

Directions to Cheat, Tygart, Big Sandy & Narrows

The base of operations for Mountain Streams rafting trips is located in Albright, WV, just 10 miles from I-68. All Cheat, Tygart, Big Sandy & Narrows trips originate in Albright.

- Follow I-68 to Bruceton Mills, WV.
- Follow Rt. 26 S towards Kingwood.
- Albright is approx. 11 miles on Rt. 26.
- Watch for Exxon gas station on your right.
- Immediately after passing Exxon, turn left at the Mountain Streams Check-In Booth. If you have crossed the bridge you have gone too far.
- All trips begin at the Check-In Booth.

Directions to Upper Yough

Rafting trips on the Upper Yough begin in Friendsville, MD. Friendsville is conveniently located off of I-68.

- Follow I-68 to Friendsville, MD.
- Enter the town on Friendsville, at Old Mill Grill turn left.
- Continue to state park, where your trip leader will be waiting for you.