

Directions and Trail Notes for Lake Sherwood/Allegheny Mt Loop (MNF, WV)

Description: This is a moderate 10.9 mile circuit featuring views of Lake Sherwood, 10 stream crossings (significant only when the water is high), old mill ruins a 4 mile ridge walk (views have all grown in) and assorted fungi and plants. The lake portion features a mixture of pine and hardwood trees along the shore and swamp species in the backs of coves. The Meadow Creek Trail weaves in, out and through Mountain Laurel and Rhododendron thickets. In late May and early June, the best time to hike this circuit, portions of the Allegheny ridge displays thickets of red to purple Mountain Rosebay Rhododendron and Flame Azaleas. Wild life possibilities include Red Winged Blackbirds, grouse, turkey, bear and deer. The major elevation gain is quite modest, 500 feet over 2 miles. There are some minor ups and downs typical of ridge walking.

Directions from I-64 westbound at White Sulfur Springs, WV (Exit 181):

1. At the end of the ramp turn right onto US Rt60.
2. In 0.3 miles turn right onto WV 92.
3. Travel north on WV 92 for 15 miles to Neola, West Virginia.
4. Turn east (right) on CO 14 and travel 11 miles to the lake. The hike starts at the bath house.

Trail Notes: All trails are blazed blue. Lake Sherwood Trail has an additional yellow dot under the blue blaze. From the bath house skirt the beach and follow the shore until you pick up the trail at the picnic area. Continue following the bank, crossing the dam and a concrete spillway on a bridge. At the junction with the Virginia Trail (1.04 mile from the beach) turn left staying on the Lake Sherwood Trail.

In 1.22 miles, come to a bridge that crosses Meadow Creek. Do not cross!!! Instead turn right onto Meadow Creek Trail. Keep an eye out for an old spill way on the creek. The structure has been stabilized with steel fencing. Continue up Meadow Creek, crossing it 10 times before reaching the junction of the Connector Trail 2.75 miles from the last trail junction.

Turn right on the Connector Trail. Climb slightly, passing the defunct Snake Valley Trail (an old jeep road, on your right). Enter a wildlife clearing. There are now posts in the clearing directing you to the continuation of the trail but they have a habit of disappearing over time. A blue-blazed tree is at approximately 10-11 o'clock from where you entered the clearing. In about 0.4 miles reach the Allegheny Mountain Trail. Turn right. Periodically you might get very limited views of Lake Moomaw to the east. The trail pretty much follows the ridge top all the way to the Virginia Trail. In 3.8 miles from the Connector Trail reach the intersection with the Virginia Trail. The Allegheny Mt Trail tread continues south but this portion of the trail has been retired and is no longer maintained.

As of 07/04 the trail sign for the Virginia Trail had been removed but the trail is obvious. Turn right and soon pick up the familiar blue blazes. Follow this down 0.5 miles to the intersection with Lake Sherwood Trail and the spillway bridge. Retrace your steps back to the beach house.

