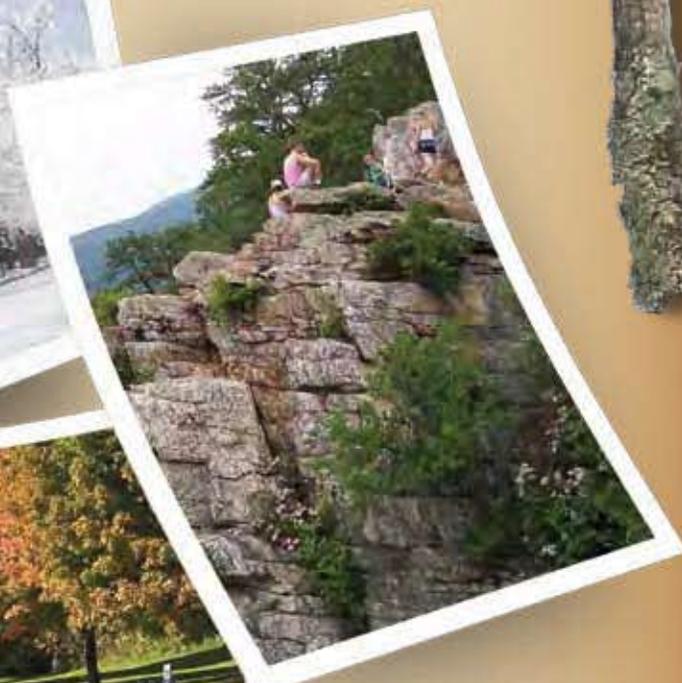


Fourth Edition

Simply Moving

A GUIDE TO PUBLIC PARKS, TRAILS & RECREATION
FACILITIES IN CUMBERLAND AND PERRY COUNTIES



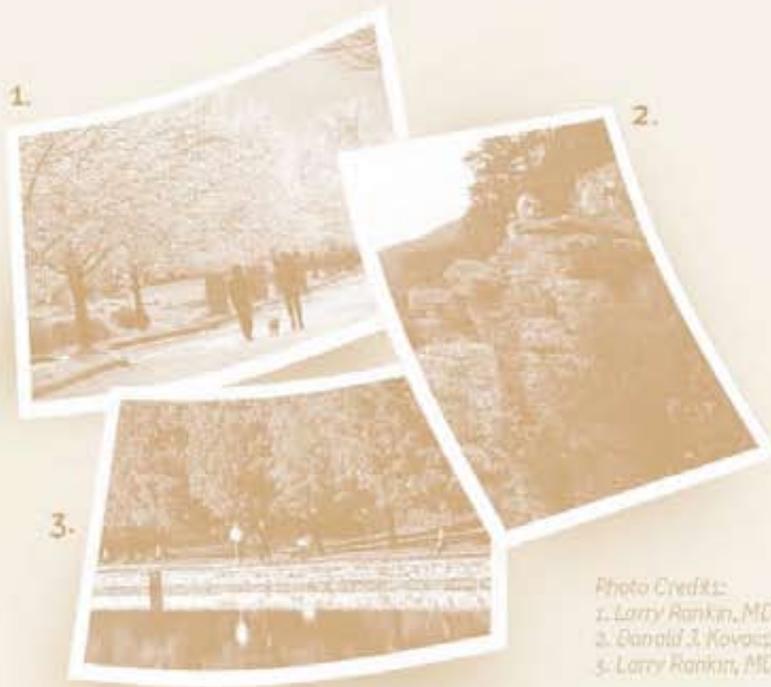


Photo Credits:

- 1. Larry Rankin, MD; Carlisle, Pa.
- 2. Donald J. Kovacs, MD; Boiling Springs, Pa.
- 3. Larry Rankin, MD; Carlisle, Pa.

