Miles N-S	Miles S-N	Elevation		SECTION THREE PAGE ONE
0.0	64.09	2400		Beginning for Section Three: Section 3 begins at the town of Cass. Cass has a post office, telephone, restaurant, bed and breakfast, rental cabins and other tourist attractions. The restaurant is open when the trains are running which is daily after Memorial Day through the end of September. In October, generally the trains run the first two weeks of October and then only on weekends through the end of October; however, this schedule can vary. The train ride is recommended.
				~~From the bridge, continue along Rt. 66 through the old town of Cass to the sewage treatment ponds at the intersection of Rt. 66 and Deer Creek Road, MP 0.57. During the summer of 2002, the State of W. Va. plans to extend the Greenbrier River Trail (GRT) to this point from the south; however, until this is complete, take the Deer Creek Road to the GRT, MP 1.42 a rail-trail.~~
.14	63.95	2480		Intersection with Back Mountain Road. ALT follows Rt. 66 to the left.
.57	63.52	2400		Intersection with Deer Creek Road, Pocahontas County Route (PCR) 1/13. Follow Deer Creek Road to the GRT. **There is a nice trailhead in this vicinity, with nature interpretation signs.**
1.42	62.67	2400		Reach the GRT. Take a right.
1.51	62.58	2400	**W**	Piped spring.
2.54	61.55	2400		Last remaining company house from the old town of Raywood. Abutments remain for an iron bridge that used to cross the Greenbrier River. It was demolished for the iron during WWII.
2.86	61.23	2400	**W**	Cross Moses Spring Run on a small railroad bridge. **CAMPING.** The State of WV planned to designate camping at the Mouth of Moses Spring Run in 2002. Inquire at the Cass State Park office if camp site is official.
4.00	60.09	2360		Reach Sitlington. The ALT leaves the GRT to the left and follows a paved road, PCR 12, over a bridge above the Greenbrier River. Continue on the paved roadway for about a mile. There are some seasonal dwellings along this rather narrow roadway. Although vehicular traffic is sparse, care should be exercised while walking here.
5.10	58.99	2500		ALT turns sharply to the right onto a dirt road leaving PCR 12. This point is about three miles from W. Va. Rt. 28 and the small town of Dunmore. As you ascend Thomas Mtn. you enter Seneca State Forest (SSF) after about 0.30 miles.

Miles N-S	Miles S-N	Elevation		SECTION THREE PAGE TWO
6.10	57.99	3280		ALT/roadway passes an abandoned picnic shelter on your right. The ALT/road follows the crest of this ridge for about 0.70 miles. Hunters and their vehicles may be encountered during season.
6.80	57.29	3120		Junction with two (2) other roadways. The ALT takes the left most fork and descends.
7.60	56.49	2640		Reach Laurel Run Road, PCR 1/4. Turn left and follow this paved road for 0.2 miles
7.82	56.27	2640		Turn off this paved roadway and cross Laurel Run. ALT swings through small field to the right and ascends along a small stream. Do not take water from Laurel Run for human consumption.
9.32	54.77	3240		Reach a picnic shelter on the Loop Road on Thorny Creek Mtn. This shelter has been designated as an official camp site for hikers. However, it is not enclosed and does not provide much protection from blowing rains. There is no water at this shelter. Tents may be erected near the shelter. Take a right onto the Loop Road, a dirt road.
10.22	53.87	3420		A forest fire lookout tower is to the left. The ALT continues on the Loop Road to the right.
10.52	53.57	3200		Reach an intersection with a gravel road which to the left goes to W. Va. Rt. 28 and to the right goes to cabins located on the Greenbrier River. Seneca Lake and rental cabins are also to the left and are located about a mile from this intersection. No swimming is allowed at the Lake, but fishing can be quite good. The usual licenses are required. Just ahead you will see a Trailhead that has been established to provide parking and information about the ALT. The Trailhead also contains a hikers log. Please take time to sign the log and tell us about your trip. About 0.10 miles further the trail leaves the roadway (River Cabin Road) and turns left (south) along a jeep road. **From MP 10.52 to 15.12 is one of the oldest segments of the ALT, opened up around 1977 in cooperation with the state of WV and the Boy Scouts of America.**
11.32	52.77	3300		~~The remnants of an abandoned picnic shelter is on your right. We hope to build a shelter on this site in the near future.~~ **Seneca Spring Shelter is on your right. This shelter was reconstructed in 2003-04 with Federal Highway Administration Recreational Trails Fund dollars adn labor from Seneca State Forest, WVSTA volunteers, and Lee Reger Builds, Inc. on the flagstone floor of an old CCC picnic shelter. The old fireplace and chimney were incorporated into the new structure with warm results. Sleeps 8, maybe 10 with several small children. To the left, a short blue blazed trail leads 150 yards over the hill to a spring.**
12.92	51.17	3280		Cross an electric power line right-of-way. Here you leave SSF and enter the property of Buckskin Area Council Boy Scout Reservation.
13.22	50.87	3200		Cross Kronmiller Road and parallel it for 0.60 miles.
13.82	50.27	3040		The ALT, again, reaches Kronmiller Road and follows it for two hundred (200) feet and then turns south (right) off of the roadway.

