

Four New River Gorge Bike/Hike Trails

Pick up a trail map at the Canyon Rim Visitors Center

Directions: Turn R out of the County Park Road and proceed to US-19. (Fayetteville is dead ahead.) Turn left at US-19, cross **the New River Gorge Bridge**, and take your first right, which is the Park Service exit. Turn R and enter the **Canyon Rim Visitors Center** lot.

Thurmond to Minden Trail

Length: *2.5 miles* **Rating:**

An easy grade and wide, smooth trail make the Thurmond-Minden Trail one of the most popular trails in the park. It is great for hikers of all ages and levels of fitness, and a great start for beginning mountain bikers. Hiking the entire trail involves a 6.4 mile round-trip journey, though many will choose a shorter 2.5 mile round-trip to the main overlook and back. Along the way, there are good views of Dunloup Creek, the New River, and the historic community of Thurmond.

Though among the easiest trails to navigate in the park, a recent rockslide requires a minor detour up and around on a set of wooden stairs. This trail was originally constructed in 1906, as a railroad line to haul coal from the mines in Minden to the main line tracks in Thurmond. The rail line was abandoned in 1972, and now it is hikers and bikers that follow this historic route.

From the Main Overlook, visitors are presented with a great view of the New River. Trains can be seen travelling the gorge, still carrying coal -- though the coal is no longer coal mined within the gorge. In the summer months, it is also common to see fleets of whitewater rafts floating by.

Cunard - Kaymoor Trail

The Cunard - Kaymoor Trail is a very popular hiking and mountain biking trail that follows an old roadbed as it contours along the side of the gorge. The trail is seven miles long (one-way), and leads to the historic Kaymoor mine site. The trail takes you past some more recent mining operations, and there are a number of fine overlooks of the New River along this trail. This trail is a good intermediate mountain bike ride, with just enough up and down to present a challenge -- but not so much as to make it truly difficult. NOTE: bicycles are not allowed on the Kaymoor Trail past the mine site.

From Kaymoor Top it is 4.2 miles to the Kaymoor Mine and 7.2 miles to Cunard. From Cunard, it is 6.7 miles to the Kaymoor Mine and 7.3 miles to Kaymoor Top.

From Fayetteville: Take WV Route 16 South through the town of Fayetteville. Take a left on Gatewood Road, and go 4.6 miles to the Cunard turn-off. Turn left and go 1.8 miles. Follow signs indicating Cunard River Access. Parking is soon reached on your right, and the trail starts back a short distance on your left.