

Resources

RECREATION

Appalachian Trail Conservancy
www.appalachiantrail.org

Canoe Club of Greater Harrisburg
www.ccgpha.com

Cumberland Valley Appalachian Trail Club
www.cvatclub.org

Cumberland Valley Rails-to-Trails Council, Inc.
www.cvrtrc.org

Cumberland Valley Visitors Bureau
www.visitcumberlandvalley.com

Harrisburg Bike Club
www.harrisburgbicycleclub.org

Letort Regional Authority
www.letort.org

Susquehanna River Trail Association
www.susquehannarivertrail.org

York Hiking Club
www.yorkhikingclub.com

Appalachian Audubon Society
www.appalachianaudubon.org

Big Spring Watershed Association
http://bigspringwatershed.blogspot.com

Central Pennsylvania Conservancy
www.centralpaconservancy.org

Conodoguinet Creek Watershed Association
www.cumberlandcd.com/~amcclain/ccwa/

Capital Resource Conservation & Development Council
www.capitalrcd.org

Friends of Opossum Lake Conservancy
www.opossumlakefriends.org

Juniata Clean Water Partnership
www.jcwp.org

Middle Spring Watershed Association
www.middlespringwatershed.org

Shermans Creek Conservation Association
www.shermanscreek.org

Trout Unlimited – Cumberland Valley Chapter
www.tu.org

Yellow Breeches Watershed Association
www.ybwa.org

CONSERVATION



PARTNERSHIP for Better Health

A Community Foundation
Making a Difference — Together

www.ForBetterHealthPA.org

Partnership for Better Health is your community health foundation. Collaboration is at the core of everything we do, and together with local and regional organizations, we strive to promote responsible health practices and enhance access to affordable, quality health care. Our region's parks, trails and recreational areas create a healthy environment in which we all can be physically active.

To encourage healthy eating and active living, the foundation was among the first to bring the national 5210 health promotion campaign to Pennsylvania. 5210 PA Every Day makes it easy to embrace these daily goals: 5 or more fruits and vegetables; 2 hours or less of recreational screen time; 1 hour or more of physical activity; and 0 sugary drinks.

Get outside, be active and enjoy our region's trails.



The Cumberland County Planning Department's mission is to partner with our urban, suburban, and rural communities to implement plans that promote economic development, provide more housing and transportation choices, and protect clean air, land, and water. In pursuit of this mission, the Planning Department recently revised its Land Partnerships Plan. Land Partnerships is a countywide strategy to maintain and improve the quality of life in Cumberland County through agriculture preservation, natural resource protection, and creation of parks, trails and greenways.

To learn more about Land Partnerships, go to www.ccpa.net/landpartnerships.



**SOUTH MOUNTAIN
PARTNERSHIP**



pennsylvania
DEPARTMENT OF CONSERVATION
AND NATURAL RESOURCES

This project financed in part by The Partnership for Better Health, Cumberland Valley Visitors Bureau and a grant from the Community Conservation Partnership Program, Environmental Stewardship Fund, under the administration of the Department of Conservation and Natural Resources, Bureau of Recreation and Conservation.

We are a partner of the South Mountain Partnership, an alliance of organizations working to preserve and enhance the cultural and natural assets of the South Mountain Landscape in Central Pennsylvania. This project was awarded through the South Mountain Partnership with management oversight of the Appalachian Trail Conservancy.

To learn more about the South Mountain Partnership visit www.southmountainpartnership.org

For more information on
outdoor recreation activities, go to
www.visitcumberlandvalley.com

cumberland valley pa
VISITORS CENTER

Located in History on High – The Shop
33 W. High St, Carlisle, PA 17013
(888) 513-5131



Fifth Edition Simply Moving

A Guide to
**Public Parks,
Trails &
Recreation Facilities**
in Cumberland and Perry Counties

Provided by:
**Partnership for Better Health and
Cumberland County Planning Department**



Kings Gap Environmental Education Center
PA Department of Conservation and Natural Resources

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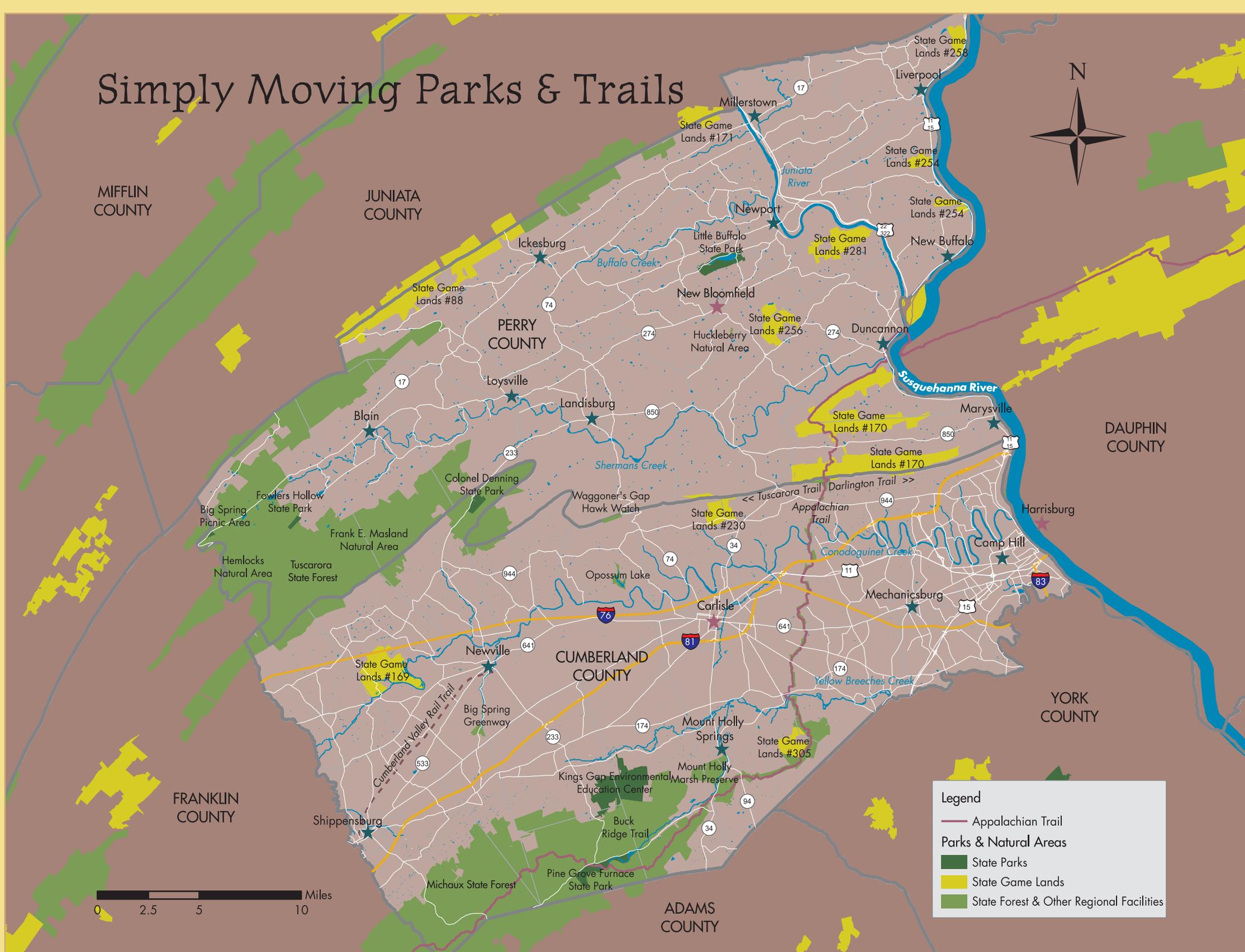
What do these little icons mean?

RESTROOMS Public restrooms available	HIKING TRAIL Hiking trail access	PETS ALLOWED Pets on leash allowed in most areas
ADA ACCESS Contact specific park for access information	BIKING TRAIL Biking trail access	

Disclaimer
Even though walking is one of the safest physical activities, it does have intrinsic risks for which you must assume responsibility. We strive to present all parks, trails and recreational areas as accurately as possible, however, we cannot be responsible for discrepancies between these descriptions and actual conditions. If you encounter any discrepancies, please report to (717) 240-5362.

Cover Photo Credits (clockwise)
Colonel Denning State Park - Scot Gordon
Willow Mill Park - John Gooderham
Adams Ricci Park - Scot Gordon

Cumberland Valley photos courtesy of Cumberland Valley Visitors Bureau.



Legend

- Appalachian Trail
- Parks & Natural Areas**
- State Parks
- State Game Lands
- State Forest & Other Regional Facilities



Top Sites

10 Great Places to Get Moving!

CUMBERLAND COUNTY

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PERRY COUNTY

Publication of the *Simply Moving* guide is a cooperative effort of the following organizations:



**PARTNERSHIP
for Better Health**

A Community Foundation
Making a Difference — Together

**Partnership for
Better Health**
274 Wilson Street
Carlisle, PA 17013
717-960-9009
www.ForBetterHealthPA.org



**Cumberland County
Planning Department**
310 Allen Road
Carlisle, PA 17013
717-240-5362
www.ccpa.net/planning



General Trail Etiquette

1. Read trailhead guidelines. There may be specific rules for the trail you are on.
2. Respect trail closures and obey posted signs.
3. Protect our environment. Stay on the trail. Do not cut switchbacks or use shortcuts.
4. Practice low-impact trail use. Wet and muddy trails are more vulnerable to damage when trail is soft. Consider other options.
5. Respect private property and the privacy of people living along the trail.
6. Leave flowers and plants for others to enjoy. Do not pull bark off, cut or otherwise damage live trees.
7. Do not approach, scare, harass, or feed wildlife or livestock.
8. Treat all trail users with respect and courtesy regardless of their sport, speed or skill level.
9. Stay to the right and pass on the left. When overtaking someone, let them know you are approaching and will be passing on their left. Always look before changing positions on the trail.
10. Share the trail – watch and listen for others.
11. Travel at a safe and controlled speed. Be especially careful when visibility is limited.
12. All users yield to horseback riders. Expect the rider to advise you how to proceed.
13. Dogs are a potential fright for both people and horses. Pets must be kept on leashes and under control.
14. Carry out all litter, including pet waste.
15. Report vandalism or maintenance needs to the trail manager.

The above information is adapted from:

- Bureau of Parks and Recreation – Madison Wisconsin
- www.hikingdude.com
- www.trailsandopenspaces.org



Michaux State Forest
Eric Forberger

Reading Trail Blazes

It is helpful if you are walking on a trail that has blazes to know that they signify something specific. Blazes are simply paint markings found in a specific color (denoting a specific trail) on the side of trees. They will be located on the side of the trees in the direction that you should be traveling. (Definitions found in "Guidelines for Marking Recreational Trails," Pennsylvania Department of Conservation and Natural Resources.)

 STRAIGHT AHEAD	 LEFT TURN
 RIGHT TURN	 CAUTION



Cumberland Valley Rail Trail
Eric Forberger

Cumberland County

Cumberland County is fortunate to have a variety of parks and trails to satisfy the outdoor recreation needs of both residents and visitors. The Commonwealth of Pennsylvania manages over 38,000 acres of land that includes the Michaux and Tuscarora State Forests, 3 State Parks, 4 State Game Lands as well as Fish and Boat Commission facilities. These regional facilities provide ample recreation opportunities and serve to protect our precious natural resources. In addition, the County is home to more than 130 local parks, which provide active, close to home recreation. Whether you are seeking a round of disc golf, a pick-up basketball game or simply a quiet picnic, there is a park for everyone! Cumberland County also has over 200 miles of scenic trails. The State Parks as well as the Appalachian Trail and the Cumberland Valley Rail Trail are popular hiking venues. If you are looking to paddle rather than hike, the County boasts 3 water trails — the Susquehanna River and the Conodoguinet and Yellow Breeches Creeks.

Cumberland County

REGIONAL PARKS & TRAILS*

*Regional Parks and Trails identified on fold out map.

MIDDLESEX / SILVER SPRING / MONROE /
SOUTH MIDDLETON / DICKINSON / COOKE /
SOUTH NEWTON / SOUTHAMPTON TOWNSHIPS

APPALACHIAN TRAIL

Mid-Atlantic Office:
4 East First St.
Boiling Springs, PA 17007
(717) 258-5771
www.appalachiantrail.org



AMENITIES: Parking

TRAIL INFO: The Appalachian Trail is one of the longest footpaths in the United States following the Appalachian Mountains. It runs from Katahdin, Maine to Springer Mountain in Georgia. This trail is the first National Scenic Trail created by the National Trails Systems Act of 1968. There are approximately 40 miles of the trail in Cumberland County and the trail is marked with white blazes. Bicycles, horses and pack animals are not permitted. The Mid-Atlantic Office is open 8am-3:30pm, Monday through Friday. Stop in for trail maps and parking information.

Trail Entrances with parking (listed north to south): Sherwood Drive, Bernheisel Bridge Road/Scott Farm Appalachian Trail Work Center, Trindle Road/PA Route 641, Lisburn Road, York Road/PA Route 74, ATC Mid-Atlantic Regional Office/Boiling Springs, Leidigh Road, Whiskey Springs Road, Sheet Iron Roof Road, Pine Grove Furnace State Park and Arendtsville-Shippensburg Road.

*Miles of Trail: 2,180; Trail Surface: natural;
Trail Slope: varies; Trail Type: out & back*

For more information on the Appalachian Trail, go to www.visitcumberlandvalley.com/AppalachianTrail.



**FAST
FACTS**

**Regular physical activity
improves your chances of
living longer and living
healthier.**

LOWER FRANKFORD TOWNSHIP

**AUDUBON
HAWK WATCH AT
WAGGONER'S
GAP**

Waggoner's Gap Rd.
(Rt. 74)
Carlisle, PA 17015
(717) 213-6880
www.waggap.com
http://pa.audubon.org



PARK INFO: This premier hawk-watching site is situated on the Kittatinny Mountain in the southern part of the county. The site is part of Pennsylvania's Important Bird Area Program, which promotes the preservation of bird habitat and is owned and managed by Audubon. This site is one of the best sites along the Kittatinny Ridge, with more than 20,000 raptors passing through every year. Visitors can look forward to seeing a wide variety of migrating birds or they can just enjoy the scenic overlook. Seasonal access only. Open August 1 to December 31.

AMENITIES: Nature Preserve, Bird Watching, Environmental Education Programs, Benches, Picnic Tables, Amphitheatre, Parking

TRAIL INFO: The trail is rocky and steep in some places, but the view is well worth the walk. You might want to bring something to sit on if you plan to bird watch for a long period of time.

Miles of Trail: .5; *Trail Surface:* dirt and rocks; *Trail Slope:* moderate to difficult; *Trail Type:* loop

NORTH NEWTON TOWNSHIP

**BIG SPRING
GREENWAY**

Big Spring Ave.
Newville, PA 17241
(717) 486-7087
www.fishandboat.com

PARK INFO: World famous limestone spring creek. 1.5 mile, catch and release only fly fishing area

AMENITIES: Fishing, Stream Access, Bird Watching, Parking

COOKE / DICKINSON TOWNSHIPS

**BUCK RIDGE
TRAIL**

Gardners, PA 17324
(717) 486-7174
www.dcnr.state.pa.us



AMENITIES: Parking

TRAIL INFO: This trail can either be accessed from the Kings Gap Environmental Education Center (p. 9) or Pine Grove Furnace State Park (p. 13) – for an uphill hike. The trail links the two parks by traveling through Michaux State Forest.

Miles of Trail: 6 miles; *Trail Surface:* grass and rock; *Trail Slope:* moderate to difficult; *Trail Type:* out and back

LOWER MIFFLIN TOWNSHIP

**COLONEL
DENNING STATE
PARK**

1599 Doubling Gap Rd.
Newville, PA 17241
(717) 776-5272
www.dcnr.state.pa.us



PARK INFO: Colonel Denning State Park, in north central Cumberland County, is in Doubling Gap, so named by the "S" turn where Blue Mountain doubles back on itself. This feature may be seen from the Doubling Gap Vista in adjacent Tuscarora State Forest. The park has 273 acres of woodland and a 3.5-acre lake.

AMENITIES: Picnic/Pavilion, Fishing, Hunting, Boating/Stream Access, Camping, Swimming Beach, Environmental Education Programs, Parking, Public Phone, Drinking Fountain, Cross Country Skiing, Ice Skating, Bird Watching, Food/Vending Machines

TRAIL INFO: The park offers 18 miles of trail of various lengths, slope and surface.