Miles N-S	Miles S-N	Elevation		SECTION THREE PAGE THREE
14.12	49.97	3240		Begin descent of Thorny Creek Mtn.
15.12	48.97	2560		Reach PCR 11/2 (Thorny Creek Road). There is a small field before the road. Follow around to the left to reach this unpaved roadway.
15.22	48.87	2560		Reach W.Va. Rt. 28 (paved). Here the ALT turns sharply to the right and follows the paved roadway for 0.40 miles. Buckskin Scout Reservation headquarters is to the left of this point, 0.30 miles and across the roadway from this point. **CAMPING**
15.62	48.47	2560		The ALT leaves the paved roadway with a sharp turn to the right (southwest). It is just past a drive to a house and can easily be missed. Cross a small stream and begin a very steep ascent of Marlin Mtn. You are reentering MNF lands.
17.12	46.97	2670		Cross Marlin Lick Run.
17.52	46.57	2680		Junction of the ALT and Marlin Mtn. Road (dirt/gravel). Taylor Wildlife Pond is across the road. This is USFS Road #436. Take a right and continue to ascend Marlin Mtn.
18.07	46.02			A wildlife pond is located on the left.
18.72	45.37			There is a gated woods road on the right. Continue straight ahead on the dirt/gravel FS road.
19.02	45.07			Leave the FS road for a grassy woods road on the right. A sign indicates that this is managed for wildlife, foot travel only. It is easy to miss this turn off; however, if you think you have, just keep going on the dirt/gravel FS road and you will again pick up the blazes.
19.61	44.48			N-S: ALT returns to the dirt/gravel FS road. Take a right. S-N: Leave the FS road for a grassy woods road on left. A sign indicates that this is managed for wildlife, foot travel only. It is easy to miss this turn off; however, if you think you have, just keep going on the dirt/gravel FS road and you will again pick up the blazes.
20.81	43.28	3120		Marlin Mtn. Shelter on left which sleeps six (6). There is no water at this shelter. Just ahead is a grassy woods road on the right. The ALT continues on the dirt/gravel FS road.

Miles N-S	Miles S-N	Elevation		SECTION THREE PAGE FOUR
21.56	42.53			ALT leaves FS road to the left at a small field with a tree in the middle. There is a sign directing you, but if something happens to the sign this will be an easy turn to miss so watch carefully for it. The ALT will not return to the FS road.
21.87	42.22			Small field. ALT is directly across field.
22.1	41.99			Small field. Stay to left of field. ALT is straight ahead.
22.77	41.32			Beginning at this point, there are a lot of woods roads intersecting so pay attention in this area. Here you will intersect a grassy woods road that goes to the left and right. Stay left. Less than one-tenth of a mile ahead woods road forks. Take the left fork.
22.89	41.20			Grassy woods road T's. Take a left.
23.04	41.05			Small field. ALT is directly across field.
23.74	40.35			Begin steep descent of Marlin Mtn. to the left. Tread work has been done, but in some places it is very narrow.
24.44	39.65	2240		N-S: Reach W.Va. Rt. 28. Turn right and follow the highway for 0.60 mile. S-N: The left turn off of W. Va. Rt. 28 is up a short steep shale bank. There are no signs here. ~~When you reach a field to your right you are near the turn.~~ **If you are on the highway and there is a large field on your right, you have missed your turn. The turn is near where Knapps Creek comes closest to W. Va. Rt. 28.**
24.94	39.15	2220		Reach the intersection with W. Va. Rt. 39 (paved). Take a left.
25.74	38.35	2260		Reach the small town of Huntersville. Groceries and a telephone are available. A bed and breakfast, The Carriage House Inn is located on the eastern end of this community. It is open year around and the phone number is 304/799-6706. The Rt. 39 Chevron will accept mail drops for hikers. Call 304/799-6420 and ask for Don Lovelace or Audrey Pyne. A Civil War Cemetery is nearby but is located on private property. Ask directions and permission to trespass, if you are interested. The ALT turns right (south) onto Beaver Creek Road, PCR 21. It is a paved roadway.
26.84	37.25	2320		The ALT leaves this paved roadway and turns to the right up Gilden Hollow. Begin the ascent of Buckley Mtn. This is an easy turn to miss so be on the lookout for it. Do not camp in this area until you are past the MNF boundary markers which start approximately 0.5 miles up Gilden Hollow.
Miles N-S	Miles S-N	Elevation		SECTION THREE PAGE FIVE

