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Walk Across West Virginia

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WAWV Walking Routes

Few of us have the time to actually Walk Across West Virginia (WAWV), but we can do a virtual Walk Across West Virginia by walking a distance equal to

walking across the state. On this page are descriptions of five routes across West Virginia. Two are existing walking trails (the [American Discovery Trail](#) and the [Allegheny Trail](#)), two are hypothetical routes [North-South](#) and [West-East](#) across West Virginia through the geographical center of West Virginia and one ([GRB-Thomas](#)) is a combination of trails and highways.

The longest route across the state is 281 miles. If you walked five and a half miles a week or 23 and a half miles a month, in your local neighborhood, you would equal the longest distance in less than a year. So why not set a personal goal of Walking Across West Virginia this year! Record the date you reach a specific mileage point on one of the routes to track your progress. You can use the mileage tracking chart found on the WAWV website to track your accumulated miles. Include your family members in your trip. You might enhance the “virtual” experience by actually walking parts of the existing trails nearest you, or by visiting some of the areas traversed by the hypothetical routes. The West to East route across the state also includes “trivia” about West Virginia. Test your knowledge about West Virginia.

[PDF Version of route descriptions](#)

[North/South Route](#) | [West/East](#) | [American Discovery Trail](#) |
[Allegheny Trail](#) | [GBR-Thomas](#)



North To South In A Straight Line

Date	Mile	Location
	0.0	Start -- Ohio River, Ohio side
	0.5	Cross Route 2 just East of Newell
	1.5	Cross Route 2/6
	2.5	Follow Rt. 6 for ½ mile to intersection of 208
	5.8	Cross Route 2 again
	7.0	Enter Ohio
	12.0	Pass the Outskirts of Toronto, Ohio
	15.0	Cross Ohio Route 7
	15.5	Cross Ohio River and enter WV at Brooke County Line
	16.0	Cross Ohio River into Ohio again
	19.0	Enter Mingo Junction, Ohio
	24.0	Cross Ohio River and enter WV again
	24.5	Cross Route 2
	28.0	Cross county Route 30
	29.8	Leave Brooke County and enter Ohio County just East of Wheeling-Ohio County Airport
	31.0	Cross County Route 30
	34.0	Cross State Rt. 88
	38.5	Pass through Tridelphia
	39.0	Cross Interstate 70
	40.3	Leave Ohio and enter Marshall county
	44.0	Pass Brushes Run Public Fishing Area
	46.0	Cross County Route 7

47.5	Cross County Route 250
53.0	Cross Grove Creek West of Glen Easton
57.0	Cross County 23 and Cameron Ridge
61.0	Leave Marshall and enter Wetzel County
62	Cross State Route 89
68.0	Cross State route 7
72.0	Cross Route 20
77.0	Leave Wetzel and Enter Tyler County
78.5	Leave Tyler and enter Doddridge County
88.0	Cross State Route 23 west of Center Point
88.5	Cross U.S. 50
94.0	Enter Avon
99.0	Leave Doddridge and enter Lewis County
105	Cross U.S. 33 west of Camden
113	Leave Lewis and enter Gilmer County
117	Leave Gilmer and enter Braxton County
118	Cross Interstate 79 just east of Burnsville
122	Cross State Route 5
126	Cross State Route 19
130	Cross State Route 15
131	Swim Sutton Lake
134	Cross geologic center of WV
142	Leave Braxton and enter Webster county
145	Cross State Route 20 at Craigsville
146	Leave Webster and enter Nicholas County

	153	Cross State Route 20 at Craigsville
	161	Cross State Route 55
	169	Leave Nicholas and enter Greenbrier county
	178	Pass by Anjean
	187	Cross Interstate 64 at Sam Black Church
	198	Pass through Alderson
	199	Leave Greenbrier and enter Monroe County
	203	Cross Route 3
	212	Cross U.S. Route 219
	220	Finish - West Virginia State Line

[North/South Route](#) | [American Discovery Trail](#) | [Allegheny Trail](#) | [GBR-Thomas](#) | [Top of page](#)

West To East In A Straight Line

Can you answer the trivia questions?

