



## Two Lick Loop Trail - Monongahela National Forest, WV

Length	Difficulty	Streams	Views	Solitude	Camping
5.0 mls	☆	☆	☆	☆	☆
<b>Hiking Time:</b>	2.0 hours with breaks				
<b>Elev. Gain:</b>	830 ft				
<b>Parking:</b>	Day use parking area for Pocahontas Campground. 38.10252, -79.96719				

[Click Here For Detailed Location](#)



*By Trail Contributor: Jeff Monroe*

The Two Lick Loop Trail is a low use hiking and mountain biking trail in the Monongahela National Forest near the Virginia/West Virginia border. Although it provides only limited views, there are wonderful opportunities for solitude on this short loop and an opportunity to make a longer hike when combined with a second trail located inside the main loop. The adjoining national forest administered Pocahontas Campground, a pay facility featuring 9 campsites, offers pit toilets and trash cans but no water. There are no established campsites along the loop trail.

- ▶ **Mile 0.0** – The trail starts next to an information kiosk adjoining the day use parking area for Pocahontas Campground. There is a sign for the trail here. From the parking area curve around to a nice bridge crossing of Two Lick Run.
- ▶ **Mile 0.1** – Junction with the end of the Two Lick Trail loop, stay straight (right) to complete the loop counterclockwise.
- ▶ **Mile 0.2** – Junction with the Two Lick Bottom Trail. This is a newer trail that creates a 1.5 mile loop when used with the Two Lick Trail. The Bottom Trail's beginning and end are at the Two Lick Trail. Stay on the Two Lick Trail and cross another bridge over a small stream. Begin gradual climb through open woods.
- ▶ **Mile 0.9** – Reach the terminus of the Two Lick Bottom Trail. Stay to the right, on the Two Lick Trail.
- ▶ **Mile 2.4** – You have reached the high point on this hike and are beginning the slow descent. On the left side of trail is a small view to the northwest, the only view on this loop. The trail hugs the side of the slope below the ridge for a short distance.
- ▶ **Mile 2.7** – Cross an old woods road. Maps indicate that this road connects with another road on the summit of the mountain (which could then connect with other trails such as the Great Eastern Trail), but no apparent trail exists. Shortly after reentering the woods, the trail continues under a large Chestnut Oak.
- ▶ **Mile 3.7** – The trail uses an old woods road to climb steeply to a ridge for a short distance. Because this area is more open, there is considerable undergrowth here. Stay on the old road bed before taking a sharp left at the ridge top. Ironically the trail, which has often had many blazes up to this point, is not well marked here.
- ▶ **Mile 4.9** – The trail meets up with the beginning of the loop. Turn right here to return to your vehicle. If you wish a longer hike, turn left and add the 1.5 mile Two Lick Bottom Trail Loop.
- ▶ **Mile 5.0** – The trail returns to the parking lot.