



Two Rivers
Heritage
Region

NATURE PRESCRIPTIONS

CREATED THROUGH A PARTNERSHIP BETWEEN
THE C&O CANAL NATIONAL HISTORICAL PARK,
THE NATIONAL PARK SERVICE,
AND THE WEST VIRGINIA UNIVERSITY
EASTERN EDUCATION DIVISION



Welcome to the Nature Prescriptions Two Rivers Heritage Region!

A walk down some of these beautiful locales is just what the doctor and park ranger ordered. Not only is it an enjoyable experience, but it helps improve your health, and keeps you alive and well. So get out, get active, and make your feet your friends.



*Scenic
overview
of Harpers
Ferry*



Two Rivers Heritage Region Overview



“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”

Martin Luther King Jr.

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

Plato

“Methinks that the moment my legs began to move, my thoughts began to flow.”

Henry David Thoreau

“Look deep into nature, and then you will understand everything better.”

Albert Einstein

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”

Edward Stanley

“A growing body of evidence strongly suggests that spending more time outdoors reduces stress and can enhance children’s physical and emotional health, their ability to learn and to make independent judgments, their imaginations, and their sense of connection to earth and to the human community”

Richard Louv



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Nature. The original prescription.

Today people increasingly spend more and more time indoors and less time in nature. As a result of sedentary lifestyles, obesity is a national epidemic, plaguing youth and adults with a variety of obesity-related disorders such as type 2 diabetes, high blood pressure, and heart disease.

National, state and local trails provide a catalyst for youth, adults and families to discover, explore and play in their natural world.



Park ranger leads school students on a hike down the C&O Canal



THE SYMPTOMS—CHRONIC DISEASES

The Centers for Disease Control and Prevention (CDC) reports that 72 million adults in the United States are medically obese and more likely to develop major chronic diseases, such as type-2 diabetes, heart disease, and cancer. At the same time, physical activity has declined dramatically—more than 40 percent of the U.S. population is sedentary (CDC).

In the 2010 report, *Park Prescriptions*, the Institute at The Golden Gate and the Golden Gate National Parks Conservancy identified the following:

THE CAUSE—LACK OF INCENTIVES

Insurance reimbursements focus on treatment, with few financial incentives for preventive exercise and lifestyle interventions. Additionally, physicians may not know what physical activity interventions to prescribe or where to send their patients. Patients are unfamiliar with recreation opportunities in local parks and don't know how to connect with them.

THE SOLUTION—PARK PRESCRIPTIONS

Park Prescriptions is a movement to strengthen the connection between the healthcare system and public lands.

- ~ By increasing the prescription of physical activity in nature, we can prevent or treat health problems caused by inactivity and poor diet.

- ~ By supporting patients in discovering fun ways to be healthy using their local public lands, we promote

How to Use this Guide

Trail Grades

Trails are categorized by four (4) grades according to their difficulty. *A quick guide can be found in the top right hand corner of trail pages for quick searching.*

Grade 1 = Easy Flat Trail

Good footing. Safe for casual walking/running. Wheelchair friendly in some cases.



Grade 2 = Medium Trail

Moderate inclines and paved or flat natural surfaces.



Grade 3 = Difficult Trail

Steep inclines and/or uneven footing. May not have a finished surface.



Grade 4 = Very Difficult Trail

Steep inclines and uneven footing. For experienced trail runners/hikers.



Legend



Parking



Restroom



Information Center



Boat Launch



Picnic Area



Interpretive Sign



Canoeing



Drive-in
Camping Area



Bicycle Path



Fishing



Hiker-biker
Campsite



Bus Stop Tours



Wheelchair
Accessible



Overlook



Train Station



Resources and Tips

Before You Start:

- ~ Invest in shoes which complement the normal function of the foot.
 - ~ Wide toe box, level heel to toe (no heel lift)
 - ~ Flexible to allow natural foot movement
 - ~ For more resources visit naturalrunningcenter.com
- ~ A pedometer or GPS is a useful tool when walking unknown distances or trails.

As You Walk:

- ~ Start slow and gradually increase speed.
- ~ Walk at a pace that is comfortable yet challenging to you.
- ~ Increase your exercise program gradually.

Leave No Trace:

- ~ Keep to established trails to reduce erosion
- ~ Do not remove any species of fauna or flora
- ~ Dispose of waste properly. Pack it in, pack it out.
- ~ Do not alter the natural surroundings of an ecosystem
- ~ Limit the size of a group entering an ecosystem
- ~ Use existing campsites

Resources:

- ~ www.parksconservancy.org -- Golden Gate National Parks Conservancy
- ~ www.naturalrunningcenter.com – Resource for running and walking health developed by Dr. Mark Cucuzzella
- ~ www.natureprescriptions.org – Our local site
- ~ www.parkshealthguide.org – National Park Prescriptions site
- ~ www.americaonthemove.org – Great exercise resource
- ~ www.exerciseismedicine.org – Information for patients and health providers of the most powerful prescription there is . . . physical activity
- ~ www.letsmove.gov – First Lady Michelle Obama's site on healthy eating & physical activity
- ~ www.neefusa.org/health/children_nature.htm – Powerful initiative on Children and Nature. See their links page
- ~ www.freedomrun.org – Local series of runs in National Parks
- ~ www.trails.com/googlemap.aspx – Googlemap Pedometer

Mission Statements

The National Park Service preserves unimpaired the natural and cultural resources and values of the national park system for the enjoyment, education, and inspiration of this and future generations.

The Chesapeake and Ohio Canal National Historical Park (C&O Canal NHP) was established in 1971 with the following mission “to preserve and interpret the historic and scenic features of the Chesapeake and Ohio Canal, and to develop the potential of the canal for public recreation...”

Today the 184.5 mile C&O Canal is the backyard of numerous communities stretching along the Potomac River between Washington D.C. and Cumberland, Maryland.

The value of the park as a recreational resource is immeasurable to these communities. In addition, each year nearly 4 million visitors seek the park to enjoy its natural and historical resources. The Nature Prescriptions program encourages the use of public lands for visitor enjoyment and recreation while promoting the importance of an active and healthy lifestyle.

The mission of the **Eastern Area Health Education Center (EAHEC)** is service to the community. These services are provided in two ways: (1) the provision of services to the community via AHEC faculty and trainees (2) the provision of education to the community via community-based outreach education. The staff of the EAHEC along with West Virginia University's Health Sciences Center/ Eastern Division bring to this project an operational platform and infrastructure much needed and one which would be otherwise difficult to access. The EAHEC has had almost a decade of experience managing federal and private grant funds. EAHEC is proud to be part of Nature Prescriptions through the support, work, and initiative of Dr. Mark Cucuzzella and The C&O Canal NHP.



Partners



Two Rivers Treads
RUN • WALK • HEALTH



WVUH • EAST
WEST VIRGINIA UNIVERSITY HOSPITALS



National Environmental
Education Foundation
Knowledge to live by

craftworks
at cool spring



Outdoor Education Center
OF FOR LOVE OF CHILDREN
✿

Presidential Active Lifestyle Award (PALA)

Searching for a healthy challenge? Try the Presidential Active Lifestyle Award (PALA) challenge and in six short weeks you'll be more active, you'll start feeling better, and you can earn an award!

Daily Physical Activity Is the Key

Earning a PALA is definitely achievable by anyone at any fitness level – it just takes commitment. Lace up your shoes, strap on your helmet, and get out there.

Here's what you need to do:

- Adults (18 years old and above): Meet your daily activity goal of 30 minutes of physical activity a day, at least five days a week, for six out of eight weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500 steps).
- Kids and teens (Ages 6 to 17 years): Meet your daily activity goal of 60 minutes of physical activity a day, at least five days a week, for six out of eight weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000 steps).



PALA Walking Log

The Active Lifestyle Activity Log

Participant Name _____ Date Started _____

Group ID _____ Age _____ Date Completed _____

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature		Date

Use the PALA Activity Log on the this page to help keep track of your success. For more information on the PALA Challenge, how to submit an award, or for an online Activity Log check out the website at www.presidentschallenge.org

Junior Ranger



Each day children spend several hours playing video games, watching TV as well as other hobbies that keep them inside and inactive. Spending time with children in nature has demonstrated the ability to improve a child's health and overall well-being while reconnecting them with the natural world.

Next time you are looking for a fun family activity, consider going



for a hike on a nearby trail or biking along the historic C&O Canal!

Looking for more options? Check out the National Environmental Education Foundation's website at http://www.neefusa.org/health/children_nature.htm or the Let's Move! website at <http://www.letsmove.gov/> for a listing of activities and locations suitable for all ages and abilities.





Nature Bingo

Take a walk on a trail or in a park and look for wildlife. When you see something, check it on the bingo card. How much nature will you see?