Copyright 2009 by The Carlisle Area Health & Wellness Foundation
Printed in the United States of America. All Rights Reserved

Published by: Carlisle Area Health & Wellness Foundation
274 Wilson Street • Carlisle, PA 17013
(717) 960-9009 • www.cahwf.org

Cumberland County Planning Department
18 N. Hanover Street, 3rd floor • Carlisle, PA 17013
(717) 240-5362 • www.ccpa.net

This project was also financed in part by a grant from the Community Conservation Park Partnership Fund, under the administration of the Pennsylvania Department of Conservation and Natural Resources, Bureau of Recreation and Conservation.

Table of Contents



FOREWORD	iv
TIPS FOR WALKING	v
WALKING WARM-UP MOVES	v
TIPS FOR FASTER WALKING	vi
STRETCH ROUTINE	vi
DISCLAIMER	vi
MORE TIPS FOR WALKING.....	vii
ITEMS TO BRING	vii
DO'S AND DON'TS	vii
READING TRAIL BLAZES.....	vii
TRAIL ETIQUETTE	viii
CUMBERLAND COUNTY.....	2
MAP.....	2
ICON LEGEND	3
EAST REGION.....	3
CENTRAL REGION	16
WEST REGION.....	28
JOURNAL ENTRIES.....	37
PERRY COUNTY	38
MAP.....	38
ICON LEGEND	39
EAST REGION.....	39
CENTRAL REGION	40
WEST REGION.....	47
INDEX.....	50-51
JOURNAL ENTRIES.....	52-53

Foreword



Welcome to the Fourth Edition of the comprehensive guide to outdoor recreation in Cumberland and Perry counties. The guide includes information on public parks, trails and recreational facilities.

The Carlisle Area Health & Wellness Foundation (CAHWF), the Carlisle Regional Advocates for Nutrition and Activity (CRANA), and the Cumberland County Planning Department joined together to produce this edition and bring you the most updated resource to local recreation venues and facilities. CAHWF, CRANA and Cumberland County are committed to encouraging the use of close-to-home parks and trails as great places for physical activity. This guide provides individuals and families with more options to share leisure time together in healthy, inexpensive ways.

The parks, trails and recreation facilities listed in the guide are conveniently organized by county and by region, making it easy to locate a park or trail near your home or work. There is truly something for everyone almost literally in your own backyard. The guide also details the amenities found at each facility and provides a local contact in case you need more information.

Cumberland and Perry counties have a variety of parks and recreation areas managed at the federal, state, county and local levels of government. In total, there are over 200 facilities in the region. Combined, they offer residents year-round recreational opportunities.

If you are looking to take a walk or a casual excursion, the easier trails are generally found in the town parks and many are handicapped accessible. If you are looking for moderate hikes, State Parks offer excellent clean trails that can be challenging at almost all skill levels. State Game Lands and State Forest trails generally have fewer amenities and offer a more primitive outdoor experience.

Copies of the *Simply Moving* guide are available from the Carlisle Area Health & Wellness Foundation or the Cumberland County Planning Department at their offices and on their websites at www.cahwf.org and www.ccpa.net. Please have fun and be sure to track your adventures on the journal entry pages that are provided in the back of the guide. If you have any questions or you want to share your comments, please feel free to do so through the referenced websites. Enjoy your journeys!

Tips for Walking



The following information is adapted from: *The Complete Guide to Walking for Health, Weight Loss, and Fitness* by Mark Fenton (Lyons Press, 2001).

Five Walking Warm-up Moves

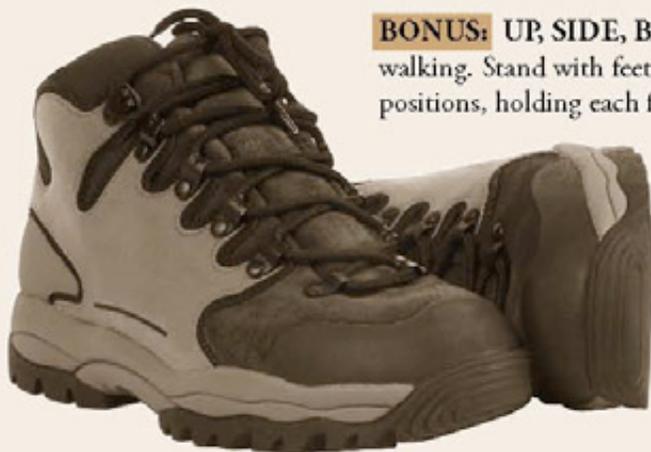
The higher intensity of exercise you intend to do, the more you benefit from warm-up exercises. But even a relaxing stroll is likely to feel better after two to four minutes of gentle, dynamic warm-up moves. Keep in mind that gradually increasing blood flow and slowly increasing your muscle and joint temperature can improve your comfort and performance, and reduce the risk of injury during any exercise. You'll feel better, and walk better.