Flat Rock Trail: This is a moderate to difficult trail with steep rocky terrain. It is about 2.5 miles long in each direction and the view from the top can be spectacular on a clear day. The trail head is located next to the Visitors Center. At the top of Blue Mountain the trail joins with the Tuscarora Trail, Woodburn Trail, Warner Trail and Lehman Trail. *Trail Type:* loop

Rattlesnake Trail: This one-mile loop travels just outside of the public access areas within the park used for picnics. The trail is denoted by the yellow blazes on the trees. It is an easy to moderate hike through a mixed oak forest. *Trail Type:* out & back

Cider Path: Beginning at Doubling Gap Road, before the dead end, this trail wanders 1.2 miles to the summit of Blue Mountain and then joins with Warner Trail. The hike is moderate to hard. *Trail Type:* out & back

Doubling Gap Lake/ Nature Trail: This one-mile self-guided nature trail is easy with only two low hills to traverse. The trail begins and ends at Doubling Gap Lake. *Trail Type:* loop

Old Doubling Gap Road Trail: Gated to vehicle traffic, this trace of the road is 2.6 miles and is easy to hike, even with strollers. Follow the red blazes until it dead ends at Doubling Gap Run. *Trail Type:* out & back

Warner Trail: To begin this trail you must first hike either the Woodburn Trail, the Flat Rock Trail, or the Tuscarora Trail where they all join into a wagon wheel. One can also meet the midpoint of the Warner Trail by hiking Cider Path Trail. The trail is 2.5 miles and follows along the ridge overlooking the park. It is moderate with a few short, steep slopes. The trail can be made into a loop by returning on any of the other trails in the wagon wheel. *Trail Type:* loop

LOWER MIFFLIN TOWNSHIP *continued***COLONEL DENNING STATE PARK** *continued*

Woodburn Trail: This trail begins at PA Route 233 one mile south of the Park's Office. This 1.6 mile trail is rugged and at times steep. It ends at the wagon wheel of trails. Any of these trails can then return you back to the main park areas. *Trail Type:* loop

North Slope Road Trail: At 2.45 miles this moderate to difficult trail begins on the Old Doubling Gap Road Trail. It ends on Cider Path Trail on top of Blue Mountain and used to be the main access for the logging operation that ended in 1989. *Trail Type:* loop

Trail map available at www.visitcumberlandvalley.com/travel-guides

NEWVILLE / NORTH NEWTON / SOUTHAMPTON / SHIPPENSBURG TOWNSHIPS

CUMBERLAND VALLEY RAIL TRAIL

PO BOX 531
Shippensburg, PA 17257
(717) 860-0444
www.cvrtrc.org



AMENITIES: Picnic Tables/Pavilions, Historic Site, Benches, Parking, Horseback Riding, Bird Watching

TRAIL INFO: The Cumberland Valley Rail Trail extends 11 miles from Shippensburg to Newville through pastoral farmland and historic towns. The trail follows the abandoned Cumberland Valley Railroad corridor. Trail enthusiasts can enjoy walking, jogging, bicycling, horseback riding and cross country skiing. Visitors can also enjoy agricultural and Civil War interpretative signage along the way.

Miles of Trail: 11; *Trail Surface:* stone dust/paved; *Trail Slope:* easy; *Trail Type:* out & back

TRAIL ENTRANCES:*Newville:*

23 McFarland St.
Newville, PA 17241

Parking, picnic tables and restrooms are available.

Oakville:

401 Oakville Rd.
Shippensburg, PA 17257

Parking, picnic tables and restrooms are available. Restrooms are located at the North Newton Township Park, ¼ mile northwest of the trail on Oakville Road.

Shippensburg:

Shippensburg Township Park
304 Britton Rd.

Shippensburg, PA 17257

Parking, picnic tables and restrooms are available.

DICKINSON TOWNSHIP

KINGS GAP ENVIRONMENTAL EDUCATION CENTER

500 Kings Gap Rd.
Carlisle, PA 17015
(717) 486-5031
www.dcnr.state.pa.us



PARK INFO: Sitting astride South Mountain in southern Cumberland County, Kings Gap Environmental Education Center offers a panoramic view of the Cumberland Valley. The park consists of over 2,530 acres of forest and is open to the public year-round from 8am to sunset. Sixteen miles of hiking trails connect with three main day use areas: Pine Plantation Day Use Area, Pond Day Use Area and Mansion Day Use Area.

AMENITIES: Picnic Tables/Pavilions, Hunting, Historic Site, Environmental Education Programs, Gardens, Benches, Parking, Orienteering, Bird Watching

TRAIL INFO: The park offers 16 miles of trails of various lengths, slope and surface.

Boundary Trail: This trail skirts the western boundary of Kings Gap as it travels through an oak/pitch pine forest and blueberry/huckleberry understory. *Miles of Trail:* 1.5; *Trail Slope:* easy to moderate

Forest Heritage Trail: This loop trail connects several prominent charcoal hearths. Although the hearths have been inactive for over 100 years, most of them remain fairly free of vegetation due to changes in soil caused by the charcoaling process. *Miles of Trail:* 1.6; *Trail Slope:* easy to moderate

Kings Gap Hollow Trail: A cool, inviting trail filled with a lush understory of ferns, this trail winds along the stream and follows the gap in the mountain. The terrain changes to a dry, higher elevation that brings the hiker to the mountaintop. *Miles of Trail:* 1.7; *Trail Slope:* easy

Locust Point Trail: This side loop from Boundary Trail travels through a ridge top forest of chestnut and pitch pine trees. A clearing created by fallen, dead locust trees affords a view of the Cumberland Valley and Kings Gap Hollow. *Miles of Trail:* 1; *Trail Slope:* easy to moderate

Maple Hollow Trail: This trail takes the hiker through a maple hollow with its deeper, richer soils, plentiful water supply and the resulting maple forest. In contrast, the trail loops back to the parking lot through the drier, less fertile chestnut oak forest which comprises much of Kings Gap. *Miles of Trail:* 1.3; *Trail Slope:* easy to moderate

Pine Plantation Trail: A short loop, this trail allows the visitor to view the management techniques used in the thinning of the 42-acre plantation. *Miles of Trail:* .6; *Trail Slope:* easy

DICKINSON TOWNSHIP *continued***KINGS GAP ENVIRONMENTAL EDUCATION CENTER** *continued*

Ridge Overlook: A ridge-top trail with boulder outcrops, turkey vultures and view of the valley below await the individual who is looking for a more challenging hike. *Miles of Trail:* .8; *Trail Slope:* moderate to difficult

Rock Scree Trail: Beginning in the pine plantation, this trail leads hikers past the rocky ridge where stone cutters quarried the rock used to construct the mansion. The trail takes the hiker up the mountain to the mansion and a magnificent view of the valley. *Miles of Trail:* 1.9; *Trail Slope:* easy to moderate

Scenic Vista Trail: As the name suggests, this trail offers an inspiring view. Benches are strategically placed for you to relax and enjoy the view of Michaux State Forest. *Miles of Trail:* 2.5; *Trail Slope:* easy to moderate

Watershed Trail: This loop trail encompasses the headwaters for Kings Gap Hollow Run. Hikers also can view the circular colonies of Allegheny mound building ants which usually dot the trail. *Miles of Trail:* 1.8; *Trail Slope:* easy to moderate

Whispering Pines Trail: This trail loops through the interior of the pine plantation and uses both Braille and script signs to interpret the coniferous forest. *Miles of Trail:* .3; *Trail Surface:* paved, ADA

White Oaks Trail: Traveling through a white oak forest, this loop trail uses both Braille and script signs to interpret the ecology of a deciduous forest. *Miles of Trail:* .3; *Trail Surface:* paved, ADA

Woodland Ecology Trail: Informational signs help hikers identify forest plants and interpret the ecology of a chestnut oak forest. *Miles of Trail:* .6; *Trail Slope:* easy

Trail map available at www.visitcumberlandvalley.com/travel-guides



Regular physical activity helps to prevent high blood pressure and high cholesterol levels which can ultimately help to protect against heart disease and stroke.

CARLISLE BOROUGH/SOUTH MIDDLETON TOWNSHIP**LETORT SPRING
RUN NATURE
TRAIL**

Various locations
Carlisle, PA 17013
(717) 245-0508
www.letort.org



AMENITIES: Nature Preserve, Fishing, Stream Access, Bird Watching, Parking, Carlisle Borough Bike and Pedestrian Trail Network, Interpretive Signage

TRAIL INFO: The trail follows the LeTort Spring Run stream, one of the finest limestone trout streams in the nation. There are two trail entrances. The first is in LeTort Park in Carlisle. The second is at Bonnybrook Road Bridge in South Middleton Township. Restrooms are located at Letort Park Entrance.

Miles of Trail: 2.2; Trail Surface: stone dust; Trail Slope: easy; Trail Type: out & back

Trail maps available at www.visitcumberlandvalley.com/travel-guides

**SOUTHAMPTON / SOUTH NEWTON / COOKE /
DICKINSON / SOUTH MIDDLETON TOWNSHIPS****MICHAUX STATE
FOREST**

PA Bureau of Forestry
District Office #1: 10099
Lincoln Way East
Fayetteville, PA 17222
(717) 352-2211
www.dcnr.state.pa.us



PARK INFO: The Michaux State Forest consists of over 85,000 acres in Cumberland, Adams and Franklin counties and offers many recreational pursuits. Michaux State Forest provides ample opportunities for both small game and deer hunting. There are also many miles of trout waters and numerous lakes and reservoirs to support warm water fishing. In addition, 130 miles of state forest roads are maintained for pleasure driving and sightseeing. Three State Parks — Caledonia, Pine Grove Furnace and Mont Alto — are located within Michaux State Forest boundaries.

AMENITIES: Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access, Camping, Historic Site, Bird Watching, Parking, ATV Trails, Snowmobile Trails, Horseback Riding

TRAIL INFO: Several locations in the Michaux State Forest provide access for hikers to the 37 miles of the Appalachian Trail located in the state forest. In addition to the Appalachian Trail, approximately 60 miles of other hiking trails wind through Michaux State Forest. Popular hikes include the Sunset Rocks/Little Rocky Ridge Trail and Rocky Knob Trail.

Trail maps available at www.visitcumberlandvalley.com/travel-guides

**MOUNT HOLLY SPRINGS / SOUTH MIDDLETON /
DICKINSON TOWNSHIPS**
**MOUNT
HOLLY MARSH
PRESERVE**

1 Lakeside Dr.
Mount Holly Springs, PA
17065
(717) 240-5362
www.ccpa.net/planning



PARK INFO: The Mount Holly Marsh Preserve is a 900-acre natural area along the rocky slopes of the South Mountain near Mount Holly Springs. The preserve consists of a 700-acre upland forest and a 200-acre marsh preserve. The Mount Holly Nature Preserve is a perfect spot for hikers and nature lovers. The primary activity at the park is hiking and nature exploration. Hunting is permitted in the upland forest, but not in the marsh preserve. Fishing is permitted along Mountain Creek. Mountain Creek has been designated an "approved trout waters" and is stocked by the Pennsylvania Fish & Boat Commission.

AMENITIES: Nature Preserve, Fishing, Hunting, Stream Access - Mountain Creek, Bird Watching, Parking

TRAIL INFO: The Preserve offers 7 miles of trail of various lengths, slope and surface.

Marsh Loop Trail is approximately 2.2 miles (out and back) and is marked with blue blazes. The Marsh Loop begins at the parking area and is the starting point for the park's trail network. Follow this trail to connect with the Spring, Creek, Briar and Ridge Trails. For an easy hike, try this trail.

Lamberton Trail is about 1 mile (out and back) of steep, rocky terrain marked with a white blaze. This trail is best left to more experienced hikers. The Lamberton Trail begins near the parking area.

Spring Trail is about .5* mile long (out and back) and marked with green blazes. Take this easy path to view the bountiful, bubbling spring.

Creek Trail is about 1.4* miles (loop) in length and is indicated with red blazes. For an easy to moderate hike, try this scenic trail.

Briar Trail is about 1.2* miles (out and back) and is marked with orange blazes. Hikers who want a moderate challenge should try this trail.

Ridge Trail is about 2.2* miles (out and back) of moderate to steep, wooded terrain marked with yellow blazes. Hikers who want more of a challenge should take this trail.

*Mileage stated does not include the distance to get to the designated trail via the Marsh Loop Trail.

Trail map available at www.visitcumberlandvalley.com/travel-guides

LOWER FRANKFORD TOWNSHIP

OPOSSUM LAKE

220 Opossum Lake Rd.
 Carlisle, PA 17015
 (717) 705-7850
www.opossumlakefriends.org
www.fishandboat.com



PARK INFO: 59 acre lake situated on 274 acre property

AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, ADA Fishing Dock, Hunting, Parking, Bird Watching

TRAIL INFO: The Angler's Access Trail is a 4 mile trail which loops around the lake and includes mileage posts every 1/2 mile.

Miles of Trail: 4; *Trail Surface:* natural; *Trail Slope:* easy to moderate; *Trail Type:* loop

Trail map available at www.visitcumberlandvalley.com/travel-guides

COOKE TOWNSHIP

PINE GROVE FURNACE STATE PARK

1100 Pine Grove Rd.
 Gardners, PA 17324
 (717) 486-7174
www.dcnr.state.pa.us



PARK INFO: Steeped in natural and historical features, the 696-acre Pine Grove Furnace State Park is in a beautiful mountain setting in southern Cumberland County. Surrounded by Michaux State Forest, Pine Grove Furnace features two lakes, 25-acre Laurel Lake and 1.7-acre Fuller Lake, a historic area and the Appalachian Trail.

AMENITIES: Multi-Purpose Field, Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access - Mountain Creek, Camping, Swimming Beach, Historic Site, Bird Watching, Parking, Public Phone, Food/Vending Machines, Drinking Fountain, Dog Training, Cross Country Skiing, Ice Skating, Cabin Rentals, Iron Master's Mansion, Environmental Education Program

TRAIL INFO: **BIKING:** 2 miles of trails. All park roads and service roads are open to bicycles unless posted otherwise. A two-mile bike trail connects the Furnace Stack Day Use Area with Laurel Lake Day Use Area. Bicyclists are advised to use caution because all trails are shared with pedestrian traffic and some are open to motor vehicles.

HIKING: Pine Grove Furnace State Park has four miles of trails and connections to longer trails. The Appalachian Trail runs through the park, which is the unofficial midway point.

Buck Ridge Trail (p. 6): This trail through the Michaux State Forest connects Kings Gap Environmental Education Center and Pine Grove Furnace State Park. The trailhead is across from the park office and is marked with yellow paint blazes. *Miles of Trail:* 6

Creek Trail: Begin at the amphitheater and wind past vernal ponds and a stand of white pine along Mountain Creek near the camping area. *Miles of Trail:* .5

COOKE TOWNSHIP *continued***PINE GROVE
FURNACE STATE
PARK** *continued*

Mountain Creek: This trail is a link between the bicycle trail to Fuller Lake and the Icehouse Road to Laurel Lake. The trail affords the hiker an alternate path to Laurel Lake Day Use area other than the paved roadway. This trail winds along scenic Mountain Creek. The trail meanders through forests and wetlands as it follows Mountain Creek downstream to Laurel Lake. Deer, heron, waterfowl and beaver can be seen along this trail. *Miles of Trail:* 1.4

Koppenhaver Trail: Begin this scenic, yellow-blazed loop trail at the far end of Fuller Ball Field. The footpath crosses Toms Run and passes through stands of mature pines and hemlocks. *Miles of Trail:* 1

Pole Steeple Trail: This blue-blazed Michaux State Forest trail contains some steep climbs. The entire park can be viewed from the Pole Steeple Overlook, which is a quartzite rock outcropping. The trail begins at the Pole Steeple parking lot, along the Railroad Bed Road by Laurel Lake, and proceeds up Piney Mountain to the rocky overlook. *Miles of Trail:* .75

The steep grade and sheer drop may stress some individuals. Parents are advised to closely supervise children, especially when they are on the rocks and ledges.

Swamp Trail: Investigate a small, forested swamp filled with interesting plants and animals. The trail begins and ends on the bicycle path. *Miles of Trail:* .25

Appalachian Trail (p. 5): This famous 2,180-mile national scenic trail is marked by white blazes and goes from Mt. Katahdin in central Maine to Springer Mountain in northern Georgia. The trail is popular with day hikers as well as backpackers.

You can begin your Appalachian Trail experience along Quarry Road by the furnace. A parking area near the furnace pavilion and a comfort station are available for trail users. Please visit the park office to register your car and intended destination and/or time of return.

Trail map available at www.visitcumberlandvalley.com/travel-guides



Regular physical activity helps protect you from developing certain cancers including lung, breast and colon cancers.

