



2026

TrailLink Unlimited 

Guides



Narrow Gauge Trail (WV)

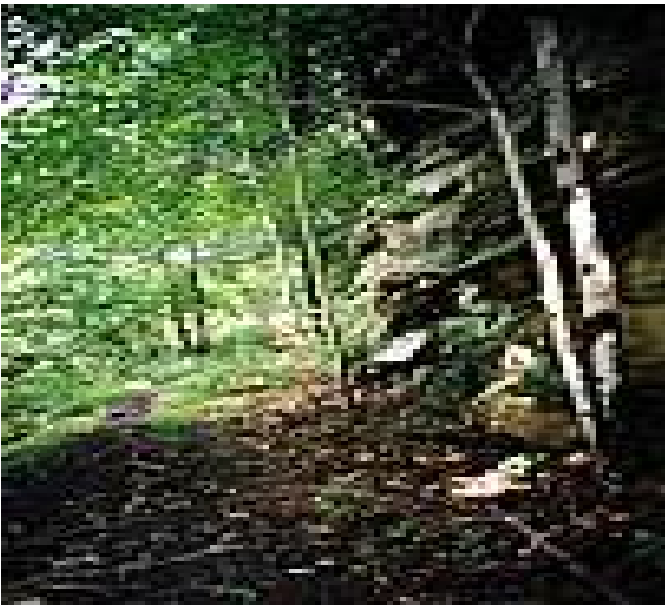
West Virginia



Narrow Gauge Trail (WV)

West Virginia

The Narrow Gauge Trail in Babcock State Park follows the gentle grade of what was the Manns Creek Railway, which connected



freshly ground buckwheat, whole-wheat flour and cornmeal during the summer (closed in winter).

From Cabin #13, it is almost 1 mile downhill to the official start of the Narrow Gauge Trail. Along the trail, Manns Creek provides the soundtrack while traveling through a beautiful example of a typical West Virginia mountain forest, with secondary hardwood and pine trees peppered among rhododendron bushes. The trail ends between the Babcock State Park campgrounds and the stables.

The Narrow Gauge Trail in Babcock State Park follows the gentle grade of what was the Manns Creek Railway, which connected Clifftop to Sewell, until it closed in 1956. The trail is breathtaking, but be warned: this is a technical mountain biking trail. The name rings true, as the trail is very narrow, tends to sit less than a foot away from a cliff over a shallow creek and is occasionally blocked by boulders, forcing trail users to scale the cliff a bit on trail detours.

Before heading out on the trail, be sure to take a moment to enjoy the Glade Creek Grist Mill, arguably the most photographed site in West Virginia. Built in 1976 from parts of older mills found all over West Virginia, its design is based on the 1890 Stoney Creek Grist Mill. The Glade Creek Mill is fully operational and offers park guests



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Narrow Gauge Trail (WV)

West Virginia

States: West Virginia

Counties: Fayette

Length: 3miles

Trail end points: Babcock State Park to Old Sewell Road (Babcock State Park)

Trail surfaces: Dirt,Gravel

Trail category: Rail-Trail

Trail activities: Mountain Biking,Walking

Parking & Trail Access

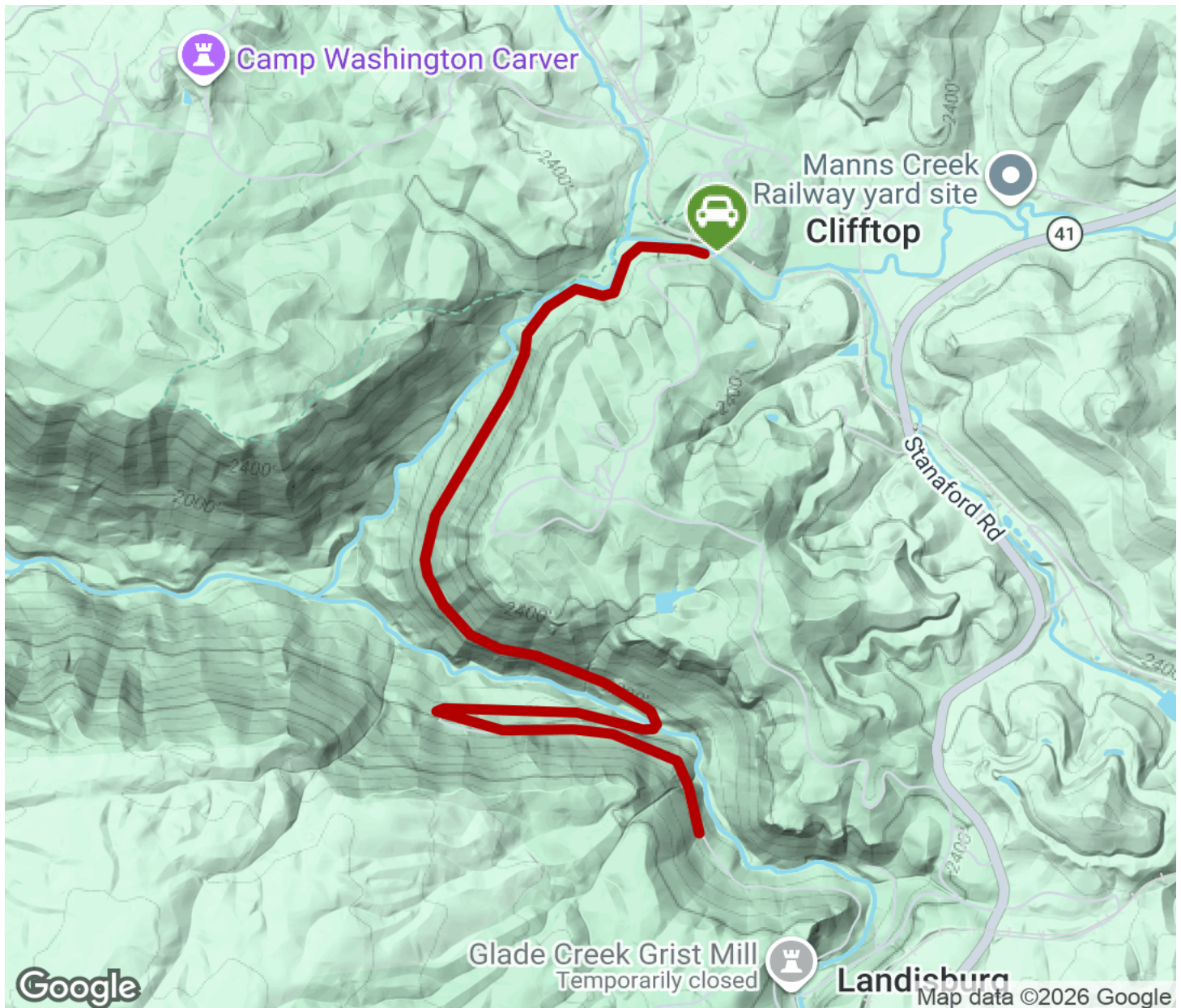
Parking is available at the northern end of the Narrow Gague Trail.

Please see [TrailLink Map](#) for detailed directions.



Narrow Gauge Trail (WV)

West Virginia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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