

Safety Considerations and Area Rules:

- Obtain a good map and a compass; plan your route; and leave word with someone—just in case you do get lost. Travel with a companion.
- Streams and creeks should be crossed with caution when there are no footbridges.
- Flash flooding occurs occasionally in the valleys, so seek high ground during periods of heavy rain.
- Camping is permitted anywhere on National Forest land, provided campsites are at least 200 feet from all roads, streams, trails, and trailheads. Practice Leave No Trace Outdoor Ethics. Leave a clean camp for those who follow you. When traveling, no matter by what means, make an effort to stay on trails. Carry out all trash.
- Campfires may be built, but with extreme caution. Only dead and down trees may be used for firewood. The use of small cooking stoves is preferred to campfires.
- Erecting and maintaining structures is prohibited.
- Pets must be under your control at all times.
- Motor vehicles are restricted to roads and parking areas.
- Pack Stock is not permitted in the campgrounds.
- Dress for the weather. Be prepared for sudden changes.
- Wear proper footwear.
- Bring drinking water; otherwise treat water from streams and springs before drinking or cooking to kill harmful pathogens.
- During hunting seasons, hikers are encouraged to wear high visibility clothing.

In Case of Emergency:

The following phone numbers will be useful:

- Emergencies: 911**
- State Police: (304) 647-7600**
- Medical Non-Emergency: Greenbrier Valley Medical Center, Lewisburg, (304) 647-4411**



Lake Sherwood Trail

For additional information:

White Sulphur Ranger District
 410 East Main Street
 White Sulphur Springs, WV 24986
 (304) 536-2144
<http://fs.usda.gov/mnf>



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Monongahela National Forest
 200 Sycamore Street,
 Elkins, West Virginia 26241
 (304) 636-1800 Telephone/TTY

Lake Sherwood Area Hiking Trails White Sulphur Ranger District



Description: The Lake Sherwood Area Trail System offers 18 miles of trails for day hikes to visitors of this popular recreation area. The trail system provides access for fishing, hunting, and backpacking opportunities as well. Trails are best suited for hiking, although several trails are popular mountain bike routes. Access to the trail system is provided at the Lake Sherwood Recreation Area. Trails are marked with blue diamond blazes. A fee is charged for parking from Memorial Day to Labor Day.

Other Area Trails.....

Middle Mountain Trail (TR 608)
 This trail has trailheads located at the Rimel Picnic Area as well as Forest Service Road #96. It travels both bottomlands and ridges along woods roads and single track trail.
 Length: 20 miles

Two Lick (TR 456) and Two Lick Bottom (TR 457)
 The trailhead is located at Pocahontas Campground just off of State Route 92 near the junction with State Route 39. These are popular mountain bike trails.
 Two Lick: 4.3 miles
 Two Lick Bottom: 1.5 miles

Laurel Creek Trail (TR 466)
 The trailhead is located at the Rimel Picnic Area along State Route 39. This trail is a popular loop trail for both hikers and bikers.
This trail is not shown on the map.
 Length: 8.8 miles

Allegheny Trail (TR 701)
 This is a ½ mile portion of the 300-mile Allegheny Trail which stretches from Pennsylvania to Virginia. Yellow blazes mark its route. This portion follows the top of Meadow Creek Mountain as it connects the Upper Meadow Trail to the Meadow Mountain Trail.
 Length: 0.5 miles

Meadow Creek Trail (TR 684)
 Start at the Meadow Creek bridge and travel north to the Connector Trail. This trail is framed by thick rhododendron. The trail fords winding Meadow Creek several times and is not suggested in wet seasons
 Length: 2.7 miles

Allegheny Mountain Trail (TR 611)
 Travelling along the top of Allegheny Mountain, this trail offers views of Lake Moomaw to the east, and Lake Sherwood to the west. This trail was originally constructed by the Civilian Conservation Corps as a fire trail. The trail connects the Virginia Trail with the Connector Trail.
 Length: 3.6 miles

Meadow Mountain Trail (TR 610)
 This trail provides panoramic views of Meadow Creek Valley and Lake Sherwood. It follows an old woods road along the top of Meadow Creek Mountain. The north end connects with the Connector Trail, while the south end joins the Allegheny Trail.
 Length: 3.5 miles

