

# TRAIL TRIP



## Wheeling & Moundsville, West Virginia

Easily accessible from Pittsburgh, Columbus, and Morgantown, this trip will allow you to bike up to 50 miles of contiguous, paved trail and do some auto touring to nearby communities. Biking just a few miles is an option, too! There's a lot to see in the area, on or off bikes.



**Industrial Heartland Trails**  
COALITION



These trails are part of the larger Industrial Heartland Trails Coalition. Learn more at [www.ihearttrails.org](http://www.ihearttrails.org). For detailed local trail maps, stop by the **Wheeling Visitors Center** on Main Street.

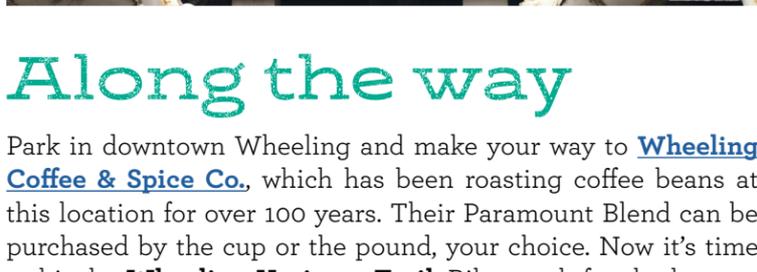
## TRAIL INFO:

Allow 1-2 days to complete the full itinerary.

The [Ohio River Trail](#) (13 miles paved) and [Brooke Pioneer Trail](#) (7 miles paved) connect Wheeling to Wellsburg. In Wellsburg, the local [Yankee Trail](#) shares the road with low traffic streets through town.

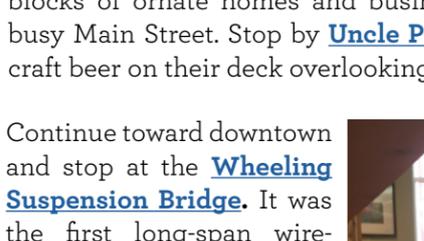
The [Wheeling Creek Trail](#) (5.5 miles) includes both a viaduct and tunnel.

Helpful note: If you see references to the "Wheeling Heritage Trails" around town, this refers to both the Ohio River and Wheeling Creek trails totaling 18.5 miles.



## Along the way

Park in downtown Wheeling and make your way to [Wheeling Coffee & Spice Co.](#), which has been roasting coffee beans at this location for over 100 years. Their Paramount Blend can be purchased by the cup or the pound, your choice. Now it's time to hit the **Wheeling Heritage Trail**. Bike north for the longest stretch, about 20 miles. With the Ohio River to your left, you'll pass under the [Wheeling Suspension Bridge](#) and into the [Warwood](#) neighborhood.



Continue along the trail, which parallels Route 2 in places, until you reach the adjoining [Brooke Pioneer Trail](#). Together, the trails will give you a glimpse of past and present industry along the river. The town of **Wellsburg** is 19 miles from Wheeling.

As you return to Wheeling, park or walk your bike north of downtown and stroll through [Victorian Old Town](#). The National Register-listed district boasts blocks of ornate homes and businesses along the somewhat busy Main Street. Stop by [Uncle Pete's](#) restaurant and enjoy a craft beer on their deck overlooking the Ohio River.



Continue toward downtown and stop at the [Wheeling Suspension Bridge](#). It was the first long-span wire-cable suspension bridge in the U.S. and is the most significant pre-Civil War bridge remaining in the country. Use the sidewalk to cross the bridge (by foot, not bike) and stand over the wide river. Take delight in knowing that you're standing on part of the historic **National Road**.

You have two stops left in Wheeling. First, stop by the [Wheeling Artisan Center](#), open Tuesday to Saturday from 11 to 5. The second floor Emporium space features a mix of local artists' wares, regional foods, West Virginia apparel, and even an antique vendor. When we were there, we picked up ramp-infused salt, West Virginia maple syrup, and handmade soaps. You'll see a lot of glass, a marker of one of the state's longest-standing industries. Watch for names such as Fenton, Bento, and Ron Hinkle. These are all regionally-known glass makers, and you'll see more on Ron Hinkle in Moundsville.

