

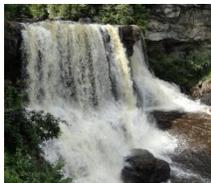
Things to Do In and Around Canaan Valley

Carved by glaciers, the valley is known for its excellent skiing, thanks to a curious weather pattern that sees lake-effect snow (yes, that's right, lake-effect as in the Great Lakes way to the north) bring winter weather, not too unlike Buffalo, to the slopes when other resorts remain snow less. We (almost) always have snow. That wintery precipitation, and the unique geography, sets the stage for lush Spring, a comfortable, yet warm Summer, and a spectacular Fall; little know to the outside world. The valley has grown in recent years, however, from solely a winter sports venue to a nationally recognized, four-season destination, with something to please everyone, young and old, whether you're looking for outdoor adventure, or just a relaxing way to escape from the daily grind. Here are just a few of the local attractions in and around the Valley guaranteed to raise your annual fun quotient at any time of the year.

If there is something we missed e-mail us and we will send you EVEN MORE information

ARROW DOWN AND ENJOY THE READ:

- *Where do we stay**
- *Skiing, Snowboarding, and Snowshoeing**
- *Hiking and Climbing**
- *Mountain Biking**
- *Golf**
- *Kayaking and White-water Rafting**
- *Fishing**
- *Bird and Wildlife Watching**
- *Summer Swimming**
- *Fall Foliage**
- *Horseback Riding (into the mountains)**
- *Dining and Nightlife**
- *Sky/Star Watching**
- *Shopping**



Where do we stay

ASPENWOODS offers peaceful short and long views. Stand on the front deck, and notice Timberline resort/Cabin Mountain, on the other side of the valley. Or focus on our natural mountain Lake right across the street. This will become your favorite spot to star gaze. You are only minutes from the downhill slopes, the mountain, Whitegrass X-country, 2 state parks, Dolly Sods, a wildlife refuge. Unwind in the hot tub or in front of a fire. Ski, swim, downhill or X-country, sit in the hot tub, horseback ride, snow tube, snowboard, fish, hike, bike, etc.etc. located in the heart of the Valley. Close to everything.

www.vic.cc/wv/3001



Skiing, Snowboarding, and Snowshoeing

There are two great downhill ski resorts and two cross-country ski venues for you to choose from. All provide gear for rent should you not have your own.

Timberline Ski Resort has 36 runs and downhill trails to suit beginners and experts alike, with the longest run measuring two full miles! They also have over 10 miles of cross-country trails. Lighted trails let you keep skiing late into the night. Website: www.timberlineresort.com

Canaan Valley State Park has 39 runs for skiers of all abilities, plus areas for tubing, snowshoeing and cross-country skiing. There's also a skating rink, and a fitness club with sauna, pool and whirlpool spa. Website: www.canaanresort.com/winter-activities

Whitegrass is the home of West Virginia cross-country skiing and one of the best places for backcountry fun on the entire East Coast. Chip and Mikey will ensure you have the gear you need, and lessons are available all day for beginners and experts alike. Try your hand (and knees) at Telemark skiing, wind up through the trees to fabulous views from the top of Bald Knob, or stay low in the snow farm where the drifts are high and are guaranteed to last all season. Relax and warm up after your exertions with a bowl of Laurie's fabulous chili at the ski barn, then go out and do it all again. Website: www.whitegrass.com/

Blackwater State Park is a great place to take the kids for a fun afternoon sledding or tubing. Hitch a ride on the rope tow to the top of the hill and ride down. Repeat 'til you drop! They have plenty of groomed cross-country ski trails to keep you occupied too. The really adventurous can even ski the trail to Canaan State Park. BE SURE to come back and hike it in the spring.
www.blackwaterfalls.com



Hiking and Climbing

Monongahela National Forest, Wildlife Refuge, Dolly Sods, the 2state pars, etc provides fabulous hiking right outside the door. Just walk up the hill and take the trail through the woods. Join the Appalachian Trail and hike to Maine, or stick close to home and be back by evening in time to hit the hot tub.

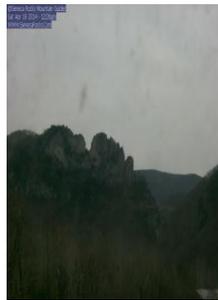
Dolly Sods Wilderness Area is just to the top of Cabin Mountain, and surrounds most of the valley. Part of the Monongahela National Forest, this high elevation plateau is a hikers paradise, covering over 10,000 acres traversed with miles of trails through wild blueberry, heath, sphagnum bogs, and rhododendron, and forested patches of pine, alder, maple, spruce, and mountain ash. Beautiful at any time of year, but spectacular in fall and late spring.

Website: www.fs.fed.us/r9/mnf/sp/dolly_sods_wilderness.htm

Seneca Rocks is a unique mountain outcrop just a short drive from the Valley. Hiking can be light or rigorous, but the views are always spectacular. A favorite for climbers too, this trip will not disappoint. Visit nearby caves for an underground experience to rival the sights above.

Website: www.fs.fed.us/r9/mnf/sp/senrcks_txt.html, www.senecarocks.com, or www.senecacaverns.com.

