

Your Cooperation
is Appreciated



Luther Goldman/USFWS

Angler

PERMITTED:



- Walking, cross-country skiing, snowshoeing, horseback riding and bicycling are allowed on designated routes only. Please stay on these routes to minimize disturbance to wildlife. This also allows adjacent areas to remain or become well vegetated wildlife habitat. Good plant cover also stabilizes the soil, preventing erosion. Don't shortcut switchbacks.
- Hunting is permitted in accordance with state and refuge regulations. Obtain a refuge hunt brochure for details.
- Firearms are permitted only during refuge hunting seasons and must be unloaded and cased while in a vehicle.
- Dogs must be on a leash, not left unattended, and are restricted to designated pedestrian routes except when used for hunting during refuge hunting seasons which allow the use of dogs.
- Fishing is subject to state regulations. Walking access is available from designated routes and parking areas.
- Please help keep the refuge clean. Littering is prohibited. Take your trash with you.

PROHIBITED:



To protect wildlife and visitors, the following are prohibited:

- Camping
- Open fires
- Cutting firewood
- Off-road vehicles including snowmobiles and all terrain vehicles
- Abandoning wild or domestic animals on the refuge
- Driving on routes other than those designated for vehicle travel.
- Permanent structures such as tree stands, stairways or rope swings.
- Collecting plants, animals or other natural, historical or archeological items is not permitted.
- Concealed weapons are prohibited on federal property, including the refuge.

Please respect private and public land closures or limitations. Sometimes the USFWS restricts use of an area because of the potential for harm to wildlife. An example is walking through fields during nesting season for ground-nesting birds. Even if you don't step right on a nest, chances for a disturbance that will reduce nesting success are good.

Tour on Freeland tract



Ken Sturm/USFWS

For more information contact:
Canaan Valley National Wildlife Refuge
HC 70, Box 200
Davis, WV 26260
304/866 3858
304/866 3852 Fax
e-mail: fw5rw_cvnwr@fws.gov
<http://www.fws.gov/canaanvalley>

West Virginia Relay Center
1 800/982-8771 TDD
1 800/982-8772 voice

U.S. Fish and Wildlife Service
1 800/344 WILD
<http://www.fws.gov>

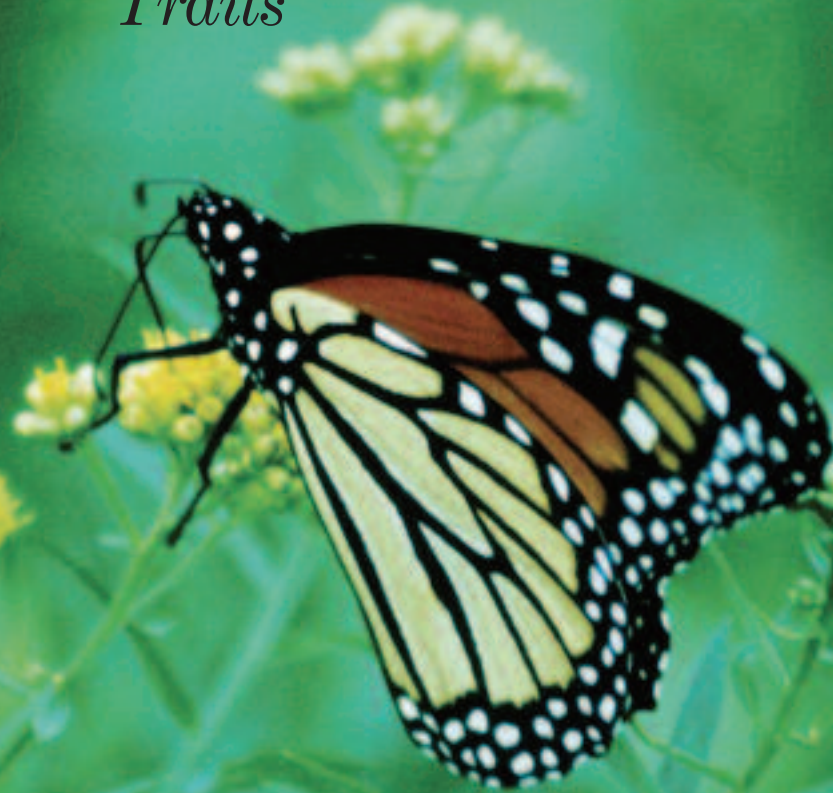
February 2008



U.S. Fish & Wildlife Service

Canaan Valley National Wildlife Refuge

Wildlife Watching Trails



Monarch on goldenrod
Ken Sturm/USFWS



Bobolink

Craig Rhoads/WVU



Ed Michael/WVU

Wetlands

Welcome



This blue goose, designed by J.N. "Ding" Darling, has become the symbol of the National Wildlife Refuge System.