Turtle



Butterfly



Wild Strawberry



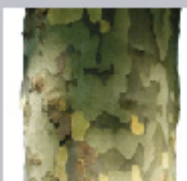
Bald Eagle



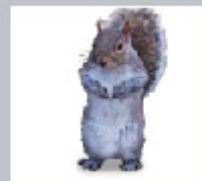
Poison Ivy



Turkey Vulture



Sycamore Tree



Squirrel



Snake



Honeysuckle



Great Blue Heron



Deer



Fish



Wildflowers



Blue Jay



Cardinal



C&O Canal NHP

Stretching 184.5 miles from the hustle and bustle of Georgetown in the heart of Washington D.C. to the scenic mountains of Cumberland, Maryland, the Chesapeake and Ohio Canal National Historical Park is the “backyard” of many communities.

Distance: 184.5 miles



Difficulty: Easy

Terrain: Flat crushed gravel trail with mile markers posted

Historic Points of Interest near Shepherdstown, WV:

- Mile 60: Harpers Ferry, WV
- Mile 73: Ferry Hill, MD
- Mile 99: Williamsport Cushwa Basin Visitor Center
- Interested in seeing more of the C&O Canal? Check out the Canal Trust's new program, Canal Discoveries, featuring 40 sites along the historic canal towpath.
www.canaldiscoveries.org

Parking: Numerous access points to the C & O Canal towpath feature ample parking space, restroom facilities, and water pumps.

Park Service Webpage: For a complete list of visitor centers, directions and hours of operation please visit www.nps.gov/choh



Georgetown





Eastern Panhandle Recreational Trail 9

Partially completed 65 mile long paved path across Jefferson, Berkeley and Morgan Counties, connecting Harpers Ferry to Hancock via Ranson/Charles Town, Kearneysville, Martinsburg and Berkeley Springs. Connections to Shenandoah River, Shepherdstown, C & O Canal Trail, Appalachian Trail, Tuscarora Trail.

Distance: 10.2 miles



Difficulty: Easy to Moderate

Terrain: Flat/rolling paved path for all activities

Points of Interest: Peter Burr Farm/Bardane

Parking: Location in miles from Martinsburg trailhead.

0.0: Martinsburg Trailhead

1.2: North side Old WV Route 9 at Powers Rockwell Ln

8.5: T.A. Lowery Elementary

8.5 – 9.2: Parking along eastbound lane of old WV Route 9

9.8: Small lot along eastbound lane of old WV Route 9

10.2: Large Park & Ride at Ranson Trailhead.

Park Webpage: www.eptrailblazers.org
www.jeffersoncountyhlc.org/peterburrhouse.html



Peter Burr House, the oldest standing wood frame structure in West Virginia



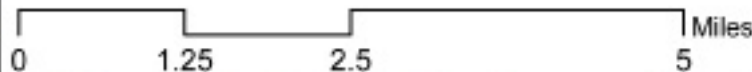


Eastern Panhandle Recreational Trail Jefferson and Berkeley Counties, West Virginia



Legend

--- Walking Route





Appalachian National Scenic Trail

Appalachian National Scenic Trail stretching from Maine to Georgia. Highlights some of the most beautiful parks and towns along the East Coast of the US. Conceived in 1921 and completed in 1937, private citizens built the trail. From Maine's Mount Katahdin to Georgia's Springer Mountain, this footpath traverses through 14 states of the eastern United States.

Distance: 2175 miles

Difficulty: Very Difficult



Terrain: Rocky Mountainous Trail

Historic/Points of Interest:

Weverton, Jefferson Rock, Keyes Gap, South Mountain, Washington Monument

Parking: West Virginia: Town of Harpers Ferry, Harpers Ferry National Historical Park, Route 9 - Keyes Gap

Maryland: Weverton, Gathland State Park, South Mountain

Park Service Webpage: www.nps.gov/appa/

Cooperative Management Partner webpage:
www.appalachiantrail.org



Scenic
Potomac
Overlook







Antietam National Battlefield North

Antietam National Battlefield features a variety of hiking and walking trails of varied length. Trail guides are available for download and offer a historical overview of battlefield locations. In addition to trail guides, Antietam NB offers podcasts for the Cornfield, Union Advance and Final Attack Trails. For more information visit the Antietam NB website or stop by the park's Visitor Center.

Distance:

Cornfield Trail: 1.6 miles

West Woods Trail: 1.5 miles

Bloody Lane Trail: 1.5 miles

Three Farms Trail: 1.6 miles

Sherrick Farm Trail: 1.3 miles



Difficulty: Moderate

Terrain: grassy fields, woodsy trails, and gravel paths

Historic/Points of Interest:

1. Dunker Church 2. North Woods 3. East Woods
4. Cornfield 5. West Woods 6. Mumma Farm and Cemetery 7. Union Advance 8. Sunken Road (Bloody Lane) 11. Antietam National Cemetery

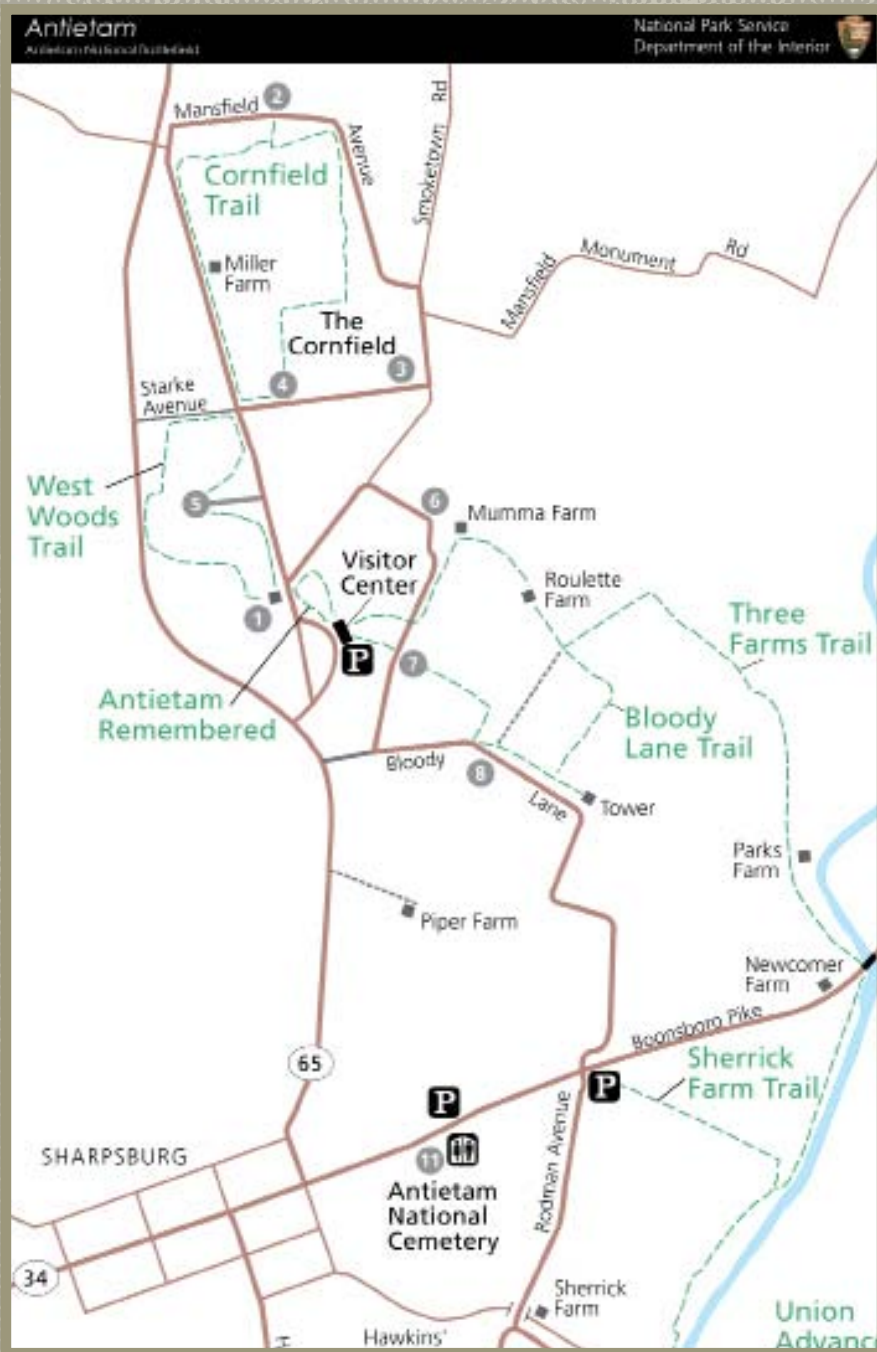
Parking: Antietam Battlefield Visitor Center, Sherrick Farm Trail, Antietam National Cemetery

Park Service Webpage: www.nps.gov/anti/



*Annual Freedoms
Run Marathon*







Antietam National Battlefield South

Established by Act of Congress on August 30, 1890, this Civil War site marks the end of General Robert E. Lee's first invasion of the North in September 1862. The battle claimed more than 23,000 men killed, wounded, and missing in one single day, September 17, 1862, and led to Lincoln's issuance of the Emancipation Proclamation.

