THE WOODS HIKING MAP

HIKING is a favorite outdoor activity for Woods homeowners and guests. Forest trails and roads in The Woods offer great hiking for serious back packers or those out for a leisurely Sunday stroll.

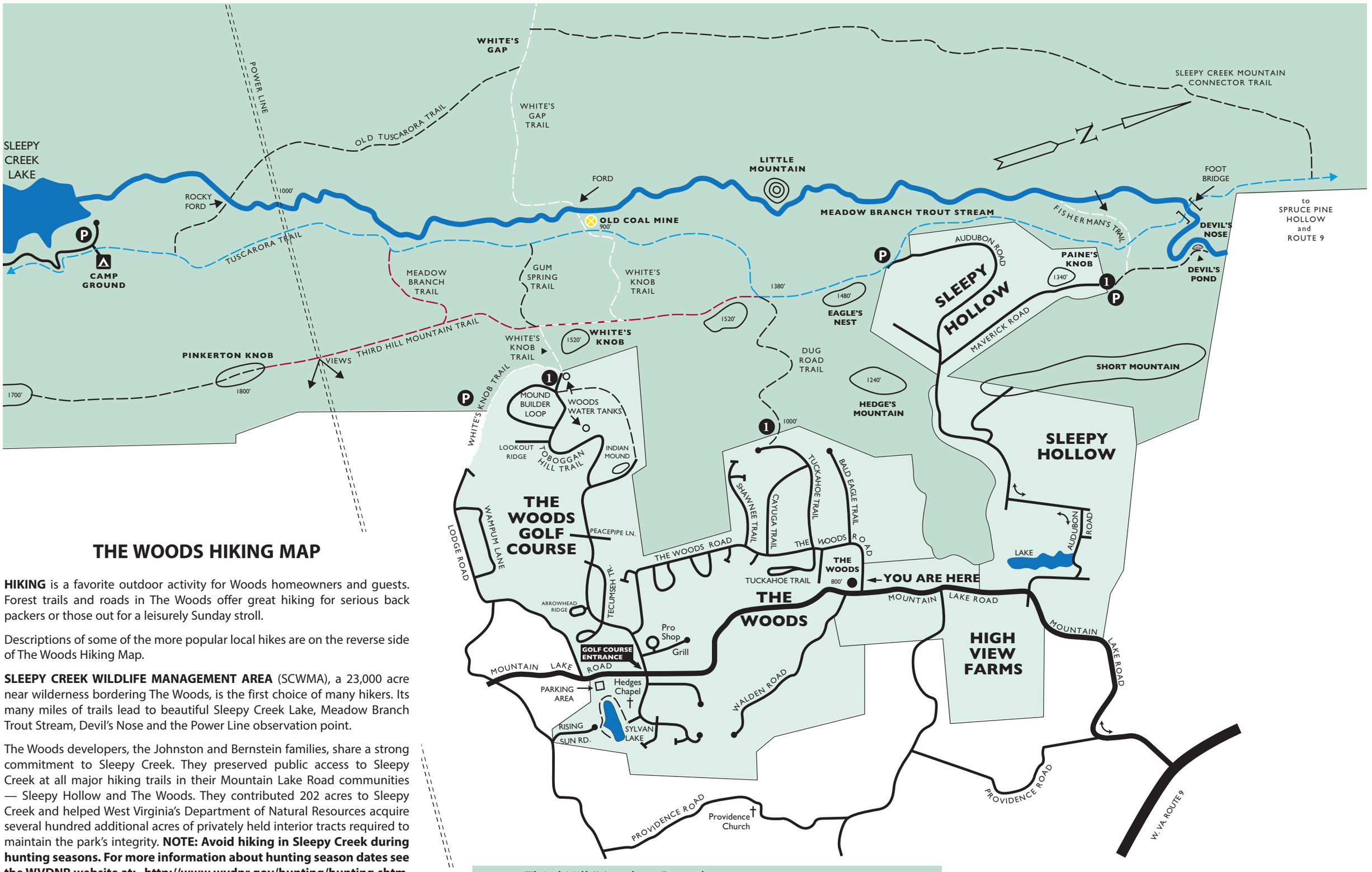
Descriptions of some of the more popular local hikes are on the reverse side of The Woods Hiking Map.

