







## Explore the Outdoors with hiking trails, bird watching spots and

hiking trails, bird watching spots and other outdoor adventure at VisitCumberlandValley.com/Outdoors.



## FLIP TO SEE #2 AND #1

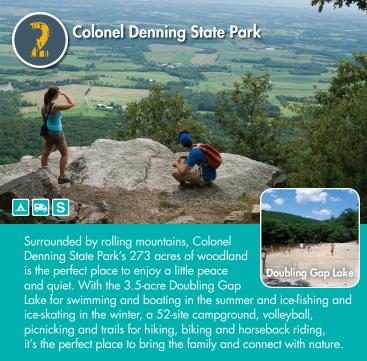














wildlife and nature enthusiasts a variety of activities. Explore the self-guided historical trail, which investigates the old structures of the Pine Grove Iron Furnace, or hike to the quartzite outcrop at the Pole Steeple Overlook. Take a stroll along the notable midway point of the Appalachian Trail, and visit the Appalachian Trail Museum - the first museum in the country dedicated to hiking. Cool off at the lakeside beaches at Laurel Lake and Fuller Lake and wander along the easy trail, Mountain Creek Trail, which connects them.