Distance:

Sherrick Farm: 1.3 miles

Union Advance: 1 mile

Snively Ford: 1.8 miles

Final Attack: 1.7 miles



Difficulty: Moderate to Difficult

Terrain: Variety of grassy fields, woody trails, and gravel paths

Historic/Points of Interest:

8. Sunken Road (Bloody Lane) 9. Burnside Bridge

10. Final Attack 11. Antietam National Cemetery

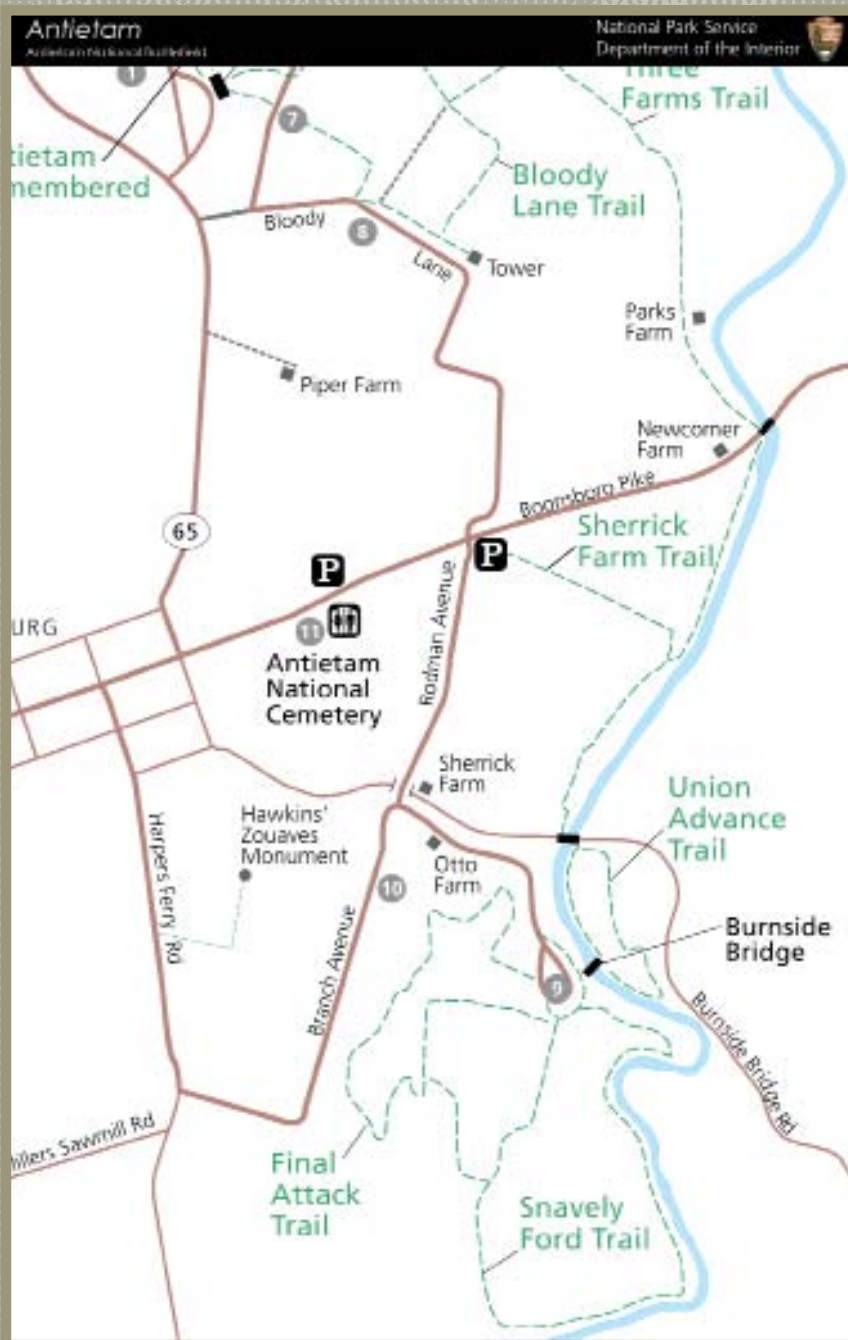
Parking: Antietam Battlefield Visitor Center, Antietam National Cemetery, Burnside Bridge

Park Service Webpage: www.nps.gov/anti/



*Burnside Bridge,
Antietam National
Battlefield*





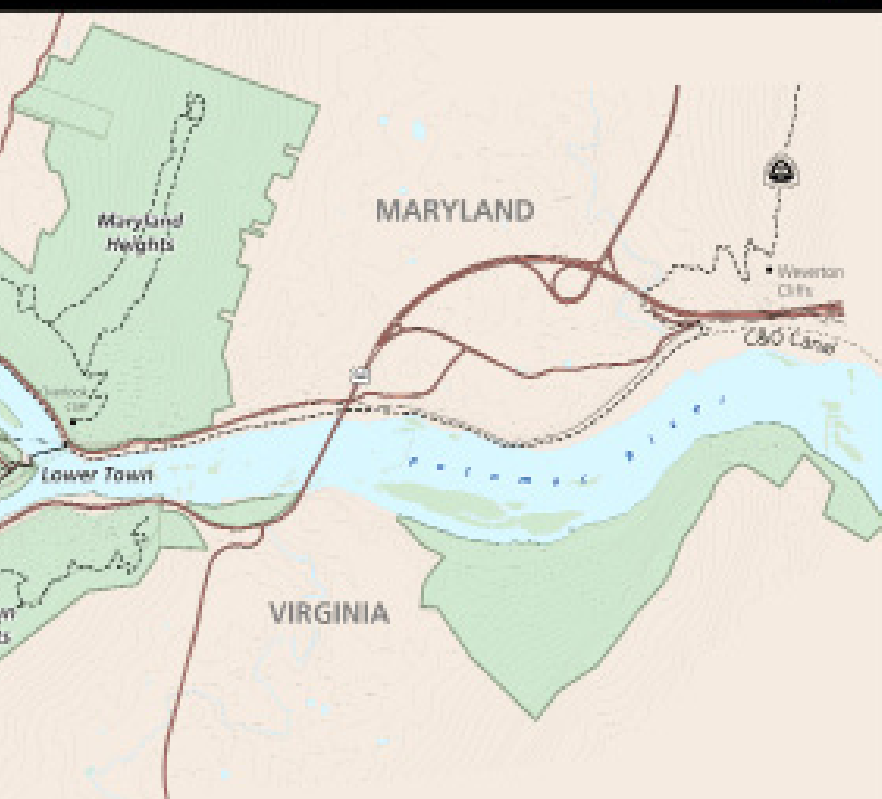


Harpers Ferry National Historical Park

Hiking Trails Overview Harpers Ferry National Historical Park



Department of the Interior
National Park Service



Please see park staff to obtain individual trail maps.



Murphy-Chambers Farm Trails

Scenic Civil War historic park with hilly dirt and grass trails; one of the best overlooks in the area. Family friendly easy hike with great views.

Distance:

Visitor Center to Murphy-Chambers House: 0.5 mi.

Murphy-Chambers House to River Vista: 0.4 mi.

Full Loop Murphy Farm 1.3 miles



Difficulty: Easy to Moderate

Terrain: grass and dirt trails

Historic/Points of Interest:

