

**West Virginia: A Virtual Hike of the ADT**

**Category : Virtual Hike of the ADT**

**Published by [Randy And Sheri](#) on 2006/4/17**

The American Discovery Trail in West Virginia reaches it's highest elevation east of the Rockies, just over 4,000 feet. T

WEST VIRGINIA:

The American Discovery Trail in West Virginia reaches it's highest elevation east of the Rockies, just over 4,000 feet. T

To check out the Geography of West Virginia:

[http://www.netstate.com/states/geography/wv\\_geography.htm](http://www.netstate.com/states/geography/wv_geography.htm)

We followed lightly used roads through a valley of the Appalachian mountain range to Green Spring:

[http://en.wikipedia.org/wiki/Green\\_Spring](http://en.wikipedia.org/wiki/Green_Spring)

,\_West\_Virginia

We felt at home back in the Appalachian Mountain Range:

[http://en.wikipedia.org/wiki/Appalachian\\_Mountains](http://en.wikipedia.org/wiki/Appalachian_Mountains)

You can see an original fort built be George Washington in Fort Ashby:

[http://en.wikipedia.org/wiki/Fort\\_Ashby](http://en.wikipedia.org/wiki/Fort_Ashby)

Just a few miles off the ADT you can find &ldquo;The Friendliest Town in the United States&rdquo; in Keyser:  
<http://www.keyserwv.com/>

Check out the small valley town of Ridgeville:  
<http://en.wikipedia.org/wiki/Ridgeville>

,\_West\_Virginia  
[http://www.roadsidethoughts.com/16/c16\\_3317600.htm](http://www.roadsidethoughts.com/16/c16_3317600.htm)

See where Abraham Lincoln&rsquo;s mother was born at the Nancy Hanks Memorial:  
<http://www.rootsweb.com/~wvminera/nancyhanksmem.htm>

There is a great wildlife viewing area at theGreenland Gap Nature Conservancy Preserve:  
[http://nature.org/wherewework/northam ... ia/preserves/art1203.html](http://nature.org/wherewework/northam...ia/preserves/art1203.html)

Some of the oldest mountains and hardwood forests in the world are in the Potomac Highlands:  
[http://www.wvdot.com/7\\_tourists/7b5\\_potomachighlands.htm](http://www.wvdot.com/7_tourists/7b5_potomachighlands.htm)

We shared a few miles with a four legged friend in Streby:  
[http://www.roadsidethoughts.com/16/c16\\_3362000.htm](http://www.roadsidethoughts.com/16/c16_3362000.htm)

The elevation changes became challenging in the Allegheny Front (Allegheny Mountains):  
[http://en.wikipedia.org/wiki/Allegheny\\_Mountains](http://en.wikipedia.org/wiki/Allegheny_Mountains)

There is a rugged beauty in the Monongahela National Forest:  
[http://www.fs.fed.us/r9/mnf/general\\_info/general\\_info\\_index.shtml](http://www.fs.fed.us/r9/mnf/general_info/general_info_index.shtml)

To see landscape typical of the Canadian Tundra check out the Dolly Sods National Wilderness Area:  
<http://www.patc.net/hiking/destinations/dolysods.html>

For great panoramic views of the Allegheny Mountains visit Bear Rocks Red Creek Campground:  
<http://nature.org/wherewework/northam...a/preserves/art13865.html>

You'll find a small town just outside the wilderness area in Laneville:  
[http://www.roadsidethoughts.com/16/c16\\_3208400.htm](http://www.roadsidethoughts.com/16/c16_3208400.htm)

For a great outdoor playground try the Canaan Valley National Wildlife Refuge (Resort State Park):

<http://www.fws.gov/canaanvalley/>

If you are up for a 290 mile hike through the mountains of West Virginia head for the Allegheny Trail:  
<http://www.wvnet.edu/wvsta/a-trail.html>

<http://www.aldha.org/allegghen.htm>

Check out the five story high falls at Blackwater Falls State Park:  
<http://www.blackwaterfalls.com/>

Don't blink on your way by or you might miss Hendricks:  
<http://www.city-data.com/city/Hendricks-West-Virginia.html>

Drop down into the river valley to visit Parsons:  
<http://www.wvexp.com/index.php/Parsons>

,\_West\_Virginia

To see small town living in West Virginia visitNestorville:  
[http://www.roadsidethoughts.com/16/c16\\_3268500.htm](http://www.roadsidethoughts.com/16/c16_3268500.htm)

There is some beautiful countryside around Moatsville:

<http://www.hometownlocator.com/City/Moatsville-West-Virginia.cfm>

You will find eleven miles of fun on the water at Tygart Lake State Park:

<http://www.tygartlake.com/rates/rates.html>

You can't help but think about mom while visiting Grafton:

<http://en.wikipedia.org/wiki/Grafton>

,\_West\_Virginia

Starting way back on May 10, 1908, the first observance of Mother's Day was at the International Mother's Day

<http://www.rootsweb.com/~wvtaylor/shrine.htm>

If you are looking for a pretty place to vacation try Valley Falls State Park:

<http://www.valleyfallsstatepark.com/>

We loved railroad grade hiking on the Harrison County Rail-Trail:

<http://www.wvrtc.org/trails/harrisonco-dirs.html>

If you ever want to visit the birthplace of General Thomas J. "Stonewall" Jackson you need to go to Clark  
<http://www.cityofclarksburgwv.com/>

To get a look at the Birthplace of "Stonewall" Jackson:  
<http://www.nndb.com/people/596/000050446/>

With over 40% of the population coming from Italian descent, Clarksburg is a great place for the West Virginia Italian H  
<http://www.wvihf.com/>

We had great hiking along the seventy miles of the North Bend Rail-Trail:  
<http://www.northbendrailtrailsp.com/>

We enjoyed Rail-Trail hiking maintained by North Bend State Park:  
<http://www.northbendsp.com/>

Sheri felt right at home due to the settlers from New Jersey at New Fort Salem at Salem:  
<http://www.museumsofww.org/museum.cfm?Museum=6>

To see an 1800's original check out the Old Stone House at Pennsboro:

<http://www.museumsofwv.org/museum.cfm?Museum=120>

For a side trip on a stern-wheeler visit Blennerhassett Island Historical State Park and Museum:  
<http://www.blennerhassettislandstatepark.com/>

Leaving out of West Virginia we crossed over the wide Ohio River:  
[http://en.wikipedia.org/wiki/Ohio\\_River](http://en.wikipedia.org/wiki/Ohio_River)