

AREA INFORMATION

The area is known as the Potomac Highlands. The Allegheny Mountains run right through the region which is the highest watershed for the Potomac River, the largest river feeding into the Chesapeake Bay. The region is renowned for amazing views, high elevation blueberry and spruce stands, dense rhododendron thickets, hundreds of Brook Trout streams, and miles of backcountry trails. Much of the Potomac Highlands is within the one million acre Monongahela National Forest which features National Wilderness areas like Otter Creek, Dolly Sods, Cranberry Glades, Roaring Plains West, and Laurel Fork North.

The region is ideal for hiking, rock climbing, skiing, kayaking, canoeing, fishing, and hunting which are all popular activities in the area. The Shavers Fork is a stocked trout stream and maintained by WV Division of Natural Resources, as are many other rivers in the area.

Wonderful skiing can be experienced at Timberline, Canaan Valley, Whitegrass Nordic Center Ski areas and Snowshoe Mountain Resort, which are all less than 40 miles from our door. State Parks and forests in the area include Blackwater Falls, Canaan Valley, Audra, Kumbrabow, Seneca, and Cathedral. Federal Recreation areas include Spruce Knob & Seneca Rocks management area, Smoke Hole Canyon, Stuarts Recreation Area, Gaudineer Knob, and Spruce Knob Lake. The region is within 5 hours of half of the nation's population yet offers a mountain playground second to none.

Elkins deserves its high ranking in *America's Best Small Art Towns*. Elkins is home to Davis and Elkins College and the Augusta Heritage Arts Center, The Mountain State Forest Festival and our thriving Randolph County Community Arts Center (www.randolpharts.org). Elkins has the largest National Historic District in the state of West Virginia. The community is one of artists, musicians, and writers that enhance the community fabric of town life, and there are two live theatres in town. Nearby Beverly is a historic gem for Civil War history, antiques, and crafts. Elkins offers award-winning restaurants, a scenic train excursion, and craft and antique shops in a walk-able downtown district.

For more information about the Potomac Highlands and attraction you will not want to miss visit www.mountainhighlands.com and for area events visit www.wvartscalendar.com.

For tourist information visit <http://www.elkinswv.com> or call 800-422-3304.

LOCAL ATTRACTIONS:

Monongahela National Forest has nearly one million acres of lands that encompass thousands of miles of rivers and streams and form the eastern continental divide for rivers flowing to the Atlantic and Gulf of Mexico. Much of the forest is above 2000' elevation and offers cooler temperatures and fewer mosquitoes. The tops of these mountains soar to 4866' and offer the highest peaks in the entire region. The forest has its own hiking guide and offers opportunities for whitewater boating, camping, hiking, cross country skiing, rock climbing, caving, horseback riding, mountain biking, bird and wildlife watching, hunting and fishing, swimming and exploring. The forest headquarters is right in Elkins on Sycamore Street and topographic maps of the region may be purchased there during normal business hours.

Spruce Knob West Virginia is the highest peak in West Virginia. Spruce Knob is the perfect place to see beautiful mountain views. West Virginia Fishing is very popular at Spruce Knob, and there is a picnic area, hiking trails, Spruce Knob lake and The Mountain Institute's Spruce Knob Mountain Center nearby.

Spruce Knob Lake conveniently has a neighboring campground just 12 miles from Bartow, West Virginia. Spruce Knob Campground, a prime West Virginia campground, is popular for some great Trout fishing and camping.

Canaan Valley Ski Resort, located in Canaan Valley WV, offers many wonderful winter and summer activities. Canaan Valley Ski Resort specializes in skiing, snowboarding, snow tubing and ice skating. Summer offers event such as the West Virginia Symphony, chair lift rides, swimming, Eurobungee, golf and fine dining at the lodge. Canaan, Timberline and Whitegrass ski areas all sit in the famous Canaan Valley where snowfall averages 160" per year but often exceeds 200". In the winter of 2009-2010 this region had over 250" of snow. The valley is less than 40 miles from All Get Out Cabin.

Timberline Ski Resort in West Virginia offers lift service skiing and miles of cross country ski trails. Timberline Ski Resort is known for its challenging terrain and offers trails for the whole family to enjoy. They have the largest Telemark ski department in the mid-Atlantic region and most of the mountain features snowmaking.