Pristine Overlook of Shenandoah

Site of John Brown's fort before move back to Lower Town

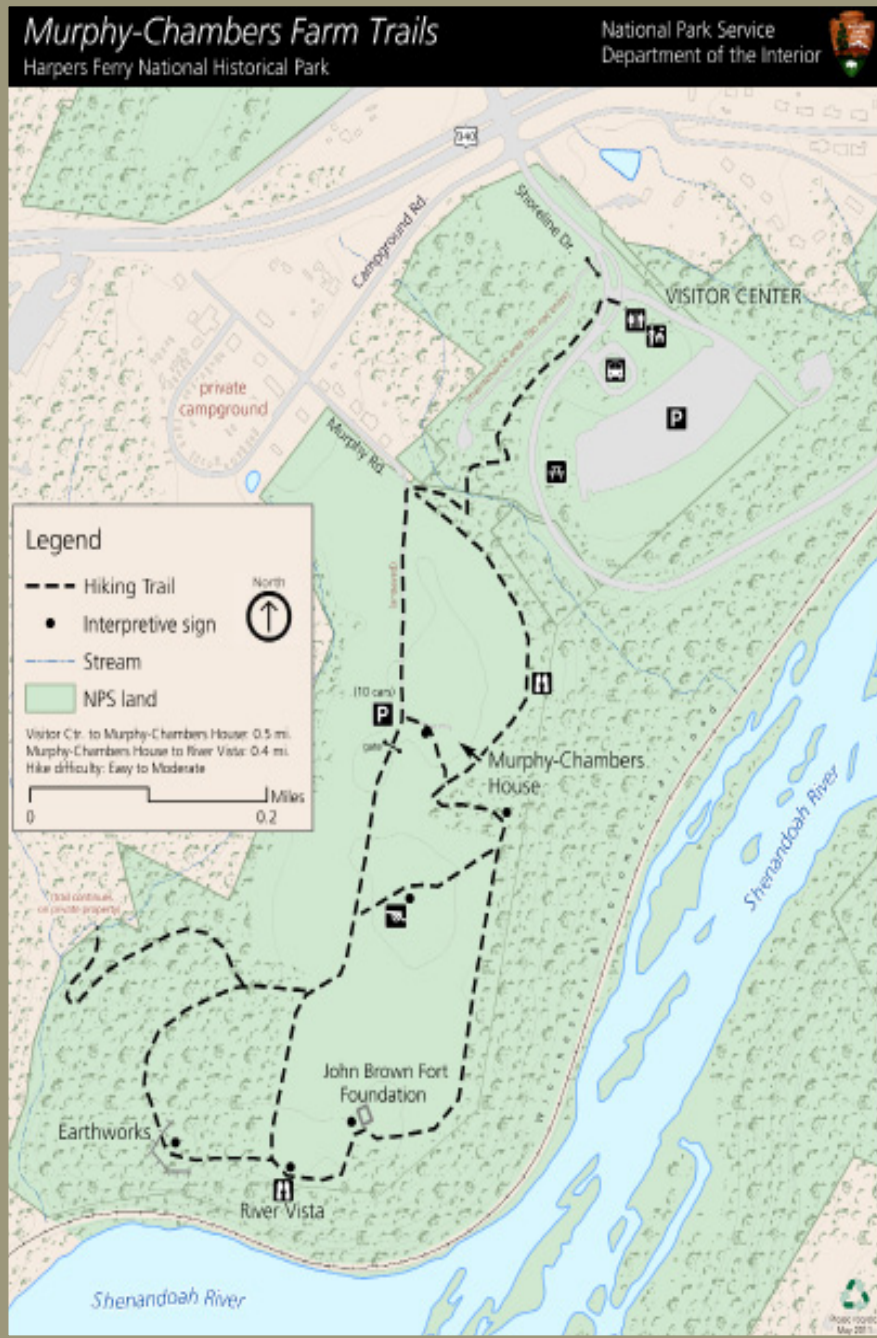
Parking: Murphy Farm, Visitor Center, Cavalier Heights

Park Service Webpage: www.nps.gov/hafe



A popular hiking trail at Harpers Ferry National Historical Park





Bolivar Heights - School House Ridge North Trails

Scenic Civil War historic park with hilly dirt and grass trails; partial shade

Distance:

Crest Loop: 0.3 mi.

Earthworks Trail: 0.8 mi. round-trip

Upper Loop: 1.2 mi.

Skirmish Line Loop: 0.9 mi.

Moler Farm Trail: 1.75 mi. round-trip



Difficulty: Easy to Moderate

Terrain: grass and dirt trails

Historic/Points of Interest:

Site of the Battle of Harpers Ferry
September 12–15, 1862

Parking:

Bolivar Heights

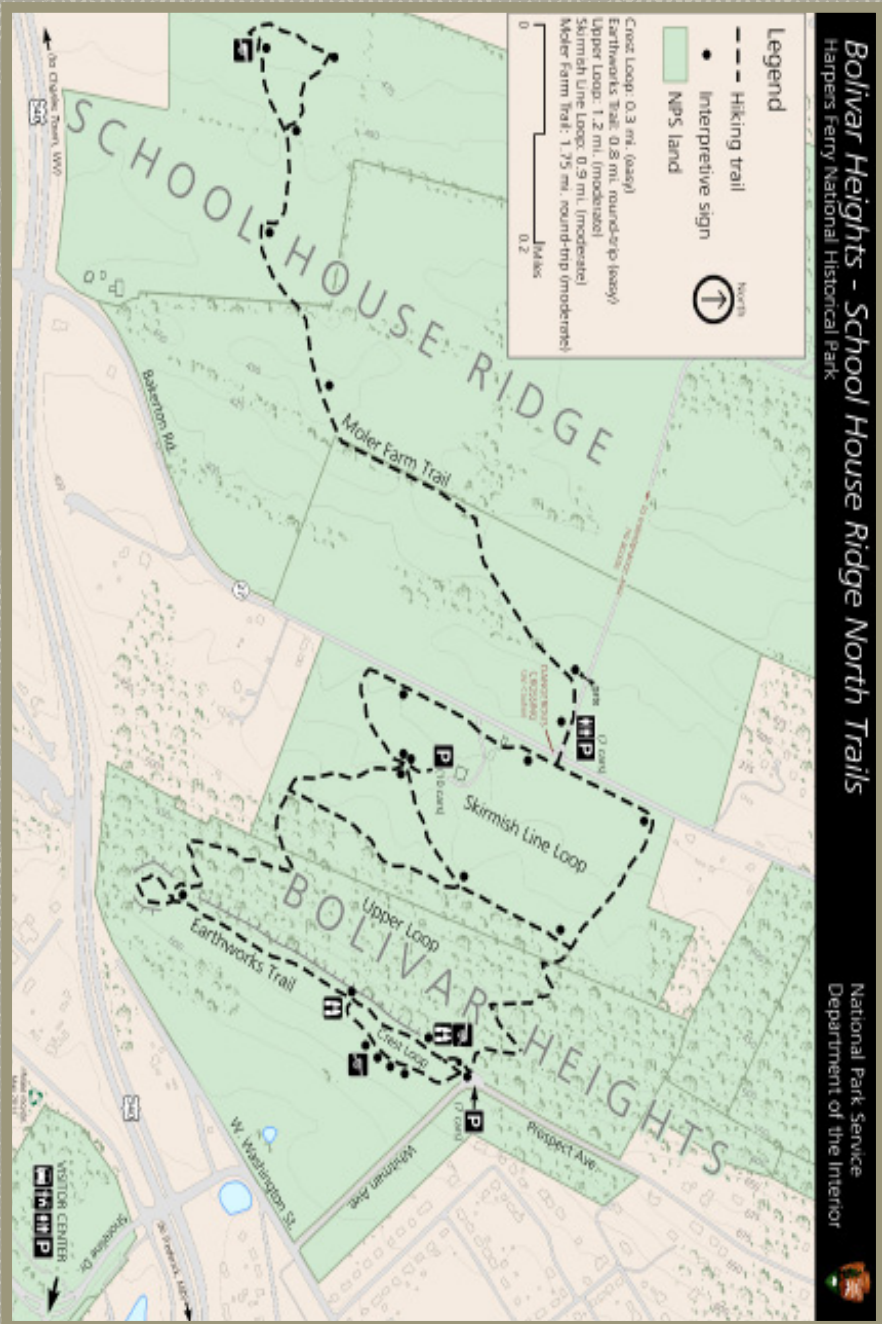
School House Ridge North off Bakerton Road

Park Service Webpage: www.nps.gov/hafe



*Canon overlooking
historic Civil War area
and scenic mountains
in the distance*





Bolivar Heights - School House Ridge North Trails
Harpers Ferry National Historical Park

National Park Service
Department of the Interior



Visitor Center to Lower Town Trail

Scenic Civil War historic park with sections of hilly dirt trails, historic streets, and flat riverside trail. Partial shade

Distance:

Visitor Center to Lower Town
(one way) 1.7 mi.



Difficulty: Moderate

Terrain: Dirt trail

Historic/Points of Interest:

John Brown's Fort

United States Armory and Arsenal at Harpers Ferry

Historic Lower Town Harpers Ferry

Parking:

Limited parking in Lower Town

Small lot at Shenandoah Street and 340

Shuttle from Cavalier Heights Visitor Center

Park Service Webpage: www.nps.gov/hafe



Trail leads visitors into Harpers Ferry historic Lower Town area





School House Ridge South Trails

Newly restored scenic Civil War Historic Park with hilly dirt and grass trails; find solitude in the scenic and shady trails.

Distance:

Allstadt Farm Trail (round-trip): 2.5 mi.

Courtney's Battery Trail (one-way): 0.6 mi.



Difficulty: Easy to Moderate

Terrain: hilly grass and dirt trails

Historic/Points of Interest: Site of battle of Harpers Ferry

Parking: Lot at park entrance on Millville Rd.

