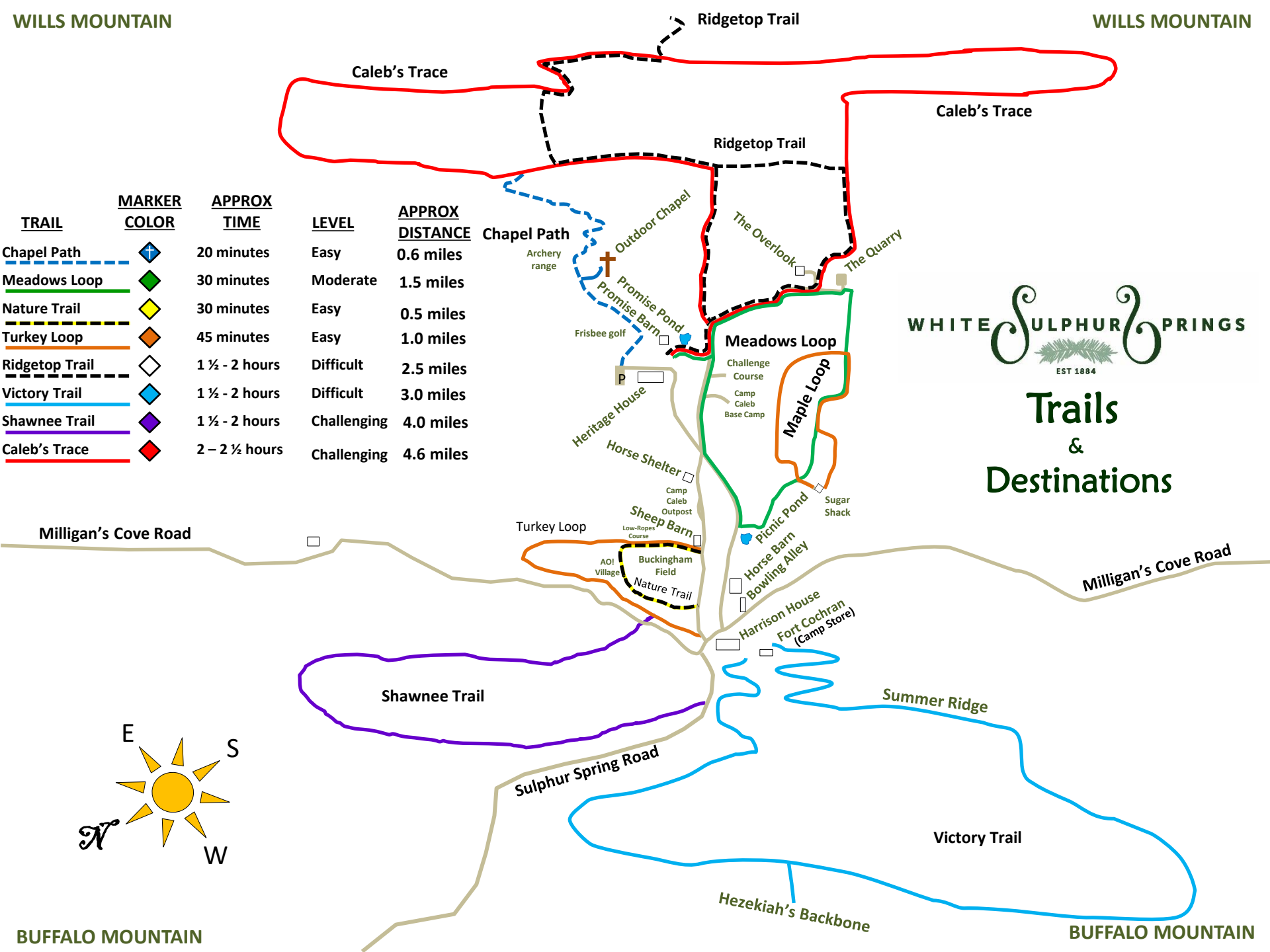


TRAIL	MARKER COLOR	APPROX TIME	LEVEL	APPROX DISTANCE
Chapel Path		20 minutes	Easy	0.6 miles
Meadows Loop		30 minutes	Moderate	1.5 miles
Nature Trail		30 minutes	Easy	0.5 miles
Turkey Loop		45 minutes	Easy	1.0 miles
Ridgetop Trail		1 ½ - 2 hours	Difficult	2.5 miles
Victory Trail		1 ½ - 2 hours	Difficult	3.0 miles
Shawnee Trail		1 ½ - 2 hours	Challenging	4.0 miles
Caleb's Trace		2 - 2 ½ hours	Challenging	4.6 miles