28.44	35.65	3250		Reach the top of Buckley Mtn. and a gravel FS road. There are several roads (both new and old) merging in this area so be alert. Follow the gravel road to the left for a short distance and leave the gravel road to the left on grassy logging roads. ~~If you reach a metal farm gate and fence you missed your turn tothe left. Beyond the gate is private property.~~ **You will pass through or around a metal farm-style gate before turning left off the gravel road.**
30.04	34.05	2957		Reach USFS Road #1002 a dirt/gravel road at the Granville Messir Cemetery. The ALT follows this road to the left (south).
30.84	33.25	3000		Leave the main road to the left (southeast) and go onto a lesser used roadway.
31.44	32.65	2920		Pass through a field. There is a small pond on the right (west) side of the ALT. Here you will join a dirt road to the left constructed for timbering. You will follow this road for 1.1 miles. Once the timbering is completed, this road will be closed and seeded.
32.57	31.52			~~Leave the dirt road to the left to a woods road. There is a clear cut to your right.~~ **Leave the dirt logging road at a fork in the road. Go up the hill between the forks. Clearcuts are on right & left of the trail.**
34.34	29.75	3040		The ALT turns south and descends Buckley Mtn. The descent is kept gradual by the implementation of many switchbacks. Beaver Creek Gorge is at the bottom.
35.04	29.05	2270		The bottom of the gorge. Turn to the right (west) on a railgrade. Some of the railgrade has been washed out by flooding so it will resemble a stream bed in places.
35.44	28.65	2260		Reach a bridge crossing Beaver Creek and begin ascent of Pyle Mtn. Again, many switchbacks are employed to keep the ascent gradual.
36.63	27.46			Reach a logging access road. Cross and up bank. ALT shortly leaves a grassy path for a few yards and enter woods to the left.
36.98	27.11			Bear to the left on a grassy woods road.
37.64	26.45	3240		Reach USFS Road #748, ~~Chicken House Run Road~~ (a dirt/gravel road). Take a left onto road.
38.05	26.04	2960		**Reach a small parking spot beside a FS road gate.** The ALT almost reaches PCR 21/4 (North Boundary Road) but stays in the woods (to the east of this roadway) for 0.3 miles. The ALT then joins the road for 0.2 miles before again paralleling it on the east side. While on the road you will cross the boundary between the **Monongahela National Forest** (MNF) and Watoga State Park (WSP). The "ghost" town of Watoga is near this area.

Miles N-S	Miles S-N	Elevation		SECTION THREE PAGE SIX
39.31	24.78	2750		Reach PCR 21/4 which is paved at this point and is the North entrance road to WSP. The park office and restaurant are located 1.5 miles to the right of the paved road. The restaurant (Open first weekend in May to end of October), is recommended and often serves a buffet. The ALT crosses the road.
40.11	23.98	2740		Cut east off of the Laurel Ridge Trail just before that trail joins Honeymoon Trail. The ALT now follows along the old Jacobs Well Trail toward the Beaver Creek Campground.
41.11	22.98	2530		Is PCR 21 (paved roadway). This road is the South entrance road to the park. After the road crossing, you will enter Calvin Price State Forest.
41.41	22.68	2560		Descend into a large field that was once used as an emergency landing strip for aircraft. It is now a part of the park's campground. A small parking area has been provided here for a couple of cars. Potable water is available here year round and a shower house is located in the campground. Showers are available Memorial Day weekend to the end of October. Follow along the campground road with the field on your right.
41.69	22.40			Turnaround area for cars at the end of the road. The ALT goes to the left crossing Beaver Creek and entering a hemlock forest. This is the old Beaver Creek Trail.
42.21	21.88	2640		Reenter MNF land.
43.41	20.68	3100		After ascending Beaver Lick Mtn, cross USFS Road #343, Beaver Lick Mtn. Road (a dirt road) and begin descending into the Anthony Creek Drainage.
45.14	18.95	2723		Reach PCR 23, Douthat Creek Road, (dirt/gravel road). There is a small trailhead here with parking for a couple of cars. This area is known as "The Dock". It is popular with hardtop campers and hunters in season. The name derives from the early loggers who used the area as a loading dock. Cross the road and bear left into the woods. The trail will parallel FS Road 310 for 0.6 miles before crossing it.
45.38	18.71			N-S: The ALT turns sharply to the right. There are many old logging roads converging in this area so watch carefully for this turn. S-N: The ALT turns sharply back to left. Again, watch carefully for this turn.
45.48	18.61			Cross USFS Road #310A.
45.73	18.36			Cross USFS Road #310 and continue ascent to top of Middle Mtn. on the old Dock Trail.
Miles N-S	Miles S-N	Elevation		SECTION THREE PAGE SEVEN