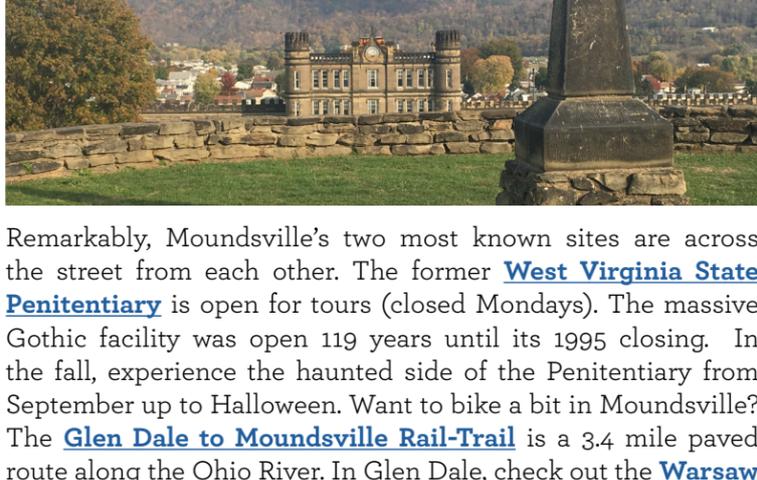
Easily accessible from the trail, [Centre Market District](#) consists of two adjacent market houses (the one built in 1853 is older than the state itself) and surrounding streets and businesses. The market houses and their shops and eateries are open Monday-Saturday (hours vary). The locals swear by [Coleman's Fish Market](#), very much the heart of Centre Market. But you might also want to try [The Soup Shack](#) and [Oliver's Pies](#). The "Pie Man" has been at it for more than 30 years.

Across the street from the market is [Wheeling Brewing](#), open for dinner. They have a full menu along with their own brews. You might notice pierogis on the menu. They're made with care at the Our Lady of Perpetual Health Ukrainian Catholic Church.

After you've enjoyed Wheeling, make your way over to Moundsville to visit [Grave Creek Mound Archeological Complex](#), the site of a 62-foot tall Adena culture burial mound accessible Tuesday-Saturday. A museum there includes related exhibits as well as archeological facilities and displays on some other Mountain State draws. Themed "West Virginia's Gift to



the World," these other exhibits pay homage to the state's glass industry. There's a display on Homer Laughlin China Company (maker of Fiestaware), 60 miles north in Newell. There's one on Marble King, which produces a million marbles a day about 30 miles south of here. The third display features the work of glass artist Ron Hinkle, whose pieces are sold at the Wheeling Artisan Center.



Remarkably, Moundsville's two most known sites are across the street from each other. The former [West Virginia State Penitentiary](#) is open for tours (closed Mondays). The massive Gothic facility was open 119 years until its 1995 closing. In the fall, experience the haunted side of the Penitentiary from September up to Halloween. Want to bike a bit in Moundsville? The [Glen Dale to Moundsville Rail-Trail](#) is a 3.4 mile paved route along the Ohio River. In Glen Dale, check out the [Warsaw Inn](#), just blocks from the trail.

## Add a Day

Drive north to the [Homer Laughlin China Factory](#) in **Newell, WV**. Factory tours are offered Monday to Friday. Call ahead to reserve a tour spot and marvel at all of that Fiestaware.

The [Palace of Gold](#) at the New Vrindaban Hare Krishna community is referred to as "America's Taj Mahal" and is just 11 miles east of Moundsville. Walk the grounds and visit the temple for a serene and perhaps moving experience.

For more trail riding, head north to the [Panhandle Trail](#). The 29-mile trail is an east-west route that begins in Weirton and crosses into Pennsylvania. To access the trail, use the Harmon Creek exit from Route 22.

