

**Location:** The Canaan Mountain Back Country is located west of State route 32 between Canaan Valley State Park and Blackwater Falls State Park near Davis, West Virginia. Take Route 32 south 3.3 miles from the Blackwater River Bridge in Davis to FR 13. Turn right onto Forest Road 13 (Canaan Loop Road).

**Fire and Water:** Use of lightweight camping stoves are encouraged. If using firewood it must be dead AND down branches only. Keep fires small. Local water may be infested with a tiny internal parasite called Giardia. To prevent infection use water from home, vigorously boil local water for at least three minutes, or use a filter which is specifically labeled for removal of Giardia. Chemical treatments (iodine and chlorine) are not considered effective.

#### **Weather Considerations:**

Freezing temperatures and snow can occur anytime of the year, but mainly between October and April. Dress for the weather. Be prepared for sudden changes. Forest Roads are not maintained during the winter.

#### **Area Rules:**

- Motor vehicles are restricted to roads and parking areas.
- Practice Leave No Trace outdoor ethics: do not build a camp within 200 feet of streams.
- Trails can be muddy and wet so be prepared to get your feet wet. Wear proper footwear.
- Bring drinking water; otherwise, treat water from streams and springs before drinking to kill harmful pathogens.
- During hunting seasons, hikers are encouraged to wear high visibility clothing.
- Light weight camping stoves are encouraged.



**For additional information, contact:**

**Cheat Ranger District,  
P.O. Box 368  
Parsons, WV 26287  
(304) 478-2000, Ext. 0**

<http://www.fs.fed.us/r9/mnf/>

#### **Nondiscrimination Statement**

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## **LARGE PRINT AVAILABLE UPON REQUEST**

#### **Trail System:**

Most of the trails are marked with blue diamonds and signs. The Allegheny Trail connects this trail between the Blackwater Falls State Park and Canaan Valley State Park.

These two parks offer a "walk on the wild side" to those who wish to travel between parks or camp in a park and take day hikes. Maps of the park trails can be obtained at the park visitor centers.

Many of the trails are great for mountain bikes, but please use discretion on wet trails to avoid environmental damage. There are three trail shelters on a first come, first served basis. One is near the intersection of the Allegheny and Plantation trails, a second is on the Railroad Grade Trail south of Plantation Trail, and the third is on the west side of the Pointy Knob Trail.

**Canaan Loop Road:** The road is approximately 18 miles long and good for hiking, biking, and horseback riding. Driving is permitted, although not recommended beyond mountainside trailhead. The road is private and is impassable to most vehicles. High clearances and four wheel drive are a must.

#### **Lindy Run Trail, FT #109, 1.3 miles.**

This trail crosses the Plateau of Canaan Mountain and follows Lindy Run downstream towards Blackwater Falls State Park and the Canaan Loop Road. The northern end of the trail is no longer maintained by the Forest Service as it ends on private land.



#### **Allegheny Trail, FT #701, 5.0 miles.**

This section runs from Blackwater Falls State Park to Canaan Valley State Park. The section from Blackwater Falls to the Canaan Loop Road is often called the Davis Trail, and the section from the Canaan Loop Road to Canaan Valley State Park is often called the Canaan-Blackwater Cross-country Ski Trail. A 6-person adirondack shelter is located just north of the junction with Plantation Trail. The Allegheny Trail continues south of Canaan Valley State Park along the Gladly Fork River and eventually ends up in Virginia. It also continues north of Blackwater Falls State Park and goes to Pennsylvania.

#### **Plantation Trail, FT #101, 8.4 miles.**

Approximate hiking time: 4.0 hours. The major trail on Canaan Mountain, it starts 2.2 miles south of the Blackwater bridge in Davis on Route 32 and cuts Canaan Mountain in half, running southwesterly until it hits the Canaan Loop Road. Most of the trail runs along the top of the Canaan Mountain plateau, therefore flat places on the trail do not drain well. This trail is especially sensitive to environmental damage due to its high use, poor drainage, and the average annual rainfall of 50 inches in this area. Portions of the east end of this trail are particularly pretty in June when rhododendron and mountain laurel are in bloom.

