

Hiking Safety Tips

- **Before starting out, do warm-up exercises.** Stretching gradually increases heart rate, temperature and circulation to your muscles. Also, after a night's rest, your muscles need warming. Stretching gets the body going and increases your flexibility.
- **Start out slowly**, gradually increasing your pace and distance traveled.
- **Let the slowest person** in your hiking, paddling, and biking or cross-country skiing party **set the pace.** This is especially important when children are a part of your group.
- **Hike and travel in groups** as much as possible, especially during winter and in hazardous terrain.
- **Bring a customized first aid kit** tailored to your outing.
- **Develop an emergency plan** before you start your trip. Make sure everyone knows what to do if they become lost or a medical emergency arises. Give children whistles with the instructions to "stop and blow" if they become lost.
- **Take frequent rests** or vary your pace to recover from strenuous activity spurts. A steady pace will get you there with less discomfort than the sprint-and-catch-your-breath approach.
- **Drink plenty of water.** Water is heavy to carry, but thirst on the trail is a hazard. Take a tip from athletes: before a hike, drink some water so you're well hydrated and energized. Never drink your total supply between refills.



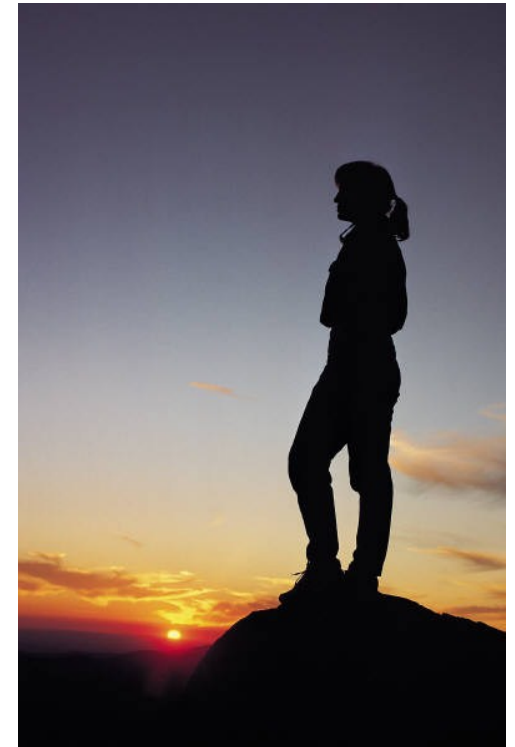
For additional information on these and other trails near Huntington, WV, contact the Huntington Convention & Visitors Bureau at (304) 525-7333 , or call:

1-800 CALL WVA

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Safety tips courtesy of <http://www.fs.fed.us/r9/urbanconnections/safety/trail.php>

Huntington Area Hiking Guide



1-800 CALL WVA

“The mountains are calling and I must go.” -John Muir

1. Beech Fork State Park

Trail Description: This state park offers several loop trails ranging from 1.5 to the 8.5 miles. These trails include scenic vistas of Beech Fork Lake, opportunities for wildlife viewing, and challenging grades, especially on the 8.5 mi. Lost Trail.

Directions: From I-64E, take Exit 11 (Hal Greer Blvd.) then turn right onto SR 10; follow approx. 4 miles. Turn right onto Hughes Branch Rd. and follow it to the end (another 4 miles). Turn left; the park is about two miles straight ahead. Approx. 30 minutes from I-64 Exit 11. GPS 38°30'79.05"N 82°34'65.20"W

2. Ritter Park

Trail Description: Ritter Park boasts a maintained walking path, playground, fountain, award-winning rose garden, and a short nature trail that leads to Gobbler's Knob.

Directions: Take Exit 11 (Hal Greer Blvd.), turn left and drive approx. 3 miles to Enslow Blvd. Make a left on Enslow, then continue to 13th Ave. The walking path parallels 13th Ave.; the nature trail can be accessed from the footbridge below the rose garden. Approx. 7 minutes from I-64 Exit 11. GPS: 38°40'80.87"N 82°43'55.89"W

3. Huntington Museum of art

Trail Description: In addition to walking along several marked nature paths on the Museum's 40+ acres, visitors here can enjoy the museum's art galleries and conservatory, the latter of which features plants from around the world.

Directions: From I-64W, take Exit 8 (5th St. Rd) and turn right at the end of the ramp. Go approximately 250 ft. then turn right onto Miller Rd. Follow the signs to the museum. Approx. 5 minutes from I-64 Exit 8. GPS: 38°39'33.09"N 82°43'36.60"W

4. Rotary Park

Trail Description: Here hikers can explore the rugged paths spread over 132 acres; many of the paths connect the baskets of the 36-hole disc golf course. One easy and rewarding hike is the walk from the upper parking lot to the old fire tower, which offers a great view of Huntington. Discs fly far, so stay alert.

Directions: From I64-E, take Exit 11, turn left onto Hal Greer Blvd. Follow Hal Greer for 3 mi. until 5th Ave. Turn right, follow 5th Ave. until 31st St./US RT. 60 E. Turn right onto 31st St. / US RT. 60 E. and drive approx. 1 mile; the entrance (Rotary Park Dr.) will be on your right. There are two parking areas available from this entrance. Approx. 13 minutes from I-64 Exit 11. GPS: 38°42'03.07"N 82°39'40.22"W

5. Barboursville Park

Trail Description: Visitors to the 460-acre Barboursville Park can explore this park's extensive trail system or enjoy a brief stroll on the loop around Lake William.

Directions: Take Exit 18 for Barboursville. Turn left, go to the highway (US RT. 60), turn right, and drive about 200 yards. Just after you go under the railroad bridge, turn left onto Main Street. At the light, turn left, go to the next light, then turn right (onto Central Ave.) Follow Central Ave. until it terminates on Greenwood Way. Turn left, drive 300 yards, then turn right onto Martha Rd. The park entrance is just up the hill on the right. Parking is available near the shelters at the crest of the hill and near the lake. Approx. 10 minutes from I-64. GPS: 38°38'84.36"N 82°30'01.40"W

W V D I V I S I O N O F
T O U R I S M

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