

RIDE ⁵HIGH River Tour



APPROXIMATELY 174 MILES

The rivers that flow through this region offer great fishing, paddling and scenic vistas. Entering Trough Road north of Moorefield, you'll follow the meandering South Branch of the Potomac River into Romney then onto a back road near the headwaters of the North River. Down to Old Route 55, you'll pass over the Lost River Sinks Bridge where the river flows underground to emerge as the Cacapon River. Numerous small towns along this route offer places eat and to enjoy the mountain scenery. A highlight of this tour is Greenland Gap and the ride over Twin Mountain to Old Fields.

EAT

M & M Pizza A cozy & quaint atmosphere. Pizza, home-style cooking & a variety of specials & buffets. Open Daily. 216 Springfield Pike, Springfield; (304) 822-3176.

Romney's Diner "Come in as a stranger, leave as a friend." Breakfast & lunch only. Cash/Check only. Open Mon – Sat. 44 N. Marsham St, Romney; (304) 822-3904; www.romneydiner.com.

Ponderosa Steakhouse & Buffet Flame-grilled steak, chicken, seafood, large buffet with soup, salad & dessert bar. Open Daily. Next door to South Branch Inn. 1542 US Highway 220 North, Moorefield; 304-530-3226.

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EXPLORE

Confederate Memorial Monument One of the first, if not the first Confederate memorial. Dedicated by the Memorial Association September 26, 1867. RT 50 W & School St, Romney.

Hampshire County Co-op & Heritage Market Place A wide variety of eclectic items produced by Potomac Highlands' artists, craftsmen & farmers. 56 S Marsham St, Romney; (304) 359-2008; www.hampshirecoop.com.

Indian Mound Cemetery 7' high with a diameter of about 15'. One of largest remaining mounds in the eastern WV. Never excavated. Similar to Hopewellian people's mounds (500-1000 AD) dug by Smithsonian Inst. US RT 50 W & School St, Romney.

Mount Pisgah Benevolence Cemetery Created for African-Americans from South Branch Valley who were not permitted to be interred in Indian Mound Cemetery. Maintained by Mt Pisgah United Methodist Church.

The River House Community sing-alongs, open mic nights, craft demos, performances, exhibits, artisan market & Artisan's Café. Thur – Sun; 24 Rickie Davy Lane, Capon Bridge; (304) 856-2440; www.theriverhousewv.org.

Lost River Sinks Bridge Steel bridge crosses the area known as the "Lost River Sinks" on Old WV Rt. 55 east of Pinnacle Dr. Nearby, Lost River "sinks" under the mountain & emerges upstream as the Cacapon River.

The Trough Remote 6-mile stretch of the South Branch of the Potomac River. Carved out by the river's waters, it can be seen only by hiking to canyon rim, paddling the river or riding the Potomac Eagle excursion train.

SHOP

Twin Mountain Off-Road Adventure Trails for riding & hiking. Majestic views! Ultimate challenge for off-road enthusiasts. Mixed terrain for all levels of experience & vehicle prep. Williamsport (coordinates to property entrance: N 39°11'34.73" W 79°00'36.89"); (304) 257-3493; www.twinmountainoffroad.com.

Romney Cycles Powersports enthusiasts help you "Experience the Difference" in fun & adventure. New & pre-owned motorcycles & other powersports vehicles. Top-rated vehicles in the nation from Bri-Mar, Kawasaki, Suzuki, & Yamaha. Mon – Sat; 51 Industrial Park Rd, Romney, (866) 766-1495; www.romneycycles.com.

Keep WV Wild & Wonderful Self-guided angling kayak and canoe rentals. Experience fishing with the best gear. Shuttles to and from the river. April–Oct, Open Thurs–Sun. Mon–Wed by appt. (304) 851-5040; 745 N Main St, Moorefield; www.KWVWW.com.