#### **Pointy Knob Trail, FT #139, 5.4 miles.**

Approximate hiking time: 2.6 hours. This is a loop trail that lies south of Canaan Loop Road. The west end of the trail follows the south fork of Red Run and can be seasonally wet. Two high elevation knobs can be found off the southern end of the loop: Pointy Knob, 4,145 feet, and Chimney Rock, 4,081 feet. Two other unnamed high elevation knobs are between Pointy Knob and Chimney Rock. Chimney Rock is an interesting sandstone formation. Please respect private lands in this area.



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

## **Canaan Mountain Backcountry**



**Description:** Canaan Mountain is a high elevation plateau ranging in elevations from 4,145 feet at Pointy Knob to 3,100 feet near Blackwater Falls State Park. The semi-primitive area includes approximately 13,532 acres on the top of the plateau. Since Canaan Mountain is relatively flat, there are many seasonally wet places.

**Fire Trail #3, FT #104, 0.7 miles.**  
Plantation Trail to Canaan Loop Road.

**Fire Trail #6, FT #108, 1.0 miles.**  
Plantation Trail to Canaan Loop Road.

**Railroad Grade Trail, FT #110, 1.8 miles.**  
This trail follows an old railroad grade. The northern end of the trail is no longer maintained by the Forest Service as it ends on private land.

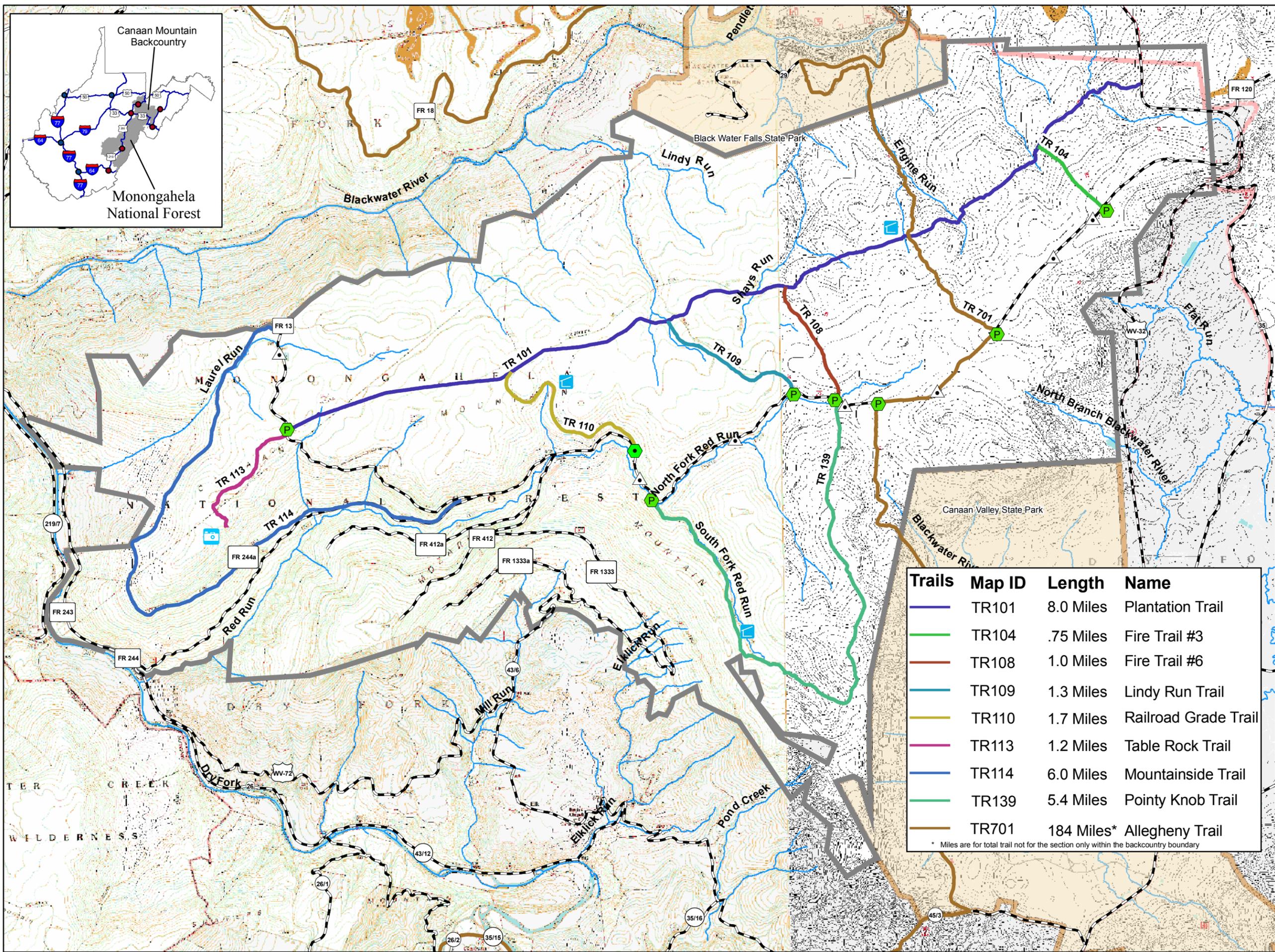
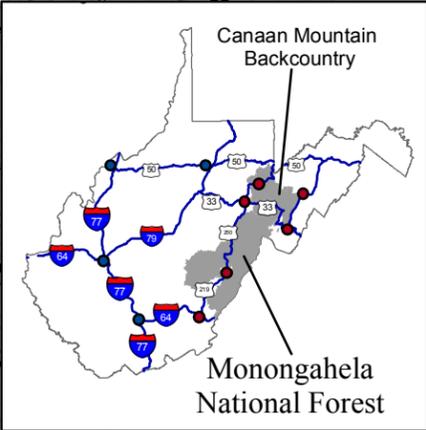
**Table Rock (Overlook) Trail, FT #113, 1.2 miles.**  
This trail is located at the western end of the Canaan Loop Road. It leads to a nice overlook and a rock face suitable for technical rock climbing. Please do not attempt these climbs unless you have the equipment and experience for technical rock climbing.