SLEEPY CREEK WILDLIFE MANAGEMENT AREA (SCWMA), a 23,000 acre near wilderness bordering The Woods, is the first choice of many hikers. Its many miles of trails lead to beautiful Sleepy Creek Lake, Meadow Branch Trout Stream, Devil's Nose and the Power Line observation point.

The Woods developers, the Johnston and Bernstein families, share a strong commitment to Sleepy Creek. They preserved public access to Sleepy Creek at all major hiking trails in their Mountain Lake Road communities — Sleepy Hollow and The Woods. They contributed 202 acres to Sleepy Creek and helped West Virginia's Department of Natural Resources acquire several hundred additional acres of privately held interior tracts required to maintain the park's integrity. **NOTE: Avoid hiking in Sleepy Creek during hunting seasons. For more information about hunting season dates see the WVDNR website at: http://www.wvdnr.gov/hunting/hunting.shtm**

Elevations (Above Sea Level), As noted

Hiking descriptions on reverse side.



- Third Hill/Meadow Branch
- Tuscarora Trail
- White's Knob/White's Gap Trail/Devil's Nose Connector
- Old Coal Mine

- 1 Hiker Access Only
- P Vehicle Parking in Sleepy Creek WMA

COMMUNITY WALKS

WOODS WALK I. Start at the Sports Center. Turn left on The Woods Road, then right onto Tuckahoe Trail. Take a left onto Cayuga Trail, and follow back to The Woods Road. Take a left to return to the Sports Center (1.8 miles, woods, hills, 45 minutes to 1 hour).

WOODS WALK II. Start at the Sports Center. Turn left on The Woods Road, then left onto Tuckahoe Trail, circle the Tuckahoe Trail loop, and return to Sports Center (1.3 miles, some hills, woods).

SYLVAN LAKE. Drive 1.6 miles south from the PVP Sales Center on Mountain Lake Road. Park in small lot on left just beyond Hedges Chapel and Fishhook Lane to access walking paths on both sides of the lake. Lodge guests are welcome to fish (catch and release) at Sylvan Lake.

INDIAN MOUND/WINTER CAMP/TOBOGGAN HILL TRAIL. From The Woods Golf Entrance, follow Wintercamp Trail west for 1.3 miles to the Indian Mound on the left about 200 yards past Toboggan Hill Trail. Park there to walk up the unpaved road to a lake area at the base of White's Knob, which was an Indian Winter Camp for centuries (0.4 mile). For a longer hike, continue on the unpaved road up the hill to a left onto Toboggan Hill Trail, follow that back down the mountain to Wintercamp Trail, and the Indian Mound parking lot, a 1.6 mile roundtrip with significant elevation changes. Walking around Moundbuilder Loop to connect with Toboggan Hill Trail a bit further to the east extends the distance by 0.8 mile. The full circle formed by Moundbuilder Loop and Toboggan Hill Trail is exactly 1 mile with elevation changes and superb views.

WHITE'S RUN/WAMPUM LANE. Park at the Sylvan Lake parking lot. Walk south on Mountain Lake Road to a right on Lodge Road, following the golf course. Turn right onto Wampum Lane, then reconnect with Lodge Road, turning left to return to the Sylvan Lake parking lot (2.5 miles round trip).

Many thanks to Woods Residents & PATC Trail Custodians, Donna Dean & John Meyer, for their invaluable assistance in the production of this map.

For more information on hiking and other area recreational activities, stop by The Woods Sports Center.

NOTES:

The golf courses at The Woods are private property and are for the use of paying golfers only. Walking (with or without dogs), jogging, biking, fishing, or engaging in any other form of recreation is strictly prohibited, regardless of whether golfers are also present.

