

Cacapon River Watershed

Public Water Access

- Ramp
- Carry Down

Public Facilities

- Parking
- Trails
- Hunting
- Restrooms
- Camping
- Stocked Trout Area
- Swimming

Local Facilities

- Gas
- Lodging
- Camping
- Food
- Urgent Care
- Historic Attraction

Public Lands

- Private Forested Lands
- Private Agricultural Lands

Cacapon Watershed

Trails

- Water Trail
- Land Trail
- George Washington Heritage Trail

Cacapon River Water Trail

0 .5 1 2 3 4 5 Miles

W N E S

1 Cacapon Resort State Park

Cacapon State Park is a long, narrow, 6,000-acre retreat offering golf, fishing, hiking and relaxing. Cacapon Mountain, at 2,300 feet, is the dominant scenic feature within the Park. Hiking, bridge trails, and a road take visitors 1,400 feet to the summit, where large sandstone outcrops and magnificent Valley views await. An observation platform offers a panoramic view of four states: Maryland, Pennsylvania, Virginia and West Virginia.

For more information visit www.cacaponresort.com or call (304) 258-1022.

2 Sideling Hill Wildlife Management Area

Sideling Hill Wildlife Management Area - This 2,500 acre public area in Morgan County is situated off Route 9 and Magnolia Road, and is expected to open in the fall of 2012. The hilly and forested terrain will offer great hunting opportunities for turkey and deer. Overnight camping is prohibited.

3 Caudy's Castle

Named for James Caudy, pioneer and Indian fighter, who took refuge from the Indians on a mass of rocks overlooking the Cacapon River during the French and Indian War. From his position on the Castle of Rocks, he defended himself by pushing the Indians one by one with the butt of his rifle over the precipice as they came single file along the narrow crevice of rocks.

4 Ice Mountain Preserve

Probably the Watershed's best known natural curiosity is Ice Mountain along North River, and the rare plant community that lives there. Here, ice accumulates in the winter deep beneath a layer of coarse sandstone boulders on the steep slope of a ridge. The boulders help insulate the ice in the spring and summer, when cool air emerges from holes among the rocks supporting plants typically found much farther north, such as prickly rose and twinflower.

Recently designated as a National Natural Landmark, the preserve is owned and managed by The Nature Conservancy. The preserve is open to the public for guided visitation most of the year, and visitors are asked to reserve a trip (usually held on Saturdays) three weeks to a month in advance. To minimize impact, groups are limited to 15 participants.

To schedule a tour call (304) 496-7359 or visit <http://www.stevebailes.org/icemountain/request.php>

5 Edwards Run Wildlife Management Area WVDNR District 2

This 397-acre public area is located on Cold Stream Road (County Route 15) near Capon Bridge. White-tailed deer, turkey, quail, squirrel, rabbit, and grouse hunting opportunities are available in the Wildlife Management Area. A section of Edwards Run and a 2-acre lake are open for fishing and stocked with trout. A primitive camping area, pit toilets, and trash receptacles are provided. A nominal camping fee is required by the WVDNR. Open year round.

For information call (304) 822-3551.

*must have valid hunting or fishing license

6 Tuscarora Trail

The West Virginia section of the Tuscarora Trail is part of a 250-mile four-state, side branch of the Appalachian Trail extending from near Harrisburg, PA to Luray, VA. It was originally constructed as a rural alternate for the Appalachian Trail. The southern section starting in Morgan County, WV, was initially called the Big Blue Trail, but in 1995 the entire trail was renamed Tuscarora.

7 George Washington National Forest

The Forest hosts 1 million acres of publicly held forestland with vast and varied recreational opportunities. The Cacapon River Watershed (Lee Ranger District) contains the northern most portion of the George Washington National Forest. The George Washington and Jefferson National Forests together cover 1.8 million acres and form one of the largest areas of public land in the eastern United States.

For information call the Lee Ranger District at (540) 984-4101.

8 Short Mountain Wildlife Management Area WVDNR District 2

Containing 8,005 acres and situated just off Augusta-Ford Hill Road (County Route 7), this WMA provides 50-60 primitive camp sites, is a bird watchers haven, and allows public hunting for turkey, deer, squirrel, and ruffed grouse. One-half mile of North River crosses the southern portion and is stocked with trout. A nominal camping fee is charged by the WVDNR. Roads and gates closed May - September.

For information call (304) 822-3551.

*must have valid hunting or fishing license

9 Lost River State Park

The Park contains 3,712 acres including 26 rental cabins, a swimming pool, game courts, playgrounds, riding stables and miles of hiking trails. Hike to "Cranny Crow" and enjoy the spectacular view from a 3,200 ft elevation.

For more information visit www.lostiversp.com or call (304) 897-5372.

Navigable waters are public, shorelines are not so please honor private property owners rights and DO NOT TRESSPASS

Rules and Regulations

The following are prohibited at fishing and boating access sites:

- Consumption or open container of alcoholic beverages
- Swimming or bathing
- Camping
- Open fires
- Trash disposal
- Discharge of firearms, fireworks or explosives
- Leaving unattended watercraft
- Parking that obstructs ingress or egress, except when launching

Useful Phone Numbers

- Report Stream Pollution or Fish Kills 800-642-3074
- Trout Stocking Hotline 304-558-3399
- Eagle and Osprey Sightings 304-637-0245
- Hunting and Fishing License Info 304-558-2758

Practice Leave No Trace Principles

Respect wildlife

- View wildlife from an appropriate distance
- Stay clear of nests and dens
- Do not touch or feed wild animals
- Do not allow pets to interact with wild animals

Dispose of waste properly

- Pack it in and pack it out (food, litter, solid human waste)

Leave what you find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts
- Leave rocks, plants and other natural objects as you find them

Avoid introducing or transporting non-native species

Be considerate of private landowners and other visitors

Safety Tips

- Notify a friend or relative of your planned paddling route and return time
- Do not depend on cell phone service as it is not reliable on the river
- Always wear a life jacket
- Be prepared for inclement weather
- Wear close-toed protective footwear
- Portage around obstacles if necessary
- If capsized, stay on the upstream side of the boat and float feet first while maneuvering to safety
- Never tie a rope to yourself or another person, especially a child

Urgent Care/Hospital Information

For emergencies, call 911

Emergency Rooms

Hampshire Memorial Hospital/Emergency Room: 363 Sunrise Blvd. Romney, WV 26757 304-822-4561 (Emergency dispatch 911)

Grant Memorial Hospital/Emergency Room: Route 55 PO Box 1019 Petersburg, WV 26847 304-257-1026

Winchester Medical Center 1840 Amherst Street Winchester, VA 22601

- Level II Trauma Center 540-536-8000
- Minor Emergency Care (everyday 11 a.m. to 11 p.m.) 540-536-6040

War Memorial Hospital/Emergency Room 1 Healthy Way Berkeley Springs, WV 25411 304-258-1234

Disclaimer Safety is everyone's responsibility. There is risk involved in paddling, as weather and water conditions can change quickly. It is up to you to obtain adequate skills and use prudent judgment. Learn the appropriate techniques needed to properly use kayaks or canoes, and review safety guidelines.