

Mower Basin Trails

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The Mower Basin Trail System is located in the beautiful high elevation red spruce, northern hardwood forest and open meadows of Randolph County, West Virginia. The open meadows of the Mower Tract are a combined result of heavy logging, strip mining, and fires throughout the 1900's. In partnership with several agencies, the Forest Service has worked hard since 2007 to restore the ecological integrity of the Mower Tract with a strong emphasis on red spruce.

The Mower Basin Trail System was planned to display and complement the restoration efforts, improve recreational opportunities on the Monongahela National Forest, and also take full advantage of the expansive views. Plans are in place to continue the development of the Mower Basin Trail System over the next several years.

Trail Descriptions

Hawks Ridge Loop Trail

Length: 2 1/2 Miles
Trail Width: Variable, 18" to 36"
Tread Surface: Mostly stable, native soil and rock
Average Grade: 7% or less
Natural Obstacles: Less than 5"
Features: Expansive views, boulders, and good flow

Junco Trail

Length: 2 Miles
Trail Width: Variable, 36" to 48"
Tread Surface: Mostly stable, native soil and rock
Average Grade: 7% or less
Natural Obstacles: Less than 5"
Features: Views, good flow, boulders, and ponds

Sparrow Loop Trail

Length: 1 3/4 Miles
Trail Width: Variable, 36" to 48"
Surface: Mostly stable, native soil and rock
Average Grade: 7% or less
Natural Obstacles: Less than 5"
Features: Good flow, red spruce, and rock

Thrush Trail

Length: 200 ft.
Trail Width: 36"
Tread Surface: Mostly stable, native soil and rock
Average Grade: 10 %
Natural Obstacles: Less than 5"
Features: Rollers, table top, bermed turns

Towhee Trail

Length: 1/4 Miles
Trail Width: 24"
Surface: Mostly stable, native soil and rock
Average Grade: 7% or less
Natural Obstacles: Less than 5"
Features: Good flow and boulders

Warbler Loop Trail

Length: 1 1/2 Miles
Trail Width: Variable, 18" to 36"
Surface: Mostly stable, native soil and rock
Average Grade: 7% or less
Natural Obstacles: Less than 5"
Features: Good flow, rock and red spruce

Leave No Trace

"A thing is right when it tends to preserve the integrity, stability and beauty of the biotic community. It is wrong when it tends otherwise." Aldo Leopold

You are one of many who use and enjoy these trails. Follow these tips to protect your National Forests and respect other users.

- Stay on the trail to protect vegetation.
- Pack out all your trash, including food scraps.
- Bury human waste. Dig a small "cathole" about 6 inches deep and at least 200 feet away from a creek or trail, then please bury everything including toilet paper.
- Respect wildlife and plants while you visit their home.
- Control pets at all times, or leave them at home.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Preserve your heritage. Do not remove artifacts from the forest.
- Trail Ethics. Strive to use the trails only on drier days to preserve their sustainability. Walk and ride through mud puddles rather than around them.
- Mountain Biking: Control your speed, yield to others, and avoid skidding.
- Leave the trail better than you found it. Pick up litter and stay on the trail.
- Volunteer and give back. Contact your National Forests to volunteer.

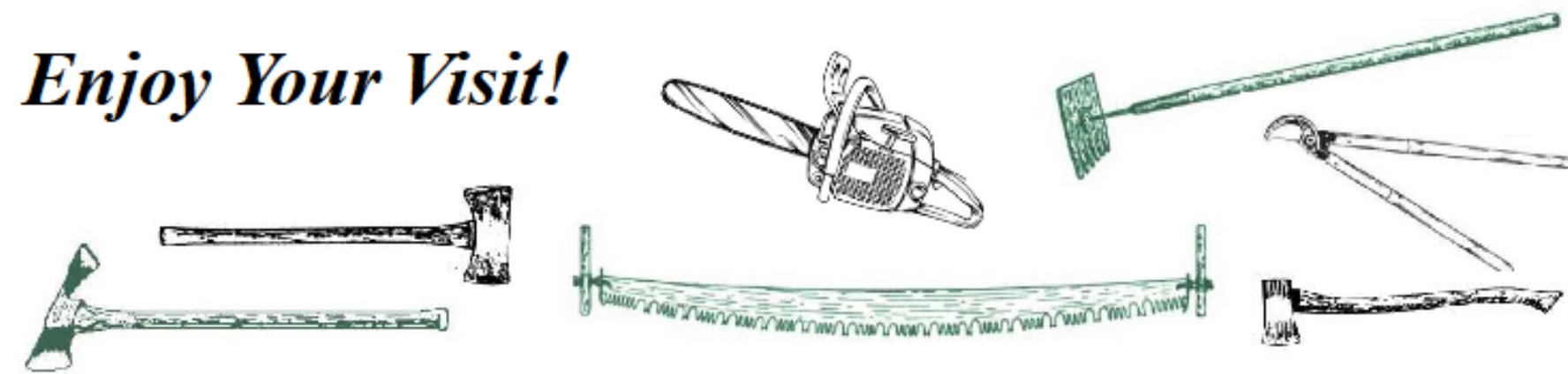
Volunteer Information

GIVE BACK TO YOUR NATIONAL FORESTS

The Greenbrier Ranger District manages close to 150 miles of trail and is always looking for enthusiastic volunteers. There are many ways to contribute, including construction of new trail or maintaining and improving current system trails.

If you are interested in giving back to your National Forests please contact the Greenbrier Ranger District at 304-456-3335.

Enjoy Your Visit!



CONTACT INFO

IN CASE OF EMERGENCY

US Forest Service
Greenbrier Ranger District.....304-456-3335
Supervisor's Office.....304-636-1800
Emergency Help.....911

When you call 911 for help, be sure to give the location below.

Monongahela National Forest
Mower Basin Trailhead, Forest Road 227 C

LATITUDE AND LONGITUDE

N 38 34'18.2"
W 79 55'28.9"

Responsible Mountain Biking

- Control your speed and yield to other users.
- Reduce speed and use extra caution when riding trails with poor sight lines and blind corners.
- Ride with a partner or share your riding plan with someone if you're riding solo.
- Keep singletrack single by staying on the trail. Practice Leave No Trace principles.
- Do not ride muddy trails because it causes rutting, widening and maintenance headaches.
- Ride through standing water, not around it. Ride (or walk) technical features, not around them.

MONONGAHELA National Forest

CARING FOR THE LAND AND SERVING PEOPLE



Bear Facts



- Avoid surprising bears by making noise, as bears will generally avoid you if they can hear or smell you.
- If you encounter a bear, do NOT run, back away slowly. Lift arms overhead to appear bigger, and talk in a soothing calm voice.
- Bears stand up on hind legs NOT to attack, but out of curiosity and to get a better look or smell.
- Bears are very proficient at climbing and swimming, and can run up to 35 MPH.
- Bears are omnivorous, and their diets consist mainly of grasses, insects, berries and fish.