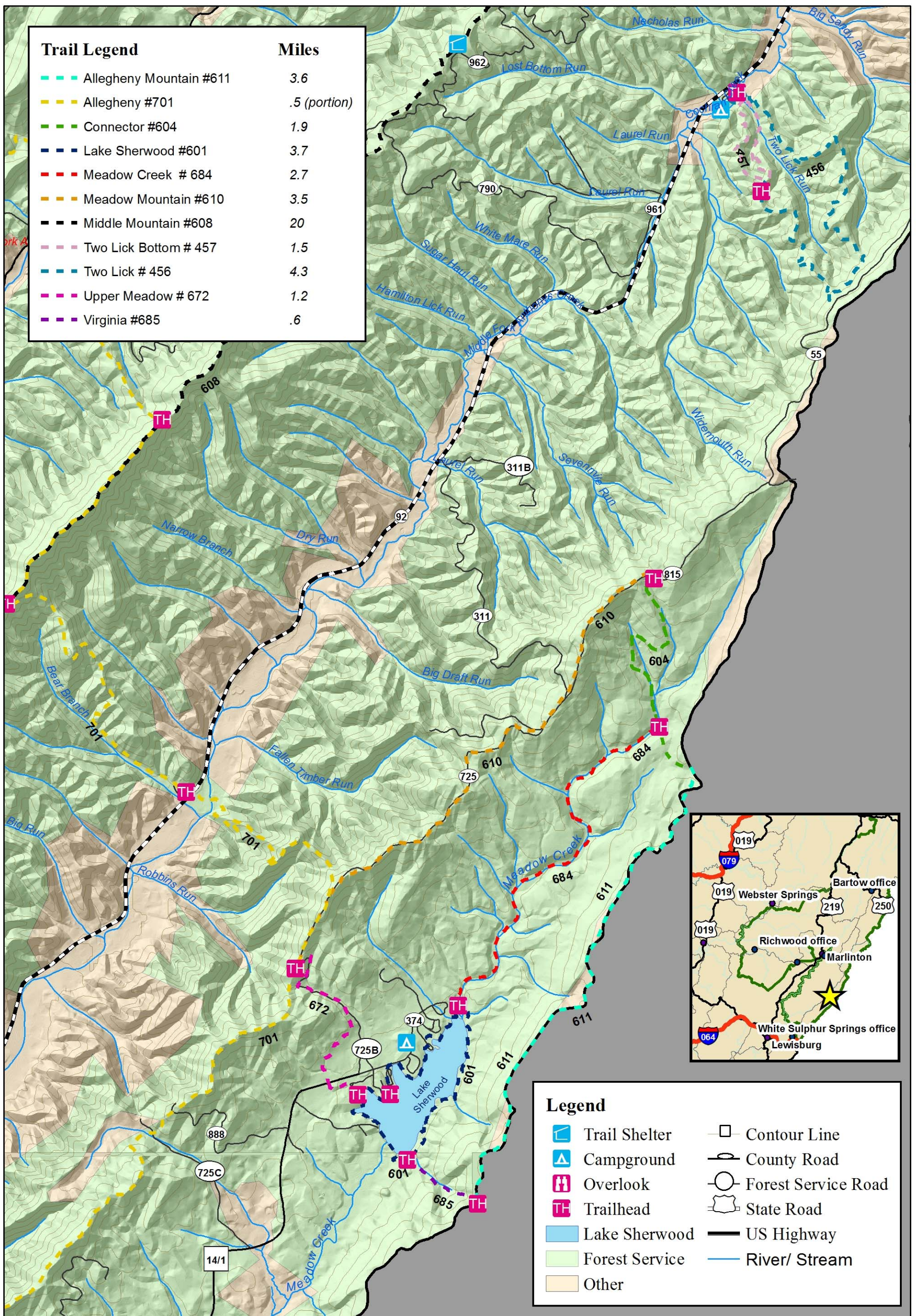
Connector Trail (TR 604)
 Interconnects the Meadow Creek Trail, the Meadow Mountain Trail, and Allegheny Mountain Trail. Some portions follow an old woods road. This area forms the headwaters of Meadow Creek.
 Length: 1.9 miles

Lake Sherwood Trail (TR 601)
 The trailhead is located in the Lake Sherwood picnic area parking lot. Trail encircles the lake. It is the principle means of access to both the Virginia and Meadow Creek Trails, as well as access to the lake. Waterfowl viewing opportunities abound during fall and spring migrations. Beaver activity can also be spotted as well as reptiles, amphibians, birds, and a host of other wildlife.
 Length: 3.7 miles

Upper Meadow Trail (TR 672)
 The trail begins at the Lake Sherwood trailhead. Tall white pines, oak, maple, and other types of hardwoods and understory border this trail as well as rhododendron, the state flower of West Virginia, can be seen in early Summer. Scenic views of the Meadow Creek Valley can be seen from the junction with the Allegheny Trail.
 Length: 1.2 miles

Virginia Trail (TR 685)
 Joins the Lake Sherwood trail a short distance from the spillway and follows a path used by early settlers. This route was used to get to a store in Virginia. It now links Lake Sherwood Trail and the Allegheny Mountain Trail.
 Length: 0.6 miles

Meadow Mountain Trail (TR 610)
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 Length: 3.5 miles



0 0.25 0.5 1 1.5 2 Miles

Lake Sherwood Area Trails

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