




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., 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 an 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 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. 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.