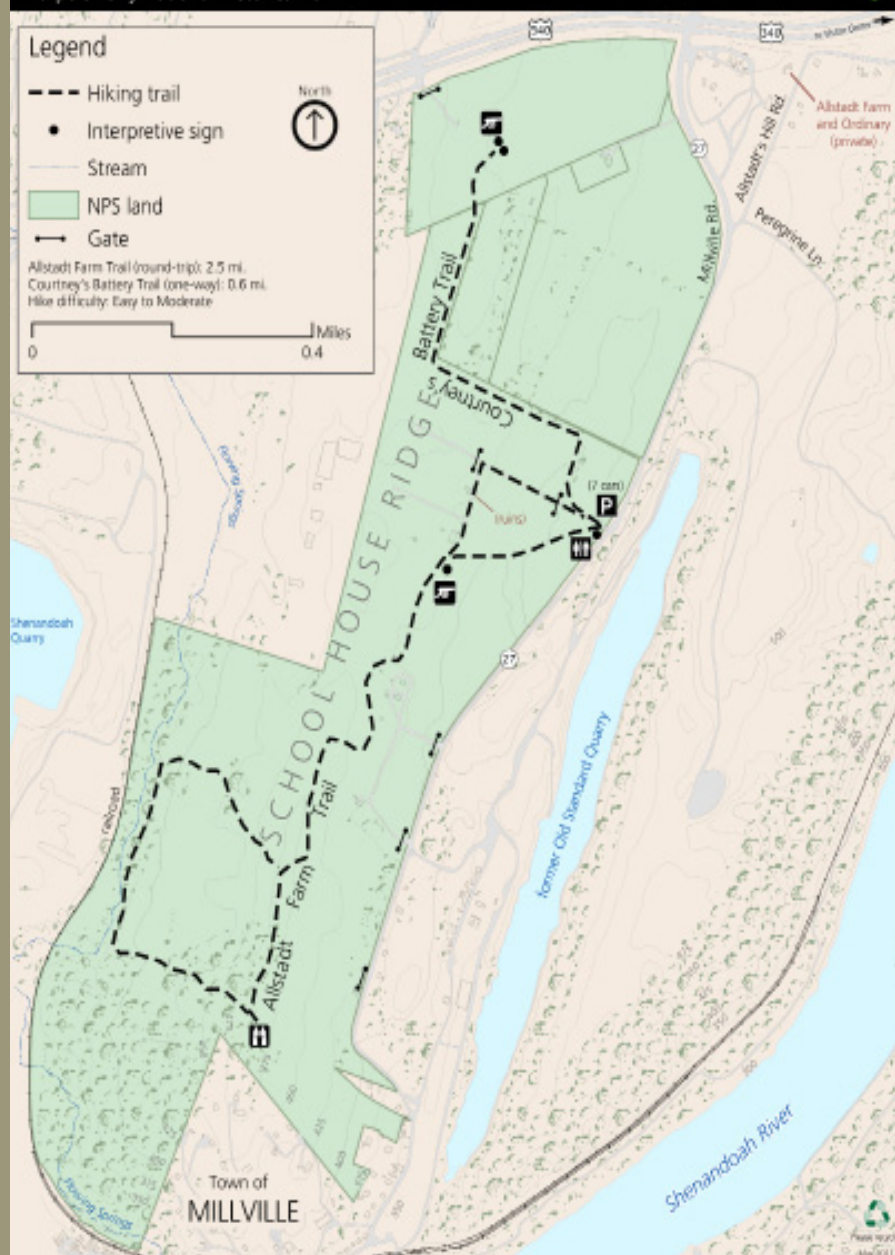
Park Service Webpage: www.nps.gov/hafe



*A warm
summer's
day along
Allstadt
Farm Trail*



Harpers Ferry National Historical Park



Camp Hill - Virginius Island - Halls Island Trails

Scenic Civil War historic park with sections of hilly dirt trails, historic streets, and flat riverside trail. Partial shade

Distance: Various short loops ranging from 0.5 to 3 miles



Difficulty:
(easy, moderate, and difficult sections)

Terrain: Dirt trails, cobble roads

Historic/Points of Interest:

John Brown's Fort

United States Armory and Arsenal at Harpers Ferry

Appalachian Trail

Jefferson Rock

Parking:

Limited parking in Lower Town

Small lot at Shenandoah Street and 340

Shuttle from Cavalier Heights Visitor Center

Park Service Webpage: www.nps.gov/hafe



Varied trail length and diverse terrain offer a great day hike





Maryland Heights Trail

Challenging trail hike with sections of hilly dirt trails leading to a scenic overlook of Shenandoah, Potomac Rivers, and Harpers Ferry

Distance:

Information Center to trail head
(one way): 0.7 mi.

Trail head to Overlook Cliffs (one way): 1.4 mi.

Stone Fort Trail (blue blaze): 2.2 mi.



Difficulty: Difficult

Terrain: Dirt trails, rocky at sections

Historic/Points of Interest:

Site of the Battle of Harpers Ferry September 1862

Overlooks historic Harpers Ferry

Parking:

Limited parking in Lower Town

Small lot at Shenandoah Street and 340

Shuttle from Cavalier Heights Visitor Center

Park Service Webpage: www.nps.gov/hafe



*Local school group
enjoys nature trail*





Loudoun Heights Trails

Challenging Appalachian Trail hike with sections of hilly dirt trails leading to a scenic overlook of Shenandoah and Potomac Rivers and Harpers Ferry

Distance: 6 – 8 miles

Difficulty: Very Difficult



Terrain: Dirt trails, rocky at sections

Historic/Points of Interest:

Appalachian National Scenic Trail
Shenandoah River

Parking:

Limited parking in Lower Town
Small lot at Shenandoah Street and 340
Shuttle from Cavalier Heights Visitor Center

Park Service Webpage: www.nps.gov/hafe
www.nps.gov/appa/



*Appalachian Trail offers
great locations for day
hikes*



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Blue Ridge Center

The Blue Ridge Center is about 5 miles from Harpers Ferry. Take 340 to Harpers Ferry Road. Across from Nell Boone Park, our 894 acres are home to deep woods, streams, a working farm, wildflower meadows, historic farmsteads, apiaries, and wildlife.

Distance:

14 trails totaling 9 miles



Difficulty: Easy to Difficult

Terrain: Hilly Grass Trails with some rocky sections

Points of Interest: Connects to the Appalachian Trail via the Difficult Butterfly Alley Trail.

Parking: At the trail head for several cars.

Park Webpage: www.blueridgecenter.org

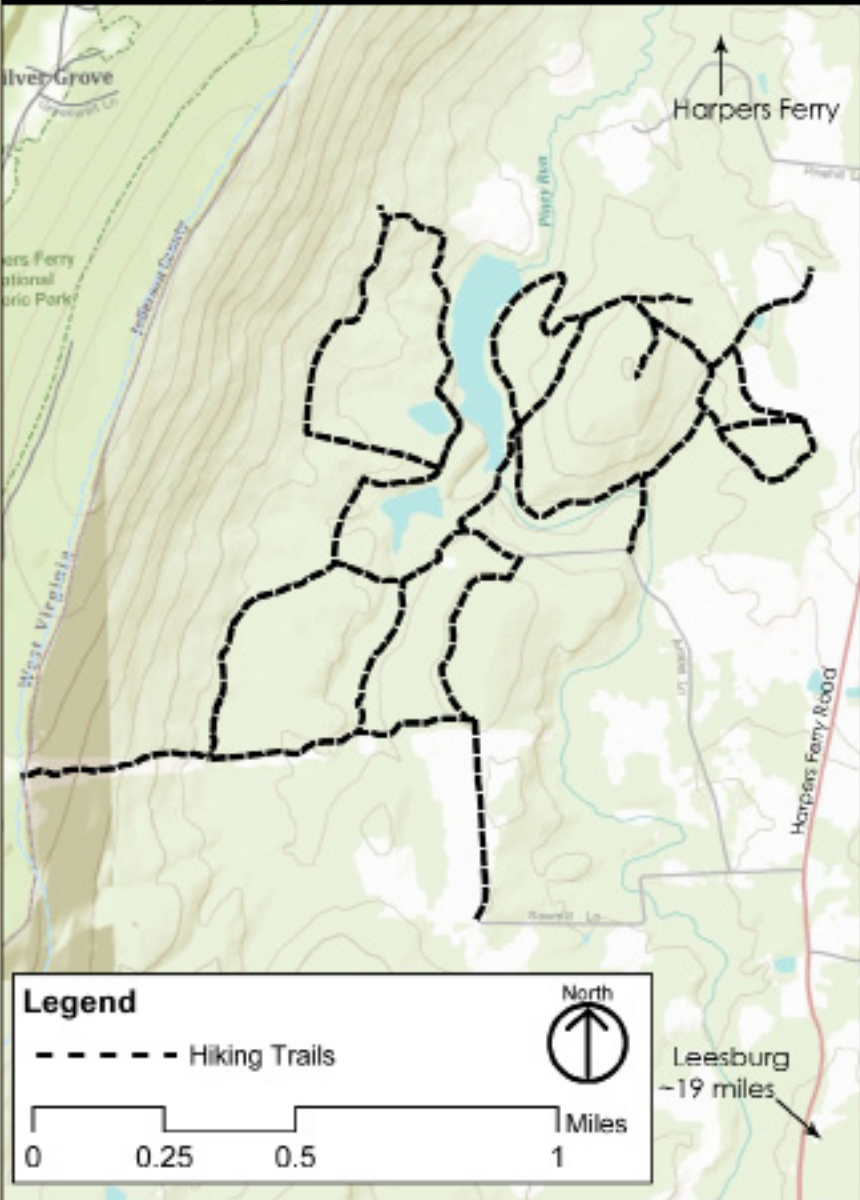


*Gordon Pond at
BRCS*





Blue Ridge Center
Loudon County, Virginia



Bolivar/Harpers Ferry Historic Walk

Walk through the Civil War towns of Bolivar and Harpers Ferry, West Virginia. Experience life as it existed at the time of the Civil War.

