

Miles N-S	Miles S-N	Elevation	SECTION FOUR - NORTH (4T on maps) PAGE ONE
00.00	15.63	22.12	<p>LAUREL RUN TRAILHEAD OF THE ALLEGHENY TRAIL. This trailhead is located at the confluence of Meadow Creek and Laurel Run along Lake Sherwood Rd (Greenbrier CR 14) 2.5 mi E of the village of Neola. Neola is located on WV Rt 92 approximately 16 miles N of its jct with US Rt 60 in the town of White Sulphur Springs WV. Neola has a grocery store, a public phone, a post office and, sometimes, a restaurant. A local outfitter, Outdoor Adventures, offers a shuttle service for a fee. If you intend to shuttle from the Jerrys Run Trail Trailhead of the Allegheny Trail at I-64 S of the Laurel Run Trailhead, this will be your last chance to arrange a shuttle with the outfitter before reaching I-64. Outdoor Adventures may be reached at 1-888-PLAYWVA. If arranging for a shuttle in advance of your hike (this is the smart thing to do), you may reach the outfitter on the web at www.wvoutdooradventures.com. This Trailhead is the southern terminus of Section Three and the northern terminus of Section Four of the Allegheny Trail. To head S toward I-64, follow the yellow blazes over a culvert, through which flows Laurel Run, and then along a gravel rd heading upstream. To go N toward Bear Branch, h</p>
			To go N toward Bear Branch, head west along an old vegetated roadbed that runs parallel to CR 14. N-S you are entering Monongahela National Forest's Laurel Run 6.2 management area. This area is managed for semi-primitive conditions featuring wildlife habitat and minimally developed, nonmotorized recreation.
00.07	15.56	2220	Skirt around a dirt tank trap (rd obstacle).
00.17	15.46	2220	Jct with another old woods rd very near the edge of a meadow. N-S remain R at this "Y" jct and pass through the small meadow on a foot path. S-N pass through the small meadow & continue straight ahead at this woods rd jct after leaving the meadow.
00.23	15.40	2230	Cross an intermittent stream (sometimes dry in late summer).
00.39	15.24	2250	N-S join a US Forest Service woods rd to the W & continue upstream. S-N leave the woods rd to the E & continue downstream.
00.47	15.16	2270	Cross Laurel Run bridge (constructed in 2004 by Tri-State Company with funds from the Federal Highway Administration's Recreational Trails Fund and the U.S. Forest Service).
00.59	15.04	2290	At this point, Laurel Run flows through a rocky rapid in a beautiful spot right beside the Trail.
00.72	14.91	2300	N-S remain L at "Y" trail jct and pass between two, rusty metal gate posts. S-N pass between two rusty metal gateposts and remain straight at a jct with a hillside trail joining from the W.