47.08	17.01			Near the top of Middle Mtn. the ALT has been rerouted to provide for a more gradual ascent. The ALT leaves the open grassy trail and enters the woods to the right. Two switchbacks are provided. If you miss this turn and continue to the top of Middle Mtn. **on the grassy woods road,** turn right (southwest) at the top and you will pick up the blazes again further south.
47.43	16.66	3100		N-S: The ALT reaches the top of Middle Mtn. and turns to the right (southwest) and joins and old ridgetop road (grassy woods road). S-N: The turn off Middle Mtn. towards the Dock Is easy to miss because the old ridgetop road continues straight ahead and there are no signs besides the blazes. Be on the lookout for this turn if traveling S-N.
49.08	15.01	3120		Leave this old road to the left (southeast) and begin to descend. A fine view of the countryside is available here during the seasons when there are no leaves on the trees. The ALT is quite steep although some tread work has been accomplished.
50.58	13.51	2600		Is the series of switchbacks as you descend into the Bear Branch (creek) area.
50.98	13.11	2500		Is the foot of the Mtn. Continue downstream.
51.58	12.51	2420		~~Is the field immediately behind the Department of Natural Resources (DNR) cabin.~~ **Is a field near WV Rt. 92.** The field is a good place to camp. Water is generally available from Bear Branch Creek**, although it may be dry in late summer**.
51.68	12.41	2420		Is W.Va. Rt. 92. It is about four (4) miles north of Columbia Sulphur Springs and about seven (7) miles north of Neola. A trailhead is located at this point with parking for several cars and a bus turn around. ALT signs and information about the ALT can also be found here.
51.88	12.21	2300		Cross Anthony Creek on a wooden FS bridge. **According to Dr. Thomas Walker, who passed through the area in 1750, this stream was named for a Delaware Indian who hunted in the area.** Do not take water from Anthony Creek for human consumption. Begin the ascent of Meadow Creek Mtn.
53.98	10.11	2920		The ALT reaches the top of Meadow Creek Mtn. and turns to the right (southwards) on a grassy woods road.
55.08	9.01	3000		Upper Meadow Trail (TR #672) is off to the left at this point. It is a good access to the Lake Sherwood Recreation Area. Camping, seasonal water supply and showers among other activities are available at Lake Sherwood. **It is approximately 1 mile to the Group Camping Area if you leave the ALT and follow TR#672.**
~55.60	**~8.49**	**~3160**		**A vista eastward to Lake Sherwood. Repoened Nov. 2, 2008.**
Miles N-S	Miles S-N	Elevation		**SECTION THREE PAGE EIGHT**
56.53	7.56	2820		Cross USFS Rd#888 near the end of the FS rd. Look carefully for the blazes here. **A cell tower is here.**

56.87	7.22	2800		Cross dirt road at Dilley Run. Cross Dilley Run and enter a stand of white oak.
58.57	5.52	3100		There is a pond to the left of the ALT. Sign remnants remain from the old Meadow Creek Mtn. Trail **#610** that descended from hear to Meadow Creek. This Trail has been abandoned. The ALT continues along the ridge top of Meadow Creek Mtn.
62.37	1.72	3142		Overlook at the end of Meadow Creek Mtn. ALT switches back sharply to the left and begins descent to Meadow Creek.
64.09	0.00	2212		Cross Meadow Creek on a FS bridge and come to paved roadway. This is Greenbrier County Route (GCR) 14. To your left (8.2 miles) is Lake Sherwood. To you right (2.5 miles) is the town of Neola and the junction of W.Va. Route 92. The Laurel Run Trailhead is a little ways up the road to the left. There is parking for several cars and trail info. at this trailhead.
				This concludes Section 3.