Date	Miles	Location
	0.00	Start. Ohio River about 1 mile north of Ashton, Mason County 1) The Ohio River is the boundary between Ohio and West Virginia at this point. What part of the river is the boundary point? 2) What major WV cities are on the banks of the Ohio River?
	9.00	Leave Mason County and cross into Putnam County
	10.40	Cross U.S. Route 35

10.75	Cross Kanawha River 3) What two rivers join at Gauley Bridge to form the Kanawha River?
25.20	Leave Putnam and enter Jackson County 4) Who/what is Jackson County named for?
26.40	Pass through the community of Young, Jackson County
28.20	Cross Interstate 77 5) Traveling from South to North, what would be the first county in West Virginia you would pass through on Interstate 77? 5a) Traveling from South to North, what would be the last county in WV you would pass through on Interstate 79?
34.5	Leave Jackson County and enter Roane County 6) What counties border Roane County?
41.5	Pass through the community of Walton and cross U.S. Highway Route 119. 7) Do you know at what two points U.S. 119 enters and exits WV?
48.5	Cross state Route 36 between Looneyville and Left Hand.
56.10	Leave Roane County and enter Calhoun County
57.3	Leave Calhoun and reenter Roane County
57.60	Leave Roane and reenter Calhoun County
59.90	Leave Calhoun and enter Braxton County




66.00	Cross Elk River near Frametown 8) What are some of the major communities along Elk River? 9) What is the large city at the Mouth of the Elk and what significance is it to WestVirginia?
74	Cross interstate highway 79 10) What is the last major town I-79 passes by before entering Pennsylvania?
79.0	Cross the geographical center of WV
82.40	Cross the back of Sutton Lake 11) What civil war event took place near here?
85.4	Leave Braxton and enter Webster County 12)Who were Braxton and Webster counties named for?
88.00	Pass through Guardian, Webster County
92.10	Cross State Route 20
95.80	Pass through part of Holly River State Park
100.10	Leave Webster and enter Randolph County.
104.5	Cross Left Fork of Buckhannon River.
106.10	Enter Kumbrabow State Forest
109.50	Leave Kumbrabow State Forest
112.30	Elkwater, Randolph County - Cross U.S. 219
117.30	Cross U.S. Route 250 - top of Cheat Mountain
120.30	Cross Shavers Fork of Cheat River and railroad 13) The waters of Shavers fork flow into what rivers?


122.20	Leave Randolph, enter Pocahontas County 14) Who was Pocahontas County named for?
123.70	Cross West Fork of Greenbrier River 15) The waters of the West Fork of the Greenbrier River flow into what rivers?
126.40	Cross Little River
129	Cross top of Burner Mountain
133	Cross Allegheny Mountain, leave Pocahontas Cty., enter Pendleton Cty.
139.5	Cross State Rt. 28 after passing Hunting Ground Mt.
151	Cross U.S. 220 just south of Franklin
160.00	Cross Dickinson Mountain
162	Cross U.S. Route 33 north of Brandywine
164	Virginia State Line - Finish!!

[North/South Route](#) | [West/East](#) | [Allegheny Trail](#) | [GBR-Thomas](#) | [Top of Page](#)

American Discovery Trail In West Virginia - East To West

Date	Miles	Location
	0	Green Springs, WV
	11.8	Fort Ashby
	32.5	Ridgeville
	48.0	Greenland Gap, Grant County
	65.4	Bear Rocks at Dolly Sods, Tucker County
	68.1	Red Creek Campground, Dolly Sods
	77.4	Canaan Valley State Park
	88.8	Blackwater Falls State Park Lodge