UPPER MIFFLIN TOWNSHIP

**STATE GAME
LANDS #169**

Bridge Water Rd.
Newville, PA 17241
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online

AMENITIES: Hunting, Horseback Riding, Parking

TRAIL INFO: From Mountain Road there are many dirt roads that can be hiked through and to several propagation areas. The first right leads to Bridgewater Road and loops around 5 pond areas. Taking Game Lands Road off Bridgewater Road will lead to several dirt roads leading through food plots and to the lake areas. If you continue down Mountain Road you can turn right onto Park Hill Road and there are two trails that lead around food plots set up in the area.

Miles of Trail: 3+; *Trail Surface:* dirt road;
Trail Slope: moderate

MIDDLESEX / SILVER SPRING / HAMPDEN TOWNSHIPS

**STATE GAME
LANDS #170**

Millers Gap &
Lambs Gap Rds.
Marysville, PA 17053
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online

AMENITIES: Hunting, Bird Watching, Horseback Riding, Parking

TRAIL INFO: The Darlington Trail, Appalachian Trail and Tuscarora Trail run through SGL#170. The other trails mentioned are unimproved roads. On the right of Route 850 is Cove Mountain. There are two right turns off 850 that travel a short distance up the mountain. They can be made into a loop by taking the first right and then another right at the next unimproved road, and finally a right that will take you back to Route 850. If you take a left off Route 850 after where the Appalachian Trail crosses 850, you will be able to park at the Perry and Cumberland County line and walk on Millers Gap Road.

Trail Surface: grass & rocks; *Trail Slope:* moderate to difficult; *Trail Type:* out & back

NORTH MIDDLETON / MIDDLESEX TOWNSHIPS

**STATE GAME
LANDS #230**

Enola Rd.
Carlisle, PA 17015
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online

AMENITIES: Hunting, Horseback Riding, Parking

TRAIL INFO: The Tuscarora Trail passes right by the park on the Perry and Cumberland County line at Cranes Gap. There are several dirt roads available for hiking. The first road to the right leads to the Pistol Range. The second & third make a loop around a food plot. The fourth entrance on the right leads to the Rifle Range.

Miles of Trail: all trails are less than .5 mile.

SOUTH MIDDLETON / MONROE TOWNSHIPS

**STATE GAME
LANDS #305**

Whiskey Springs Rd.
Boiling Springs, PA 17007
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online

AMENITIES: Hunting, Parking

TRAIL INFO: The Appalachian Trail follows along the outside border of the SGL #305 into Boiling Springs. Center Point Knob is also located within SGL #305.

Miles of Trail: 2+; *Trail Surface:* dirt; *Trail Slope:* moderate

HOPEWELL / UPPER MIFFLIN / LOWER MIFFLIN /
UPPER FRANKFORD TOWNSHIPS**TUSCARORA
STATE FOREST**

District Office #3
4455 Big Spring Rd.
Blain, PA 17006
(717) 536-3191
www.dcnr.state.pa.us



PARK INFO: The Tuscarora State Forest derives its name from the Tuscarora Mountain. The mountain, in turn, was named for the Tuscarora Indians, a tribe adopted by the Iroquois Nation and allowed to migrate to this region about 1714. Comprised of 95,780 acres, the Tuscarora State Forest is located in Cumberland, Franklin, Huntingdon, Juniata, Mifflin, and Perry counties.

AMENITIES: Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access, Camping, Historic Site, Bird Watching, Parking, Horseback Riding, Cross-Country Skiing, Snowmobiling

TRAIL INFO: The Tuscarora Trail is located within the Tuscarora State Forest. This trail parallels the Appalachian Trail, is less busy, and a bit more rugged. The trail is marked with blue blazes. For more information, contact the Potomac Appalachian Trail Club, www.patc.net. In Cumberland County, the Tuscarora Trail can be accessed from Colonel Denning State Park.

Miles of Trail: 110; *Trail Surface:* grass & dirt; *Trail Slope:* moderate to difficult; *Trail Type:* out & back

In addition to the Tuscarora Trail, there are a number of other trails to explore within the Tuscarora State Forest.

Trail map available at www.visitcumberlandvalley.com/travel-guides



Regular physical activity helps to increase flexibility and strengthen your bones and muscles.



Cumberland Valley Rail Trail
Eric Forberger

Active for Life

Physical Activity Guidelines:

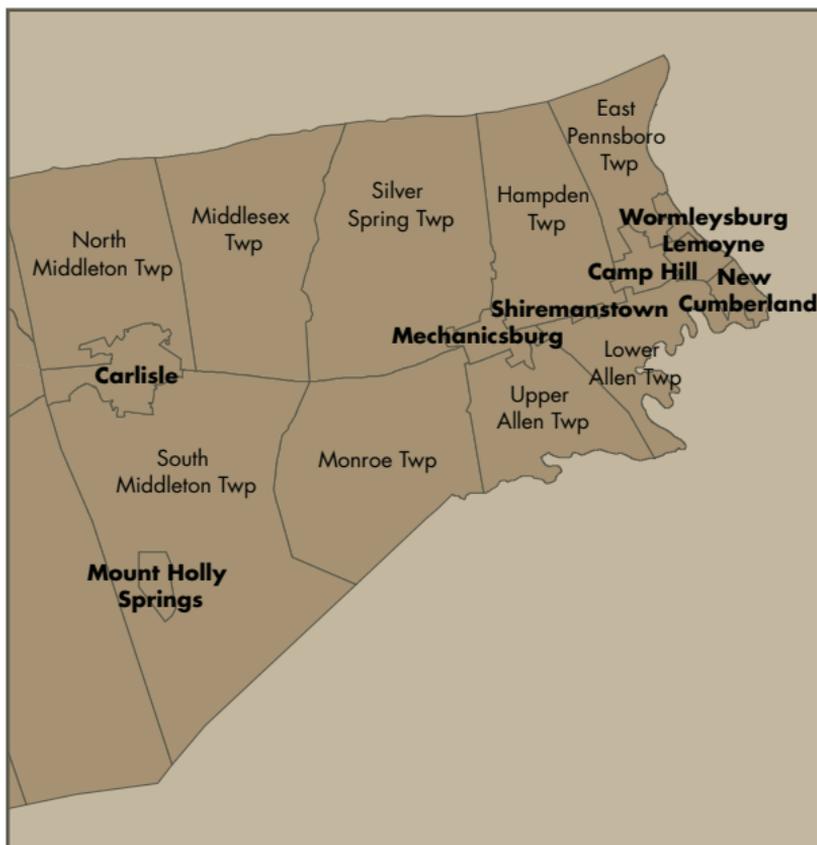
- The Centers for Disease Control and Prevention's Physical Activity Guidelines for Americans recommend that the average adult get a minimum of 30 minutes of moderate-intensity physical activity 5 or more days per week OR 75 minutes of vigorous-intensity activity every week.
 - Adults should also add 2 or more sessions of strength or weight training per week.
 - Moderate or vigorous activity can be broken into 10 minute blocks of time.
- Children and adolescents aged 6-17 should get 60 minutes or more of physical activity each day.

Physical Activity Levels:

- *Moderate intensity aerobic exercise* is where you're working hard enough to raise your heart rate and break into a sweat. You're working at a moderate intensity if you're able to talk but unable to sing the words to a song.
- *Vigorous intensity aerobic exercise* is where you're breathing hard and fast and your heart rate has increased significantly. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Cumberland County

EASTERN PARKS & TRAILS



CAMP HILL BOROUGH

BEVERLY PARK

3126 Beverly Rd.
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Gardens, Benches, Parking, Drinking Fountain

TRAIL INFO: The Goddard Trail connects several parks in Camp Hill including Seibert Park, Willow Park, Spring Lake Park, and Fiala Field. Trail Maps are available at the Borough Office.

CHRISTIAN L. SEIBERT MEMORIAL PARK

2400 Cumberland Blvd.
(Rt. 11/15)
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



AMENITIES: Baseball/Softball, Multi-Purpose Field, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Swimming Pool, Community Center, Bird Watching, Environmental Education Programs, Gardens, Benches, Parking, Drinking Fountain, Cabin for Rent

TRAIL INFO: The Goddard Trail connects several parks in Camp Hill including Seibert Park, Willow Park, Spring Lake Park and Fiala Field. Trail maps are available at the Borough Office.

CAMP HILL BOROUGH continued**FIALA FIELD**

2701 Columbia Ave.
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Community Center, Benches, Parking

TRAIL INFO: The Goddard Trail connects several parks in Camp Hill including Seibert Park, Willow Park, Spring Lake Park and Fiala Field. Trail maps are available at the Borough Office.

MAURICE K. GODDARD TRAIL

Various locations
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



TRAIL INFO: The Goddard Trail runs from Seibert Park on the north side of Camp Hill, under the By-pass, through Willow Park, Spring Lake Park and the Fiala Tract bordering Route 581. Trail maps are available at the Borough Office. Maurice K. Goddard was the father of the Pennsylvania State Park System. His vision, now a reality, was for there to be a State Park within 25 miles of every PA resident.

*Miles of Trail: 4.1; Trail Surface: paved;
Trail Slope: easy; Trail Type: loop*

WILLOW PARK

125 N. 25th St.
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



AMENITIES: Nature Preserve, Picnic Tables/Pavilions, Historic Site, Bird Watching, Gardens, Benches, Parking

TRAIL INFO: The Goddard Trail connects several parks in Camp Hill including Seibert Park, Willow Park, Spring Lake Park and Fiala Field. Trail maps are available at the Borough Office.

CARLISLE BOROUGH**BIDDLE MISSION PARK**

311 E. North St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Volleyball, Playground/Tot Lot Basketball, Picnic Tables/Pavilions, Fishing, Stream Access - Letort Spring Run, Gardens, Benches, Parking, Drinking Fountain, Community Building, Spray Pool, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: *Miles of Trail: .75; Trail Surface: gravel; Trail Slope: easy; Trail Type: loop*

CARLISLE BOROUGH continued**BUTCHER TOT LOT**

46 Chestnut Ave.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

CARLISLE BOROUGH BICYCLE AND PEDESTRIAN TRAIL NETWORK

Various locations
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



TRAIL INFO: 13.8 mile on-road bike route within Carlisle Borough. Bike route is marked with green bike route signs and sharrow road markings placed on certain streets in the Carlisle Borough. The bike route connects with off-road trails within the Carlisle Borough's park and trail system.

Miles of Trail: 13.8; *Trail Surface:* on-street bike route, paved road; *Trail Slope:* easy, *Trail Type:* loop

Trail map available at www.visitcumberlandvalley.com/travel-guides

CARLISLE COMMUNITY POOL

1236 Franklin St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Volleyball, Basketball, Swimming Pool, Benches, Parking, Public Phone, Food/Vending Machines, Drinking Fountain, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

CAVE HILL NATURE CENTER

6 Cave Hill Dr.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail (take out only), Bird Watching, Nature Preserve, On-Street Parking Only

DICKINSON PARK TRACK AND CROSS COUNTRY TRAIL

1240 Ritner Hwy.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



PARK INFO: Dickinson College sports programs have priority.

AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Parking, Drinking Fountain, Carlisle Borough Bike and Pedestrian Trail Network (p. 20).

TRAIL INFO: The trail borders several different athletic fields.

Miles of Trail: 3.1; *Trail Surface:* gravel, cross country trail; *Trail Slope:* easy; *Trail Type:* loop

CARLISLE BOROUGH *continued***FORBES PATH**

203 Meadow Blvd., Rear
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Nature Preserve, Benches, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: Trail entrances at Valley Meadows Park, Hillside Drive and Royer Road.

Miles of Trail: .7; Trail Surface: gravel; Trail Slope: moderate; Trail Type: out and back

GOODYEAR PARK

205 S. Bedford St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Baseball/Softball, Fishing, Stream Access - Letort Spring Run, Parking, Concession Stand, Bleachers, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: *Miles of Trail: .5 mile; Trail Surface: gravel; Trail Slope: easy; Trail Type: out and back*

HEBERLIG-PALMER TOT LOT

131 Lincoln Ave.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Benches, Parking, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

LETORT PARK & FORT LETORT PLAYGROUND

260 E. Pomfret St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Baseball/Softball, Multi-Purpose Field, Tennis, Volleyball, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Bird Watching, Benches, Parking, Drinking Fountain, Spray Pool, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: Park is trailhead for 2.2 mile Letort Spring Run Nature Trail (p. 11).

Miles of Trail: .5; Trail Surface: gravel; Trail Slope: easy; Trail Type: out and back

LINDNER PARK

629 W. Louthier St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

CARLISLE BOROUGH continued**MEMORIAL PARK**

149 W. Penn St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Historic Site - Interpretive Walk through Lincoln Cemetery, Benches, Drinking Fountain, Spray Pool, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

MOORELAND ATHLETIC AREA

329 Wilson St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Tennis, Drinking Fountain, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: *Miles of Trail:* .25 per lap;
Trail Surface: gravel; *Trail Slope:* easy; *Trail Type:* loop

SEVEN GABLES PARK

3 Giant Ln.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Nature Preserve, Bird Watching, Environmental Education Programs, Benches, Parking, Tree Arboretum, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: This trail circles the park and is lined by large old trees. It is a quiet park/trail that is located across from the Ashland Cemetery that has many old and elaborate grave markers.

Miles of Trail: .75; *Trail Surface:* gravel;
Trail Slope: easy; *Trail Type:* loop

SPAHR TOT LOT

231 E. Mulberry Ave.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Playground/Tot Lot, Fishing, Stream Access - Letort Spring Run, Parking

STUART COMMUNITY CENTER

415 Franklin St.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Playground/Tot Lot, Basketball, Community Center, Benches, Parking, Public Phone, Food/Vending Machines, Drinking Fountain, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

CARLISLE BOROUGH *continued***THORNWALD
PARK &
AMPHITHEATER**

350 Walnut Bottom Rd.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



PARK INFO: The park includes lots of informal gardens and the Carroll J. Warrell Theater of the Arts.

AMENITIES: Benches, Parking, Drinking Fountain, Amphitheater, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: The walking trail is through a wooded area within the 32 acre park. Trail entrances are off Belvedere Street, Bicentennial Drive and Walnut Bottom Roads.

Miles of Trail: .8; Trail Surface: gravel; Trail Slope: easy; Trail Type: loop

**VALLEY
MEADOWS PARK**

203 Meadow Blvd., Rear
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Baseball/Softball, Soccer, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Public Phone, Drinking Fountain, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: Valley Meadows Loop Trail with access to Forbes Path (p. 21).

Miles of Trail: .5; Trail Surface: gravel; Trail Slope: easy; Trail Type: loop

EAST PENNSBORO TOWNSHIP**ACRI MEADOW
PARK**

55 Acri Meadow Rd.
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Baseball/Softball, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Bird Watching, Benches, Parking, Horseshoe Pits, Grills

**ADAMS-RICCI
COMMUNITY
PARK**

100 East Penn Dr.
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Bird Watching, Benches, Parking, Food/Vending Machines, Drinking Fountain, Horseshoe Pits, Hitting Cage, Gazebo

TRAIL INFO: There are several loop trails located in the park with the largest being 1.25 miles in length.

