

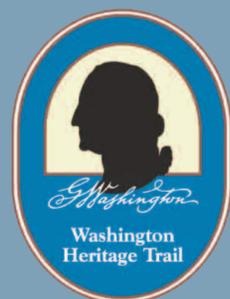
Washington Heritage Trail

The Washington Heritage Trail in West Virginia



The Washington Heritage Trail is a 136-mile national scenic byway inspired by the prominent footsteps of George Washington through the three historic counties of West Virginia's Eastern Panhandle. Compelling history, spectacular scenery, geologic wonders, recreation and year 'round activities and festivals are highlighted by 45 historical sites. The trail meanders across mountains and rivers, through forests, farms and orchards as it connects five 18th century towns that remain the center of life today and offer comfortable lodging, unique shopping and fine dining. More information on attractions and services throughout the area is available at each town's Visitor Center.

www.washingtonheritagetrail.com

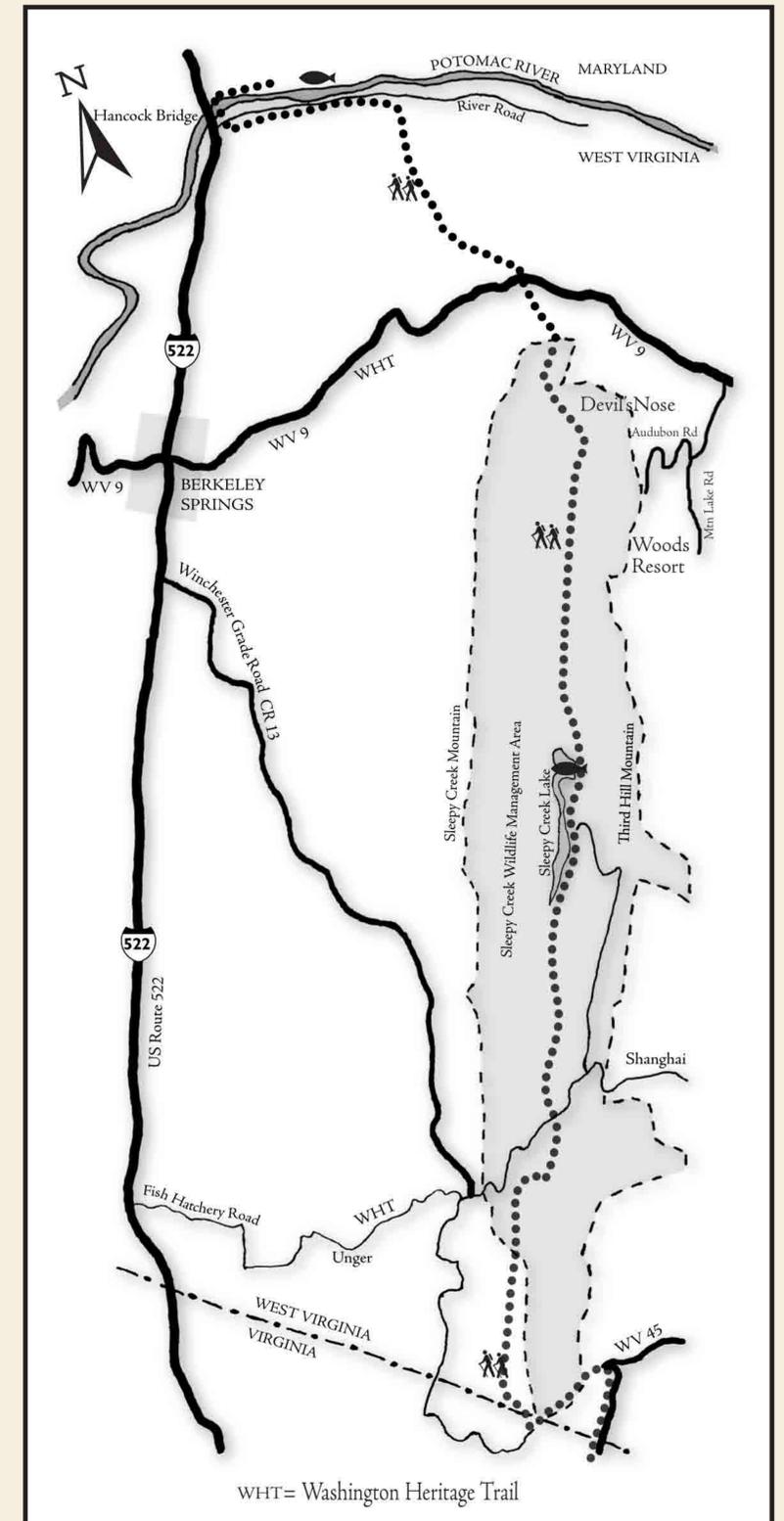


Tuscarora Trail — Spruce Pine Hollow

The Tuscarora Trail in West Virginia is a 33-mile footpath running north/south near the Morgan/Berkeley county line. It is part of a 250 mile side-branch of the Appalachian Trail that extends from Luray, VA to Harrisburg, PA. Additionally, the West Virginia portion of the trail has been incorporated into the new Great Eastern Trail which is separate from the Appalachian Trail and extends from Maine to Alabama.

The Tuscorora Trail was constructed and is actively maintained by volunteers of the Potomac Appalachian Trail Club. It runs through the public land of the Sleepy Creek Wildlife Management Area, property owned by the Potomac Appalachian Trail Club, and private property secured with easements or handshake agreements. Weaving through Spruce Pine Hollow, the Meadow Branch valley and wilderness of the mountains, hikers see historical sites, spectacular overlooks, an impressive hemlock forest, rock formations, a pristine 200-acre lake, rushing streams and the best flora and fauna of the region.

The trail is marked with blue painted blazes. It is a challenging trail with very rough terrain, extremely steep climbs, stream crossings, bogs and common wilderness hazards. There are two overnight shelters in the West Virginia section. Hikers should be cautious from October through May, as various game is hunted in the vicinity.



WHT= Washington Heritage Trail