105.2	Hendricks
109.2	Parsons
126.4	Valley Furnace
129.2	Nestorville
136.5	Phillipi
141.0	Arden
154.0	Tygart Lake State Park
158.0	Grafton
188.4	Bridgeport
196.9	Glen Falls, Harrison County Rail-trail
208.9	Clarksburg
212.9	Wilsonburg, Eastern end of North Bend Rail Trail - North Bend Rail Trail Association " Map of North Bend Rail Trail
215.9	Tunnel There are 10 tunnel on the North Bend Rail Trail. 
219.3	Salem
228.3	Smithburg
231.2	West Union
242.8	Pennsboro View of the trail looking east in Pennsboro. 
247.4	Ellenboro This is another of the 10 tunnels on the trail and is located between Ellenboro and North Bend State Park 
248.8	North Bend St. Park
251.9	Cairo

259.1	Petroleum	This multi-county region of West Virginia was a major oil producing region in the late nineteenth and early twentieth centuries. This photo of an early oil well was taken from the trail. The derrick is gone, but the walking beam pump is still visible on the right.	
270.2	Walker		
280.2	Parkersburg		
281.0	Ohio River		

Learn more about the [American Discovery Trail website](#) or go directly to their [West Virginia Page](#). The ADT website has more detail turn listing for the trail.

Read Bill and Laurie Foot's [ADT Journal](#) about hiking and biking the American Discover Trail, including the West Virginia section.

[North/South Route](#) | [West/East](#) | [American Discovery Trail](#) | [GBR-Thomas](#) | [Top of Page](#)

Allegheny Trail - North to South

The Allegheny Trail was developed and is maintained by the [West Virginia Scenic Trails Association](#). From their [Allegheny Trail](#) page, you can order a detailed trail guide.

Date	Mileage	Elevation	Description
	0.0	2182	Pennsylvania/West Virginia State Line close to Bruceton Mills on Local Route 4
	8.0	1495	Cross under I-68
	13.3	1693	Mt. Nebo-Begin descent into the Cheat River Gorge
	28.8	1252	Cross WV 26
	30.3	1220	Arrive at Albright, Preston County

	39.0	2680	Briery Mt. Road-Local Route 86
	41.4	2634	Top of Eastern wall of Cheat River Gorge
	42.2	2730	Pass by the Camp Dawson Military Reservation
	53.9	1486	Saltlick Creek 0.8 miles East of Rowlsburg
	61.3	1432	Trail joins U.S. 50 (Northwestern Turnpike) along Cheat River
	63.4	1483	Leave U.S. 50
	70.6	2020	Preston / Tucker County Line
	74.7	1766	Lead Mine
	80.5	3506	Intersect U.S. 219 on Backbone Mountain
	82.6	3343	Leave U.S. 219 on Forest Service 18 - Olson Fire Tower Road
	84.3	3110	North rim of Blackwater Canyon - Overlook of Big Run - Continue on Rim Road
	89.5	2810	Reach the old mining communities of Douglas/Coketon - Douglas Falls
	90.9	2960	Cross North Fork of Blackwater River
	93.3	3060	Blackwater Falls State Park Boundary
	95.2	3110	Trail to Blackwater Falls overlook takes off to the right.
	95.7	3140	Take Davis Trail toward Canaan Valley
	98.8	3690	Cross Canaan Loop Road - U.S. forest service 13
	101.2	3600	Canaan Valley State Park - Cabin areas 1/4 mile from trail





	104.5	3200	Join WV 45 Laneville/Jenningston Road
	106.0	2550	Join WV 72 at Red Creek
	109.7	2000	Jenningston - Cross Dry Fork
	112.9	1950	Gladwin - start following Gladly fork
	116.2	2130	Tucker/Randolph County Line
	130.5	2660	Cross U.S. 33 at Alpena
	141.5	3060	Gladly
	157.8	4070	Gaudineer Scenic Area
	163.9	3280	Join U.S. 250 - Follow for 2 miles
	166.0	2700	Durbin
	174.1	3400	High Point along Little Mountain
	178.2	3200	Views of National Radio Observatory at Greenbank off to the left.
	184.9	2560	Cass
	188.4	2360	Sitlington
	192.1	2460	Cloverlick
	199.8	2560	Cross WV 28 - Begin ascent of Marlin Mountain
	210.8	2260	Huntersville
	226.6	2560	Beaver Creek Campground, Watoga State Park - Begin ascent of Middle Mountain
	247.8	2212	Greenbrier County Route 14. 8.2 miles from Lake Sherwood 2.5 miles from Neolo. Current terminus of Trail. Proposed trail goes another 21 miles to junction with Appalachian Trail in Virginia.