Miles of Trail: 1.25; Trail Surface: asphalt; Trail Slope: easy; Trail Type: loop

EAST PENNSBORO TOWNSHIP *continued***LAUREL HILLS
PARK**

3505 Delwood Dr.
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net

AMENITIES: Undeveloped Park

**LAUREL HILLS
TOT LOT**

709 Carriage Ln.
Mechanicsburg, PA 17050
(717) 909-5630
www.eastpennsboro.net

AMENITIES: Playground/Tot Lot, Benches

MIDWAY PARK

98 South Enola Dr.
(Rear)/West Highland
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net

AMENITIES: Volleyball, Playground/Tot Lot,
Basketball, Picnic Tables/Pavilions, Benches,
Parking

**OYSTER MILL PARK**

1150 Oyster Mill Rd.
Camp Hill, PA 17011
(717) 909-5630
www.eastpennsboro.net

AMENITIES: Picnic Tables/Pavilions,
Fishing, Boating/Stream Access,
Conodoguinet Creek Water Trail, Bird
Watching, Benches, Parking

**PINE HILL
ARBORETUM**

1025 S. Humer St./
Creekside Dr.
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net

AMENITIES: Nature Preserve, Fishing,
Boating/Stream Access, Conodoguinet
Creek Water Trail, Bird Watching, Benches,
Parking available off Creekside Drive

TRAIL INFO: Miles of Trail: .5; Trail Surface:
dirt; Trail Slope: moderate; Trail Type: out
and back

**RIDLEY PARK**

1625 Mathew Rd.
Camp Hill, PA 17011
(717) 909-5630
www.eastpennsboro.net

AMENITIES: Baseball/Softball, Multi-
Purpose Field, Volleyball, Playground/
Tot Lot, Basketball, Picnic Tables/
Pavilions, Fishing, Boating/Stream Access,
Conodoguinet Creek Water Trail, Benches,
Parking, Drinking Fountain, 18-hole Disc Golf

TRAIL INFO: Miles of Trail: 1; Trail Surface:
asphalt; Trail Slope: easy; Trail Type: out
and back



EAST PENNSBORO TOWNSHIP *continued***SHEAFFER FIELDS**

907 Wertzville Rd.
Enola, PA 17025
www.epyal.com



PARK INFO: Home of East Penn Youth Athletic League. Core Activities – Baseball, Softball, Cheerleading, Flag Football, Football, Basketball

AMENITIES: Baseball/Softball, Multi-Purpose Field, Parking, Food/Vending Machines, Tee Ball Field

SUMMERDALE CENTENNIAL PARK

400 First St.
Summerdale, PA 17093
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Baseball/Softball, Picnic Tables/Pavilions, Parking, Grills

SUSQUEHANNA-PERRY PARK

105 Susquehanna Ave.
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking

WEST FAIRVIEW ANNEX

440 Chestnut St.
West Fairview, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Community Center, Parking

WEST FAIRVIEW PARK

198 Fourth St.
West Fairview, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Boating/Stream Access, Conodoguinet Creek Water Trail, Benches, Parking, Food/Vending Machines, Drinking Fountain, Hitting Cage, Horseshoe Pits

TRAIL INFO: *Miles of Trail: .5; Trail Surface: dirt/natural; Trail Slope: easy; Trail Type: out and back*

WEST FAIRVIEW POINT

50 Front St.
West Fairview, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Bird Watching, Benches, Parking

HAMPDEN TOWNSHIP

ADVENTURE ZONE PLAYGROUND

1775 Lambs Gap Rd.
Mechanicsburg, PA 17050
(717) 732-1882
www.adventurezoneplayground.com



PARK INFO: Located at Capital Area Christian Church campus.

AMENITIES: Soccer, Volleyball, Playground/Tot Lot, Picnic Tables/Pavilions, Benches, Parking, Winter Recreation Area

TRAIL INFO: Adventure fitness trail

Miles of Trail: 1; Trail Slope: easy

CONODOGUINET YOUTH PARK

515 Orrs Bridge Rd.
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us



PARK INFO: Park Open April 1 – October 31

AMENITIES: Picnic Tables/Pavilions Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Camping, Benches, Parking

CREEKVIEW RECREATION AREA

460 Creekview Rd.
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us



AMENITIES: Baseball/Softball, Soccer, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Food/Vending Machines, Drinking Fountain, Horseshoe Pits, Sledding

TRAIL INFO: This is a paved path surrounding Creekview Recreation Area.

Miles of Trail: 1; Trail Surface: paved; Trail Slope: easy; Trail Type: loop

GOOD HOPE ACCESS

915 Good Hope Rd.
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us

AMENITIES: Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Parking

GRANDON FARMS TRAIL

Mechanicsburg, PA 17050
(717) 761-0119
www.hampdentownship.us



TRAIL INFO: Connects Grandon Way with Sears Run Drive. Trail splits across bridge and also connects to Silver Box Development (More difficult slope).

Miles of Trail: .75; Trail Surface: paved; Trail Slope: moderate to difficult; Trail Type: out and back

HAMPDEN TOWNSHIP continued**HAMPDEN PARK & POOL**

5002 Park St. Extended
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Tennis, Volleyball Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Swimming Pool, Benches Parking, Food/Vending Machines, Drinking Fountain, Roller Hockey

TRAIL INFO: This is a paved path starting by the swimming pool and surrounding Hampden Park. An Eagle Scout project has measured and marked quarter mile increments.

Miles of Trail: 1.1; *Trail Surface:* paved;
Trail Slope: easy; *Trail Type:* loop

MCCORD COMMONS

209 Berkley Dr.
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us



AMENITIES: Benches, Arboretum, On Street Parking Only

TRAIL INFO: *Miles of Trail:* .4; *Trail Surface:* paved; *Trail Slope:* easy; *Trail Type:* loop

SALEM COMMUNITY PARK

430 Salem Church Rd.
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us



AMENITIES: Baseball/Softball, Playground/Tot Lot, Picnic Tables/Pavilions, Benches, Parking, Food/Vending Machines, Drinking Fountain

Michaux State Forest
Eric Forberger



LEMOYNE BOROUGH

FLYNN PARK

Ohio Ave. & 9th St.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Benches

FORT COUCH

Ohio Ave. & North 8th St.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Historic Site – Civil War fort built in 1863.

FRAZER CONSERVATION AREA

400 block of
Washington Ter.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Nature Preserve

LOWTHER FIELDS

Lowther St.
Lemoyne, PA 17043
(717) 938-9577
www.wssd.k12.pa.us

AMENITIES: Baseball/Softball, Soccer

MAPLE STREET PARK/LOWTHER FIELDS

Maple St.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Multi-Purpose Field, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Drinking Fountain



Regular physical activity
helps to control your weight.

LEMOYNE BOROUGH *continued***MEMORIAL PARK
& SWIMMING
POOL**

Herman Ave./Hummel Ave.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Baseball/Softball, Multi-Purpose Field, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Swimming Pool, Benches, Parking, Drinking Fountain

TRAIL INFO: *Miles of Trail: 2*

**NEGLEY PARK**

301 Cumberland Rd.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Baseball/Softball, Multi-Purpose Field, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Drinking Fountain

TRAIL INFO: *Miles of Trail: 2*

**SCHELL PARK**

Sycamore St.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches

**WOODSIDE
CONSERVATION
AREA**

100 block of North 5th St.
Lemoyne, PA 17043
(717) 737-6843
www.lemoynepa.com

AMENITIES: Nature Preserve, Benches



Colonel Denning State Park
Scot Gordon

LOWER ALLEN TOWNSHIP

ALLEN MIDDLE SCHOOL

4225 Gettysburg Rd.
Camp Hill, PA 17011
(717) 938-9577
www.wssd.k12.pa.us



AMENITIES: Baseball/Softball, Soccer, Parking

ALLENDALE PARK

221 Deerfield Rd.
Camp Hill, PA 17011
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Drinking Fountain

BEACON HILL BLVD LAND

100 Beacon Hill Blvd.
New Cumberland, PA 17070
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Picnic Tables/Pavilions Fishing, Stream Access - Yellow Breeches Creek, No on-site parking - paved pedestrian access from Quincy Circle

BEACON HILL PARK

1525 Capital View Dr.
New Cumberland, PA 17070
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Parking

BEACON HILL RADAR SITE

1612 Lowell Ln.
New Cumberland, PA 17070
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Bird Watching, Parking, Undeveloped Park, Paved access road from Lowell Lane to gravel parking lot

TRAIL INFO: *Miles of Trail: .25; Trail Surface: grass; Trail Slope: easy; Trail Type: loop*

LOWER ALLEN TOWNSHIP *continued***CEDAR CLIFF
HIGH SCHOOL**

Carlisle & Warwick Rds.
Camp Hill, PA 17011
(717) 938-9577
www.wssd.k12.pa.us



AMENITIES: Baseball/Softball, Multi-Purpose Field, Tennis, Parking, Football/Track & Field Stadium

**CEDAR SPRING
RUN PARK**

2217 Gettysburg Pike
Camp Hill, PA 17011
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Fishing, Parking, Park Under Development, Stream Access – Cedar Spring Run

**CREEKWOOD
PARK**

150 Creekwood Dr.
Camp Hill, PA 17011
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Picnic Tables/Pavilions
Fishing, Boating/Stream Access, Yellow Breeches Water Trail, Parking, Undeveloped Park

**HEMPT
BALLFIELDS**

315 Creek Rd.
Camp Hill, PA 17011
(717) 737-3411



AMENITIES: Baseball/Softball, Benches, Parking

**HIGHLAND
ELEMENTARY
SCHOOL**

1325 Carlisle Rd.
Camp Hill, PA 17011
(717) 938-9577
www.wssd.k12.pa.us



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Basketball, Parking

LOWER ALLEN TOWNSHIP *continued***HIGHLAND ESTATES
PLAYGROUND**

1914 Letchworth Dr.
Camp Hill, PA 17011
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Benches, Parking

HIGHLAND PARK

1301 Chatham Rd.
Camp Hill, PA 17011
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Drinking Fountain

**LOWER ALLEN
COMMUNITY
PARK**

4075 Lisburn Rd.
Mechanicsburg, PA 17055
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Tennis, Volleyball, Playground/Tot Lot, Basketball, Dog Park, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Yellow Breeches Water Trail, Camping, Community Center, Bird Watching, Gardens, Benches, Parking, Public Phone, Food/Vending Machines, Drinking Fountain, Golf Driving Range, Sand Pit Horseshoe Court, Concession Area

TRAIL INFO: Nature trail with interpretive signage highlighting the marsh, Yellow Breeches Creek and woodland flowers to name a few.

Miles of Trail: 1; Trail Surface: wood chips; Trail Slope: easy; Trail Type: loop

**LOWER ALLEN
ELEMENTARY SCHOOL**

4100 Gettysburg Rd.
Camp Hill, PA 17011
(717) 938-9577
www.wssd.k12.pa.us



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball, Parking

PETER'S FIELD

3811 Gettysburg Rd.
Camp Hill, PA 17011
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Baseball/Softball, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Concession Stand

LOWER ALLEN TOWNSHIP *continued***SHEEPFORD
CROSSING PARK**

16 Argali Ln.
Mechanicsburg, PA 17055
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Drinking Fountain, 1 Four Square Court

**SPANGLER'S MILL
ACCESS**

1400 Spanglers Mill Rd.
Camp Hill, PA 17011
(717) 486-7087
www.fishandboat.com



AMENITIES: Fishing, Boating/Stream Access, Yellow Breeches Water Trail, Parking, ADA Accessible Fishing Dock

**VERNON C.
WASS PARK**

201 Wesley Dr.
Mechanicsburg, PA 17055
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Baseball/Softball, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Drinking Fountain

TRAIL INFO: *Miles of Trail:* Approx. .5; *Trail Surface:* paved; *Trail Type:* loop (around perimeter of park)

**WINDSOR PARK
PLAYGROUND**

5200 Block Royal Dr.
Mechanicsburg, PA 17055
(717) 975-7575
www.lower-allen.pa.us

AMENITIES: Undeveloped Park

**YELLOW
BREECHES PARK**

2050 Sheepford Rd.
Mechanicsburg, PA 17055
(717) 975-7575
www.lower-allen.pa.us



AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Yellow Breeches Water Trail, Gardens, Benches, Parking, Undeveloped Park

TRAIL INFO: *Trail Surface:* dirt; *Trail Slope:* easy; *Trail Type:* loop

MECHANICSBURG BOROUGH

FINKENBINDER PARK

E. Green St. & N. Arch St.
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgd.org

AMENITIES: Baseball/Softball, Playground/
Tot Lot



KOSER PARK

Shepherdstown Rd.
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgd.org

AMENITIES: Baseball/Softball, Playground/
Tot Lot, Basketball, Picnic Tables/Pavilions



NORTHSIDE PARK

E. Schoolside Dr. &
N. Walnut St.
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgd.org

AMENITIES: Soccer

**SOLDIERS AND SAILORS
MEMORIAL PARK
& SWIMMING
POOL**

1 Memorial Park Dr.
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgd.org

AMENITIES: Baseball/Softball, Soccer,
Multi-Purpose Field, Tennis, Volleyball,
Playground/Tot Lot, Basketball, Picnic
Tables/Pavilions, Swimming Pool, Benches,
Parking, Drinking Fountain, Community
Garden

TRAIL INFO: Gravel trail that runs along the
park parameter.

*Miles of Trail: 1; Trail Surface: gravel; Trail
Slope: easy; Trail Type: loop*



Letort Spring Run
Cumberland Valley Visitors Bureau

MIDDLESEX TOWNSHIP

ANDERSON PARK AMENITIES: Playground/Tot Lot

Hill Dr. & Valley Dr.
 Carlisle, PA 17013
 (717) 249-4409
www.middlesextwp.com

**ARMY HERITAGE TRAIL**

950 Soldiers Dr.
 Carlisle, PA 17013
 (717) 245-3971
www.carlisle.army.mil/ahec



AMENITIES: Picnic Tables, Parking

TRAIL INFO: The Army Heritage Trail serves as the US Army Heritage Education Center's (USAHEC) outdoor museum. It encompasses the grounds of the USAHEC, covering about one mile and highlights nearly every era of Army history with different exhibits and large artifacts. The trail connects with the Carlisle Barracks Golf Course Trail (p. 40 – an additional 2 miles).

The Trail is open for visitation dawn to dusk daily and is under security surveillance. The buildings and structures on the trail are open during normal hours of operation.

Fourteen individual exhibits include full scale reconstructions of a French and Indian War way station, Redoubt Number 10 from the Revolutionary War siege of Yorktown, a section of the Antietam battlefield, a Civil War winter encampment with cabins, a WWI trench system, a WWII company area, a replicated Normandy Bocage scene from World War II, a Current Operations HESCO Bastion barrier checkpoint, and an interpretation of the Vietnam helicopter air assault at Ia Drang that includes a period Fire Support Base. Additionally, there are numerous smaller exhibits featuring armor, aircraft, and artillery from several different eras of U.S. Army history.

LETORT FALLS PARK

N. Middlesex Rd.
 Carlisle, PA 17013
 (717) 249-4409
www.middlesextwp.com



AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Bird Watching, Parking

MIDDLESEX TOWNSHIP *continued***MIDDLESEX
TOWNSHIP PARK**

50 Beagle Club Rd.
Carlisle, PA 17013
(717) 249-4409
www.middlesextwp.com



AMENITIES: Baseball/Softball, Soccer, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Splash Pad, Disc Golf Course

TRAIL INFO: *Miles of Trail:* 1; *Trail Surface:* paved; *Trail Slope:* moderate; *Trail Type:* loop

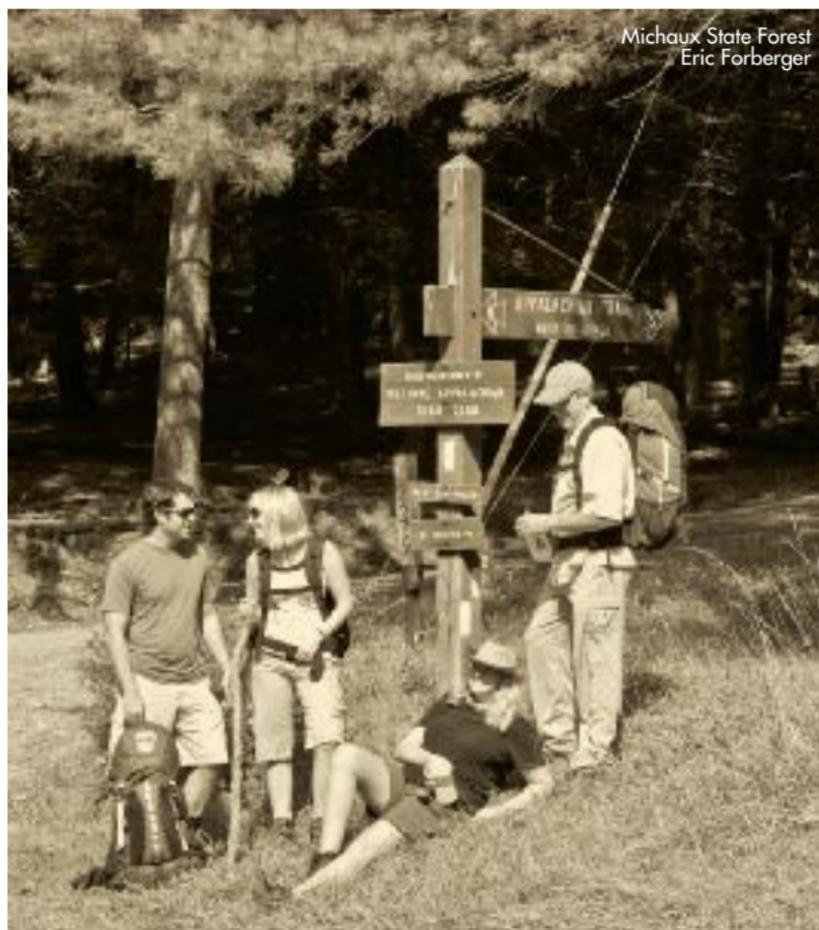
**SCOTT FARM
APPALACHIAN
TRAIL WORK
CENTER**

301 Bernheisel Bridge Rd.
Carlisle, PA 17013
(717) 258-5771
www.appalachiantrail.org



AMENITIES: Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Parking

TRAIL INFO: The Scott Farm Appalachian Trail Work Center is a trail head and work center for the Appalachian National Scenic Trail. This site is owned by the National Park Service. There are no sanitary facilities and users must pack out all trash. A water spigot and portable toilet are available. Parking is limited; users must contact the Appalachian Trail Conservancy to determine parking availability at (717) 258-5771, 9 a.m. to 5 p.m. Monday through Friday. Driving and parking on the grass are strictly prohibited.