**Mountainside Trail, FT #114, 6.0 miles.**  
This is a loop trail at the western end of Canaan Loop Road. The best access of this trail is from the north end where there is a sign and parking. The trail follows an old railroad grade along the western side of a point on the Canaan Mountain plateau before rounding the point and joining up with FR 244A on the south side of the point. The trail follows FR 244A to FR 244 and back to Canaan Loop Road



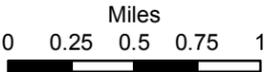
# Canaan Mountain Backcountry

Monongahela National Forest



### Legend

- Roads
- Backcountry Boundary
- Rivers & Streams
- Dispersed Camping Area
- Trailhead (without parking)
- Trailhead with Parking
- Overlook Area
- Trail Shelter



MNF GIS  
 UTM, Zone 17  
 NAD 83  
 TMB  
 0407

Original data was compiled from multiple source data and may not meet the U.S. National Mapping Accuracy Standard of the Office of Management and Budget. This map has no warranties as to its contents or accuracy.

Trails	Map ID	Length	Name
	TR101	8.0 Miles	Plantation Trail
	TR104	.75 Miles	Fire Trail #3
	TR108	1.0 Miles	Fire Trail #6
	TR109	1.3 Miles	Lindy Run Trail
	TR110	1.7 Miles	Railroad Grade Trail
	TR113	1.2 Miles	Table Rock Trail
	TR114	6.0 Miles	Mountainside Trail
	TR139	5.4 Miles	Pointy Knob Trail
	TR701	184 Miles*	Allegheny Trail

\* Miles are for total trail not for the section only within the backcountry boundary