



2026

TrailLink Unlimited 

Guides



South Prong Trail

West Virginia



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The South Prong Trail is a remote, rugged rail-trail that offers a moderate, though sometimes quite hilly, hike. There are two very



rail beds can be easy to overlook. The trail reaches an elevation of 4,130 feet and then levels off, following the Eastern Continental Divide. Near the midsection, you will cross Forest Service Road 70, a quiet road, and enter into different terrain: a landscape that is rocky and wet with beautiful flora. Red spruce are reclaiming the once deforested area, while azaleas, blueberries, rhododendron (West Virginia's state flower) and thickets of mountain laurel surround you.

To turn your out-and-back trip into a loop trail, consider parking your car at the western trailhead and following the trail east. Once you've completed the hike, walk west along quiet Forest Service Road 19 for 1.5 miles. This will take you from the eastern trailhead back to the western trailhead, where you can close the loop.

The South Prong Trail is a remote, rugged rail-trail that offers a moderate, though sometimes quite hilly, hike. There are two very distinct sections of this trail—one section is boggy, while the other is steep and forested.

Traversing the Flatrock Plains and Roaring Plains of Monongahela National Forest, this trail follows old logging corridors for part of its route. The western end follows approximately 3 miles of terraced rail beds along a flat corridor for a short while before heading uphill, or downhill, to the next terrace of rail beds, located almost vertically 15 to 25 feet below or above you.

The South Prong Trail is blazed with blue diamonds, but be careful if you are starting from the eastern end. The blazes marking the turnoff points through the terraced



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West Virginia

States: West Virginia

Counties: Pendleton, Randolph

Length: 5.5 miles

Trail end points: Forest Road 19 East to Forest Road 19 West (Monongahela National Forest)

Trail surfaces: Dirt

Trail category: Rail-Trail

Trail activities: Walking

Parking & Trail Access

From Elkins, take US 33/State Route 55 east to SR 32 and turn left, now heading north toward Cannon Valley Resort State Park. Turn right onto County Road 32 and continue until the road dead-ends at CR 45. Turn right here and cross over Red Creek. This road turns into Forest Service Road 19, a steep, narrow gravel road. Be careful navigating it. Go approximately 1 mile and you will see the South Prong/Boar's Nest trailheads. Turn right into the small parking area. This is near the west end of the trail.

To reach the east end, continue on Forest Service Road 19 another 1.5 miles until you reach a small trailhead with parking.



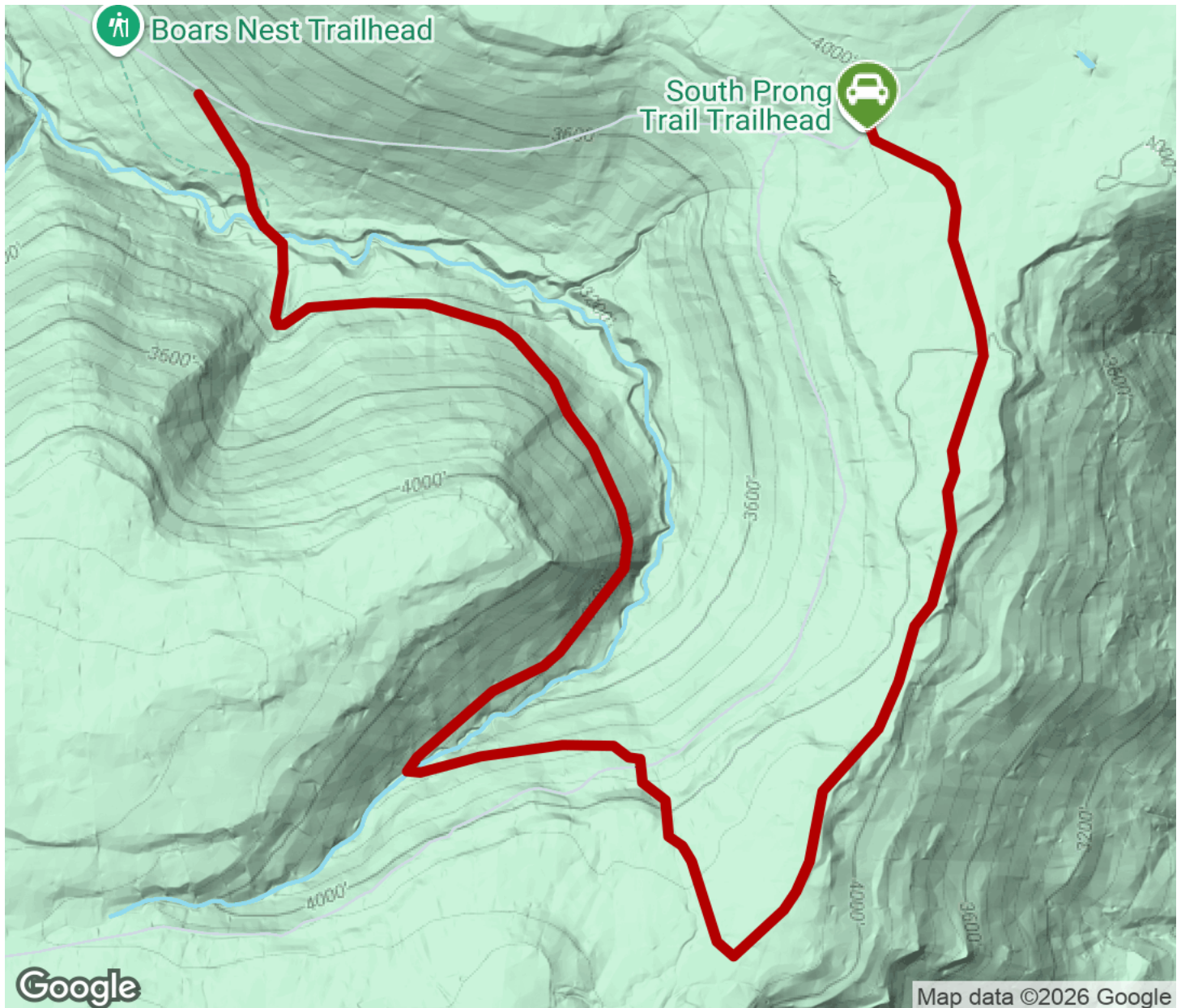
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South Prong Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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