Trail Descriptions

BACKBONE TRAIL
Distance: 3 miles. Walking time: 2 hours. Rating: Moderate.
The starting point is near the park office.

BUFFALO TRAIL
Distance: 2.2 miles. Walking time: 1 hour. Rating: Moderate.
The starting point is across from shelter 1. The trail has a short but very steep climb.

CLIFFSIDE TRAIL
Distance: 1.1 miles. Walking time: 45 minutes. Rating: Easy.
The starting point is near the park office. The trail begins with a short climb and levels off.

COAL MINE TRAIL
Distance: 1 miles. Walking time: 45 minutes. Rating: Moderate.
This trail starts in the campground behind campsite 2. The trail follows a mine tram road passing old mine openings and a tipple site. Because of steep drops children should not take this trail unsupervised.

FITNESS TRAIL
Distance: 1 mile. Walking time: 45 minutes. Rating: Easy.
The starting point for this trail is across from the multipurpose building and has a series of exercise stations along it.

GUYANDOTTE BEAUTY TRAIL
Distance: 1.1 miles. Walking time: 1 hour. Rating: Difficult.
The starting point is at the head of Mud Lick Hollow. On this trail you may see the endangered wildflower species the Guyandotte beauty blooming in May. Abandoned coal mines also may be seen.

LAKE SHORE TRAIL
Distance: 1.1 miles. Walking time: 45 minutes. Rating: Easy.
The starting point is at the lower end of the lake. Many spring wildflowers may be seen along the trail.

SHAWNEE TRAIL
Distance: .5 miles. Walking time: 30 minutes. Rating: Easy.
The starting point for this trail is at the amphitheater. It is a great location for viewing spring wildflowers.

WATERFALL TRAIL
Distance: .75 miles. Walking time: 45 minutes. Rating: Moderate.
This trail begins at the first bridge on the left above the park office and makes a loop. In the rainy season, it is possible to see a small natural waterfall.

WILDERNESS TRAIL
Distance: 6 miles. Walking time: 3 hours. Rating: Moderate.
The Wilderness Trail begins at the campground. It is mostly easy walking, but due to the length of this trail it is considered moderate.

WILD TURKEY TRAIL
Distance: 1.3 miles. Walking time: 40 minutes (one direction). Rating: Moderate.
This trail follows an old timber road and intersects with the Wilderness Trail. The trail begins between campsites 16 and 17 and ends at the water tank near the conference center. Funding to construct this trail was donated by the National Wild Turkey Federation.

WOODECKER TRAIL
Distance: 2.3 miles. Walking time: 1.5 hours. Rating: Easy.
The starting point is at the first parking area on the right after passing the park office. This is a trail where many spring wildflowers may be seen.

ITEMS OF NOTE:
- 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 office and leave your plans with us.
- Please stay on marked trails because numerous unmarked cliff edges exist within the park boundary that have dangerous sudden and steep drops.
- Trail ratings provided are for an average person. They may not fit your exact requirements or abilities, they serve as guides only.
- Long-distance hikers following the Wilderness and Wild Turkey trails are welcome to eat in the dining room at the Lodge and Conference Center.
  For dining room hours, call 855–6100.

Please remember, “Leave no trace.” We hope you have a pleasant and enjoyable stay. Please contact us for any questions or comments you may have.