Michaux State Forest
Eric Forberger

MONROE TOWNSHIP

LEIDIGH PARK

1400 Leidigh Dr.
Boiling Springs, PA 17007
(717) 258-6642
www.monroetwp.net



AMENITIES: Baseball/Softball, Soccer, Picnic Tables/Pavilions, Fishing, Stream Access – Yellow Breeches Creek, Benches, Parking, ADA Fishing Dock

TRAIL INFO: *Miles of Trail: .5 mile; Trail Surface: stone; Trail Slope: easy; Trail Type: loop*

MONROE ACRES PARK

204 Widders Dr.
Mechanicsburg, PA 17050
(717) 258-6642
www.monroetwp.net



AMENITIES: Soccer, Playground/Tot Lot, Picnic Tables/Pavilions

MONROE TOWNSHIP COMMUNITY PARK

1200 Boiling Springs Rd.
(Rt. 174)
Mechanicsburg, PA 17055
(717) 258-6642
www.monroetwp.net



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Bird Watching, Benches, Parking, Food/Vending Machines

TRAIL INFO: Castle Course trail includes benches and five exercise stations along the way.

Miles of Trail: 1; Trail Surface: paved; Trail Type: loop

WHITE ROCKS TRAIL

Kuhn Rd.
Boiling Springs, PA 17007
(717) 258-5771
www.appalachiantrail.org



AMENITIES: Parking

TRAIL INFO: This steep trail leads directly to the Appalachian Trail at Center Point Knob. No horses or pack animals, no bikes.

Miles of Trail: 1.3; Trail Surface: dirt; Trail Slope: difficult; Trail Type: out & back

MOUNT HOLLY SPRINGS BOROUGH

BUTLER STREET PARK

Butler St. & Mooreland Ave.
 Mount Holly Springs, PA
 17065
 (717) 486-7613

AMENITIES: Baseball/Softball, Playground/
 Tot Lot, Picnic Tables/Pavilions, Benches



TICHY PARK

1st Block East St.
 Mount Holly Springs, PA
 17065
 (717) 486-7613

AMENITIES: Playground/Tot Lot, Basketball,
 Picnic Tables/Pavilions, Parking



TRINE PARK

300 W. Pine St.
 Mount Holly Springs, PA
 17065
 (717) 486-7613

AMENITIES: Baseball/Softball, Volleyball,
 Playground/Tot Lot, Basketball, Nature
 Preserve, Picnic Tables/Pavilions, Benches,
 Parking, Drinking Fountain, Band Shell,
 Horse Shoe Pits



TRAIL INFO: *Miles of Trail: .5; Trail Surface:
 ground; Trail Slope: easy*



NEW CUMBERLAND BOROUGH

**DREXEL HILLS
PARK**

Drexel Hills Blvd.
New Cumberland, PA 17070
(717) 774-0404
www.newcumberland
borough.com

AMENITIES: Playground/Tot Lot, Picnic
Tables/Pavilions, Benches

MEMORIAL FIELD

5th Street/Eutaw Ave.
New Cumberland, PA 17070
(717) 774-0404
www.newcumberland
borough.com

AMENITIES: Baseball/Softball, Playground/
Tot Lot, Picnic Tables/Pavilions, Youth
Football

**NEW CUMBERLAND
BOROUGH PARK**

Front St.
New Cumberland, PA 17070
(717) 774-0404
www.newcumberland
borough.com

AMENITIES: Baseball/Softball, Playground/
Tot Lot, Picnic Tables/Pavilions, Fishing,
Boating/Stream Access, Yellow Breeches
Water Trail, Benches, Parking, Drinking
Fountain

**SHERWOOD
PARK**

1726 Sherwood Rd.
New Cumberland, PA 17070
(717) 774-0404
www.newcumberland
borough.com

AMENITIES: Playground/Tot Lot, Basketball,
Picnic Tables/Pavilions

**TWELFTH STREET
BALLFIELDS**

12th St. & Market St.
New Cumberland, PA 17070
(717) 774-0404
www.newcumberland
borough.com

AMENITIES: Baseball/Softball, Parking



NORTH MIDDLETON TOWNSHIP

CARLISLE BARRACKS GOLF COURSE TRAIL

Jim Thorpe Dr.
Carlisle, PA 17013
(717) 243-3262
www.carlisleemwr.com



AMENITIES: Parking, Golf course (fee required), Driving Range, Pro Shop, Restaurant

TRAIL INFO: Trail circles around the golf course and connects with the Army Heritage Trail (p. 35 – an additional 1 mile).

Miles of Trail: 2; Trail Surface: cinder; Trail Slope: easy; Trail Type: loop

CREEKVIEW PARK

2309 Douglas Dr.
Carlisle, PA 17013
(717) 243-8550
www.nmiddleton.com



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Benches, Drinking Fountain

TRAIL INFO: *Miles of Trail: .5; Trail Surface: gravel; Trail Slope: easy; Trail Type: loop*

NORTH MIDDLETON PARK

1701 Waggoners Gap Rd.
(Rt. 74)
Carlisle, PA 17013
(717) 243-8550
www.nmiddleton.com



AMENITIES: Baseball/Softball, Multi-Purpose Field, Volleyball, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Benches, Parking, Food/Vending Machines, Drinking Fountain, Horse Shoe Pits

TRAIL INFO: The trail passes next to the Conodoguinet Creek.

Miles of Trail: .7; Trail Surface: gravel & macadam; Trail Slope: easy; Trail Type: loop

SHAFFER PARK

1649 Spring Rd.
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Dog Park, Nature Preserve, Parking, Cabin Available For Rent, Disc Golf, Carlisle Borough Bike and Pedestrian Trail Network (p. 20)

TRAIL INFO: *Miles of Trail: .1; Trail Surface: gravel; Trail Slope: easy; Trail Type: out and back*

VILLAGE PARK

1830 Suncrest Dr.
(upper section)
400 Fern Ave.
(lower section)
Carlisle, PA 17013
(717) 243-8550
www.nmiddleton.com



AMENITIES: Baseball/Softball, Multi-Purpose Field, Volleyball, Playground/Tot Lot, Picnic Tables/Pavilions, Benches, Parking, Food/Vending Machines, Drinking Fountain, Horseshoe Pits, Bocce Court

TRAIL INFO: *Miles of Trail: .7; Trail Surface: gravel & macadam; Trail Slope: easy; Trail Type: loop*

SHIREMANSTOWN BOROUGH

**SHIREMAN
MANOR
PLAYGROUND**

Corner of Green St. &
Maple St.
Shiremanstown, PA 17011
(717) 761-4169
www.mbgd.org

AMENITIES: Playground/Tot Lot, Picnic
Tables/Pavilions

**SHIREMANSTOWN
MUNICIPAL PARK**

1 Park Ln.
Shiremanstown, PA 17011
(717) 761-4169
www.mbgd.org

AMENITIES: Baseball/Softball, Playground/
Tot Lot, Basketball, Picnic Tables/Pavilions,
Drinking Fountain



SILVER SPRING TOWNSHIP

**BUNKER HILLS
OPEN SPACE**

Scenery Dr.
Mechanicsburg, PA 17050
(717) 766-0178
www.silverspringtwp-pa.gov

AMENITIES: Bird Watching, Undeveloped
Park

**HIDDEN CREEK
PARK**

50 Millfording Rd.
Mechanicsburg, PA 17050
(717) 766-1657
www.silverspringtwp-pa.gov

AMENITIES: Soccer, Fishing, Boating/
Stream Access, Conodoguinet Creek Water
Trail, Bird Watching, Benches, Parking

TRAIL INFO: Grass trail runs along the
Conodoguinet Creek.

*Miles of Trail: .5; Trail Surface: grass; Trail
Slope: easy; Trail Type: out and back*



Pine Grove Furnace State Park
Stuart Leask

SILVER SPRING TOWNSHIP *continued***PAUL WALTERS
MEMORIAL PARK**

10 Elm St.
Mechanicsburg, PA 17050
(717) 766-1657

www.silverspringtwp-pa.gov



PARK INFO: Park is named in memory of Officer Paul James Walters who lost his life in the line of duty. Additional 33 acres acquired for development within the next 5 years.

AMENITIES: Baseball/Softball, Picnic Tables/Pavilions, Parking, Concession Stand

**PLEASANT VIEW
PARK**

90 Pleasant View Dr.
Mechanicsburg, PA 17050
(717) 766-1657

www.silverspringtwp-pa.gov



AMENITIES: Baseball/Softball, Soccer, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Bird Watching, Benches, Parking, Drinking Fountain, Sand Volleyball

TRAIL INFO: *Miles of Trail:* .75; *Trail Surface:* stone, dust; *Trail Slope:* moderate, *Trail Type:* loop

POTTEIGER PARK

John King Ln.
New Kingstown, PA 17072
(717) 766-1657

www.silverspringtwp-pa.gov



AMENITIES: Baseball/Softball, Parking

**STONY RIDGE
PARK**

50 Bernheisel Bridge Rd.
Mechanicsburg, PA 17050
(717) 766-1657

www.silverspringtwp-pa.gov



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Parking, Drinking Fountain, Concession Stand

TRAIL INFO: *Miles of Trail:* .65; *Trail Surface:* stone, dust; *Trail Slope:* easy, *Trail Type:* loop

**VO-TECH
OPEN SPACE**

Conodoguinet Pkwy.
Mechanicsburg, PA 17050
(717) 766-0178

www.silverspringtwp-pa.gov

AMENITIES: Undeveloped Park

SILVER SPRING TOWNSHIP *continued***WHITE BIRCH
FARMS OPEN
SPACE**

Locust Ln.
Mechanicsburg, PA 17050
(717) 766-0178
www.silverspringtwp-pa.gov

AMENITIES: Undeveloped Park

**WILLOW MILL
PARK**

80 Willow Mill Park Rd.
Mechanicsburg, PA 17050
(717) 766-1657
www.silverspringtwp-pa.gov



PARK INFO: Park includes the Historic Huston Mill (unrestored) and Veterans Memorial.

AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Conodoguinet Creek Water Trail, Historic Site, Bird Watching, Gardens, Benches, Parking, Boat Ramp, Canoe Launch, 9-hole Disc Golf

TRAIL INFO: Trail is a gravel roadway - low traffic.

Miles of Trail: .4; Trail Surface: stone; Trail Slope: moderate; Trail Type: loop

SOUTH MIDDLETON TOWNSHIP**CARLISLE
REGIONAL
MEDICAL CENTER
WALKING TRAIL**

Sprint Dr.
Carlisle, PA 17013
(717) 249-1212
www.carlislermc.com



TRAIL INFO: *Miles of Trail: 1; Trail Surface: paved; Trail Slope: easy*

CHILDREN'S LAKE

Front St.
Boiling Springs, PA 17007
(717) 705-7850
www.fishandboat.com



PARK INFO: Charming and scenic 7-acre lake with clear water that literally bubbles. The lake is spring-fed and stocked with trout. It accommodates shallow-draft boats, canoes and electric motors.

AMENITIES: Fishing, Boating, Bird Watching, Benches, Parking

TRAIL INFO: Appalachian Trail crosses property. Take a stroll on Lovers Walk, admire historic buildings and gardens and feed the ducks.

Trail Surface: paved; Trail Slope: easy

SOUTH MIDDLETON TOWNSHIP *continued***DONALD
WHITTLINGER
NATURE
PRESERVE**

2 Mountain Rd.
Boiling Springs, PA 17007
(717) 258-4441
www.smiddleton.com



AMENITIES: Nature Preserve, Boating/
Stream Access, Yellow Breeches Water Trail,
Parking

TRAIL INFO: The entrance to the trail is
located near the swimming pool.

Miles of Trail: 1; *Trail Surface:* grass; *Trail
Slope:* easy to moderate; *Trail Type:* out &
back

**FIELDING BELT
TRAIL**

Boiling Springs, PA 17007
(717) 258-4441
www.smiddleton.com



TRAIL INFO: The Fielding Belt Trail is a 1
mile trail connecting Spring Meadows Park
(p. 45) & South Middleton Township Park
(p. 45)

Miles of Trail: 1; *Trail Surface:* stone; *Trail
Slope:* easy to moderate; *Trail Type:* out &
back

**HISTORIC IRON
WORKS PARK**

109 Bucher Hill Rd.
Boiling Springs, PA 17007
(717) 258-4441
www.smiddleton.com



AMENITIES: Picnic Tables/Pavilions,
Fishing, Stream Access – Yellow Breeches
Creek, Historic Site, Parking

TRAIL INFO: Appalachian Trail (p. 5) passes
through park.

**HOLLY
WOODCRAFTERS
BALLFIELDS**

1 Woodcraft Dr.
Mount Holly Springs, PA 17065
(717) 258-4441
www.smiddleton.com



AMENITIES: Baseball/Softball, Benches,
Parking

**INDIAN HILLS
PARK**

1 Hickory Ct.
Boiling Springs, PA 17007
(717) 258-4441
www.smiddleton.com



AMENITIES: Baseball/Softball, Soccer,
Parking

LEAMAN PARK

534 Park Dr.
Boiling Springs, PA 17007
(717) 258-4441
www.smiddleton.com

AMENITIES: Approximately 70 acres of
undeveloped parkland/open space

SOUTH MIDDLETON TOWNSHIP *continued***MASON-DIXON TRAIL**

www.masondixontrail.org



TRAIL INFO: The trail is marked with blue blazes. See www.masondixontrail.org for detailed maps. The Mason Dixon Trail connects the Appalachian Trail, at Whiskey Springs in Cumberland County, with the Brandywine Trail in Chadds Ford, PA.

Miles of Trail: 195; *Trail Type:* Out & Back

SOUTH MIDDLETON TOWNSHIP MUNICIPAL PARK

534 Park Dr.

Boiling Springs, PA 17007

(717) 258-4441

www.smiddleton.com



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Boating/Stream Access, Yellow Breeches Water Trail, Benches, Parking, Drinking Fountain, Horseshoe Pits

TRAIL INFO: The park includes a .8 mile loop trail and access to the Fielding Belt Trail. The Fielding Belt Trail is a 1 mile trail connecting Spring Meadows Park & South Middleton Township Park.

Miles of Trail: .8 mile; *Trail Surface:* stone; *Trail Slope:* easy; *Trail Type:* loop

SOUTH VIEW PARK

235 Pine Rd.

Mount Holly Springs, PA 17065

(717) 258-4441

www.smiddleton.com



AMENITIES: Baseball/Softball, Parking

SPRING MEADOWS PARK

640 West First St.

Boiling Springs, PA 17007

(717) 258-4441

www.smiddleton.com



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Picnic Tables/Pavilions, Benches, Parking, Kickback Wall, Disc Golf

TRAIL INFO: Spring Meadows Trail is 1.5 miles long and offers exercise stations along the way. The park also provides access to the Fielding Belt Trail. This 1 mile trail connects Spring Meadows Park & South Middleton Township Park.

Miles of Trail: 1.5; *Trail Surface:* stone; *Trail Slope:* easy; *Trail Type:* loop

THE BUBBLE

12 Front St.

Boiling Springs, PA 17007

(717) 258-4441

www.smiddleton.com



AMENITIES: Benches

TRAIL INFO: Short pedestrian trail leading to "the Bubble," an artesian spring, where the water literally bubbles out of the earth.

Trail Surface: paved; *Trail Slope:* easy

UPPER ALLEN TOWNSHIP

**ASPEN PARK/
MIMOSA OPEN
SPACE AREA**

2194 Spring Run Dr.
Mechanicsburg, PA 17055
(717) 776-0756
www.upperallentwp.org

AMENITIES: Undeveloped Park

**CENTER SQUARE
PARK**

1009 W. Lisburn Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org

AMENITIES: Multi-Purpose Field, Basketball,
Nature Preserve, Picnic Tables/Pavilions,
Bird Watching, Parking

**COUNTRY
ESTATES PARK**

1503 Frost Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org

AMENITIES: Soccer, Playground/Tot Lot,
Picnic Tables/Pavilions

**FRIENDSHIP
PARK**

1901 Fisher Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org

AMENITIES: Soccer, Playground/Tot Lot,
Picnic Tables/Pavilions, Benches, Parking,
Drinking Fountain

TRAIL INFO: Trail connecting Upper Allen
Township Community Park, Friendship
Park and Mechanicsburg Trees & Trails
Environmental Center.