I recommend the following five simple moves before any brisk walk, as they target some muscles that do lots of the work in walking. All are done standing up, and the movements are slow, controlled, and comfortable. If you spend 30 seconds on each the whole routine takes under three minutes. (Rest one hand on something for balance when needed.)

- 1. ANKLE CIRCLES.** Stand on one foot and lift the other off the ground. Slowly flex that ankle through its full range of motion, making large circles with the toes, but only by moving the ankle joint, not the lower leg. Do 6 to 8 in each direction, then switch feet and repeat.
- 2. LEG SWINGS.** Stand on one leg, and swing the other loosely from the hip, front to back. It should be a relaxed, unforced motion like the swinging of a pendulum, and your foot should swing no higher than a foot or so off the ground. Do 15 to 20 swings on each leg.
- 3. PELVIC LOOPS.** Put your hands on your hips with your knees "soft" (slightly bent) and feet shoulder width apart. Keep your body upright and make 10 slow continuous circles with your hips, pushing them gently forward, to the left, back and to the right. Then reverse directions and repeat.
- 4. ARM CIRCLES.** Hold both arms straight out to the sides, making yourself a letter "T." Make 10 to 12 slow backward circles with your hands, starting small and finishing with large circles, using your entire arm. Shake your arms out, then repeat with 10 to 12 forward circles again starting small and getting larger.
- 5. HULA HOOP JUMPS.** Begin jumping in place on both feet. Keep your head and shoulders facing forward, and twist your feet and lower body left then right, back and forth, on successive jumps. Jump 15 to 20 times, facing forward but twisting the hips and legs left and right on alternate jumps.

BONUS: UP, SIDE, BACK, DOWNS. Ideal if you have shin soreness while walking. Stand with feet hip width apart and roll your feet through four positions, holding each for a two-count.

- **Up:** Stand on your toes, heels as high as possible.
- **Side:** Roll to the outside edges of your feet, with the inside edges pulled up.
- **Back:** Stand on your heels, with your toes held as high as possible.
- **Down:** Rest, with both feet flat on the floor.



Four Tips for Faster Walking Technique

To boost your walking to a speed that's sure to build fitness and burn calories, you don't have to be a racewalker. Just try these four simple tips to pick it up to a healthy pace.

- 1. STAND TALL.** No slouch in the shoulders, forward lean from the waist, or excess sway in your back. *CUE:* Keep your eyes on the horizon, don't let your chin drop.
- 2. FOCUS ON QUICKER, NOT LONGER STEPS.** Yes, your stride gets longer as you walk faster. But that shouldn't be your goal; let it happen naturally. Instead concentrate on taking faster steps. *CUE:* Count how many steps you take in 20 seconds; shoot for over 45 (that's 135 steps/minute, or roughly 3.5 to 4 miles per hour).
- 3. BEND YOUR ARMS.** Hold your elbows at a right angle so your arms can swing more quickly; target a quick, compact arm swing. *CUE:* Hands should trace an arc from alongside the waistband on the back swing, to chest height (no higher) in the front.
- 4. PUSH OFF OF YOUR TOES.** Consciously push off of your toes and generate as much boost as possible at the end of each step. *CUE:* Feel like you're showing someone behind you the bottom of your shoe on every stride.

The Three-Minute After-Activity Stretch Routine

There's no need to be super flexible. But it is worth doing just a few minutes of stretching after each walk, when your muscles are the most warm and compliant. That's enough to help maintain your mobility and a healthy range of movement for a lifetime of active living. It's also likely to reduce the chance of injuries or limitations. Here are three simple, stand up stretches you can do any place, anytime after exercise.