Whitegrass Ski Touring Center offers Nordic cross country, skate, and telemark skiing on all natural snow, from their historic lodge in Canaan Valley. The Whitegrass Café is open during ski season for lunch and dinner and is a must for great dining. Whitegrass offers natural and groomed ski terrain adjacent to the National Wildlife refuge and right up to the boundary of Dolly Sods Wilderness area. Look for special programming for women's clinics or children's programs, and wildlife tours or backcountry ski tours almost every weekend.

Snowshoe Mountain Resort offers winter skiing and a summer village atop the mountain at 4,600' with mountain biking center and summer concerts. About 48 miles south of our location on 219 south, the mountain offers a variety of programming away from the heat and several fine restaurants.

Otter Creek Wilderness Area is located in Tucker and Randolph Counties in beautiful West Virginia. The area has opportunities for hiking, fishing, waterfall watching and solitude and is seven miles from the cabin.

Shaver's Fork River is the mighty heart of the Cheat River basin. Located in the Alleghany Mountains it

is the prime place to go for West Virginia trout fishing and camping in WV. Flowing through the Monongahela National Forest, the river is clean and well stocked with a variety of fish and the WVDNR fish hatchery is right upstream of nearby Bowden, WV.

The **Laurel Fork River** wilderness area is usually the least visited wilderness area of all the Monongahela National Forest wilderness areas. An area rich with wildlife and ecology, the Laurel Fork River area offers West Virginia fly fishing, canoeing and camping opportunities.

The **Glady Fork River** in West Virginia is a great place to go Kayaking or white water paddling in West Virginia. Also, the fishing in the area is phenomenal due to its being a seasonally well-stocked part of the river.

Seneca Caverns, a large and beautiful tourist caverns, is located in Germany Valley, 50 minutes from the cabin. Seneca Caverns boasts gorgeous natural formations and offers mini-golf, gemstone mining and a restaurant for family outings.

The **Greenbrier River** provides excellent fishing and canoeing in WV. The river is kept well stocked and is a great place to experience the beautiful Alleghany Mountains in WV.

Voted “the Best Rail Trail in the Southeast”, the **Greenbrier River Rail Trail** is 80 miles of bike and horse permitted riding alongside the river with great views and river access along the route. The trail features 35 bridges and 2 tunnels, and covers some beautiful areas of West Virginia. The trail is open year round and offers the opportunity for horseback riding, mountain biking, hiking, and cross country skiing.

The Allegheny Highlands Trail offers walk, bike, and horse access and is a geocached trail offering geocachers a number of sites along the 30+ mile route between Elkins and Thomas, WV.

Seneca Rocks is one of West Virginia’s best known landmarks, and has been a rock climbing challenge since the 10th Mountain Division trained here for the invasion of Italy in the 1940’s. Seneca features some of the most challenging climbing routes anywhere in the region but also has a hikers trail to the North Summit. The USFS operates a museum and gift shop at the base of the rocks and has interpretive information about the Potomac Highlands. Two nationally recognized climbing schools operate at Seneca and offer guided climbs and instruction. Rising 900 feet above the North Fork of the South Branch of the Potomac River, Seneca Rocks is a wonder of the state and a must see.

Nelson Rocks is a private climbing preserve located at Judy Gap, just eleven miles from Seneca Rocks and a few miles past Seneca Caverns in Riverton, WV. The climbing preserve offers entrance for climbing or hiking among the towering cliffs for a small fee. The famous paid attraction here is the Via Ferrata, or “Iron Way”, which is a hiking trail that explores the vertical realm with the use of climbing harnesses and the self belay technique of an impact absorbing tether. Hikers across Europe explore narrow paths and cable bridges in the Alps and Dolomite Mountains in a similar method, and now this type of travel is available with a guide at Nelson Rocks.

Bowden Stables and Outfitters offer horseback riding locally and riding is accommodated on many trails in the **Monongahela National Forest**. Several other outfitters also offer riding services. Many of these trails are perfect for cross country skiing and with an annual average snowfall of 77” many forest roads are often suitable for snowmobiling.