*Miles of Trail: .52; Trail Surface: paved;
Trail Slope: easy to moderate; Trail Type:
loop*

**GRANTHAM
PARK**

400 Low St.
Grantham, PA 17027
(717) 776-0756
www.mbgd.org

AMENITIES: Playground/Tot Lot, Picnic
Tables/Pavilions, Fishing, Stream Access
– Yellow Breeches Creek, Bird Watching,
Benches, Parking

**MCCORMICK
PARK**

McCormick Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org

AMENITIES: Fishing, Boating/Stream
Access, Yellow Breeches Water Trail,
On-Street Parking

UPPER ALLEN TOWNSHIP *continued***MECHANICSBURG
TREES & TRAILS
ENVIRONMENTAL
CENTER**

1731 S. York St.
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgd.org



AMENITIES: Nature Preserve,
Environmental Education Programs,
Gardens, Parking

TRAIL INFO: Trail connecting Upper Allen
Township Community Park, Friendship
Park and Mechanicsburg Trees & Trails
Environmental Center.

Trail Surface: paved; *Trail Slope:* easy to
moderate; *Trail Type:* loop

**MILLER CREST
PARK**

621 Old Grove Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org



AMENITIES: Multi-Purpose Field,
Playground/Tot Lot, Basketball, Picnic
Tables/Pavilions

**MOUNT ALLEN
PARK**

299 Berkshire Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org



AMENITIES: Baseball/Softball, Playground/
Tot Lot, Picnic Tables/Pavilions, Benches

**ROSEGARDEN
PARK**

2744 S. Rosegarden Blvd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org



AMENITIES: Multi-Purpose Field,
Playground/Tot Lot, Basketball, Picnic
Tables/Pavilions, Benches

SIMPSON PARK

2701 S. Market St.
Bowmansdale, PA 17008
(717) 776-0756
www.mbgd.org



AMENITIES: Volleyball, Playground/
Tot Lot, Nature Preserve, Picnic Tables/
Pavilions, Fishing, Boating/Stream Access,
Yellow Breeches Water Trail, Camping,
Bird Watching, Environmental Education
Programs, Benches, Parking

TRAIL INFO: *Miles of Trail:* .8; *Trail
Surface:* crushed stone; *Trail Slope:* easy to
moderate; *Trail Type:* loop

SPRING RUN PARK

100 Nittany Dr.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgd.org



AMENITIES: Multi-Purpose Field,
Playground/Tot Lot, Basketball, Picnic
Tables/Pavilions, Benches, Parking

UPPER ALLEN TOWNSHIP *continued*

TROUT RUN NATURE PRESERVE

Stumpstown Rd.
Mechanicsburg, PA 17055
(717) 213-6880
www.appalachianaudubon.org



AMENITIES: Nature Preserve, Picnic Tables/Pavilions, Bird Watching, Environmental Education Programs, Gardens, Benches, Parking

TRAIL INFO: Foot trails around the perimeter of the wetlands give you a chance to observe wildlife first hand. The trail to the right of the grassy parking area takes you past the shallow wetland pool and into a delightful wooded area. The short trail to the left of the parking area takes you down to the stream. Across the bridge roadway, a third trail meanders around a large storm retention area, through upland habitat and up a hill overlooking the wetland meadow. The wetland has been classified as an "exceptional value" site, due to the confirmed nesting years ago of a threatened Pennsylvania bird species - the sedge wren, and the sitings of two other "species of concern" in PA, the least bittern and the dickcissel.

UPPER ALLEN TOWNSHIP COMMUNITY PARK

2000 Fisher Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgisd.org



AMENITIES: Baseball/Softball, Multi-Purpose Field, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Drinking Fountain

TRAIL INFO: Trail connecting Upper Allen Township Community Park, Friendship Park and Mechanicsburg Trees & Trails Environmental Center.

Miles of Trail: .58; Trail Surface: paved; Trail Slope: easy to moderate; Trail Type: loop

WINDING HILLS EAST PARK

901 E. Winding Hill Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgisd.org



AMENITIES: Baseball/Softball, Soccer, Picnic Tables/Pavilions, Parking

WINDING HILLS WEST PARK

900 E. Winding Hill Rd.
Mechanicsburg, PA 17055
(717) 776-0756
www.mbgisd.org



AMENITIES: Soccer, Picnic Tables/Pavilions, Parking

WORMLEYSBURG BOROUGH

**LEIGHTON
NATURE
PRESERVE**

Walnut St.
Wormleysburg, PA 17043
(717) 763-4483
www.wormleysburgpa.org

AMENITIES: Nature Preserve, Bird
Watching

**MUNICIPAL
PLAYGROUND**

N. 2nd St. & 2nd Ave.
Wormleysburg, PA 17043
(717) 763-4483
www.wormleysburgpa.org

AMENITIES: Playground/Tot Lot, Basketball,
Benches Parking

**N. SECOND ST.
PARK**

N. 2nd & Edna Sts.
Wormleysburg, PA 17043
(717) 763-4483
www.wormleysburgpa.org

AMENITIES: Baseball/Softball, Playground/
Tot Lot, Basketball, Picnic Tables/Pavilions,
Benches, Parking, Food/Vending Machines,
Drinking Fountain

**RIVERFRONT
PARK**

Front St.
Wormleysburg, PA 17043
(717) 763-4483
www.wormleysburgpa.org

AMENITIES: Nature Preserve, Fishing,
Boating/Stream Access – Susquehanna
River, Bird Watching, Benches

TRAIL INFO: *Miles of Trail: 1.6*

**RUPLEY PARK**

West Crestwood Dr.
Camp Hill, PA 17011
(717) 763-4483
www.wormleysburgpa.org

AMENITIES: Playground/Tot Lot, Basketball,
Nature Preserve, Picnic Tables/Pavilions,
Boating/Stream Access, Conodoguinet
Creek Water Trail, Bird Watching, Benches,
On-Street Parking Only

Cumberland County

WESTERN PARKS & TRAILS



DICKINSON TOWNSHIP

BARNITZ MILL AT STUART PARK

3 Barnitz Rd.
Carlisle, PA 17015
(717) 486-7424
www.dickinsontownship.org



PARK INFO: Located on the Yellow Breeches with a historic mill structure.

AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Stream Access – Yellow Breeches Creek, Historic Site, Bird Watching, Benches, Parking

TRAIL INFO: *Miles of Trail:* <1; *Trail Surface:* gravel; *Trail Slope:* easy; *Trail Type:* loop

FOREST POOLS PRESERVE

Kings Gap Rd.
Carlisle, PA 17015
(717) 232-6001
www.nature.org



AMENITIES: Nature Preserve, Bird Watching, Parking

DICKINSON TOWNSHIP *continued***LINDENWOOD PARK**

N. Dickinson School Rd.
& Walton Dr.
Mount Holly Springs, PA
17065
(717) 486-7424
www.dickinsontownship.org

AMENITIES: Park is under development. Tree planting and a perimeter walking trail are planned for 2014.

HOPEWELL TOWNSHIP**HOPEWELL TOWNSHIP PARK**

218 Shippensburg Rd.
(Rt. 696)
Shippensburg, PA 17257
(717) 423-6582



AMENITIES: Baseball/Softball, Soccer Multi-Purpose Field, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Bird Watching, Benches, Parking, Drinking Fountain

TRAIL INFO: *Miles of Trail: 1.2; Trail Surface: black top; Trail Slope: easy; Trail Type: loop*

NEWBURG BOROUGH**NEWBURG FAMILY GARDENS**

3 N. High St.
Newburg, PA 17240
(717) 423-0050
www.newburgborough.com



AMENITIES: Picnic Tables/Pavilions, Gardens, Benches, Parking

NEWVILLE BOROUGH**NEWVILLE COMMUNITY PARK**

50 West St.
Newville, PA 17241
(717) 776-7633
www.newvilleborough.com



AMENITIES: Baseball/Softball, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Food/Vending Machines, Drinking Fountain

NEWVILLE LITTLE LEAGUE

10 Little League Ave.
Newville, PA 17241
(717) 776-3026
www.newvillell.org



PARK INFO: The Newville Little League is a non-profit organization administered and operated by volunteers. The main objective is to promote and develop a quality educational and recreational outlet for our children's energies.

AMENITIES: Baseball/Softball, Playground/Tot Lot, Picnic Tables/Pavilions, Benches, Parking, Public Phone, Food/Vending Machines, Drinking Fountain, Concession Stand, Press Box, Club House

NEWVILLE BOROUGH *continued***NEWVILLE TRAILHEAD FACILITY**

23 McFarland St.
Newville, PA 17241
(717) 776-7633
www.cvrtrc.org



PARK INFO: Park is trailhead for Cumberland Valley Rail Trail (p. 8).

AMENITIES: Picnic Tables/Pavilions, Benches, Parking (lot can accommodate large horse trailers), Drinking Fountain, Playground equipment planned for 2014.

TRAIL INFO: Cumberland Valley Rail Trail is 1 mile paved, 9 miles gravel, 1 mile undeveloped. *Trail Slope:* easy

NORTH NEWTON TOWNSHIP

NORTH NEWTON TOWNSHIP PARK

528 Oakville Rd.
Shippensburg, PA 17257
(717) 776-7665
www.northnewtontownship.com



PARK INFO: Park is less than .25 mile west of Cumberland Valley Rail Trail (p. 8) Oakville Road crossing.

AMENITIES: Baseball/Softball, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Community Center, Benches, Parking

TRAIL INFO: *Miles of Trail:* .25; *Trail Surface:* paved; *Trail Slope:* easy; *Trail Type:* loop

PENN TOWNSHIP

CENTERVILLE COMMUNITY PARK

55 Penn Dr.
Newville, PA 17241
(717) 486-3104
www.pennwpcc.org



AMENITIES: Baseball/Softball, Soccer, Volleyball, Playground/Tot Lot, Picnic Tables/Pavilions, Parking

TRAIL INFO: *Miles of Trail:* .25; *Trail Surface:* stone dust, packed; *Trail Slope:* easy; *Trail Type:* loop

PENN TOWNSHIP HIKE-BIKE TRAIL

1750 Pine Rd.
Newville, PA 17241
(717) 486-3104
www.pennwpcc.org



AMENITIES: Benches, Parking

TRAIL INFO: This hike and bike trail is located adjacent to the Penn Township Volunteer Fire Department station.

Miles of Trail: .75; *Trail Surface:* paved/trail mix; *Trail Slope:* moderate; *Trail Type:* loop

SHIPPENSBURG BOROUGH

DYKEMAN PARK

1st block Dykeman Rd.
Shippensburg, PA 17257
(717) 532-2147
www.borough.
shippensburg.pa.us



PARK INFO: Dykeman Park is a fifty acre area surrounding historic Dykeman Springs, a National Historic Register landmark.

AMENITIES: Baseball/Softball, Nature Preserve, Picnic Tables/Pavilions, Historic Site, Bird Watching, Benches, Parking.

TRAIL INFO: Wetland nature trail & Woodland nature trail.

Miles of Trail: 3.26; *Trail Surface:* ground, stone, bark; *Trail Slope:* moderate; *Trail Type:* loop/out and back

SHIPPENSBURG COMMUNITY CENTER & PARK

115 N. Fayette St.
Shippensburg, PA 17257
(717) 532-2147
www.borough.
shippensburg.pa.us



AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Community Center, Benches, Parking

SHIPPENSBURG LITTLE LEAGUE

W. Garfield & S. Earl Sts.
Shippensburg, PA 17257
www.shippensburg
littleleague.com

AMENITIES: Baseball/Softball, Parking

SHIPPENSBURG MEMORIAL PARK & POOL

Park Pl.
Shippensburg, PA 17257
(717) 532-2147
www.borough.
shippensburg.pa.us



AMENITIES: Baseball/Softball, Soccer, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Swimming Pool, Benches, Parking, Drinking Fountain, Veterans Stadium

TRAIL INFO: The park joins the local high school so you can walk the perimeter of both.

Miles of Trail: .5; *Trail Surface:* paved; *Trail Slope:* easy; *Trail Type:* loop

SHIPPENSBURG TOWNSHIP COMMUNITY PARK

304 Britton Rd.
Shippensburg, PA 17257
(717) 532-7137
www.shippensburg
township.com



PARK INFO: Park is trail head for the Cumberland Valley Rail Trail (p. 8)

AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Playground/Tot Lot, Basketball, Dog Park, Nature Preserve, Picnic Tables/Pavilions, Benches, Parking, Food/Vending Machines, Water Misting-Wading Pool

TRAIL INFO: *Miles of Trail:* .25; *Trail Surface:* hard; *Trail Slope:* easy; *Trail Type:* loop

SOUTHAMPTON TOWNSHIP

CLEVERSBURG COMMUNITY CENTER & PARK

53 Cleversburg Rd.
Shippensburg, PA 17257
(717) 532-9646
www.southamptontwp.com



AMENITIES: Baseball/Softball, Playground/Tot Lot, Picnic Tables/Pavilions, Community Center, Parking, Food/Vending Machines

SOUTHAMPTON TOWNSHIP COMMUNITY PARK

200 Airport Rd.
Shippensburg, PA 17257
(717) 532-9646
www.southamptontwp.com



AMENITIES: Soccer, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Bird Watching, Benches, Parking, Food/Vending Machines, Drinking Fountain, Fitness Exercise Trail

TRAIL INFO: The park includes a walking track and wooded trail system. Links on Township website for Bicycle Routes designed for various levels of riders.

Miles of Trail: 1; Trail Surface: asphalt & grass; Trail Slope: moderate; Trail Type: loop

WEST PENNSBORO TOWNSHIP

LAUGHLIN MILL

1 Laughlin Mill Rd.
Newville, PA 17241
(717) 776-7633
www.newvilleborough.com

AMENITIES: Picnic Tables/Pavilions, Fishing, Stream Access – Big Spring Creek, Historic Site, Bird Watching, Gardens, Benches, Parking

WEST PENNSBORO TOWNSHIP PARK

30 Park Rd.
Plainfield, PA 17081
(717) 243-8220
www.westpennsborotwp.org



AMENITIES: Baseball/Softball, Multi-Purpose Field, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Veterans Memorial

TRAIL INFO: *Miles of Trail: 1.3; Trail Surface: paved; Trail Slope: easy/moderate; Trail Type: loop*



Regular physical activity reduces the risk of falling and improves cognitive function among older adults.



Water Trails

Water trails are boat routes suitable for canoes, kayaks and other small watercraft. Like conventional trails, water trails are recreational corridors between specific locations. Water trails are comprised of access points, boat launches and day use sites.

Cumberland County has 3 water trails: the Susquehanna River Water Trail, the Yellow Breeches Water Trail and Conodoguinet Creek Water Trail. To find a map and learn more about these trails go to www.ccpa.net/watertrails.

Perry County has 2 water trails: the Susquehanna River Water Trail and the Juniata River Water Trail. To learn more about these trails, go to www.fishandboat.com/watertrails.



Little Buffalo State Park
PA Department of Conservation and Natural Resources

Perry County

PERRY COUNTY is a nature lover's delight. In total, over 63,000 acres of land are protected and provide recreation offerings and environmental benefits to the community. The Tuscarora State Forest and the 3 State Parks are the core recreation areas of the County. Additionally, there are numerous State Game Land areas that serve the County and local parks occur in the core communities. Opportunities for hiking abound on the various state lands. Popular trails include the Appalachian Trail, Tuscarora Trail, Darlington Trail, Iron Horse Trail and the various state park trails. Two water trails also exist for those that prefer to get wet — they include the Susquehanna River and Juniata River Water Trails.

Perry County

REGIONAL PARKS & TRAILS*

*Regional Parks and Trails identified on fold out map.

DUNCANNON BOROUGH / PENN TOWNSHIP / RYE TOWNSHIP

APPALACHIAN TRAIL

Mid-Atlantic Office:
4 East First St.
Boiling Springs, PA 17007
(717) 258-5771
www.appalachiantrail.org



AMENITIES: Parking

TRAIL INFO: The Appalachian Trail is one of the longest footpaths in the United States, following the Appalachian Mountains. It runs from Katahdin, Maine, to Springer Mountain in North Georgia. This trail is the first National Scenic Trail created by the National Trails System Act of 1968. The trail is marked with white blazes. Bicycles, horses and pack animals not allowed. The Mid-Atlantic Office is open 8am-3:30pm, Monday through Friday. Stop in for trail maps and parking information.