WHITE SULPHUR SPRINGS

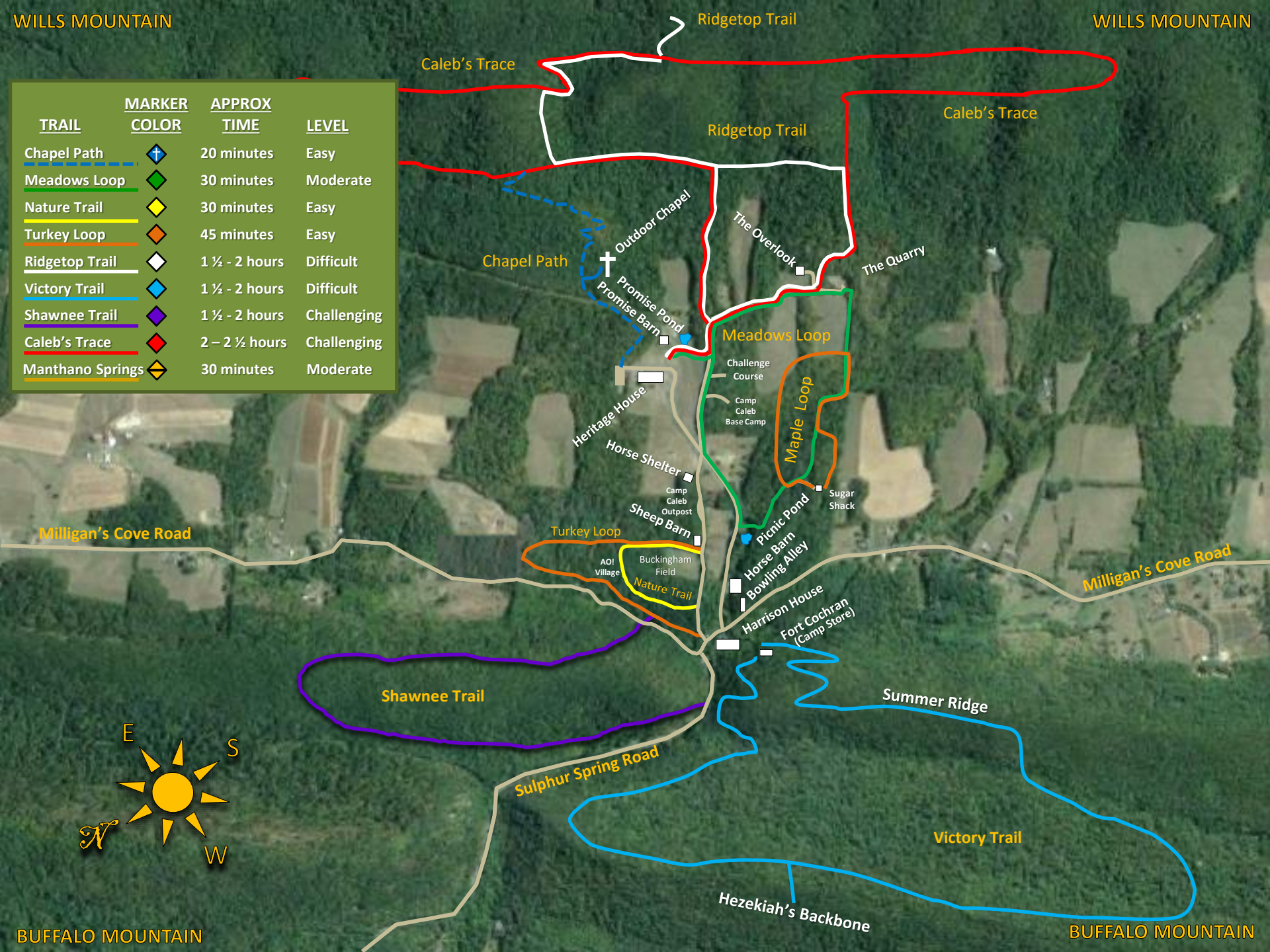
EST 1884

Trails
&
Destinations



Easy	<ul style="list-style-type: none"> • very young or elderly, someone in fair hiking condition • trails are in good condition • very little elevation gain/loss • substantial trail improvements (steps, bridges, etc.)
Moderate	<ul style="list-style-type: none"> • someone in good hiking condition • trails are generally in good condition • increased mileage • moderate elevation gain • some trail improvements (steps, bridges, etc.)
Challenging	<ul style="list-style-type: none"> • someone in better hiking condition • trails are generally in good condition • increased mileage • significant elevation gain • few, if any, trail improvements
Difficult	<ul style="list-style-type: none"> • someone in excellent hiking condition • trails are generally in good condition • significant increase in mileage and/or significant increase in elevation gain • no trail improvements

TRAIL	MARKER COLOR	APPROX TIME	LEVEL
Chapel Path		20 minutes	Easy
Meadows Loop		30 minutes	Moderate
Nature Trail		30 minutes	Easy
Turkey Loop		45 minutes	Easy
Ridgetop Trail		1 ½ - 2 hours	Difficult
Victory Trail		1 ½ - 2 hours	Difficult
Shawnee Trail		1 ½ - 2 hours	Challenging
Caleb's Trace		2 – 2 ¼ hours	Challenging
Manthano Springs		30 minutes	Moderate



Easy	<ul style="list-style-type: none"> • very young or elderly, someone in fair hiking condition • trails are in good condition • very little elevation gain/loss • substantial trail improvements (steps, bridges, etc.)
Moderate	<ul style="list-style-type: none"> • someone in good hiking condition • trails are generally in good condition • increased mileage • moderate elevation gain • some trail improvements (steps, bridges, etc.)
Challenging	<ul style="list-style-type: none"> • someone in better hiking condition • trails are generally in good condition • increased mileage • significant elevation gain • few, if any, trail improvements
Difficult	<ul style="list-style-type: none"> • someone in excellent hiking condition • trails are generally in good condition • significant increase in mileage and/or significant increase in elevation gain • no trail improvements