Scenic Train Rides offer a great way to get out and see the beautiful West Virginia countryside and enjoy a train again. The new **Tygart Flyer** train is based out of Elkins and offers trips west on the Tygart as well as a trip south up to High Falls of the Cheat on the upper Shavers Fork river. **Durbin and Greenbrier Valley Railroad** operates a 135-mile scenic railway which features breathtaking views of the Monongahela National Forest and the Shaver's Fork River. The Cass Scenic Railroad Park is in Cass, WV and offers rides on the Shays series steam locomotives to the top of Bald Knob. This experience offers visitors a glimpse of logging town history from the early 20th century.

Fishing and hunting in the Monongahela National Forest is outstanding and a license to hunt and fish can be attained through WVDNR and can be purchased at Walmart in Elkins. More information about stocking schedules can be found here: http://www.wvgameandfish.com/fishing/trout-fishing/wv_aa045703a/

Smoke Hole is a unique canyon on the South Fork of the South Branch of the Potomac between Franklin and Petersburg, WV. Deep gorges were formed by roaring rivers, and now feature twenty beautiful miles of a sandstone canyon with towering vertical cliffs and whitewater paddling. Smoke Hole reportedly was named from those who claim that the Seneca Indians used its caves for smoking meat. Others believe its name originated from smoke of moonshine stills located in the area. The area has a rich history of early pioneer days and once was a boom town for logging camps and mills. Now the canyon is protected by USFS and the Nature Conservancy for its unique vegetation and canyon. Eagle and Osprey sightings are common and fishing is spectacular.

Pickin' in the Park is a public gathering (free admission) for anyone who likes traditional string music of the region. The players gather in Elkins City Park each Wednesday evening and in the colder months will play indoors at Hermanson Auditorium on the campus of Davis and Elkins College.

Elk River Touring Center in Slatyfork, WV is located 48 miles from Elkins down US 219 and offers guided mountain biking trips and instruction, while their restaurant serves up the best fresh alternative cuisine this side of Whitegrass Café in Canaan Valley. They are also known for great fishing guides in the Upper Elk River watershed.

For some inside entertainment, you can choose from seven **movies** offered by Elkins Cinema 7 (<http://www.elkinscinema7.com/>)

For a **work-out** or **indoor pool** fun, drop into the local YMCA (<http://elkinsymca.com/index.php?section=1>)

RESTAURANTS

Within 15 minutes of the house, there are currently three dining options at Bowden, all situated on Faulkner Road near Revelle's Campground. Go back out the gravel road and at Old Route 33 take a left going east. Before you get to Route 33, take a right where you see a Revelle's Campground sign. You'll find the following three restaurants – call ahead for reservations and/or additional info.

The River Car Restaurant and Sports Bar is a local favorite at \$10-\$30 for an entree. Enjoy a versatile menu that ranges from fine dining to burgers and fries in one of the restaurant's distinctive dining settings: Riverside, in the Restaurant, or Sports bar. Reservations are highly recommended. 304-636-0174

Bella's Restaurant provides casual dining, offering ribs, local steaks, and a great selection of appetizers. The sandwiches are big enough to share, and there are special events such as Karaoke. 304-630-7777.

Calain's Restaurant & Tavern serves Maryland seafood at \$10-30 an entrée. 304-636-7128

El Grand Sabor restaurant is authentic Venezuelan fare right in downtown Elkins on Kearns Avenue. The restaurant offers patio dining as well as indoor seating. The pub features live music three nights a week and offers twelve draft beers on tap. Prices for dinner range \$7-\$14 per person and happy hour prices are cheap. <http://www.elgransabor.com/>

Graceland Inn and Conference Center at Davis and Elkins College serves lunch, dinner, and Sunday brunch, offering a spectacular view of the Tygart valley while dining in the stunningly restored Victorian Mansion of late 19th century senator and coal and timber baron, Henry Gassaway Davis. Reservations recommended. http://www.gracelandinn.com/main/Graceland_Dining.html

301 Coffee Company is a little shop that serves breakfast and lunch -- delicious coffee, sandwiches, and desserts, including Gelato. It is across the street from the Federal Building on 3rd St. in Elkins. <http://www.facebook.com/pages/301-Coffee-Company/319372200097>

The Mountain State Brewing Company located in historic Thomas, WV offers four varieties of craft brewed beer on site and a family friendly restaurant and comfortable pub with live music many evenings. <http://www.mountainstatebrewing.com/>

The Purple Fiddle is a music venue in Thomas that has national acts performing 4 nights a week year round. The music schedule is available online at <http://www.purplefiddle.com/schedule.html>