



## High Meadows/Seneca Creek - Seneca Rocks, West Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
13.5 mls	★	★	★	★	★
<b>Hiking Time:</b>	2 Days. 6 hours 1st day, 2 hours 2nd day				
<b>Elev. Gain:</b>	1,210 ft				
<b>Parking:</b>	Parking area on gravel FR112 has spots for 10 vehicles				

The sister hike to the Allegheny/Seneca Creek circuit, the High Meadows loop also has spectacular views from two open pastures on Spruce Mountain. With views, Seneca Falls, and some of the best camping spots in the Monongahela, the Spruce Knob/Seneca Creek area is one of the best backpacking destinations on the east coast.

From the Seneca Creek parking area, hike up FR112 for the only section of road walking on the loop. In 0.7 miles turn left off FR112 onto the Lumberjack Trail (TR534). All the trails are marked with blue diamonds.

The Lumberjack Trail is very boggy, even in dryer weather. If there has been any rainfall within the past week be prepared to take extra time on the the Lumberjack Trail. Follow the Lumberjack Trail for 3.6 miles and arrive at the intersection of the Huckleberry Trail (TR533). Continue straight on the Lumberjack Trail for another 2.0 miles, passing through a small clearing, then arriving at the High Meadows Trail junction.

Stay left on the High Meadows Trail where in 150 yards it cuts back to the left heading steeply downward for 0.4 miles before entering the first set of meadows. Cross to the opposite side of the meadow where a blue diamond trail post marks the descent, and several acres of wild blackberry bushes. After passing through the blackberry's the trail will turn back to the left and reenter the forest. Continue to follow the trail for 0.4 miles, then be alert as the trail turns right downhill off the old path it has been following.

At this point the High Meadows Trail passes through a rocky area in the forest, and is hard to follow for the next 200 yards before entering the next set of meadows. Follow the blue diamond trail markers through the meadows as it descends to the left for another 0.4 miles before heading more directly downward, then turning more uphill to the left.

As you enter the forest cross a small stream, and arrive at the next intersection. Turn right downward towards Seneca Creek (the arrow has been scrapped off the sign), and in 0.2 miles reach Seneca Creek at which point the trail turns right downstream. Continue for 0.1 miles, turn left crossing a small gully, and in 150 yards turn sharply down to the junction of the Seneca Creek Trail (TR515).

You will cross Seneca Creek here, but first turn right for 75 yards to the Seneca Falls overlook. There are also several campsites 100 yards further on. After visiting the falls head back up the trail and cross Seneca Creek, and pass a campsite on the right. Continue on the right bank of the creek for 1.0 miles before crossing back over to the left bank. In 100 yards there is single campsite at the top of a small waterfall, and in another 200 yards a larger camping area. Cross Seneca Creek again, and in 0.1 miles there is one of the prettiest camping spots in the Monongahela with a waterfall on the opposite bank.

In 0.1 miles pass the intersection of the Bear Hunter Trail on the right before arriving at the Judy Springs campground. Pass through the campground, and continue past the Judy Springs Trail (TR512) on the left, DO NOT cross the footbridge. In 0.5 miles cross Seneca Creek for the last time where the trail becomes easier to follow for the remainder of the hike. Pass the Swallow Rock Trail in another 0.5 miles, and the Tom Lick Trail 1.4 miles further on. 1.0 miles past the Tom Lick Trail arrive back at the Seneca Creek parking area.