Distance: Loops 1 to 3 miles

Difficulty: Moderate to difficult



Terrain: Sidewalks, back streets, dirt and gravel

Historic/Points of Interest:

Historic towns of Bolivar & Harpers Ferry

1. Nash Farm
2. Appalachian Trail Conservancy Visitor Center
3. Storer College
4. Bolivar Heights
5. Harpers Ferry Family Medicine Center

Parking: Along city streets

Park Webpage:

www.bolivarwv.org/
www.historicharpersferry.com/
www.appalachiantrail.org/

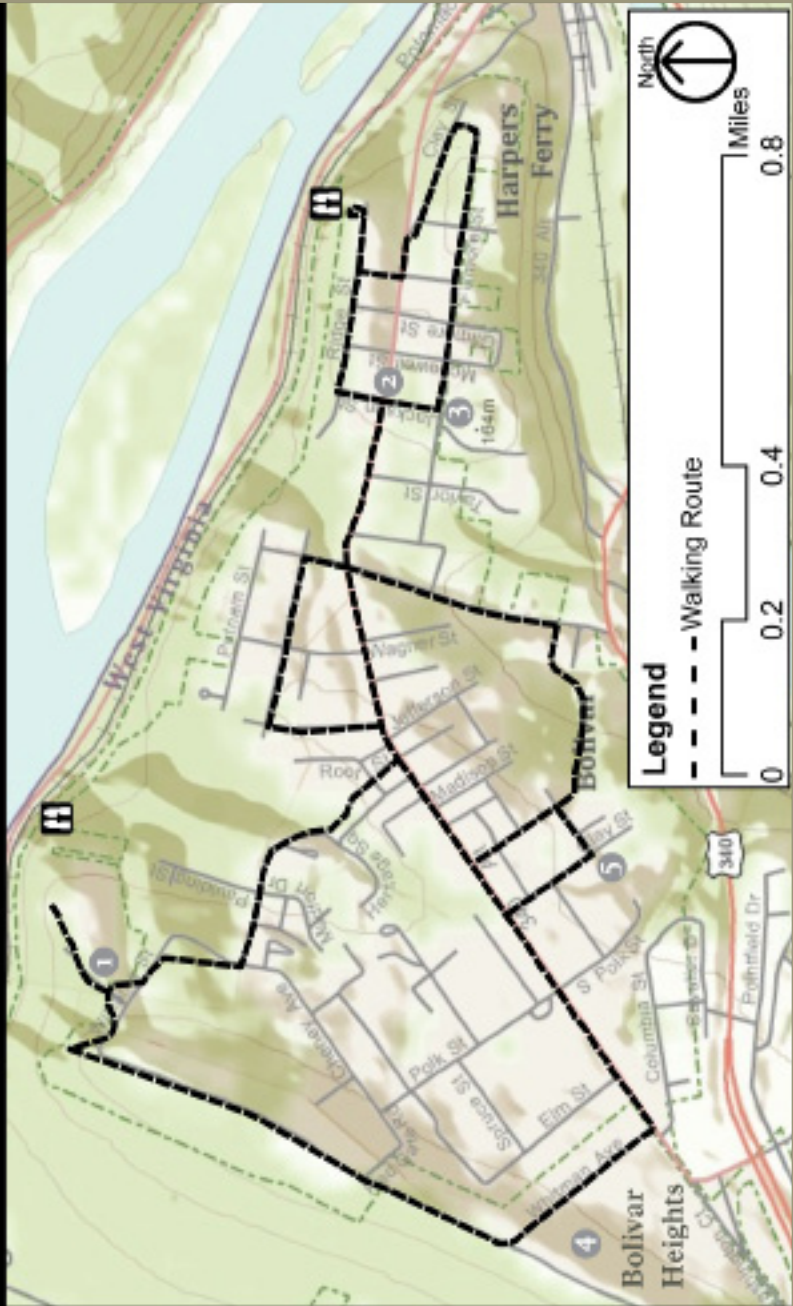


Historic town offers a variety of shops and dining





Bolivar and Harpers Ferry Historic Walk
Jefferson County, West Virginia



Morgan Grove Park

Just South-West of Shepherdstown, Morgan Grove Park is immediately off 480. With over 20-acres of shade trees, meadows, playgrounds, and spring-fed streams, this popular park serves as an idyllic site for community gatherings and events.

Distance: ~1 mile loop



Difficulty: Easy

Terrain: Rolling crushed gravel path

Historic/Points of Interest: Old stone pumphouse

Parking: Parking Area On-site

Park Webpage: www.jcprc.org
www.jcysl.org



Youth soccer league at the park





Yankauer Nature Preserve

Over 2 miles of trails can be found at the Yankauer Preserve, co-owned and managed by The Nature Conservancy and Potomac Valley Audubon Society. Trails meander through a variety of forest habitats where you may encounter white-tailed deer, wild turkey, box turtles, gorgeous spring wildflowers and a view of the Potomac River from a high bluff.

Distance:

Cedar Trail: .2 mile

Kingfisher Trail: 1.1 mile

South Trail: .9 mile

Dan Fisher: .2 mile



Difficulty:

Cedar Trail: Easy

All others difficult due to two steep slopes, uneven footing, and slippery rocks when wet.

Terrain: Forested trails, mostly flat

Historic/Points of Interest: View of the Potomac River, wildlife viewing, wildflowers. Benches available along Kingfisher Trail and Cedar Loop.

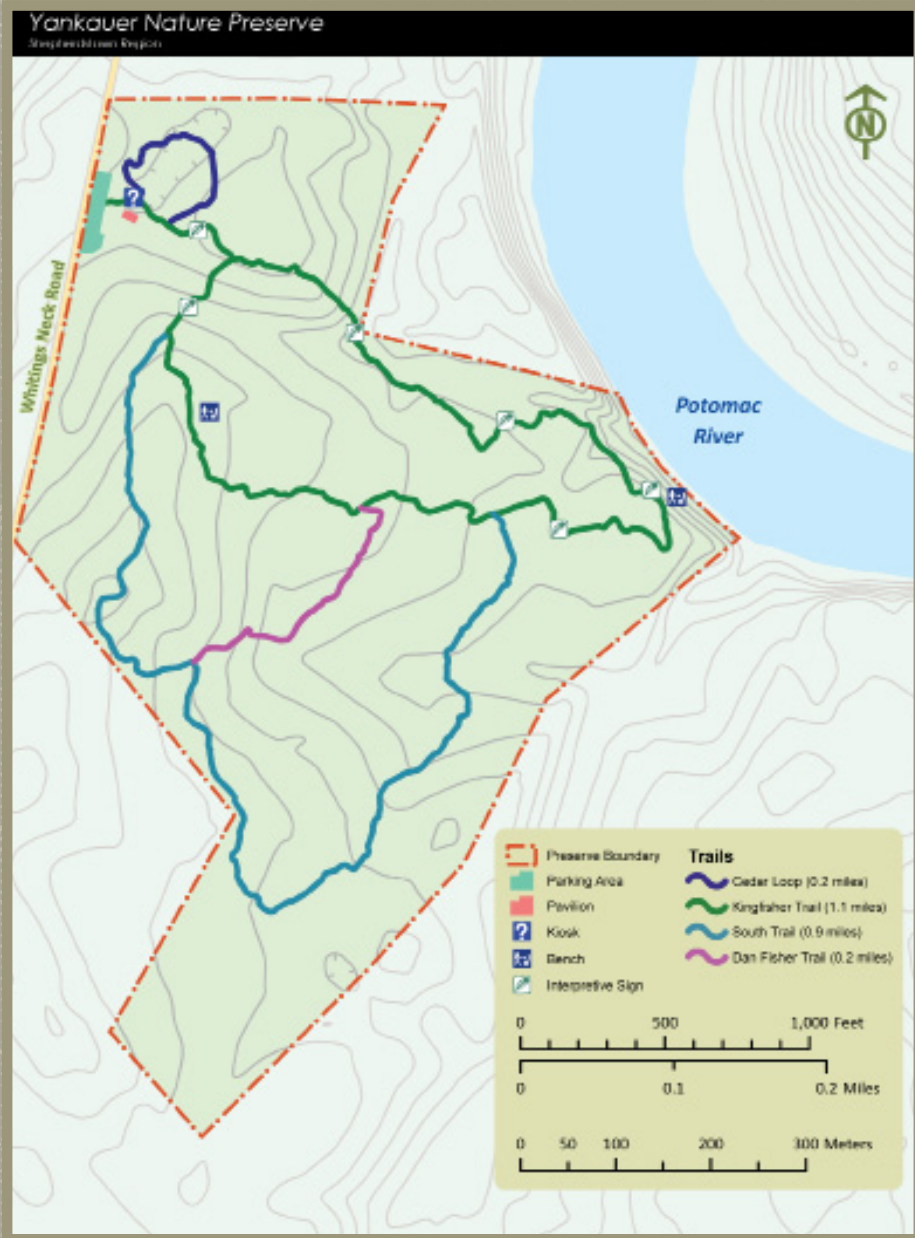
Parking: Parking lot located on Whittings Neck Road

Park Webpage: www.potomacaudubon.org



*Enjoy nature and wildlife
along Kingfisher Trail*





Shepherdstown Historic Loop

Shepherdstown is the oldest incorporated city in the state of West Virginia and the town has been well-preserved and protected - a true blend of amazing history and modern wonders! Many of the buildings in the town were built before the Revolutionary War.