Do all of these stretches slowly, never to the point of discomfort; hold each stretch for six to eight slow, deep breaths. Imagine releasing muscle tension with each deep exhale. Begin each stretch standing up, and feel free to rest one hand on something for balance if necessary. If you have time, go through the cycle twice.

- 1. CALF AND HIP STRETCH.** Take a giant step forward with your left foot. Bend your left knee (but don't push it beyond your foot) and keep your right heel on the ground and your right leg straight behind you. Keep your abdominal muscles gently contracted so there's no excess arch in your back, and you should feel the stretch in both your right calf and hip. Hold for several deep breaths. Then switch legs and repeat.
- 2. BACK AND HAMSTRING STRETCH.** Stand with your feet together and your knees soft (not straightened). Lean forward from the waist and let your arms and head hang loosely toward the ground. Don't necessarily try to touch your toes—just let your body hang under its own weight, and let it ease into the stretch with each deep exhale. Slowly stand up (to avoid light-headedness) and repeat.
- 3. SHIN AND THIGH STRETCH.** Grasp your right toes with your right hand, and gently pull your foot up behind you, keeping your right knee pointed toward the ground. Your heel does not have to reach your buttocks—just pull to the point of feeling a gentle stretch in the front of the thigh, hip, and shin. Hold for several deep breaths. Then switch legs and repeat.

Disclaimer: Even though walking is one of the safest physical activities, it does have intrinsic risks for which you must assume responsibility. Please follow all advice of your doctor, and do not start a walking program without his/her consent. We strive to present all parks, trails and recreation areas as accurately as possible; however, we cannot be responsible for discrepancies between these descriptions and the actual conditions. If you do encounter any discrepancies, let us know.

More Tips for Walking



Items you might want to bring with you:

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Hat | <input type="checkbox"/> Flashlight | <input type="checkbox"/> GPS Unit | <input type="checkbox"/> Pepper Spray |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Snacks/Lunch | <input type="checkbox"/> Binoculars | <input type="checkbox"/> First-Aid Supplies |
| <input type="checkbox"/> Bug Spray | <input type="checkbox"/> Camera | <input type="checkbox"/> Area Maps | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Water | <input type="checkbox"/> Walking Stick | <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Small Bag for Trash and Litter |
| <input type="checkbox"/> Extra Clothing | <input type="checkbox"/> Pedometer | <input type="checkbox"/> Reflective Gear | |

