





## North Fork Mountain - Seneca Rocks, WV

Length	Difficulty	Streams	Views	Solitude	Camping
24.7 mls	★	N/A	6	★	★
<b>Hiking Time:</b> 2 days - 8 hours each day <b>Elev. Gain:</b> 2,650 ft <b>Parking:</b> <b>North Trail Head Parking:</b> 38.9814, -79.2316 (County Route 28/11, Smoke Hole Road) There is a small parking area on Smoke Hole Road on the right-hand side with room for about 5-6 cars. <b>South Trail Head Parking:</b> 38.711122, -79.401978 (Route 33, Radio Tower) There is space for about 3-4 cars on the side of the road just in front of the Radio Tower gate, <b>do not block the gate.</b>					

The lack of water on this trail has always been a concern for hikers. However, a post by Zach F. on the WV Highlands Conservancy site proved very useful in finding a spring at the trail midpoint. If you hike this trail, please post a review with an update on how much water is in the spring. This will help fellow hikers track how reliable the spring is over time. The NFMT at 24.7 miles long, is a point to point shuttle backpack best hiked South to North. At the bottom of this write up we also list several shorter alternatives if you don't have time to do the whole trail. Plan to allow about 35 minutes each way for the car shuttle.

- ▶ **Mile 0.0** – At the South Trail Head, walk around the gate towards the back of the radio building and tower. To your left you will see a discernible trail, this is the North Fork Mountain (Trail 501) and you will very quickly see blue blazes. Eventually there will be blue diamond markers on the trees for the majority of the trail. There is a short climb to the top of the trail.
- ▶ **Mile 0.5** – Reach the first of many overlooks on your left and to the west. The majority of views on the hike will be to the west.
- ▶ **Mile 1.0** – Overlook, the next 2 miles are a gentle walk in the woods.
- ▶ **Mile 3.2** – Overlook, unique campsite just after this overlook and before the power lines.
- ▶ **Mile 3.4** – Power lines, views to the east and west.
- ▶ **Mile 3.8** – Gate, go around and continue on fire road/trail
- ▶ **Mile 4.5** – Intersection with unnamed trail/fire road
- ▶ **Mile 4.6** – Overlook
- ▶ **Mile 5.7** – Overlook
- ▶ **Mile 8.4** – Spur Trail to see Seneca Rocks. Don't miss this, it's a great view of the backside of Seneca Rocks off in the distance.
- ▶ **Mile 8.7** – Overlook
- ▶ **Mile 10.4** – Flat Tower on left and beginning of FR79, bear right on fire road. From here to the first night's campsite at mile 12.4 was the least enjoyable part of the hike due to it being on a fire road.
- ▶ **Mile 10.8** – Radio Tower, road bears to the left behind tower. Reach first curve on FR79, but continue down road past pipeline crossing.
- ▶ **Mile 11.6** – Gas pipeline crossing
- ▶ **Mile 12.4** – Campsite for night one. To right of campsite is a grass fire road, go about 100 feet downhill, look for square stone, go left about 30 steps to spring. Spring water amount note: 1. May 10, 2014 – 12", 2. Summer 2013 – flowing. Be prepared to carry enough water in the event the Spring is dry. You could also cache water near this intersection.
- ▶ **Day 2** - Hike begins at the brown "Trail 501" sign. There is evidence of fire from the campsite along the next 2 miles of the trail.
- ▶ **Mile 12.9** – Overlook, great view to start Day 2. Fire damage
- ▶ **Mile 15.4** – Overlook, trail is well maintained
- ▶ **Mile 16.5** – Intersection of Redman Run Trail, just after the intersection is a campsite with an incredible view. As you climb you will soon walk through a Rhododendron thicket, look for cairns on the left for the overlook at mile 18.
- ▶ **Mile 18.0** – Overlook
- ▶ **Mile 18.4** – Campsite
- ▶ **Mile 18.5** – Overlook
- ▶ **Mile 19.5** – Overlook
- ▶ **Mile 20.6** – Intersection of Landis Trail
- ▶ **Mile 21.0** – Overlook, Table Rock Vista
- ▶ **Mile 21.6** – Spur trail to Chimney Top, stay straight for this out and back. The NFMT turns sharply to the right but go straight on the unmarked spur trail, you can see Chimney Top from here.
- ▶ **Mile 21.8** – Chimney Top, great views. There is another way back to the NFMT, a very steep spur trail to the right a fire ring. It is very steep, so use caution descending.  
intersection and bear left back onto the NFMT
- ▶ **Mile 22.0** – Original Intersection, bear left back onto the NFMT
- ▶ **Mile 22.2** – Intersection of steep spur trail to Chimney Top on left.
- ▶ **Mile 22.6** – Overlook
- ▶ **Mile 22.9** – Overlook
- ▶ **Mile 24.7** – North Trail Head Parking, end of hike.

### Shorter Alternatives Hikes:

1. Redman Run Trail up to NFMT and over to North Trail Head parking, 9.6 miles, shuttle hike.
2. Landis Trail Head up to NFMT and over to North Trail Head parking, 5.4 miles, shuttle hike or you could do as an out and back to Chimney Top.
3. North Trail Head parking up to Chimney top and back, about 7 miles round trip.
4. Fire Road 79, drive car to campsite as mentioned at mile 12.4, sketchy road, good clearance needed on this road, camp the night and do the remaining 12 or so miles on Day 2, shuttle hike.