Distance: Loops of .5 to 4 miles

Difficulty: Easy to Moderate



Terrain: Low traffic walker friendly roads

Historic/Points of Interest:

- | | |
|------------------------|--|
| 1. Two Rivers Treads | 5. Riverfront |
| 2. Visitor's center | 6. Rumsey Monument |
| 3. Public library | 7. Packhorse Ford Crossing |
| 4. James Rumsey Bridge | 8. Shepherdstown
University Wellness Center |

Parking: Street and Campus Parking

Park Webpage: www.shepherdstownvisitorscenter.com/
www.historicshepherdstown.com/

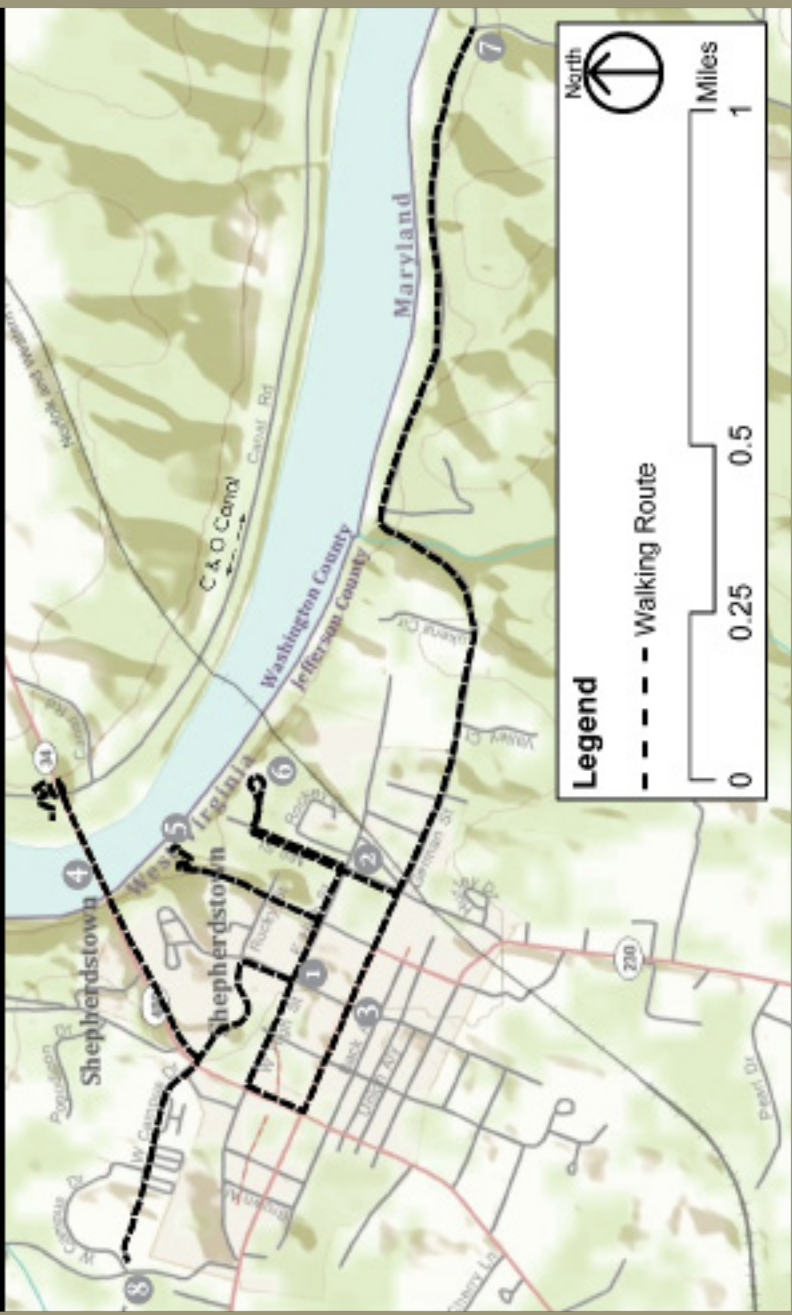


Yellow
Brick Bank
Restaurant





Historic Shepherdstown Walk
Jefferson County, West Virginia



Sam Michael's Park

This 130 acre park is located at the Jefferson County Parks and Recreation Center near Harpers Ferry, Charles Town, and Shepherdstown. To get the park take 230 to Melvin Road and then onto Steeple Chase. The sparse acreage lends well to community events and offers the perfect place to host weddings, wedding receptions, and reunions and other family events.

Distance: 1-4 miles Multiple loops



Difficulty: Easy

Terrain: Mixed grass and paved trail

Points of Interest: Recreation Center, Site of Jefferson High School Cross Country Course and Annual Cougar Challenge 5k run

Parking: Recreation Center

Park Webpage: www.jcprc.org



Annual Cougar
Challenge 5k
run





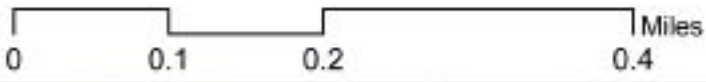
Sam Michael's Park

Jefferson County, West Virginia



Legend

----- Walking Trails



For Love of Children

The Outdoor Education Center provides children the opportunity for hands on learning through a variety of activities. The 350 wooded acres in West Virginia is a 30 minute drive from Charles Town. Take Route 9 to Mission Road (cross river) and follow until you see our sign on the left – approximately 6 miles.

Distance: Multiple Loops 1-7 Miles



Difficulty: Moderate to Difficult

Terrain: Hilly Grass Trails with some rocky sections

Parking: On site on FLOC Center

Park Webpage: www.flocoutdoors.org

*ALL VISITORS MUST SIGN A LIABILITY WAIVER PRIOR TO UTILIZING THE TRAILS. TO OBTAIN A COPY OF THE WAIVER, PLEASE CALL 304.725.0409