Welcome to Canaan Valley National Wildlife Refuge, your refuge, conserving the largest shrub and bog wetland complex in the southern Appalachians.

Canaan Valley National Wildlife Refuge was established in 1994 to preserve its unique wetlands and to protect fish and wildlife resources of the valley. The refuge includes a mixture of wetland types, including muskeg, alder, wet meadow, swamp forest and spiraea thicket. Upland areas provide grass and shrub lands important for migratory birds and high altitude woodlands that provide habitat for threatened and endangered species. The area supports 40+ distinct plant communities with over 580 species of plants. This rich and varied habitat is home to an estimated 290 species of mammals, birds, reptiles, amphibians and fish.

Northern plant species, typical of Canada, were established during the last Pleistocene glacial period. Their continued growth is sustained by the cool climate in the high elevation Canaan Valley. Canaan Valley is the southernmost known location for cranberrytree (*Viburnum opulus*), a northern sedge (*Carex atherodes*), and a northern blackberry (*Rubus montensis*). Balsam fir, another northern species, is found throughout wetlands in Canaan Valley. The shape and elevation of the valley creates a boreal climate similar to that in Canada and Maine. No wonder it is often described as "a little bit of Canada, gone astray."

THE TRAILS

The trail system provides opportunities for visitors to watch wildlife, as well as learn about and photograph nature and different wildlife species. Loops and connections to adjacent lands are provided where feasible. All roads and trails, including those labeled “pedestrian only”, are open for cross country skiing and snowshoeing in winter. Refuge roads are typically not plowed. Please contact adjacent landowners for permission if using their land.

Trail Access Guide:

Easy: Accessible to most people, including those with disabilities.

Moderate: Features grades and/or surfacing that may prove difficult for people with limited mobility.

Difficult: Features grades and/or surfacing that offer more risk and challenge. People with limited mobility will need assistance.

1-Freeland Trail: (0.4 mile)

Easy

Blaze: 

Nice views of the valley abound on this short accessible boardwalk leading through a wet field to a beaver pond and bubbling spring. An easy walk takes visitors to a stand of balsam fir, a plant community typical of Maine and Canada. Pedestrian only.

2-Idleman’s Run Trail:

(0.4 mile)

Moderate

Blaze: 

This short pedestrian trail travels through woodlands along Idleman’s Run. The trail becomes steeper as it nears and connects to Forest Road 80. Continue down Forest Road 80 to make a loop.

Forest Road 80: (1.9 mile)

Moderate

This public access road is open for pedestrians, bicyclers, horse-back riders, and vehicles. It provides access from the valley to the west side of Dolly Sods Wilderness Area.

3-Beall (pronounced “bell”) Trails: (4.5 mile)

Moderate

A parking area off of Cortland Road, leads to trails that loop north and south. Beall north trails pass through forest, field, shrub swamp and bog habitats, with a spur trail leading to the Blackwater River. Beall south trails offer good opportunities for viewing grassland birds before dipping into the forest down to the Blackwater River. Pedestrian only.

4-Swinging Bridge Trail: (1.1 mile)

Moderate

Blaze: 

Pass through the hemlock groves and cross over the Blackwater River before climbing the slope of Canaan Mountain. This former logging road travels through northern hardwood forest. It provides recreational access to Canaan Valley Institute land.

5-Brown Mountain Trail: (2.4 mile)

Moderate

Blaze: 

This trail travels north from the Camp 70 parking lot and is open to pedestrian, horse, and bicycle use. The Brown Mountain Trail is a pleasant trail with a gently increasing grade. It travels through forest and leads to the Brown Mountain Overlook Trail. In summer, listen for different woodland birds including scarlet tanagers and a variety of warblers.


6-Brown Mountain Overlook: (2 mile)

Moderate

Blaze: 

This loop provides a beautiful overlook of the valley’s wetlands and is open for pedestrian travel only. Watch for a variety of water birds and wetland plants along the trail.

7-Camp 70 Loop:
(2.8 mile)
Moderate


Blaze: 

The Camp 70 Loop travels east from the parking area and is open for pedestrian, horse, bicycle, and vehicle use. Watch for signs as the “road” ends with a loop that is closed to vehicles. This loop provides excellent views of beaver ponds and the central wetlands of Canaan Valley.