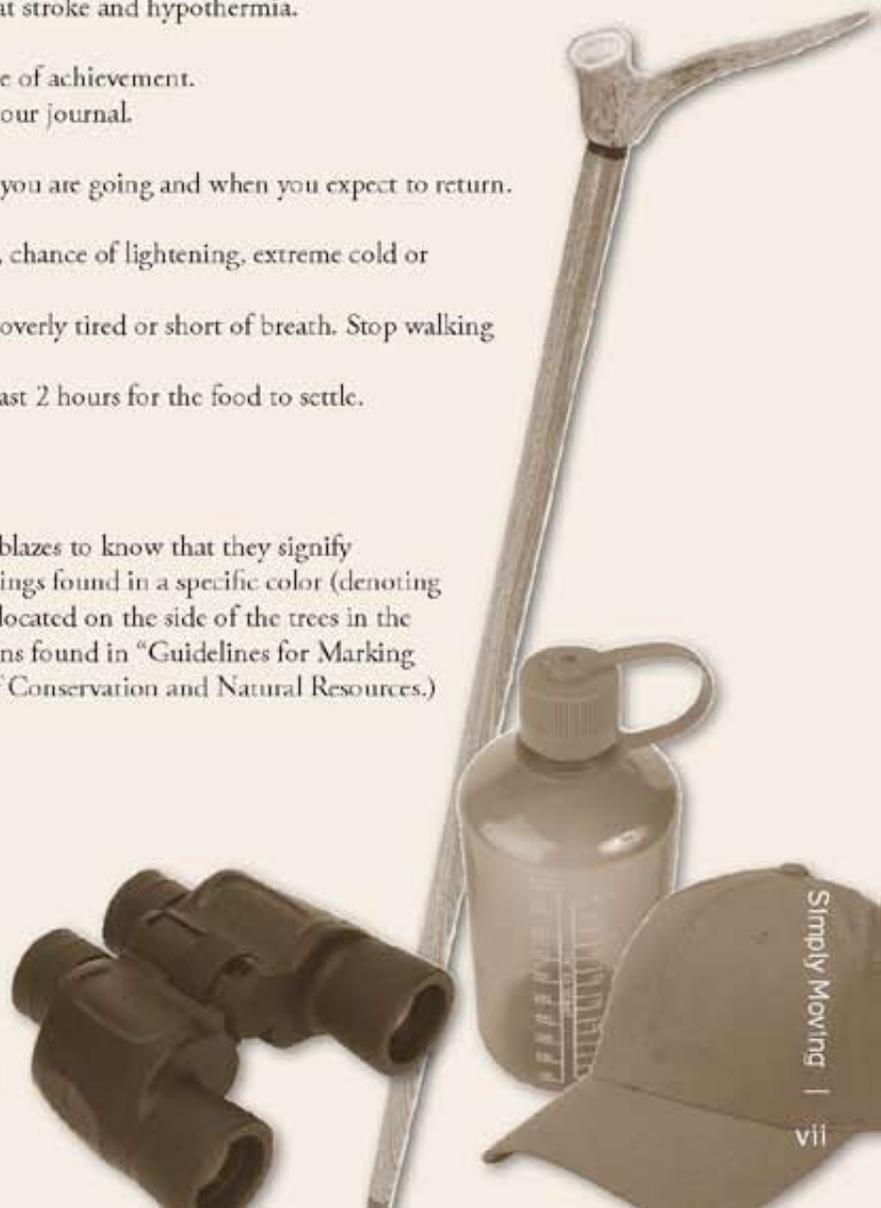
The Do's and Don'ts of Walking:

- Do consult with a doctor before beginning your walking program.
- Do drink lots of water before walking, during the walk, and after the walk. This is most important on hot and humid days.
- Do learn the symptoms of heat exhaustion, heat stroke and hypothermia.
- Do start out easy and slow, increase gradually.
- Do set attainable goals that can give you a sense of achievement.
- Do keep track of your progress over time with our journal.
- Do explore new places and obey posted rules.
- Do take a walking partner or tell others where you are going and when you expect to return.
- Do make walking a habit.
- Don't walk in extreme weather conditions (i.e., chance of lightening, extreme cold or extreme hot).
- Don't continue walking if you feel pain, dizzy, overly tired or short of breath. Stop walking and consult with a doctor.
- Don't walk right after a heavy meal. Wait at least 2 hours for the food to settle.

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
-  RIGHT TURN
-  LEFT TURN
-  CAUTION



General Etiquette for all Trail Users

1. Read trailhead guidelines. There may be specific rules for the trail you are on.
2. Treat all trail users with respect and courtesy regardless of their sport, speed or skill level.
3. Protect our environment. Stay on the trail. Do not cut switchbacks or use shortcuts.
4. 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.
5. Share the trail, watch and listen for others.
6. Learn and use appropriate hand signals. Motorized users often cannot hear voice signals.
7. Respect trail closures; use only trails posted open. Obey posted signs.
8. Carry out all litter, including your pet's waste.
9. All users yield to horseback riders.
10. When encountering a horse, speak in a calm, pleasant tone so the horse hears a human voice. Do not hide. The rider knows the horse best. Expect the rider to advise you, not as a lack of courtesy, but rather with knowledge of the horse's temperament.
11. Downhill traffic yields to uphill traffic and faster users yield to slower users.
12. Do not approach, scare, harass, or feed wildlife or livestock.
13. Respect private property and the privacy of people living along the trail.
14. Dogs are a potential fright for both people and horses. Pets must be kept on leashes and under control.
15. Leave flowers and plants for others to enjoy. Do not pull bark off of, cut or otherwise damage live trees.
16. Practice low-impact trail use. Wet and muddy trails are more vulnerable to damage when trail is soft. Consider other options.
17. Travel at a safe and controlled speed. Be especially careful when visibility is limited.
18. Report vandalism. If there is contact information at the trailhead, tell the managing agency of any destruction or management needs you notice.