Canaan Valley National Wildlife Refuge, America's 500th National Wildlife Refuge, is in the middle of the Canaan Village, and comprises the largest upland wetland in the Appalachians. Easy, flat hiking on clearly marked trails and an informative visitors' center make this a relaxing destination for the whole family. Website: www.canaanresort.com



Mountain Biking

Even if you don't have your own mountain bike, you can rent one for a few hours or a week from Blackwater Bikes in Davis. Cycle out from Davis to nearby wooded trails, or get some advice from the guys in the store on where to go farther afield. Website: www.blackwaterbikes.com



Golf

Canaan Valley Resort's golf course boasts more than 6,000 acres of woodlands, meadows, hills, and streams, providing all the necessary hazards experienced golfers look for in a challenging round of golf. Design by Geoffrey Cornish, the course offers meticulously groomed fairways and lush greens, with eight water hazards and 65 sand bunkers. There's also a driving range and putting green. The clubhouse has a restaurant and locker rooms, and there's a pro shop, with golf carts, pull carts, and golf-club rentals. Website: www.canaanresort.com/summer-activities/golf



Kayaking and White-water Rafting

The Cheat River, an hour's drive from Canaan, contains the largest uncontrolled watershed in the Eastern United States. The river is a world-class whitewater destination, with 13 miles of back-to-back class III, IV, and V rapids. Hang on to your paddles through the Cheat Canyon and Cheat Narrows, or relax on tube, canoe or duckie trips on the Blackwater.

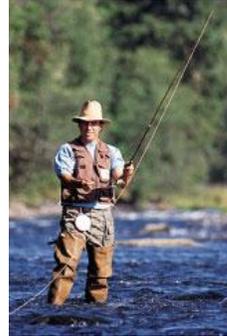
www.highlandinnandspa.com/whitewater rafting.htm and www.blackwateroutdoors.com



Fishing

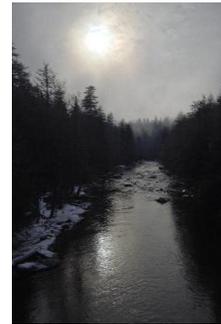
From spring snow melt through the autumn glow of fall, Canaan Valley provides a beautiful backdrop for a day casting by the river for mountain trout. Or drive up to Mount Storm Lake to fish from shore or boat for bass and walleye. Fly fishing lessons available from Fastwater. There are so many places to fish in Canaan, we recommend you log on, and do a "google search" for Fishing in Canaan Valley, wv. Sooo much information.

Flyfishing: www.fastwaterflyfishing.com



Bird and Wildlife Watching

Make a special effort to come to Canaan Valley during the spring migration months. The forest that is part of the Monongahela National Forest, recognized by [American Bird Conservancy](http://www.americanbirdconservancy.org) as a Globally Important Bird Area for its populations of Cerulean Warblers and other birds of concern. The forest is great for visiting warblers and other songbirds, while birds of prey including bald eagles and hawks, and wetland birds such as egrets can be seen regularly at the [Canaan Valley National Wildlife Refuge](http://www.canaanvalleywildliferefuge.com). Be sure to bring your binoculars!



Summer Swimming

The Dryfork River has a number of fabulous swimming holes where you can swim in the clear, clean mountain waters during high summer. You can google 'swimming holes' in WV, and find numerous places in streams and creeks. Mt. Storm is about ½ hour has a beautiful lake. When you come to ASPENWOODS there is a Lake across the street. AN INTERLUDE, has a pond about ¼ mile from the house. Canaan state park has a pool, and Blackwater Park has a mountain Lake.

www.vic.cc/wv/3001

<http://www.abramscreek.com/Mt-Storm.html>



Fall Foliage

Peak fall colors come early to the Valley, so don't miss them. The best times are from mid-September to early October. Come at the end of September for the Leaf Peepers' Festival and witness a spectacle of red and golden hues unrivaled in the region. You'll want an extra memory card for your camera, as no one picture can do it justice. Take the chairlift from Canaan State Park to the top of the mountain for an unforgettable view across the whole valley.



Horseback Riding(into the mountains)

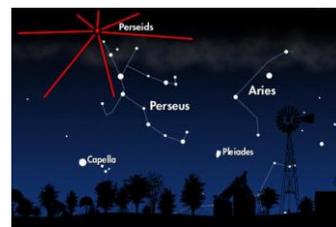
Whatever your ability or comfort level on a horse, there's a great day out waiting for you with a trek up the mountains around the Valley. Mountain Trail Rides conducts daily tours on well-cared-for horses.

Website: www.mountaintrailrides.com



Sky Watching

Clear skies and no light pollution make Canaan Valley ideal for stargazing. Every July and August the Perseid Meteor Shower adds an extra dimension to the night, with shooting stars crossing the sky at a rate of one-a-minute. The best place to see all this is from the hot tub, or with a drink in your hand from the deck.



Dining and Nightlife

There are plenty of restaurants and eateries to suit all tastes. Sirianis Pizza and Muttley's Steakhouse are Davis institutions. Hellbender's Burritos will fill you up with a range of tasty and novel wraps, and good beer to boot. Talking of beer, there's two brew pubs nearby: Blackwater Brewing Company in Davis and Mountain State Brewing Company in Thomas. Thomas is also home to the famous Purple Fiddle, where you can enjoy food, drink, and delicious ice cream while listening to world-class bluegrass and other live music nightly. Other worthwhile dining experiences include the Golden Anchor and the Whitegrass Café. Hypnocoffee has moved from Thomas to Davis and is a good place for a caffeine jolt before or after the day's activities. There's also a theatre in Thomas with live performances in season.

Shopping

The shopping experiences in Canaan Valley are improving every year. Be sure to check out Mountainmade, a gallery of West Virginia high-end crafts and artisanal works, and the antique shops along the main drag of Thomas.

Website: www.mountainmade.com

Credits

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