[North/South Route](#) | [West/East](#) | [American Discovery Trail](#) | [GBR-Thomas](#) | [Top of Page](#)

Greenbrier River Trail - Thomas

Click on photos to enlarge

This route follows rail trails, secondary and U.S. Forest Service roads, and short sections of U.S. highway routes. Though the route could be walked (especially the rail trails and forest service road), it would be an excellent bike touring route.

Date	Mileage	Mileage Between Points	GBR Trail Miles*	Description
	0	0	3.1	North Caldwell Parking Area- Off of U.S. Route 60
	2.5	2.5	5.6	Hopper - site of freight and passenger stop.
	5.7	3.2	8.8	Loopemount
	8	2.3	11.1	Keister
	10.9	2.9	14	Anthony  View of Greenbrier River from GBR Trail north of Anthony. .
	18.6	7.7	21.7	Spring Creek Bridge
	21.9	3.3	25	Renick  View of GBR Trail traveling through farmland.

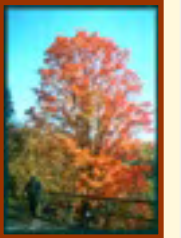

	26.5	4.6	29.6	Horrock
	27.8	1.3	30.9	Droop Mountain Tunnel
	32.4	4.6	35.5	Greenbrier/ Pocahontas County line
	35.7	3.3	38.8	Beard
	36.2	0.5	39.3	Denmar - Originally a state tuberculosis hospital, later a long term care facility and now a medium security prison.
	42.7	6.5	45.8	Seebert - Access to Watoga State Park
	49	6.3	52.1	Buckeye  September finds fields of yellow wildflowers along the trail.
	52	3	55.1	Marlinton Municipal Park - Begin paved section
	52.9	0.9	56	Marlinton - End Paved section
	58.2	5.3	61.3	Thorny Creek
	59.3	1.1	62.4	Clawson
	62.2	2.9	65.3	Sharps Tunnel - 511 feet long
	68.1	5.9	71.2	Cloverlick - Restored Depot
	71.3	3.2	74.4	Stony Bottom
	73.7	2.4	76.8	Sitlington

	76.3	2.6	79.4	North Greenbrier River Trail Head
	77.3	1		Cass - Take County Rt. 1, Back Mt. Road out of Cass. - Paved
	81	3.7		Wanless
	91.2	10.2		250/11 Intersection. Turn right onto 250/11
	91.9	0.7		Intersection of U.S. Rt. 250, Greenbier river Bridge. Pick up West Fort Trail under bridge on far side. May have to go back toward Durbin to gain easy access.
	98.3	6.4		Burner - Little River Joins West Fork of Greenbrier River
	101.4	3.1		May
	106.5	5.1		<p>Wildell Winter</p>  <p>doesn't mean abandoning your outdoor adventures. With the proper clothing and equipment, a winter excursion can be tremendously rewarding. This skier takes advantage of the snow on the trail close to Glady.</p>

	108.4	1.9		Randolph/ Pocahontas Cty. Line, Greenbrier River/Glady Creek drainage divide. Water south of the divide enters the Ohio R. via the Kanawha River. Water north of the divide enters the Ohio River via the Monongahela River.
	113.6	5.2		Glady - Pick up route 27 (paved) This tunnel is just past Glady toward Bemis. Not on the route, but it was worth the short side trip in the snow.
	113.8	0.2		Intersection - Continue straight
	123.3	9.5		Alpena - Intersection - US 33 - Turn Right onto 33
	124.3	1		Right turn onto gravel Forest Road 91 at top of Shavers Mountain - Alpena Gap
	125.7	1.4		Bare left



