

I.M.B.A. TRAIL DIFFICULTY RATINGS

- Easy** ● **More Difficult** ■
Very Difficult ◆ **Extremely Difficult** ◆◆

Most Popular MOUNTAIN Hiking & BIKING ROUTES

- ✓ **Valley View Trail:** 2.5 miles – 40 to 60 minutes (based off 15 to 20 minute mile pace) ●
- ✓ **Cohosh Loop:** Take Valley View Trail to Raven Rock Trail to Cohosh Connector to Raven Rock Trail back to Valley View Trail; 4 miles – 60 to 90 minutes (based off 20 to 25 minute mile pace with the elevation change) ■
- ✓ **Raven Rock Trail:** 6.5 miles; 2-2 1/2 hours ■
- ✓ **Broken Antler Trail:** Raven Rock Trail to Wilson Ridge Connector Trail to Big Hollow Trail to Trillium Ridge Trail to Broken Antler Trail to Big Hollow Trail back to Raven Rock Trail; 6.5 miles or 3-4 1/2 hours ◆
- ✓ **Falling Waters Trail:** Valley View Trail to Raven Rock Trail to Trillium Ridge Trail to Summit Trail to Falling Waters Trail back up Summit Trail to Trillium Ridge Trail to Broken Antler Trail to Big Hollow Trail to Raven Rock back to Valley View Trail; 12.5 miles or 6-7 1/2 hours ◆◆

Bike Rentals are located at the Outdoor Pool.

Water and snacks may be purchased at The Greenbrier Gourmet.

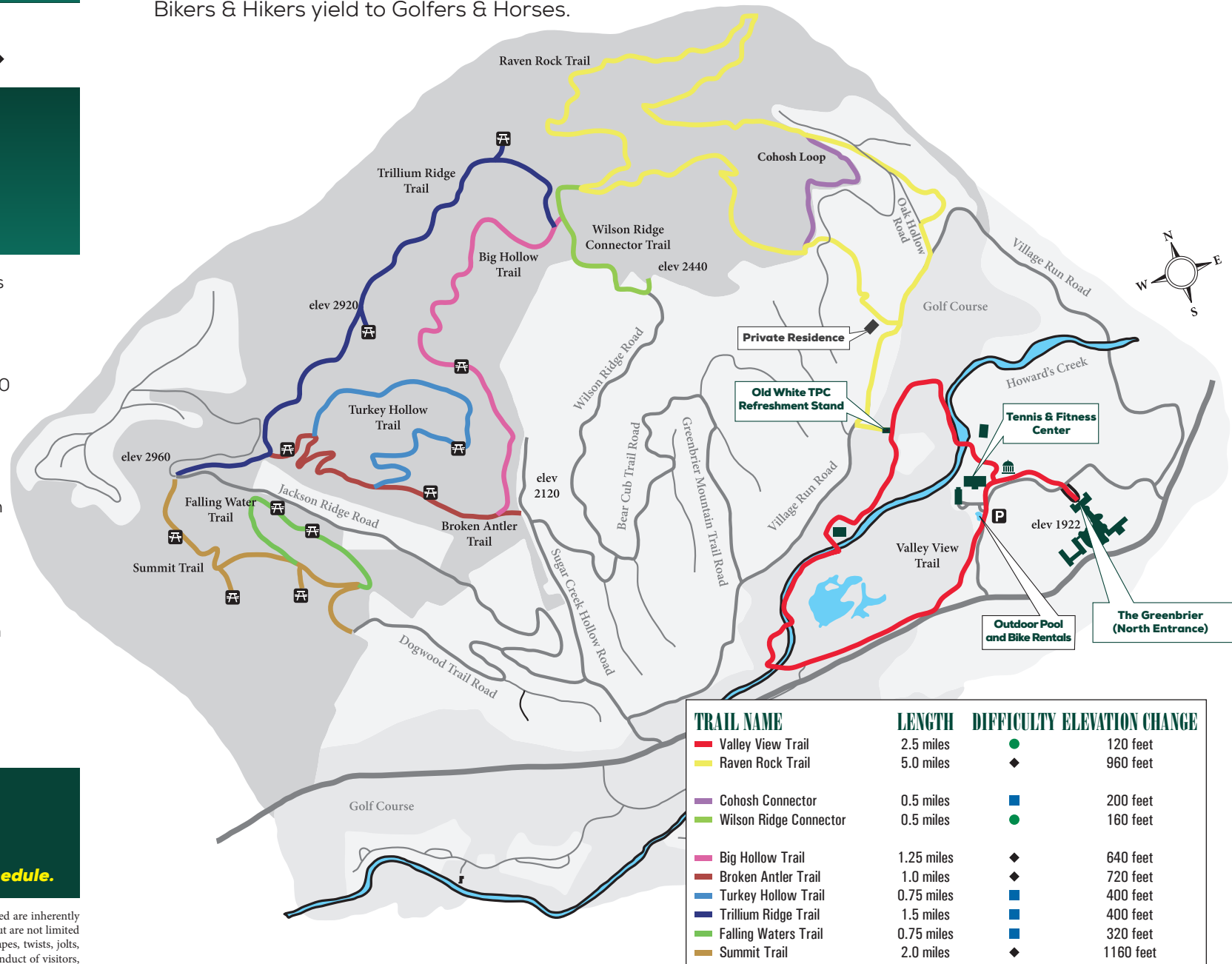
Guided hikes are available. Dial ext. 7179 to schedule.

Mountain biking, hiking and all other outdoor activities for which this map may be used are inherently dangerous. These activities entail known and unknown risks. These risks may include but are not limited to slips, falls and falling to the ground, falling down steep hills and trails, pinches, scrapes, twists, jolts, equipment failure, wet/slippery footing conditions, and the negligence or willful misconduct of visitors, participants, yourself or other persons who may be present. During these activities, there may be contact with plants, animals, insects, persons participating in other activities that could create hazards such as stings, allergies, and associated injuries and diseases. Trails are also used by other bikers and horseback riders which can create additional hazards. Understand such risks simply cannot be eliminated without jeopardizing the essential qualities of these activities. You are responsible for monitoring your personal fitness and ability, do not hike or mountain bike outside of your abilities. Trail conditions may change at any time without notice due to construction, weather, nature and or acts of God. Your participation in these activities is purely voluntary in spite of the known and unknown risks. The Greenbrier, The Greenbrier Sporting Club and The Greenbrier Outfitters are not and cannot be held responsible for any injuries you suffer when using our trail system.

In case of an **EMERGENCY**, please dial **304-536-7827**. We suggest that you take along ample supplies of bottled water.

Our trails are multi-use. **PLEASE BE ALERT.** Stay on designated trails. Bikers & Hikers yield to Golfers & Horses.

Trail Map



MOUNTAIN TRAILS MAY ONLY BE ACCESSED BY THE VALLEY VIEW TRAIL - RAVEN ROCK TRAIL, BEGINNING AT THE OLD WHITE COURSE REFRESHMENT CENTER. THERE IS NO VEHICLE ACCESS TO THE MOUNTAIN TRAILS.

Not drawn to scale, trail locations, distance and usability subject to change without notice.