A-frame Road:
(4.8 mile)
Easy - Moderate


A-frame Road is a public access route open for pedestrian, horse, bicycle and vehicle use. From Rt. 93 to the parking lot at the end of the gravel road is nine miles. For most of its length, the road passes through the forested slopes of Cabin Mountain. In a few locations, there are nice views of the valley. The primary parking area is near beaver ponds along Glade Run. Parking is also permitted on the side of the road.

8-Cabin Mountain Trail:
(2 mile)
Moderate - Difficult

Blaze: 

This trail is open for pedestrian, horse, and bicycle use. It passes through forested habitat and travels upslope for a beautiful view of the valley. A variety of woodland birds and wildlife can be encountered on this trail.

9-Cabin Mountain Spur:
(0.8 mile)
Difficult

Blaze: 


This is a steep trail for most of its length. Easy access for this trail begins at the A-frame Road parking lot. The trail is open for pedestrian, horse, and bicycle use.

11-South Glade Run Crossing:
(0.8 mile)
Moderate

Blaze: 


South Glade Run Crossing travels through forested and grassland habitats to connect Cabin Mountain trail to Middle Valley trail. It is open to pedestrian, horse and bicycle use. The trail crosses Glade Run on a footbridge and has nice views of the Glade Run wetlands.

10-Sand Run Trail:
(0.9 mile)
Moderate

Blaze: 


Beginning on Cabin Mountain trail, this trail travels through forested and wetland habitat to join with Middle Valley trail. A variety of wildlife can be viewed on this trail. Be on the lookout for least flycatchers, red-eyed vireos and warblers. This trail is open for pedestrian use only.

12-Middle Valley Trail:
(6 mile)
Moderate

Blaze: 


This trail crosses Sand Run and Glade Run as it travels along a low sandstone ridge. Near Glade Run alder thickets harbor unique plant and animal species. Bog goldenrod and cottongrass grow in the northern reach of the trail. Be on the lookout for savannah sparrows, vesper sparrows, American bittern and warblers. This trail is open to pedestrian, horse and bicycle use.

13-Blackwater View Trail:
(1.4 mile)
Moderate

Blaze: 

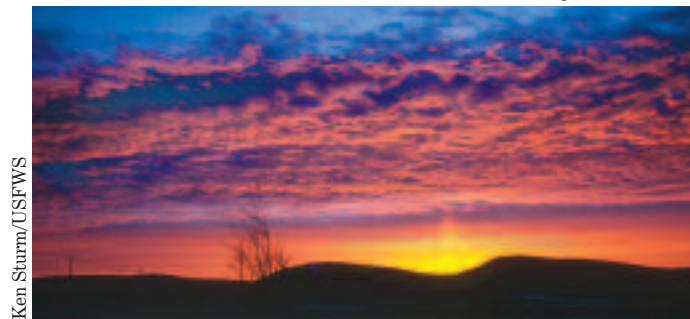
Access for this trail is off of Middle Valley trail and is open for pedestrian, horse, and bicycle use. Listen for wood frogs and spring peepers calling from ponds along the trail in the springtime. This trail travels through woodland and ends at the Blackwater River. Look for belted kingfishers flying along the river and bald eagles soaring high above the trail.

14-Valley Overlook:
(0.1 mile)
Difficult

Blaze: 

Experience a beautiful view of the northern end of Canaan Valley. The Valley Overlook is a short steep trail and is open only for pedestrian use.

Canaan Valley at sunrise



Ken Sturm/USFWS



Ken Sturm/USFWS

Black-billed cuckoo on nest

Hours

The refuge is open one hour before sunrise to one hour after sunset.

Photo Blind

Except during the hunting season, two accessible blinds are available by reservation to those interested in wildlife observation and photography. During the hunting season they are available by reservation for disabled hunting access.

Tips for Wildlife Viewing

When an animal is reacting to your presence, back up. Wildlife can be viewed closely by using binoculars, a spotting scope, or a long camera lens. Sitting quietly will increase your chances of seeing wildlife.

Use all of your senses. Rustling plants can often tell you where to look for wildlife. Smell can bring your attention to interesting plant life.



Jackie Burns/USFWS

Raccoon track

Aphrodite fritillary on milkweed



Ken Sturm/USFWS

Ken Sturm/USFWS



Spider on web



Jackie Burns/USFWS

Big Cove Pond

Safety Concerns

Hunting is permitted on the refuge. Deer gun season is in late November. Spring gobbler season is late April through late May. Other hunting seasons occur from September through February. During these times, bright colored clothing such as blaze orange is recommended. Check with the office for current dates and seasons.