Photo Credit: Larry Rankin, MD, Carlisle, Pa.

The above information is adapted from:

- Bureau of Parks and Recreation—Madison, Wisconsin
- www.hikingdude.com/hiking-etiquette
- www.trailsandopenspaces.org/trails/etiquette





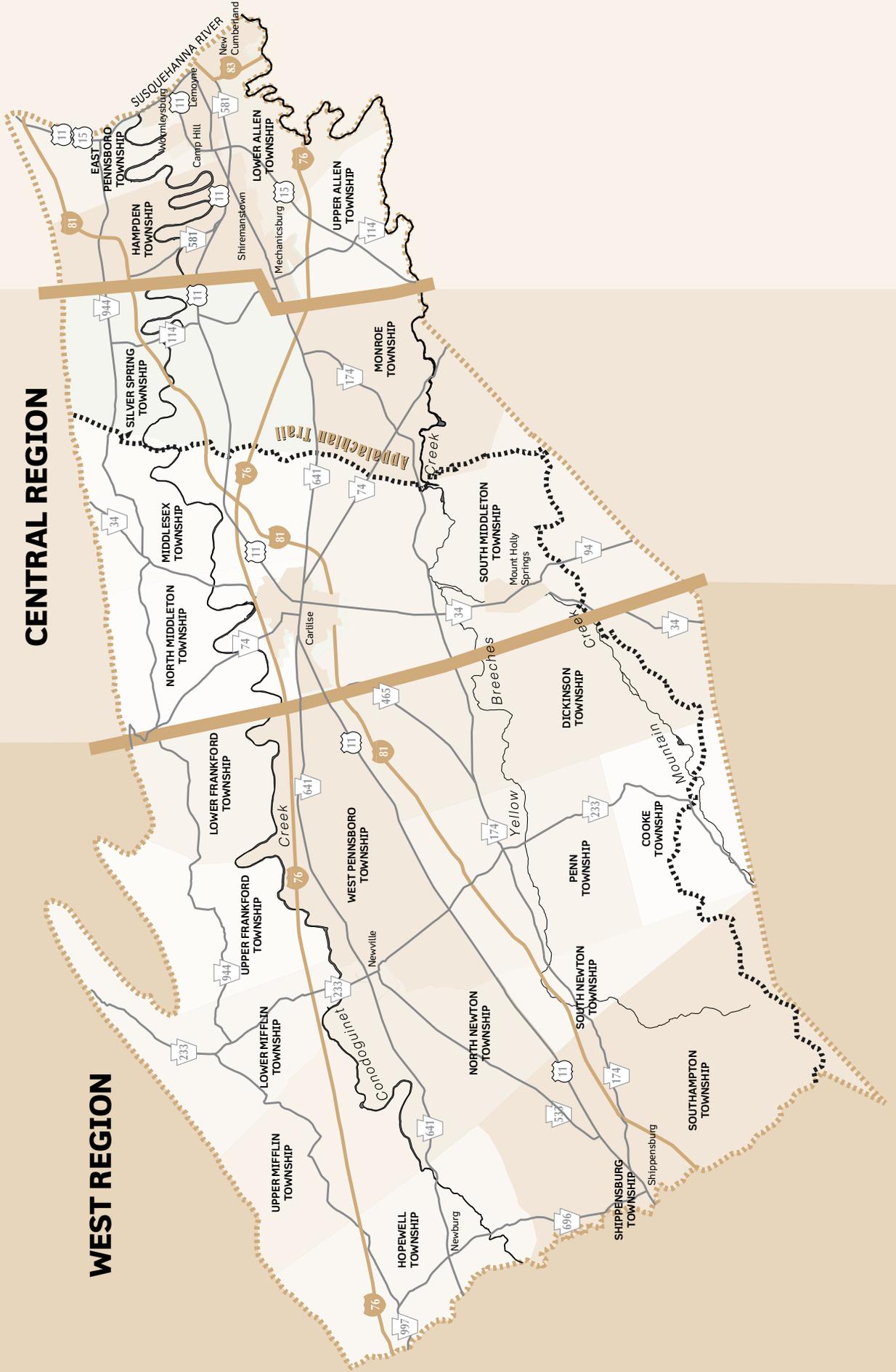
Photo Credit: Donald J. Kovacs, MD; Boiling Springs, Pa.