	127.1	1.4		Bear Haven Recreation Area
	130.8	3.7		Intersection with access road to Bickle Knob. Access Road comes in from the right. 0.3 miles to the tower. Fantastic view of the area from the tower.
	134.6	3.8		Access Rd to Stuart Recreation Area - Camping/showers
	135	0.4		Old route 33 - Turn Right
	137.1	2.1		Route 33 (Four Lane) - Turn right
	140.5	3.4		Elkins - Intersection with Route 92 Right Turn onto Route 92 (Rather than following Route 92 through Elkins, you can follow the back streets. There is a visitors center at the intersection where you can get directions and a map if they are open.)
	141.6	1.1		Jct. 219 North - Follow 219 North
	142.4	0.8		Allegheny Trial trail head on right. Pick up trail here. It is paved for about 3 miles out of Elkins.
	145.2	2.8		Gilman

	148.7	3.5		Kerens
	152.9	4.2		Montrose
	159.2	6.3		Moore
	160.5	1.3		Porterwood
	163	2.5		Parsons - Pick up U. S. 219 North in Parsons. American Discovery Trail goes through Parsons.
	165.2	2.2		Right onto route 72
	166	0.8		Hambleton
	167.1	1.1		Hendricks - Pick up Blackwater Canyon trail coming in from left past the post office. This maple tree along the trail in the canyon is its full autumn glory. 
	175.6	8.5		Douglas This large stone culver  carries the trail over Big Run in Blackwater Canyon.
	177.9	2.3		Thomas

* The Greenbrier River Trail uses the old railroad mileage starting in Ronceverte, 3.1 miles south of the southern trail head, where it joined the main line of the railroad. Many of the old railroad mile markers remain in place along the trail.

Answers to Bonus Questions

1. The low water mark on the Ohio side of the river is the state boundary. The Ohio River is within West Virginia.
2. Weirton, Wheeling, Moundsville, Parkersburg, and Huntington are major WV cities on the Ohio River.
3. The Gauley and New Rivers meet at Gauley Bridge to form the Kanawha River.
4. Andrew Jackson, seventh president and military hero.
5. Mercer County is the southern most county crossed by I-77.
- 5a. Monongalia County is the last county before I-79 crosses into Pennsylvania.
6. Kanawha, Clay, Calhoun, Jackson and Wirt Counties border Roane County.
7. US 119 enters Pennsylvania at Point Marion, Pa. in the north and Kentucky at Williamson, WV in the south.
8. Webster Springs, Sutton, and Charleston are three of the communities that border the Elk River.
9. Charleston is the largest city on the Elk and the Capitol of the state.
10. Morgantown is the last major town before I-79 leaves West Virginia. Morgantown is the site of West Virginia University.
11. The civil war skirmish for control of the Gauley Bridge and Weston Turnpike at Bulltown.
12. Braxton -- Carter Braxton, American Revolution political leader. Webster -- Daniel Webster, American Statesman.
13. Shavers Fork flows into the Cheat River, Cheat into the Monogahela River, Monogahela into the Ohio River, Ohio

River into the Mississippi River, and the Mississippi into the Gulf of Mexico.

14. Pocahontas, the legendary Indian princess.

15. The West Fork flows into the main Greenbrier River, Greenbrier into the New River, New River into the Kanawha River, Kanawha River into the Ohio river, Ohio River into the Mississippi River, Mississippi River into the Gulf of Mexico.

For more information about

[North/South Route](#) | [West/East](#) | [American Discovery Trail](#) | [Allegheny Trail](#) | [GBR-Thomas](#) | [Top of Page](#)

Walk Across West Virginia (WAWV), and other resources involving or promoting physical activity, call Kristy Blower at 558-0644 or e-mail: kristyblower@wvdhhr.org"

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This page was last updated 02/15/02.

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