



## New River Gorge National Park Trip Assistant

### How Much Time?

The amount of time you'll need here revolves around rafting trips. And, if you really love whitewater, you may want to plan around the short Gauley Rafting season (six weeks in September/October). Or come in spring when the Lower New will be nice and rowdy.

The park is small, but it takes some time to explore thoroughly because there are lots of regions and everything is disjointed. But in a full day, you could check out all the

highlights (Grandview, Castle Rock, Long Point, Canyon Rim, New River Gorge Bridge, Fayette Station Road, and Endless Wall, and Sandstone Falls). But you might want to slow down a bit, enjoy Fayetteville, and some of the historic mining districts.

Spend another night to get back in the river, which is always a good idea. Mountain biking and rock climbing are good options. Or join in the multitude of activities offered at the rafting camps!

### Need to Know

- Whitewater rafting is the big draw, but there's quite a bit more to this park, including excellent hiking and rock climbing, scenic drives, and historical mining sites.
- The Upper New River is the easiest run (Class I-III). The Lower New is splashier (two Class IV+ rapids). The Gauley is for experienced paddlers.
- The New River flows from south to north, providing uncommonly warm water. It's usually about 70s°F by July!
- Bridge Day is in mid-October. People jump off the bridge!

### Maps

New River Gorge National Park Map: [PDF](#) | [JPG](#)

[Google Map w/ Trails, Attractions, and Outfitters](#)

All 63 National Parks Map: [PDF](#) | [JPG](#)

Eastern National Park Service Units Map: [PDF](#) | [JPG](#)

### Highlights

Rafting the New River  
Rafting the Gauley River  
Canyon Rim Visitor Center  
New River Gorge Bridge  
Fayette Station Road  
Grandview Overlook  
Sandstone Falls  
Thurmond  
Nuttallburg



## Favorite Trails

### Easy

[Tunnel](#)

[Canyon Rim](#)

[Boardwalk/Island Loop](#)

### Moderate

[Long Point](#)

[Castle Rock](#)

### Kaymoor

[Endless Wall](#)

[Glade Creek](#)

[Grandview Rim](#)

[Butcher Branch](#)

### Strenuous

[Kaymoor Miner's](#)

[Big Branch](#)

## Activities

Whitewater Rafting

Rock Climbing

Hiking

Backpacking

Biking

Fishing

See this [Google Map](#) for pins to a few outfitters as well as all favorite trails and attractions.

## Highlights

[Douthat State Park](#) (VA)

[Hocking Hills SP](#) (OH)

[Red River Gorge](#) (KY)

[Blue Ridge Parkway](#) (NC)

[Roan Mountain SP](#) (TN)

## Road Trip

Here's a [Google Map](#) to help plan road trips from the east (Shenandoah), north (Cuyahoga Valley), west (Mammoth Cave), and south (Asheville, NC). (Blue Ridge Parkway is a good idea, but there's a million worthy stops along the way and I don't know the area well, so I just omitted it.) It's a good start, but I'd highly recommend making your own.

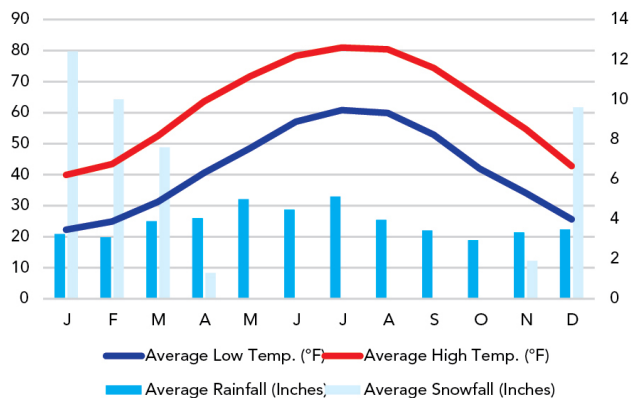
There's much more to our country. Here's another [Google Map](#) with points of interest across all types of public land.

For campers, here's a [Google Map](#) with National Forest campgrounds. National Park campgrounds are difficult to reserve (there are about 200!). With nearly 5,000 national forest campgrounds, you can usually pull in and find a spot.

## When To Go

### Weather

Oak Hill: 2,040 ft Elevation



### Visitation

New River Gorge Visitation