Deer ticks, which commonly carry lyme disease, are not widespread in the valley. Other ticks, which can carry diseases, do infrequently occur. Please take precautions to avoid tick bites. Tuck pant legs into socks and check yourself for ticks after outdoor activity.

- Know your limits. Choose a trail appropriate for your abilities. Carry drinking water.
- Let someone know your hiking plans.
- Dress for the weather. Wear comfortable walking shoes or boots. Be prepared for wet trails.
- Stay a safe distance from wildlife.

Upcoming Planning:



Ken Sturm/USFWS

Indian pipe

Canaan Valley National Wildlife Refuge is currently writing a Comprehensive Conservation Plan (CCP) to guide management of the refuge for the next fifteen years. We have started the process by gathering input from various state and federal agencies, from various non-governmental organizations, from local community businesses and organizations, and from interested individuals. You may contact the refuge at 304/866 3858 to get on our planning mailing list.

The *purpose* of a CCP is to provide strategic management direction for the next 15 years, by:

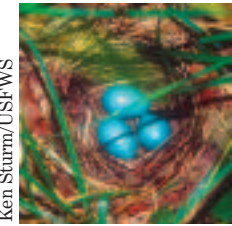
- stating clearly the desired future conditions of refuge habitat, wildlife, visitor services, staffing, and facilities;
- providing a clear understanding of the reasons for refuge management actions to state agencies, refuge neighbors, visitors, and partners;
- conforming refuge management to the policies and goals of the refuge system and its legal mandates;
- providing long-term continuity in refuge management;
- ensuring the compatibility of current and future public use; and,
- documenting staffing, operating, maintenance, and annual budget needs.

White-tail deer



Ken Sturm/USFWS

**About the U.S.
Fish and Wildlife
Service**



*Hermit thrush
nest*

The U.S. Fish and Wildlife Service is the principal Federal agency responsible for conserving, protecting and enhancing fish, wildlife and plants and their habitats for the continuing benefit of the American people. The Service manages the 100-million-acre National Wildlife Refuge System which encompasses more than 547 national wildlife refuges, thousands of small wetlands and other special management areas. It also operates 70 national fish hatcheries, 64 fish and wildlife management assistance offices, 64 Fishery Resource Offices and 78 ecological services field stations. The agency enforces Federal wildlife laws, administers the Endangered Species Act, manages migratory bird populations, restores nationally significant fisheries, conserves and restores wildlife habitat such as wetlands, and helps foreign governments with their conservation efforts. It also oversees the Federal Aid program that distributes hundreds of millions of dollars in excise taxes on fishing and hunting equipment to state fish and wildlife agencies.

Canaan Valley is one of more than 547 refuges in the National Wildlife Refuge System. Wildlife dependent recreation compatible with the refuge purpose is encouraged on the refuge, including wildlife observation, nature photography, environmental education, sport fishing and hunting (in designated areas, in accordance with State, Federal and refuge regulations).

