



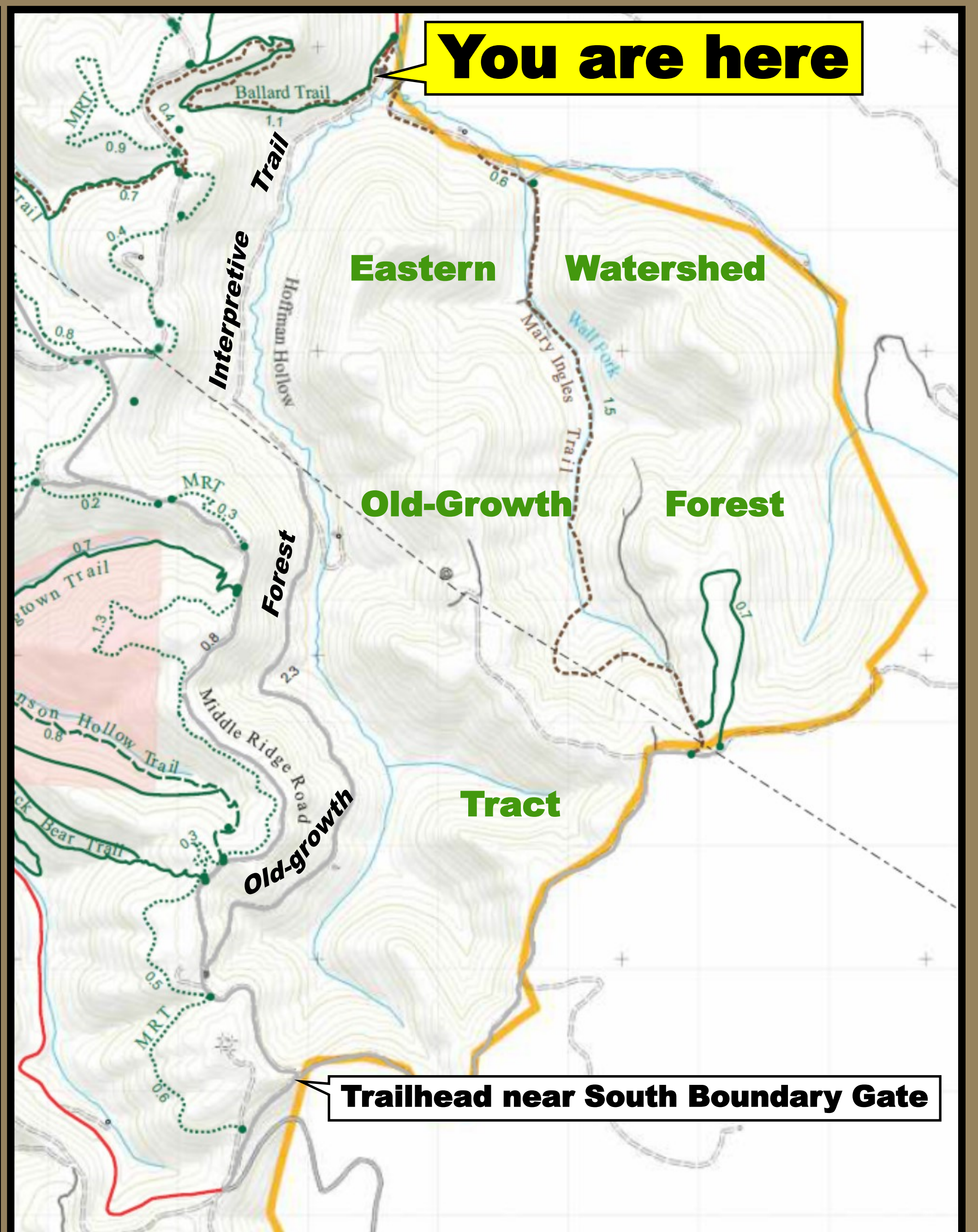
Old-Growth Forest Trail System



Photo by John McCoy

The 1,350-acre Kanawha State Forest **Eastern Watershed Old-Growth Forest** was added to the national Old-Growth Forest Network in 2018. It is a dynamic biological system, consisting of a variety of vegetation communities with trees of varying ages, the oldest estimated to be over 250 years. The forest protects high quality headwater streams of Davis Creek and is home to a diverse, interdependent assemblage of plants and animals.

There are four main access routes to the tract. The two border routes are the gated East Boundary Road and the gated Middle Ridge Road. The most difficult interior route is the Mary Ingles Trail. The other interior route is the **Old-Growth Forest Interpretive Trail** that follows this gated, old Hoffman Hollow Road. This trail will lead you past interpretive signs that explain important old-growth features you will view along the way. The signs were made possible by a grant from the C. C. Dickinson Family Giving Circle. Access points to the interpretive trail are located where you stand now and ~2.5 miles uphill at the East Boundary Rd.



Although the Mary Ingles Trail provides access to the interior of the old-growth forest tract, it requires you to wade streams and is tougher than the interpretive trail up the old Hoffman Hollow Road. The old-growth forest is home to Black Bears, Timber Rattlesnakes, Poison Ivy, and Stinging Nettle. Treat those denizens of the forest with respect and steer clear of them. Remember, you share Kanawha State Forest with your fellow citizens and with future generations, therefore:

- Keep your pets leashed at all times to avoid harm to them and to wildlife.
- Leave no trace of your passing other than your prints on the trail. Carry out what you carry in.
- Take nothing from the forest except photos and memories.
- Experience the yowl of the Bobcat, the smell of the Tulip Tree flower, the taste of the Blackberry, the feel of the Haircap Moss, and the sight of the Ancient Trees in this awesome forest.