree found only in Canaan Valley.

### Blackwater Falls State Park

This neighboring state park is home to some of the best sights to see in all of Canaan. Discover Elakala Falls, Pendleton Falls, and the tallest waterfall in the state, Blackwater Falls. Vist Pendleton Point & Lindy Point overlooks and gaze into the vastness of the Blackwater Canyon. Canoe and Kayak rentals are available for a relaxing paddle on Pendleton lake. If you are looking for lunch during your adventure, visit the Smokehouse at Blackwater.



### North Fork of the Blackwater

Residing along the rail trail between Thomas and Hendricks, the North Fork is home to many great sights like Albert Falls, Douglas Falls, and Kennedy Falls. Abandoned Coke ovens can be seen on your way to represent a bit of local history.

## OTHER ATTRACTIONS & ACTIVITIES



### Seneca Rocks

Witness one of West Virginia's signature geological icons. Located 30 minutes south of Canaan, Seneca Rocks is sure to amaze. Well maintained hiking trails are located all throughout the park. An observation deck located on the north summit of the rocks can be easily accessed from a moderate hiking trail that take you straight to the top. Seneca Rocks is also a premiere spot for rock climbing. Neighboring companies are helpful in guiding folks safely to the north or south summit of the Rocks.

### Blackwater Outdoor Adventures

Spend a day on the river. Located on the Cheat River in St. George, Blackwater Outdoor Adventures offer kayak, canoe, and tube rentals for a relaxing day on the river. White water rafting trips are available for those feeling a little more adventurous

### Nelson Rocks

Climb the greatest Via Ferrata in all of West Virginia. Located 20 minutes south of Seneca Rocks. Make the ascent along the "Iron Way" and enjoy one of the greatest adventures the area has to offer. N-Rocks also offers Ziplining, Top Roping, and Caving.