Trail entrances (Listed East to West):
Hawk Rock Trail/Inn Rd, Route 850 and
Millers Gap Road, Millers Gap Road and
Tuscarora Trail/Darlington Trail

*Miles of Trail: 2,180; Trail Surface: grass
and dirt; Trail Slope: varies; Trail Type: out
& back*

SPRING TOWNSHIP

AUDUBON HAWK WATCH AT WAGGONER'S GAP

Waggoner's Gap Rd.
(Rt. 74)
Carlisle, PA 17015
(717) 213-6880
www.waggap.com
<http://pa.audubon.org>



PARK INFO: This premier hawk-watching site is situated on the Kittatinny Mountain in the southern part of the county. The site is part of Pennsylvania's Important Bird Area Program, which promotes the preservation of bird habitat and is owned and managed by Audubon. This site is one of the best sites along the Kittatinny Ridge, with more than 20,000 raptors passing through every year. Visitors can look forward to seeing a wide variety of migrating birds or they can just enjoy the scenic overlook. Seasonal access only. Open August 1 to December 31.

AMENITIES: Nature Preserve, Bird Watching, Benches, Parking, Environmental Education Programs, Picnic Tables, Amphitheatre

TRAIL INFO: The trail is a bit steep in some places. The view is well worth the walk. You might also want to bring something to sit on if you plan to bird watch for a long period of time.

*Miles of Trail: .5; Trail Surface: dirt and
rock; Trail Slope: moderate to steep; Trail
Type: out & back*

TOBOYNE TOWNSHIP

**BIG SPRING
STATE FOREST
PICNIC AREA**

Rt. 274
New Germantown, PA
17071
(717) 536-3191
www.dcnr.state.pa.us



PARK INFO: Tucked in the side of Conococheague Mountain, Big Spring State Forest Picnic Area is a quaint picnic and hiking area. A short loop trail leads to a partially completed railroad tunnel with historic interpretation at the trailhead. The park also provides access to the Iron Horse Trail for day and overnight hiking. The park takes its name from nearby Big Spring, whose waters form the scenic Shermans Creek.

AMENITIES: Picnic Tables/Pavilions, Hunting, Parking, Snowmobiling

TRAIL INFO:

The Tunnel Trail, one mile in length with blue blazes, leads to the ruins of two narrow-gauge railroads. A display case containing information about those railroads is located at the trailhead in Big Spring State Park.

The Iron Horse Trail provides a 10-mile hiking trail, marked with red blazes, between Big Spring State Park and the Eby Cemetery along PA Route 274. This trail follows the grade of the Perry Lumber Company and the Path Valley railroads.

Miles of Trail: 10; *Trail Surface:* dirt & ballast; *Trail Slope:* moderate; *Trail Type:* loop

RYE / CARROLL TOWNSHIPS

**DARLINGTON
TRAIL**

Perry/Cumberland
County Line
www.satc-hike.org



AMENITIES: Parking

TRAIL INFO: The Darlington Trail is an 7.74 mile orange blazed trail which runs from the Appalachian Trail (AT)/Tuscarora Trail Junction to Tower Road, Marysville. The entire route is located on State Game Land #170.

Best access is from Lambs Gap Road and Millers Gap Road off PA Rt. 944/Wertzville Road. From these two entrances you can travel in either direction. West will lead to the AT and east will lead to Tower Road and some of the more beautiful sections of the trail. The trail follows the Perry and Cumberland county lines.

Miles of Trail: 7.74; *Trail Surface:* grass and dirt; *Trail Slope:* moderate; *Trail Type:* out and back

TOBOYNE TOWNSHIP

FOWLERS HOLLOW STATE PARK

5700 Fowlers Hollow Rd.
Blain, PA 17006
(717) 776-5272
www.dcnr.state.pa.us



PARK INFO: The 104-acre Fowlers Hollow State Park is in a narrow valley created by Fowler Hollow Run. The park is on the edge of Tuscarora State Forest at the intersection of several multi-use trails. The campground of the park is a good base for adventures into the huge tract of public land.

AMENITIES: Picnic Tables/Pavilions, Fishing, Hunting, Stream Access – Fowlers Hollow Run, Camping, Bird Watching, Parking, Public Phone, Drinking Fountain, Snowmobiling, Cross County Skiing, Horseback Riding

TRAIL INFO: There are miles of trails throughout Tuscarora State Forest. Fowlers Hollow State Park is a trailhead for a variety of hiking trails within and connecting to the trail system of the adjacent Tuscarora State Forest. Be sure to acquire a Tuscarora State Forest Public Use Map before hiking on forest lands.

Perry Lumber Trail: Located just outside of the park, this old logging road can be accessed by taking the Alfarata Trail to the approximate mid-point of the trail. The trail is approximately 2 miles in length beginning and ending on Perry Lumber Company Road.

Beaston Trail: The trail begins at a gate located next to the picnic area and also heads into the State Forest. It travels for about 1 mile until you reach Couch Road.

Alfarata Trail: This trail is named after a 1901 climax locomotive purchased by the Perry Lumber Company. The trail begins near the campground and travels up the side of the mountain to join with Perry Lumber Trail.

Rising Mountain Trail: This is a narrow skid trail that is used as a connector trail for snowmobiles. It begins and ends on Hemlock Road. It is approximately 3 miles in length and follows the mountain line. The best vistas are from Hemlock Road during the summer months.

Hart Ridge Trail: This trail begins near the campground and connects to the Beaston Trail.

Fowlers Hollow Trail: This trail begins at gate in campground loop and passes along Fowler Hollow Run.

JACKSON / TOBOYNE TOWNSHIPS

FRANK E. MASLAND NATURAL AREA

Located within Tuscarora State Forest

(717) 536-3191

www.dcnr.state.pa.us



PARK INFO: Surrounding a two-mile section of North Branch Laurel Run, this 1,270-acres tract is a good example of old, second-growth forest. This natural area has a special regulation that strictly prohibits the killing or taking of amphibians or reptiles. Frank E. Masland Jr. was a conservationist who graduated from Dickinson College and had a long career in the carpet industry.

AMENITIES: Fishing, Hunting, Stream Access, Bird Watching, Parking

TRAIL INFO: There are several access points along the outer fringe of the natural area that lead to a primitive trail system.

North Branch Trail: North Branch Trail leaves from the second parking area off Laurel Run Road. It follows the North Branch of the Laurel Run. It also leads straight into Sheriff Trail. It can be made into a long loop hike by linking to Turbett Trail from Sheriff Trail and then taking Laurel Run Road back to your parking space.

Turbett Trail: From the first parking area you will back track on Laurel Run Road to the trail head. Turbett Trail ends at Sheriff Trail.

Deer Hollow Trail: This trail leaves from the first parking area. It travels to the link where North Branch Trail (left turn) and Sheriff Trail (right turn) join together. You can make this into a loop by turning in either direction. The North Branch Trail takes you to the second parking area then back to your parking area via Laurel Run Road. Sheriff Trail can be joined with Turbett Trail to take you back to your parking space.

Sheriff Trail: This trail must be linked with one of the other trails in order to get to the beginning from the parking areas. It is a linking trail for all of the above mentioned trails.

Boiler Trail: This out and back trail is the shortest trail in the area and begins just above the second parking area off Laurel Run Road. It then ends at Bower Mountain Road.



FAST FACTS

Regular physical activity helps to reduce or maintain blood sugar levels and can ultimately help to prevent Type 2 diabetes.

JACKSON / TOBOYNE TOWNSHIPS *continued***HEMLOCKS
NATURAL AREA**

Tuscarora State Forest
Hemlock Rd.
Blain, PA 17006
(717) 536-3191
www.dcnr.state.pa.us



PARK INFO: Located along Hemlock Road near Big Spring State Park, this area consists of 120 acres of virgin hemlock in a narrow ravine about one and one-half miles long. The National Park Service designated the Hemlocks area as a National Natural Landmark in 1973.

AMENITIES: Picnic Tables/Pavilions, Bird Watching, Parking

TRAIL INFO: Three miles of trails traverse the area on each side of Patterson Run. Trails vary from easy to moderate.

Hemlock Trail: The red blazes follow along the Patterson Run crossing the stream in 5 different intervals on wooden foot bridges.
Trail Type: out & back

Rim Trail: This trail is located on a steep slope and connects with the Patterson Run Trail (yellow blazes). This is a great trail to view Mountain Laurel in bloom during late May and early June. *Trail Type:* out & back

Patterson Run Trail: The trail follows the northern boundary of the Hemlocks Natural Area (orange blazes) and meets with the Rim Trail, then joins with Hemlock Road to form a loop. *Trail Type:* loop

**HOVERTER AND
SHOLL BOX
HUCKLEBERRY
NATURAL AREA**

Tuscarora State Forest
Huckleberry Rd.
New Bloomfield, PA 17068
(717) 536-3191
www.dcnr.state.pa.us



PARK INFO: Located near New Bloomfield, this isolated 10-acre tract contains a rare colony of box huckleberry, which is a single plant estimated to be 1,300 years old. The site was designated a National Natural Landmark in 1967.

AMENITIES: Bird Watching, Parking

TRAIL INFO: This interpretive nature trail has 27 stops featuring several native trees, plants, and shrubs.

Miles of Trail .25; Trail Surface: grass, dirt;
Trail Slope: moderate; *Trail Type:* loop

JUNIATA / CENTRE TOWNSHIPS

**LITTLE BUFFALO
STATE PARK**

1579 State Park Rd.
Newport, PA 17074
(717) 567-9255
www.dcnr.state.pa.us



PARK INFO: Certain places just attract people. The cool, clear water of Little Buffalo Creek has been attracting people for centuries. American Indians frequented Little Buffalo Creek on hunting trips. Farmers and merchants used to gossip and pass news while the grain was ground at Shoaff's Mill. Nearby, merchants, local people and travelers met at Blue Ball Tavern. Today, thousands of people meet at Little Buffalo State Park to picnic, swim, fish, hike and experience nature and history.

AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access, Camping, Swimming Pool, Historic Site, Bird Watching, Environmental Education Programs, Gardens, Benches, Parking, Public Phone, Food/Vending Machines, Drinking Fountain, Horseshoe Pits, Rental Cabins, Cross Country Skiing, Ice Fishing, Ice Skating

TRAIL INFO: The park offers 8 miles of trails of various lengths, slope and surface.

Volksmarching: Little Buffalo State Park has a Volksmarch Year Round Walk. White arrows point out the 6.2 mile walk on Mill Race, Fisherman's, Buffalo Ridge, Little Buffalo Creek, Middle Ridge and Exercise trails, and Little Buffalo State Park Road. For official information contact the park office.

Little Buffalo Creek Trail: 1 mile, easiest hiking, blue blazes, out and back trail. Located at the west end of the park, this trail offers hikers the beauty and sounds of water and good opportunities for seeing wildlife. This trail runs between the Main Picnic Area and the west end of the park. During the winter season, Creekside Trail makes a nice cross-country ski trail especially when skiers include the Newport and Sherman's Valley Railroad trace and the mowed strips in the west end of the park.

Exercise Trail: 1.2 miles, easiest hiking, mowed path. This loop trail has 18 permanent stations where hikers can do many different exercises, including: balance beam, pull-ups, hand walks, bar vaults, sit-ups and many other exercises. It is a good trail on which to see bluebirds.

Blue Ball Trail: .25 mile, easiest hiking, paved. This trail is ADA accessible from East Picnic Area and runs near Blue Ball Tavern.

Campground Spur: .5 mile, easiest hiking, green blazes. This trail begins at the campground pond. It drops down an easy grade in a hollow to connect with Middle Ridge Trail.

JUNIATA / CENTRE TOWNSHIPS *continued*

LITTLE BUFFALO STATE PARK

continued

Fisherman's Trail: 1 mile, easiest hiking, yellow blazes. This hiking trail wanders through a mature hemlock forest between the East Picnic Area and Main Picnic Area. A dense canopy of hemlock trees allows very little sunlight to reach the forest floor making for a relatively cool walk even on the warmest days. The dim light prohibits the growth of most plants, but ferns and small hemlocks manage to grow under the canopy. A vista overlooking the lake and dam is on the east end of the trail near East Picnic Area.

Mill Race Trail: .5 mile, easiest hiking, orange blazes. This trail can be accessed by Shoaff's Mill and by the Classroom Annex. The trail follows the stream Furnace Run and the mill race. The race is the narrow channel that supplies water to power the mill. A wayside exhibit explains how the mill race was dug using a mill race scoop pulled by horses. By Furnace Run hikers can find pieces of slag, a green colored stone that is a waste product of the iron furnace that was located upstream. This trail is good for seeing wildflowers.

Middle Ridge Trail: 2.5 miles, most difficult hiking, red blazes. This trail runs from Exercise Trail to the west end of the park. It offers many short, steep climbs while traveling through a variety of habitats. Open fields feature nice views of the lake. In the mixed hardwood forest, hikers may see large, cone-shaped mounds of earth which may house tens of thousands of Allegheny mound builder ants. These ants have very strong jaws and can inflict a painful bite on those who disturb their mounds.

Buffalo Ridge Trail: 1.5 miles, most difficult hiking, white blazes. This trail runs from East Picnic Area to the Newport and Sherman's Valley Railroad trace by Main Picnic Area. This difficult trail winds up Buffalo Ridge and offers glimpses of the industrial history of the area. A mixed hardwood forest with scattered hemlock giants covers the area today, but before it was timbered, the ridge was covered in giant oaks, hickories and American chestnut. Colliers scoured the ridge to make charcoal for the Juniata Iron Works. Look for flat areas of dark ground where wood was stacked, covered with soil and leaves, and burned slowly to make charcoal.

Newport and Shermans Valley R.R. Trace: Leaving from the Western Side of the Main Picnic Area (next to the restrooms) this old Rail Road trail lasts for just over 1 mile, ending at Little Buffalo State Park Road. By adding Little Buffalo Creek Trail, this makes a nice easy loop to traverse. ADA accessible, *Trail Type:* out & back

NORTHEAST MADISON / SAVILLE TOWNSHIPS

**STATE GAME
LANDS #88**

Honey Grove, PA
17035
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online.

AMENITIES: Hunting, Bird Watching, Horseback Riding, Parking

TRAIL INFO: Here the "trail" is an unimproved road. It travels for just over 4 miles along the Tuscarora Mountain. It follows the county line between Juniata and Perry Counties. It also has several food plots (used for deer and other wildlife) along the roadway. The other shorter trails off Liberty Valley Road are also out and back, relatively short in distance, and many of them simply lead to and through food plots.

Miles of Trail: .24 - 5; *Trail Surface:* dirt and grass; *Trail Slope:* moderate to difficult; *Trail Type:* out & back

RYE / CARROLL / PENN TOWNSHIPS

**STATE GAME
LANDS #170**

Dellville, PA 17020
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online

AMENITIES: Hunting, Horseback Riding, Parking

TRAIL INFO: The Darlington Trail, Appalachian Trail and Tuscarora Trail run through State Game Lands #170. The other trails mentioned are unimproved roads.

On the right of Route 850 is Cove Mountain. There are two right turns off Route 850 that travel a short distance up the mountain. They can be made into a loop by taking the first right and then another right at the next unimproved road, and finally a right that will take you back to Route 850. If you take a left off Route 850 after where the Appalachian Trail crosses Route 850, you will be able to park at the Perry and Cumberland County line and walk on Millers Gap Road.

Trail Surface: grass and rocks; *Trail Slope:* moderate to difficult



**FAST
FACTS**

Children who get 60 minutes of activity per day do better in school, have better self-esteem and sleep better.

TUSCARORA TOWNSHIP

STATE GAME LANDS #171

Thompsontown, PA
17094
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online.

AMENITIES: Hunting, Parking

TRAIL INFO: Although most of these hikes are located in Juniata County they are mentioned in this guide because the State Game Lands are located in both Perry and Juniata counties.

The dirt path leads through Potash Hollow and makes a Y. If you take the right it will lead you up Tuscarora Mountain where it makes a dead end after approximately 1 mile. If you take the left, you travel to Durward Station and can continue along the Juniata River and railroad tracks.

Miles of Trail: .25-4; *Trail Surface:* dirt road; *Trail Slope:* moderate to difficult

CARROLL TOWNSHIP

STATE GAME LANDS #230

Rt. 944/Enola Rd.
Carlisle, PA 17015
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online.

AMENITIES: Hunting, Parking, Rifle & Pistol Ranges, Horseback Riding

TRAIL INFO: The Tuscarora Trail passes right by the park on the Perry and Cumberland County line at Cranes Gap. There are several dirt roads available for hiking. The first road to the right leads to the Pistol Range. The second & third make a loop around a food plot. The fourth entrance on the right leads to the Rifle Range. All trails are less than .5 mile.

BUFFALO / WATTS TOWNSHIPS

STATE GAME LANDS #254

New Buffalo, PA 17069
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online.

AMENITIES: Hunting, Horseback Riding, Parking

TRAIL INFO: The trail leads from the Susquehanna River to the Juniata River and Route 22/322.

