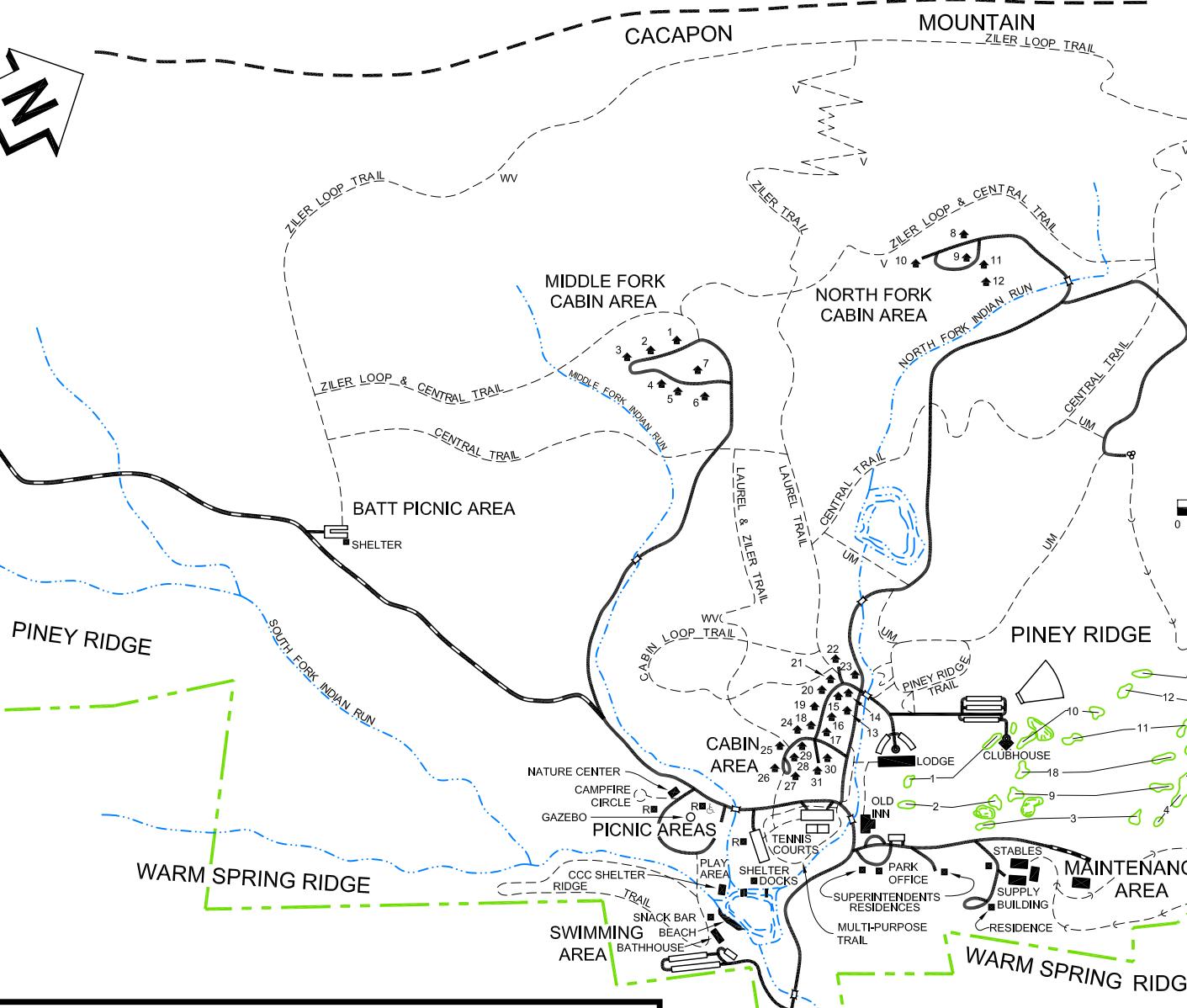


LEGEND

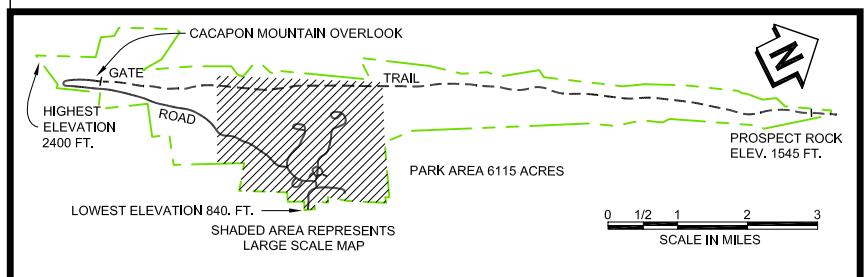
PARK BOUNDARY	
PAVED ROAD	
GRAVEL ROAD	
UNIMPROVED ROAD	
FOOT TRAIL	
HORSEBACK TRAIL	
STREAM	
PARKING AREA	
REST ROOMS	
REST ROOMS (HANDICAP ACCESSIBLE)	
CABIN	
WATER TANK	
POONDS AND LAKES	
VISTA	
WINTER VIEW	

HIGHEST ELEVATION 2400 FT.
LOWEST ELEVATION 840 FT.



Cacapon State Park

Berkeley Springs, West Virginia



Cacapon Resort State Park - Berkeley Springs, West Virginia

Length	Difficulty	Streams	Views	Solitude	Camping
6.6 mls	3	1	2	4	N/A
Hiking Time: Elev. Gain: Parking:	3.5 hours with a half hour for lunch 1,450 ft After entering Cacapon Resort State Park, follow the signs for the Lodge, and park in the main Lodge parking area.				

Cacapon Resort State Park is a beautiful area of over 6,000 acres. There is something for everyone here. A virtual labyrinth of over 20 miles of hiking trails, a trap shooting range, horseback riding, swimming and boating, as well as fishing in the large lake and reservoir. The park also has accommodations of 24 cabins and a main inn for weekend getaways.

With 20 miles of interconnecting trails, from the easy nature walks, to the longer circuits that climb to the ridge on Cacapon Mountain, there are trails for every level of hiker. The circuit we describe makes use of the longer perimeter trails, and passes several good views of the valley.

From the lodge, walk back to the stop sign crossing the main road towards the cabins. The trailhead is located between cabins 21 and 22. Shortly after starting up the trail come to the first trail junction with the white blazed Cabin Loop Trail directly ahead. Turn right on the green blazed Laurel Trail, then in 150 yards pass the opposite end of the white blazed Cabin Loop Trail.