CUMBERLAND COUNTY

EAST REGION

CENTRAL REGION

WEST REGION



Camp Hill Borough

CHRISTIAN L. SEIBERT MEMORIAL PARK

Route 15
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



DIRECTIONS: (To Seibert Park) From Carlisle take Route 11 North into Camp Hill and merge onto Route 15 North. Siebert Park is on the left side of the road before the 21st Street bypass and Holy Spirit Hospital. (Next to the Camp Hill Swimming Pool)

AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Fishing, Boating/Stream Access, Swimming Pool, Community Center, Bird Watching, Environmental Educational Programs, Gardens, Restrooms, Benches, Parking, Picnic Tables/Pavilions, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail

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. Miles of Trail: 1

FIALA FIELD

South 21st Street
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Playground/Tot Lot, Community Center, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Wheel Chair/Stroller Accessible, Hike/Bike Trail

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

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



DIRECTIONS: (To Seibert Park) From Carlisle take Route 11 North into Camp Hill and merge onto Route 15 North. Siebert Park is on the left side of the road before the 21st Street bypass and Holy Spirit Hospital. (Next to the Camp Hill Swimming Pool)

AMENITIES: Hike/Bike Trail

TRAIL INFO: Maurice K. Goddard was the father of the Pennsylvania State Park System. His vision, now a reality, was to have a State Park within 25 miles of every PA resident. 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. Miles of Trail: 4.5, Trail Surface: Paved, Trail Slope: Easy, Trail Type: Out & Back

SPRING LAKE/BEVERLY PARK

Beverly Road & Lincoln Street
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



AMENITIES: Basketball, Multi-Purpose field, Playground/Tot lot, Picnic Tables/Pavilions, On-Street Parking, Hike/Bike Trail

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.

What do these little icons mean?

RESTROOMS
Public restrooms available



HANDICAP ACCESSIBLE
Contact specific park for access information



HIKING TRAIL
Hiking trail access



BIKING TRAIL
Biking trail access



PETS ALLOWED
Pets on leash allowed in most areas

WILLOW PARK

North 24th/North 25th & Market Street
Camp Hill, PA 17011
(717) 737-3456
www.camphillborough.com



AMENITIES: Nature Preserve, Picnic Tables/Pavilions, Stream Access, Historic Site, Bird Watching, Gardens, On-Street Parking, Benches, Wheel Chair/Stroller Accessible, Hike/Bike Trail

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.

East Pennsboro Township

ACRI MEADOW PARK

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



AMENITIES: Baseball/Softball Field, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Bird Watching, Portable Toilets, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Horseshoe Pits

ADAMS-RICCI COMMUNITY PARK

East Penn Drive & Magaro Road
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Bird Watching, Restrooms, Portable Toilets, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Horseshoe Pits, Hitting Cage, Stage Area, Hike/Bike Trail

DIRECTIONS: From Route 81 South take Exit 61 at Route 944 (Wertzville Road) East. Follow Route 944 towards Enola. Go to the traffic light at East Penn Drive and turn right. Go several blocks and the park is on the right.