Freeland Tract Balsam Fir Stand



Refuge Cross Country Ski Trail

Ken Sturm/USFWS

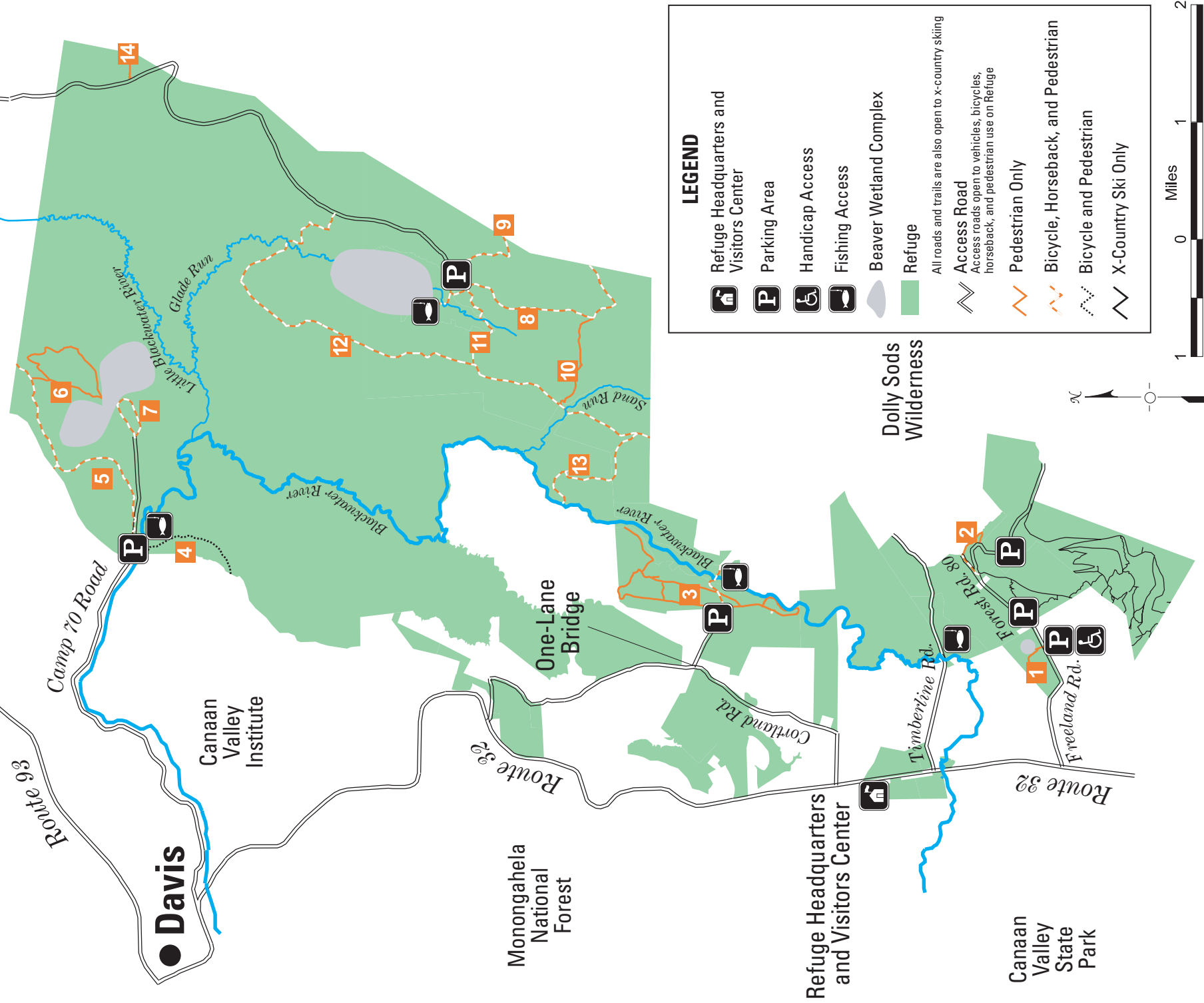
Ken Sturm/USFWS

Ken Sturm/USFWS

Canaan Valley National Wildlife Refuge Trail System

● Davis

7.4 miles to A-Frame Road
from the intersection of
Routes 32 and 93.



LEGEND

- Refuge Headquarters and Visitors Center
- Parking Area
- Handicap Access
- Fishing Access
- Beaver Wetland Complex
- Refuge
- Access Road
- PeDESTRIAN ONLY
- Bicycle, Horseback, and PeDESTRIAN
- Bicycle and PeDESTRIAN
- X-COUNTRY Ski ONLY

All roads and trails are also open to x-country skiing
Access roads open to vehicles, bicycles, horseback, and pedestrian use on Refuge

REFUGE TRAILS AND TRAIL MILES WITH BLAZES

Trail Name	Trail Miles	Blaze Type
Freeland Trail	0.4 (Including Loop)	Blue Circle
Idleman's Run Trail	0.4 (One way)	White Circle
Idleman's Run Trail and Road Loop	0.9 (Loop)	White Circle
Beall Trails	4.5 (Total)	White Circle
Beall Loop Trail	2.1 (Loop)	White Triangle
Hemlock Spur	0.6 (One way)	Blue Triangle
Beall Connector	0.2 (One way)	Green Triangle
Beall Bridge Trail	0.5 (One way)	Orange Triangle
Beall South Loop	1.4 (Round trip)	Yellow Triangle
Shortcut	0.2 (One way)	Red Triangle
Bog Overlook	0.1 (One way)	Purple Triangle
Swinging Bridge Trail	1.1 (One way)	Green Square
Brown Mountain Trail	2.4 (One way)	Yellow Square
Brown Mountain Overlook	2 (Loop)	Blue Square
Camp 70 Loop (Including Old Road)	2.8 (Round trip)	White Square
Cabin Mountain Trail	2 (One way)	Blue Square
Cabin Mountain Spur	0.8 (One way)	Green Square
Sand Run Trail	0.9 (One way)	Yellow Square
South Glade Run Crossing	0.8 (One way)	Red Square
Middle Valley Trail	6 (One way)	White Square
Blackwater View Trail	1.4 (One way)	Orange Square
Valley Overlook	0.1 (One way)	Purple Square