Continue straight on the green blazed Laurel Trail where it becomes steeper, before passing the red blazed central trail, and view of the reservoir on the right in 0.2 miles. Continue on the Laurel Trail for another 0.2 miles to the junction of the red blazed Central Trail at a small saddle.

Turn left downhill on the Central Trail then cross a park road in 0.1 miles. The red blazed trail continues on the opposite side of the road where it passes behind a group of cabins. After passing the cabins the trail climbs a small ridge before passing through an immature forest, then slightly descends and arrives at the Ziler Loop Trail intersection in 1.0 miles.

Turn right uphill on the red/blue blazed Ziler Loop Central Trail and come to the next intersection in 0.1 miles. At this intersection the combined Ziler Loop Central Trail turns right. Stay straight uphill on the blue blazed Ziler Loop Trail. The blue blazed trail has a steep grade with no switchbacks, leveling off only two times before arriving at the ridge and intersection of the Ziler Trail in 1.5 miles.

There is also a bench at the ridge and trail junction. Continue along the ridge on the Ziler Loop Trail passing an old shelter on the left before the Ziler Loop Trail begins to descend the mountain. The trail will make several switchbacks then pass through a hollow in 1.0 miles. Just after the hollow, the Ziler Loop Central Trail turns right. Continue straight on the now red blazed Central Trail and shortly cross a gravel park road.

The Central Trail continues on the other side of the road passing through an immature forest, then descends before crossing the next park road in another 0.5 miles. Follow the red blazed trail as it passes along the left of North Fork Run, just before crossing at the reservoir. The red blazed Central Trail will climb and reach the Laurel Trail in 0.2 miles. Turn left down the Laurel Trail passing the Cabin Loop Trail, and arriving back to the trailhead between cabins 21 and 22.