Mountain Lake Road is not recommended for walking, particularly east of The Woods. It has a traffic count of more than 4000 vehicles per day. All roads within The Woods make excellent walking, but one should be constantly alert for vehicles.

TUSCARORA TRAIL & SLEEPY CREEK HIKES

The Tuscarora Trail (TT, blue blazes) is a spur trail of the Appalachian Trail that runs through the Sleepy Creek Wildlife Management Area adjacent to The Woods. It offers many beautiful views and elevation changes as it winds along the top and sides of Third Hill Mountain and Meadow Branch. It may be accessed in The Woods from Dug Road (see below) or by driving west up Wintercamp Trail, turning left at Toboggan Hill Trail, and proceeding to the end of Toboggan Hill Trail at its second intersection with Moundbuilder Loop. Park off the road, and walk toward the unpaved jeep road (White's Knob Trail, white blazes) which leads to the top of Third Hill Mountain. Follow Third Hill Mountain Trail to the right until the intersection with the White's Knob Trail, which heads west down the ridge to connect with the TT. The more rugged Meadow Branch and Gum Springs Trails also connect to the TT. Numerous loop hikes are possible along these trails, with elevation changes of 500 to 600 feet. The more ambitious hiker may choose to hike the TT from Spruce Pine Hollow Park (on WV Route 9 west of The Woods) to Sleepy Creek Lake (~ 11 miles).

POWER LINE OBSERVATION POINT. Follow the White's Knob Trail to the top of Third Hill Mountain. Turn left on Third Hill Mountain Trail and follow ridge to the power line for outstanding views of Back Creek Valley and Sleepy Creek WMA (~ 3 miles roundtrip with vertical climb over 500 feet, 1½ hours).

DUG ROAD. This old logging and coal mine trail begins on the right side of Tuckahoe Trail between two houses 0.7 mile from The Woods Road, heading straight up the ridge through a metal gate. (Park by the water tanks on Tuckahoe Trail 300 feet down the road from the trail head). Follow the trail, taking the right fork at 0.5 mile, up to the top of the mountain (0.9 mile) where Dug Road connects with the Tuscarora Trail. Turn left and watch for double blue slashes 350 feet on the right to continue on the TT down the ridge through scenic rock formations. (Before the TT branches off, old Dug Road continues to the right down the ridge but is less scenic).

EAGLE'S NEST OBSERVATION POINT. Reached from the parking lot at the end of Audubon Road in Sleepy Hollow, this 0.5 mile hike on the Tuscarora Trail (follow the blue blazes off the old jeep road) takes you to a rock ledge with views of valleys and ridges to the east.

DEVIL'S POND/DEVIL'S NOSE. This hike is one of the most beautiful short hikes in Sleepy Creek WMA. Reached from the parking lot at the end of Maverick Road in Sleepy Hollow, this hike takes you down rugged trails to Meadow Branch along a stretch with numerous rapids, rock formations, a waterfall, and ten foot high blooming rhododendrons in spring (< 2 miles, 1 to 1 ½ hours round trip). There is also a 0.3 mile trail (white blazes) near the parking area connecting to the TT.

TT Distances

Maverick Road Parking Lot
to Eagles Nest Parking Lot
~ 2.5 miles

Eagles Nest Parking Lot
to Lodge Road Parking Lot
~ 3 to 5 miles, depending on trails taken

Eagles Nest Parking Lot
to Sleepy Creek Lake
~ 6 miles

Lodge Road Parking Lot
to Sleepy Creek Lake
~ 4.5 to 7 miles, depending on trails taken

WHITE'S RUN/LODGE ROAD/TOBOGGAN HILL TRAIL
Park at the Sylvan Lake parking lot. Walk south on Mountain Lake Road to right on Lodge Road, then follow it to the gravel road and parking lot (1.6 miles). Take the White's Knob Trail to connect with trails in Sleepy Creek WMA or with Toboggan Hill Trail/ Moundbuilder Loop in The Woods.