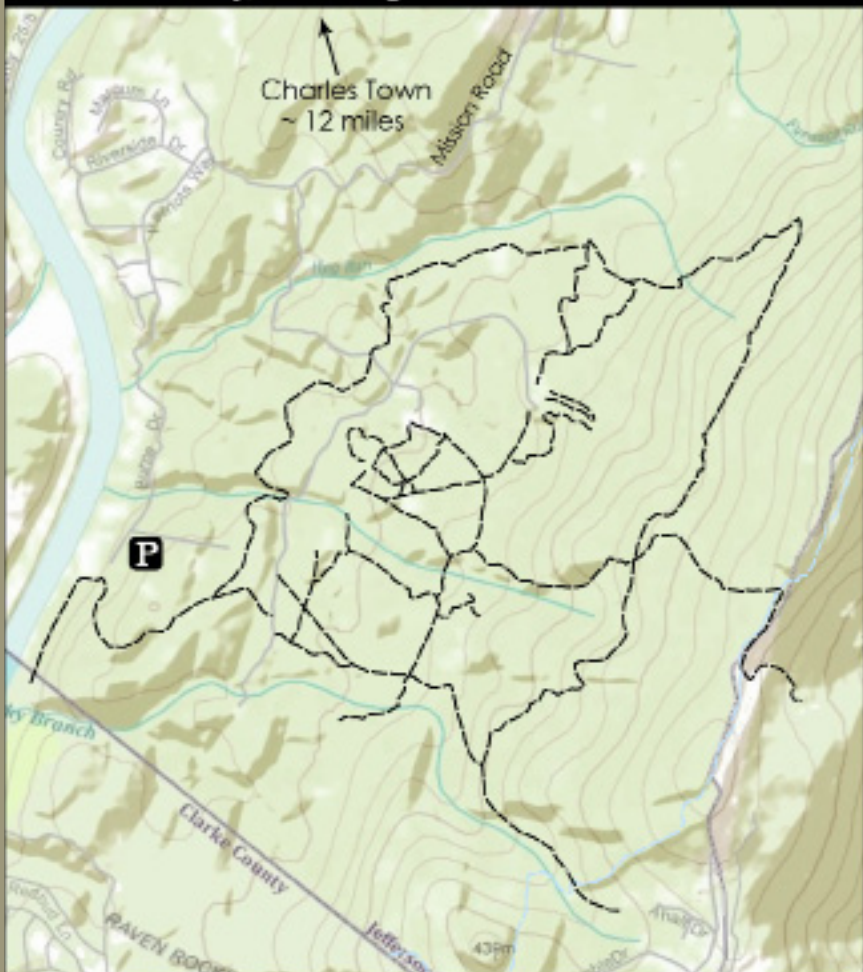
Rafters enjoy Potomac river





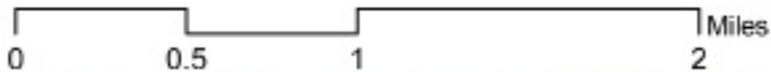
FLOC Outdoor Education Center

Jefferson County, West Virginia



Legend

- - - - - Hiking Trails



Craftworks

This trail network follows Bullskin Run and meanders through meadow habitat, with views of Cool Spring Marsh and sightings of blue heron, hawks, and water fowl. CraftWorks is an 81-acre preserve five miles southwest of Charles Town on County Route 13.

Distance: 1-3 Miles



Difficulty: Easy

Terrain: Grass Trails

Historic/Points of Interest: Cool Spring Marsh, Bullskin Run, the historic trace of Old Winchester Road, Robert Griggs House--one of the oldest farmhouses in Jefferson County.

Parking: CraftWorks Studio at Lloyd and Wheatland roads

Park Webpage: www.wvcraftworks.org



*Children playing
in the Craftworks
Stream*





Craftworks at Cool Spring
Jefferson County, West Virginia



Legend

----- Hiking Trails

0 0.05 0.1 0.2 Miles

North

Page Jackson Community Trail & Garden

Crushed Gravel trail for students and the community creatively weaving through the grounds of Page Jackson Elementary.

Thanks to the assistance of:
State of West Virginia and
support of Senator John Unger
Freedom's Run/ West Virginia University Eastern
Education Division
Dept of Education State of West Virginia
Charles Town Council
Harpers Ferry Jobs Corps
National Conservation Training Center
Fiona Harrison and Slaynt Vie Farm.
R and L Landscaping
Jefferson County School Board
Canaan Valley Institute



Distance: 1.5 miles

Difficulty: Easy

Terrain: Gravel

Parking: On site



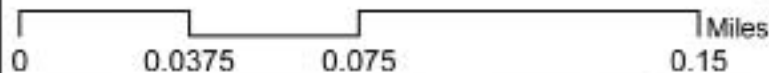


Page Jackson Community Trail and Garden
Jefferson County, West Virginia



Legend

----- Hiking Trails



Charles Town Historic Loop

Charles Town was chartered by the Virginia General Assembly in October 1786. It was named in honor of Charles Washington, George Washington's youngest brother. Charles Washington moved to the area in 1780.

Distance: 3.0 miles

Difficulty: Easy



Terrain: Lightly Traveled Safe Walking Streets

Historic/Points of Interest:

1. Jefferson Memorial Park
2. Cemetery of the Zion Episcopal Church
3. Former Stephenson Female Seminary Building
4. Edge Hill Cemetery
5. Historic Downtown Charles Town

Parking: Parking along Town streets

Park Webpage: www.historiccharlestownwv.com/



*Charlestown Race
for Recess*





Historic Charles Town Walk
Jefferson County, West Virginia



Walking Log

[illegible]

Walking Log

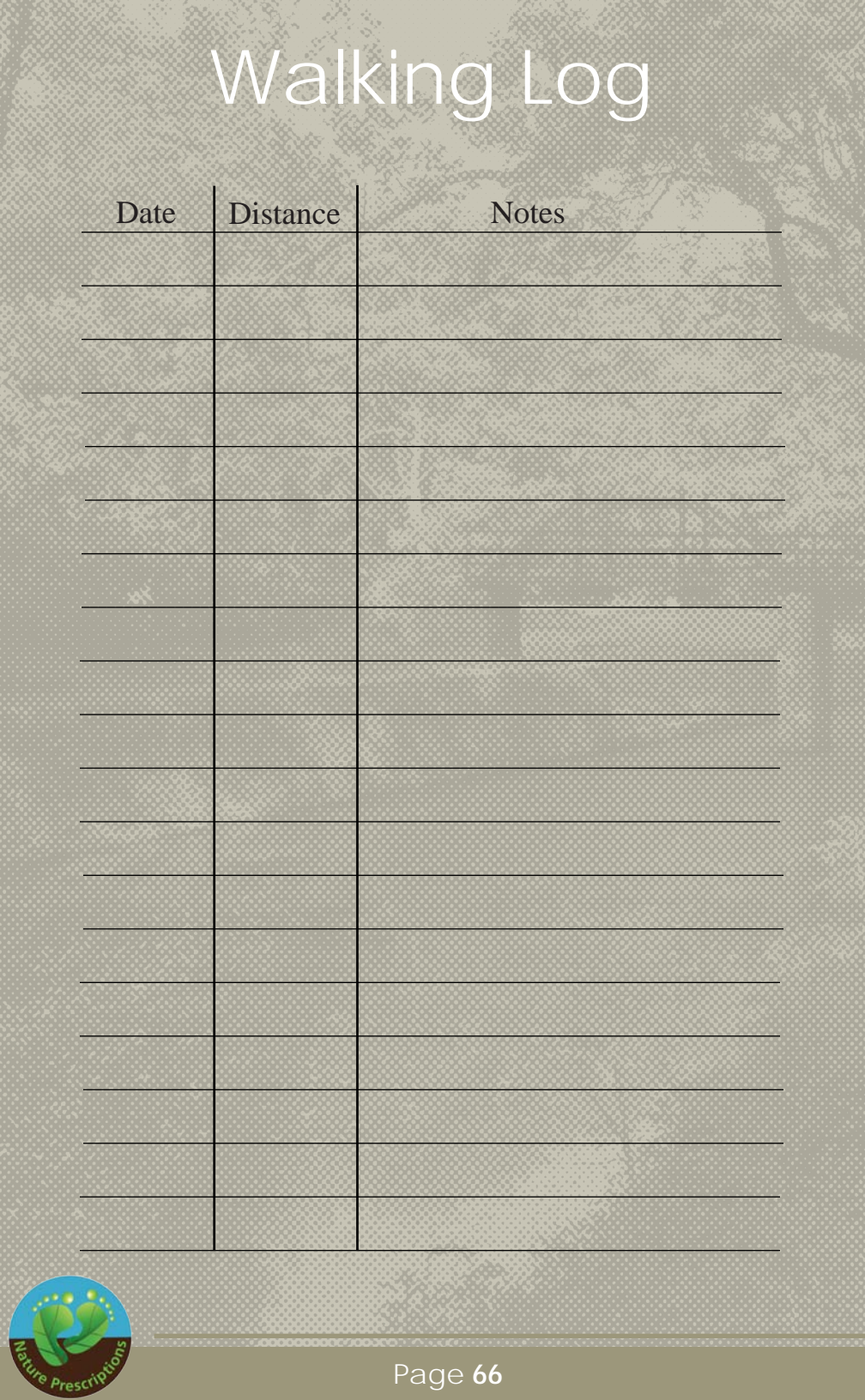
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Walking Log

[illegible]

Walking Log

[illegible]

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Checklist

- ☐ C&O Canal Trail
- ☐ Eastern Panhandle Recreational Trail 9
- ☐ The Appalachian Trail
- ☐ Antietam North
- ☐ Antietam South
- ☐ Murphy - Chambers Farms Trails
- ☐ Bolivar Heights - School House Ridge North Trails
- ☐ Visitor Center to Lower Town Trail
- ☐ School House Ridge South Trails
- ☐ Camp Hill - Virginius Island - Halls Island Trails
- ☐ Maryland Heights Trails
- ☐ Loudoun Heights Trails
- ☐ Blue Ridge Center
- ☐ Bolivar/Harpers Ferry Historic Walk
- ☐ Morgan Grove Park
- ☐ Yankauer Nature Preserve
- ☐ Shepherdstown Historic Loop
- ☐ Sam Michaels Park
- ☐ For Love of Children
- ☐ Craftworks
- ☐ Page Jackson Community Trail and Garden
- ☐ Charles Town Historic Loop

FOR MORE INFO VISIT:
NPS.GOV



MAKE YOUR FEET YOUR FRIEND



CREATED BY ANDREW BOYLAN, KEVIN BRICKER,
DR. MARK CUCUZZELLA, HOLLIE LYNCH & JASON ROLFE

SUPPORTED BY TWO RIVER TREADS