Miles of Trail: 4; *Trail Surface:* dirt; *Trail Slope:* moderate to difficult; *Trail Type:* out & back

WHEATFIELD / CENTRE TOWNSHIPS

**STATE GAME
LANDS #256**

Mecks Corner, PA 17068
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online.

AMENITIES: Hunting, Parking

TRAIL INFO: Beginning at Route 34/274, the Dicks Ridge trail leads up two steep inclines and travels into Miller Township. All other dirt roads lead through the Game Lands to several food plot areas and are out and back trails.

Miles of Trail: .25 - 4; *Trail Surface:* dirt and grass; *Trail Slope:* moderate to difficult

LIVERPOOL TOWNSHIP

**STATE GAME
LANDS #258**

Liverpool, PA 17045
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online.

AMENITIES: Hunting, Parking

MILLER TOWNSHIP

**STATE GAME
LANDS #281**

Newport, PA 17074
(814) 643-1831
www.pgc.state.pa.us



PARK INFO: Interactive mapping available online.

AMENITIES: Hunting, Horseback Riding, Parking

TRAIL INFO: These dirt roads are not as steep as many within the State Game Lands. They are on the opposite side of the Juniata River from State Game Lands #254 and follow the Mahanoy Ridge.

Miles of Trail: 1 - 4; *Trail Surface:* moderate to difficult; *Trail Type:* out & back



Regular physical activity improves your mental health and mood. Being active outdoors even offers additional benefits:

- A 2010 study reported on by the British Broadcasting Corporation found that even just 5 minutes of exercise in a green space can improve mood and self-esteem.
- A 2009 study from the University of Rochester found that just being outside 20 minutes can rev you up as much as a cup of coffee.

**NORTHEAST MADISON / NORTHWEST MADISON /
JACKSON / TOBOYNE / TYRONE TOWNSHIPS**
**TUSCARORA
STATE FOREST**

District Office
4455 Big Spring Rd.
Blain, PA 17006
(717) 536-3191
www.dcnr.state.pa.us



PARK INFO: Tuscarora State Forest derives its name from Tuscarora Mountain, which was named for the Iroquois-nation tribe that once inhabited the area. Comprising 95,780 acres, the Tuscarora includes tracts in Cumberland, Franklin, Huntingdon, Juniata, Mifflin, and Perry counties. The forest spans across the heart of south-central Pennsylvania's distinctive ridges and mountain gaps.

AMENITIES: Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access, Camping, Historic Site, Bird Watching, Parking, Horseback Riding, Cross-Country Skiing, Snowmobiling

TRAIL INFO: The Tuscarora State Forest contains over 200 miles of trails suitable for hiking, biking, and horseback riding. For a trail map, visit www.dcnr.state.pa.us

**RYE / CARROLL / SPRING / TYRONE / SOUTHWEST /
JACKSON / TOBOYNE TOWNSHIPS**
**TUSCARORA
TRAIL**

Various locations
(703) 242-0693
<http://patc.net/index.htm>



AMENITIES: Parking

TRAIL INFO: Approximately 23 miles of the Tuscarora Trail is located within the Tuscarora State Forest. This trail parallels the Appalachian Trail, is less busy and a bit more rugged. The trail is marked with blue blazes. Contact the Potomac Appalachian Trail Club for detailed trail maps and current conditions.

Entrances to the Tuscarora Trail (Listed West to East): Colonel Denning State Park, Route 74 near Florence Jones Reineman Wildlife Sanctuary, State Game Lands #230, Route 34 in Sterretts Gap, State Game Lands #107, Deans Gap and Darlington Shelter.

Miles of Trail: 110; *Trail Surface:* dirt and grass; *Trail Slope:* moderate to difficult; *Trail Type:* out & back



Little Buffalo State Park
Stephanie Williams

Perry County

EASTERN PARKS & TRAILS



BLOOMFIELD BOROUGH

BLOOMFIELD BOROUGH PARK
 East McClure St.
 New Bloomfield, PA 17068
 (717) 582-8888
www.bloomfieldboro.org

AMENITIES: Park, Baseball/Softball, Playground/Tot Lot, Skate Park, Picnic Tables/Pavilions, Swimming Pool, Benches, Parking



BLOOMFIELD-CENTRE-CARROLL SWIMMING POOL
 250 Chestnut St.
 New Bloomfield, PA 17068
 (717) 582-3030

AMENITIES: Park, Baseball/Softball Soccer, Multi-Purpose Field, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Swimming Pool, Benches, Parking, Food/Vending Machines, Drinking Fountain



CARROLL TOWNSHIP

**CARROLL
TOWNSHIP
COMMUNITY
CENTER**

255 Church Rd.
Shermans Dale, PA 17090
(717) 582-8200
<http://carrolltwp.org>



AMENITIES: Picnic Tables/Pavilions,
Community Center, Parking, Gazebo

**CARROLL
TOWNSHIP
COMMUNITY
PARK**

465 Burn Hill Rd.
Shermans Dale, PA 17090
(717) 582-8200
<http://carrolltwp.org>



AMENITIES: Baseball/Softball, Soccer,
Multi-Purpose Field, Tennis, Volleyball
Playground/Tot Lot, Basketball, Picnic
Tables/Pavilions, Benches, Parking, Food/
Vending Machines

**CARROLL
TOWNSHIP
VALLEY PARK**

4415 Valley Rd.
Shermans Dale, PA 17090
(717) 582-8200
carrolltwp.org



AMENITIES: Baseball/Softball, Soccer,
Multi-Purpose Field, Parking

TRAIL INFO: *Miles of Trail: .25; Trail
Surface: cinders; Trail Slope: easy; Trail
Type: loop*

DUNCANNON BOROUGH

**DUNCANNON
BOROUGH PARK**

Chestnut St.
Duncannon, PA 17020
(717) 834-4311
www.duncannonboro.org



AMENITIES: Baseball/Softball, Soccer,
Multi-Purpose Field, Tennis, Volleyball,
Playground/Tot Lot, Basketball, Nature
Preserve, Picnic Tables/Pavilions, Fishing,
Hunting, Boating/Stream Access, Camping,
Community Center, Historic Site, Bird
Watching, Gardens, Benches, Parking,
Public Phone, Food/Vending Machines

TRAIL INFO: *Miles of Trail: 1*

GREENWOOD TOWNSHIP

**MILLERSTOWN
AREA
COMMUNITY
PARK & POOL**

110 West Juniata Pkwy.
Millerstown, PA 17062
(717) 589-7204
www.millerstownpa.com



PARK INFO: Park is an access point for the Juniata River Water Trail.

AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Volleyball, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Swimming Pool, Community Center, Benches, Parking, Football Field

TRAIL INFO: *Miles of Trail:* 1; *Trail Surface:* dirt and paved; *Trail Slope:* easy; *Trail Type:* out and back

HOWE TOWNSHIP

**HOWE
TOWNSHIP PARK**

Juniata Pkwy. East
Newport, PA 17074
(717) 346-8196
www.fishandboat.com



PARK INFO: Park is an access point for the Juniata River Water Trail.

AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Bird Watching, Benches, Parking

LIVERPOOL BOROUGH

**LIVERPOOL
COMMUNITY
PARK**

100 N. Pine St.
Liverpool, PA 17045
(717) 444-3194
www.liverpool.pa.net



AMENITIES: Baseball/Softball, Soccer, Multi-Purpose Field, Tennis, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Community Center, Benches, Parking

TRAIL INFO: *Miles of Trail:* .25; *Trail Surface:* flat; *Trail Slope:* Easy; *Trail Type:* loop

**LIVERPOOL
COMMUNITY
SWIMMING
POOL**

201 Lara Ln.
Liverpool, PA 17045
(717) 444-2117



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Swimming Pool, Benches, Parking, Food/Vending Machines

MARYSVILLE BOROUGH

HERITAGE PARK

South Main St.
Marysville, PA 17053
(717) 957-3110
www.marysvilleboro.com



PARK INFO: Park is an access point for the Susquehanna River Water Trail - Middle Section.

AMENITIES: Fishing, Boating/Stream Access, Bird Watching, Parking

LIONS PARK

State Rd.
Marysville, PA 17053
(717) 957-2690
www.lionscarnivalclub.com



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Basketball, Hiking Trail, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Community Center, Bird Watching, Benches, Parking, Food/Vending Machines

MARYSVILLE BOROUGH PLAYGROUND & POOL

State Rd.
Marysville, PA 17053
(717) 957-3110
www.marysvilleboro.com



AMENITIES: Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Swimming Pool, Historic Site, Bird Watching, Benches, Parking, Food/Vending Machines, Drinking Fountain

SHROEDER PARK

South Main St.
Marysville, PA 17053
(717) 957-3110

PARK INFO: Park is an access point for the Susquehanna River Water Trail - Middle Section.

AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Historic Site, Bird Watching, Parking

NEWPORT BOROUGH

NEWPORT PLAYGROUND AND BOROUGH PARK

Oliver St.
Newport, PA 17074
(717) 567-3728
www.newportboro.com



AMENITIES: Baseball/Softball, Tennis, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Parking, Drinking Fountain

OLIVER TOWNSHIP

OLIVER TOWNSHIP COMMUNITY PLAYGROUND

South Third St.
Newport, PA 17074
(717) 567-3809



AMENITIES: Baseball/Softball, Soccer Multi-Purpose Field, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Benches, Parking, Food/Vending Machines

PENN TOWNSHIP

HAWK ROCK TRAIL

Inn Rd.
Duncannon, PA 17020
(717) 258-5771
www.appalachiantrail.org



AMENITIES: Parking

TRAIL INFO: This trail is a side trail to the Appalachian Trail (p. 57). Hawk Rock overlooks the Susquehanna River from Cove Mountain.

Miles of Trail: 1; Trail Surface: grass and dirt; Trail Slope: difficult; Trail Type: out and back

PENN TOWNSHIP PARK

Municipal Building Rd.
Duncannon, PA 17020
(717) 854-5281
www.penntownship.net



AMENITIES: Baseball/Softball, Multi-Purpose Field, Volleyball, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Bird Watching, Benches, Parking, Overlook

PERRY COUNTY RECREATION ASSOCIATION

YMCA Dr.
Duncannon, PA 17020
(717) 834-5000



AMENITIES: Soccer, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Camping, Swimming Pool, Parking, Archery Range



Little Buffalo State Park
Stephanie Williams

RYE TOWNSHIP

JIM WEAVER NATURE PARK

Lone Oak Dr. & Lee Dr.
Marysville, PA 17053
(717) 957-2348
www.ryetwp.com



AMENITIES: Bird Watching, Benches

TRAIL INFO: *Miles of Trail: .25; Trail Surface: wood, mulch; Trail Slope: moderate; Trail Type: loop*

RYE TOWNSHIP COMMUNITY PARK

1760 Valley Rd.
Marysville, PA 17053
(717) 957-2348
www.ryetwp.com



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Nature Preserve, Picnic Tables/Pavilions, Fishing, Benches, Parking

TRAIL INFO: *Miles of Trail: .25; Trail Surface: wood, mulch; Trail Slope: easy; Trail Type: loop*

WATTS TOWNSHIP

WATTS-BUFFALO COMMUNITY CENTER

Black Snake Rd.
Duncannon, PA 17020
(717) 567-3424
www.wattstownship.org



AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Basketball, Picnic Tables/Pavilions, Community Center, Parking

WHEATFIELD TOWNSHIP

WAGNER COMMUNITY PARK

600 Paradise Rd.
Newport, PA 17074
(717) 834-5467
www.wheatfieldtwp.com

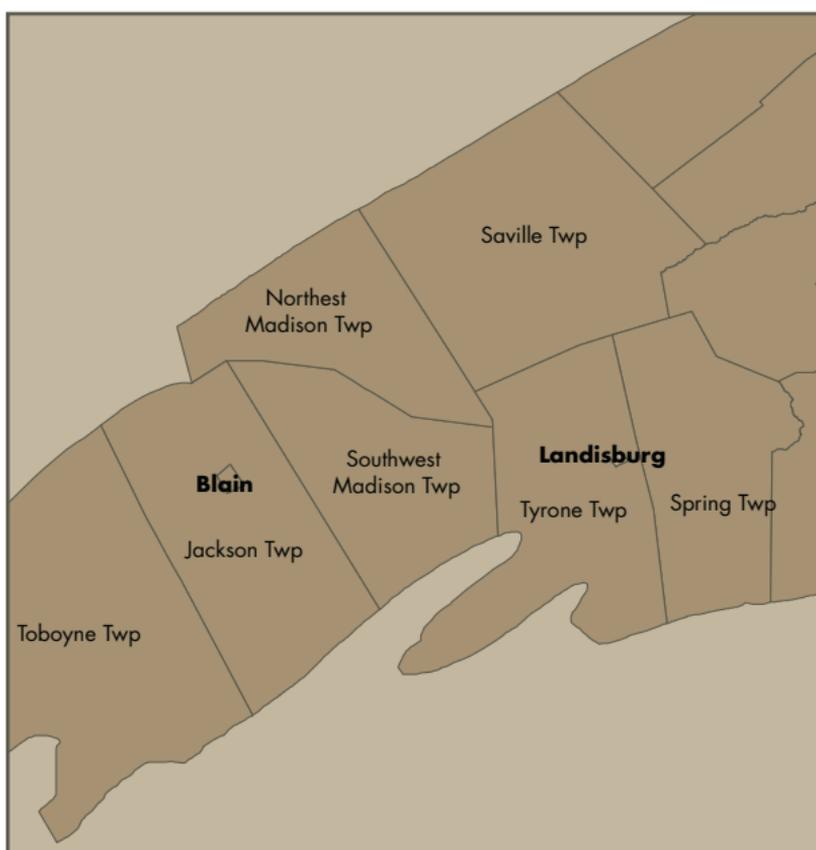


AMENITIES: Baseball/Softball, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Hunting, Bird Watching, Benches, Parking

TRAIL INFO: *Miles of Trail: 2.25; Trail Surface: dirt; Trail Slope: easy and moderate*

Perry County

WESTERN PARKS & TRAILS



BLAIN BOROUGH

BLAIN AREA PARK

153 Church Rd.
Blain, PA 17006
(717) 536-3518



AMENITIES: Tennis, Volleyball, Playground/
Tot Lot, Basketball, Picnic Tables/Pavilions,
Benches, Parking, Drinking Fountain

LANDISBURG BOROUGH

MARK E. HENRY MEMORIAL PARK

Venus St.
Landisburg, PA 17040
(717) 789-2169
www.landisburg.org

AMENITIES: Multi-Purpose Field

SAVILLE TOWNSHIP

**WAYNE WEIBLEY
MEMORIAL FIELD/
BRADY REISINGER
PLAYGROUND**

Veterans Way (Rt. 74)
Ickesburg, PA 17037
(717) 438-3396
<http://ickesburglionsclub.webs.com>

AMENITIES: Baseball/Softball, Playground/
Tot Lot, Benches, Parking, Midget Ballfield

**WILLIE SNYDER
MEMORIAL FIELD**

Fire House Aly.
Ickesburg, PA 17037
(717) 438-3344

AMENITIES: Baseball/Softball, Soccer,
Volleyball, Playground/Tot Lot, Basketball,
Picnic Tables/Pavilions, Benches, Parking,
Sandlot Baseball Field



TOBOYNE TOWNSHIP

**TOBOYNE
SPORTSMAN'S
ATHLETIC PARK**

65 Germantown Rd.
New Germantown, PA
17071
(717) 536-3641

AMENITIES: Baseball/Softball, Multi-
Purpose Field, Playground/Tot Lot, Picnic
Tables/Pavilions, Benches, Parking



TYRONE TOWNSHIP

**LOYSVILLE
COMMUNITY
PARK**

1405 Montour Rd.
Loysville, PA 17047
(717) 789-4494

AMENITIES: Baseball/Softball, Soccer,
Multi-Purpose Field, Playground/Tot
Lot, Basketball, Picnic Tables/Pavilions,
Community Center, Benches, Parking

TRAIL INFO: This area provides a circular
track where 6 times around the grassy
track will equal a mile in distance. One
could also walk around the periphery of the
property even though no formal trail exists.

*Miles of Trail: .16; Trail Surface: aging track
surface; Trail Slope: easy; Trail Type: loop*



Colonel Denning State Park
Scot Gordon



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Cumberland County

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FAST FACTS

Walking is an aerobic activity that’s also very affordable – the only thing you need is a good pair of sneakers.

- **On average, every minute you walk extends your life by 1 ½ - 2 minutes.**
- **It is recommended that adults take 10,000 steps per day. The average adult gets 5,000 steps from going to work, running errands and doing chores.**

