

# Opekiska Trailhead of the Mon River Trail

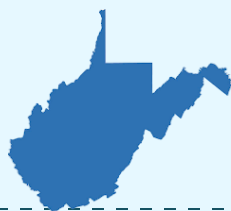
Monongahela River Trails Conservancy



## Main Goal

Open a trailhead for rail-trail and water users.

## Research Findings



# 50,000

Community members impacted by improved access



# Mile 24

Mile 24 of the Mon-River Rail Trail



# 11

Trailhead built with 11 parking spots and signage

This section of the Mon River Rail-Trail is remote and had no clear trail parking or signage. Nearby communities and visitors now have a signed and welcoming place to access a beautiful section of the river or rail-trail, for biking, walking, running, fishing, and paddling.



## Environmental Changes

Created physical and observable change to the built and social environment at Mon-River Rail-Trail at mile 24.



ActiveWV 2030 Physical Activity Plan Sector:



Community Recreation, Fitness and Parks

## Health Equity

Strong health equity impact

Serves as an access point for the rural communities as a free opportunity for physical activity and transportation

It serves as a transportation route made up of several rail-trails connecting communities from Fairmont to Point Marion, PA. (33 miles)



## The Bottom Line

Changing behavior is not easy but improving the ease of access and breaking down the distance needed to travel, has increased trail use. Creating welcoming places to access trail and making the start to adventure easy, has increased trail use with return visits and longer time spent walking, running, or biking on the rail-trail or paddling the river. Learn more at <https://montrails.org/opekiska-trailhead/>

