

Follow that trail

Tuscarora Trail

The Tuscarora Trail is a 250-mile, four-state foot trail from Harrisburg, Pa. to Luray, Va. Some sections of the trail in Morgan County were known as the Big Blue Trail. The trail, maintained by the Potomac Appalachian Trail Club, is marked here with a blue blaze.

Parts of the Tuscarora Trail are incorporated into the Great Eastern Trail, which runs from Alabama to Maine.

In West Virginia, the trail runs 33 miles, from the Potomac River at Hancock to the Virginia line, near the border between Morgan and Berkeley counties.

Hikers can pick up the trail along River Road in northern Morgan County, or in Spruce Pine Hollow Park. From Spruce Pine Hollow, the trail leads up the northern end of Sleepy Creek Mountain and winds south through Sleepy Creek Wildlife Management Area. The last section of the Tuscarora in West Virginia includes Shockey's Knob, which offers a wide view of southern Morgan County and Cacapon Mountain to the west.

There are primitive camp sites and a few shelters along the trail, but few amenities.

For trail maps and more information, contact the Potomac Appalachian Trail Club at 703-242-0315 or visit www.patc.net.



Washington Heritage Trail

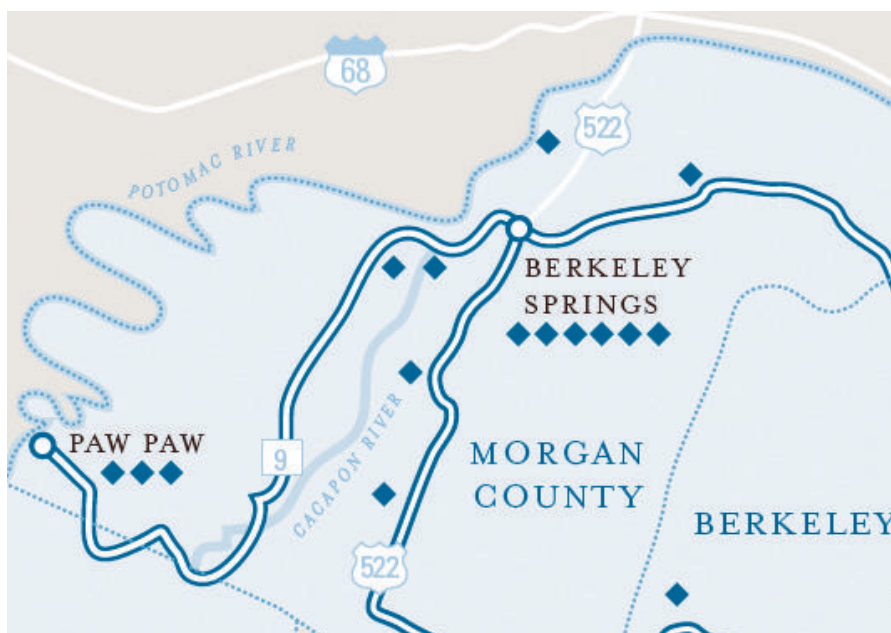
Morgan County is included in the 136-mile National Scenic Byway of West Virginia's Washington Heritage Trail. The driving trail has signed stops, with historical markers, showing places where George Washington traveled and explored the area. Coming from Martinsburg, the first stop into the county is at Spruce Pine Hollow Park. Multiple stops in Berkeley Springs highlight Washington's time spent at the Warm Springs in Bath and the lots he owned here. Other stops are at Sir John's Run, the Panorama Overlook, Great Cacapon, Camp Hill Cemetery and Paw Paw.

See the trail website for maps and more detailed information: washingtonheritagetrail.com.

A driving tour map along the trail and the Cacapon River is also available at the Travel Berkeley Springs Visitor's Center at 127 Fairfax Street.



Tuscarora Trail sign along the meadow branch at Spruce Pine Hollow.



The Morgan County section of the Washington Heritage Trail. Full map on the trail website.



DORIS' DELI

Great Cacapon, W.Va.

Full Menu

Salads • Subs • Sandwiches • Wedgies
 Chicken • Hunt Brothers Pizza
 Beverages • Cold Beer • Ice
 River Floats • Fishing Items

For Carry Out Call 304-258-5126

HOURS: 7:00 a.m. - 9:00 p.m. • Monday - Sunday