

# Washington Heritage Trail

## The Washington Heritage Trail in West Virginia



The Washington Heritage Trail is a 136-mile national scenic byway inspired by the prominent footsteps of George Washington through the three historic counties of West Virginia's Eastern Panhandle. Compelling history, spectacular scenery, geologic wonders, recreation and year 'round activities and festivals are highlighted by 45 historical sites. The trail meanders across mountains and rivers, through forests, farms and orchards as it connects five 18th century towns that remain the center of life today and offer comfortable lodging, unique shopping and fine dining. More information on attractions and services throughout the area is available at each town's Visitor Center.

[www.washingtonheritagetrail.com](http://www.washingtonheritagetrail.com)



Courtesy of Mount Vernon Ladies' Association

## Cacapon State Park

*Insider tip — the word is pronounced Ca-cay-pun.*

Cacapon Mountain runs north/south and divides Morgan County into the heavily forested and mountainous western segment and the more populous and settled east. The mountain ends at Panorama Overlook in the north and includes the county's highest elevation, 2320 feet, at the southern end.

In 1934, the state of West Virginia and Civilian Conservation Corps created Cacapon State Park from 6000 acres of land on the eastern slope of Cacapon Mountain. Cabins and the old lodge were built. A Nature Center was opened in 2002 in what was the living and working heart of the CCC camp.



In the 1970s, an 18-hole, 72-par championship golf course was designed by Robert Trent Jones and is rated one of the best public courses in the region. The stone chimney on the putting green is all that remains from the land's original farmhouse.

The lake has a sand beach and is used for fishing, boating and swimming. Miles of blazed trails along the mountain follow game trails that were trod by Native American and colonial hunters.

Park boundaries extend along the top ridge of Cacapon Mountain more than 12 miles to Prospect Rock where George Washington and countless other 18th and 19th century visitors often rode on horseback.



Today's Prospect Rock Trail begins at the park overlook which offers spectacular views of Sleepy Creek Mountain and the entire Berkeley Springs valley. It is a level, 12-mile hike or horseback ride one-way along a former access road that extends north to Prospect Rock and then back to the overlook.

*"Bid with Mrs. Washington and others to the Cacapehon Mountain, to see the prospect from thence."*

George Washington -- August 19, 1769