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

LAUREL HILLS TOT LOT

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



AMENITIES: Playground/Tot Lot, Benches

MIDWAY PARK

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



AMENITIES: Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Portable Toilets, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Gym at Township Building

OYSTER MILL PARK

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



AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Bird Watching, Portable Toilets, Benches, Parking, Wheel Chair/Stroller Accessible

PINE HILL ARBORETUM

Creekside Drive
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Nature Preserve, Fishing, Boating/Stream Access, Bird Watching, Benches, Hiking Trail

TRAIL INFO: Miles of Trail: .5

RIDLEY PARK

Erford & Mathew Roads
Camp Hill, PA 17011
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Portable Toilets, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Miles of Trail: 1

SUSQUEHANNA-PERRY PARK

Altoona Ave/York St/Susquehanna Ave/Perry St
Enola, PA 17025
(717) 909-5630
www.eastpennsboro.net



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

WEST FAIRVIEW PARK

4th & McCormick Streets
West Fairview, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Portable Toilets, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Hitting Cage, Horseshoe Pits

WEST FAIRVIEW POINT

Front & South Streets
West Fairview, PA 17025
(717) 909-5630
www.eastpennsboro.net



AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Bird Watching, Portable Toilets, Benches, Parking, Wheel Chair/Stroller Accessible

Walking improves and increases your life expectancy at any age.



Hampden Township

ARMITAGE GOLF CLUB

800 Orr's Bridge Road
Mechanicsburg, PA 17050
(717) 737-5344
www.armitagegolfclub.com



AMENITIES: Public Golf Course (fee required), Restaurant, Pro Shop, Restrooms (for golf patrons), Wheel Chair/Stroller Accessible

CONODOGUINET YOUTH PARK

515 Orr’s Bridge Road
 Mechanicsburg, PA 17050
 (717) 761-4951
 www.hampdentownship.us



AMENITIES: Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Camping, Restrooms, Benches, Parking, Wheel Chair/Stroller Accessible

CREEKVIEW RECREATION AREA

4650 Creekview Road
 Mechanicsburg, PA 17050
 (717) 761-4951
 www.hampdentownship.us



DIRECTIONS: From Carlisle, 81 North to Route 581 East. Go approximately .5 mile to the Creekview Road Exit. Turn left at the stop sign at the end of the ramp. Go 1 mile to the traffic signal, continue straight. Creekview North is .4 miles on the left.

AMENITIES: Baseball/Softball Field, Soccer Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Horse Shoes, Sledding, Hike/Bike Trail

TRAIL INFO: This trail is a paved path surrounding Creekview Recreation Area. Miles of Trail: 1, Trail Surface: Paved, Trail Slope: Easy, Trail Type: Loop

GOOD HOPE ACCESS

Good Hope Road
 Mechanicsburg, PA 17050
 (717) 761-4951
 www.fish.state.pa.us



AMENITIES: Fishing, Boating/Stream Access, Parking

HAMPDEN TOWNSHIP PARK & POOL

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



DIRECTIONS: From Route 11N (Carlisle Pike) travel east to Sporting Hill Road. Turn right at the traffic signal and continue about 1/2 block to the next light and turn right onto Park Street. Go straight into the parking lot - the pool is on the left.

AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Swimming Pool, Picnic Tables/Pavilions, Restrooms, Portable Toilets, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Roller Hockey, Hike/Bike Trail

TRAIL INFO: This trail 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

Berkley Drive & Whitehill Drive
 Mechanicsburg, PA 17050
 (717) 761-4951
 www.hampdentownship.us



AMENITIES: Benches, Arboretum, On-Street Parking, Wheelchair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .4, Trail Slope: Easy, Trail Surface: Paved, Trail Type: Loop.

SALEM COMMUNITY PARK

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



AMENITIES: Baseball/Softball Field, Playground/Tot Lot, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible

SMITH DRIVE PROPERTY

Smith Drive
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us

PARK INFO: Approximately 18 acres of undeveloped parkland and open space.

SMITH DRIVE - WATTS AREA

Smith Drive
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us

PARK INFO: Approximately 3 acres of undeveloped parkland and open space.

WESTOVER CREEKFRONT

Stephens Crossing
Mechanicsburg, PA 17050
(717) 761-4951
www.hampdentownship.us

PARK INFO: Approximately 10 acres of undeveloped parkland and open space.

AMENITIES: Boating/Stream Access, On-Street Parking

Lemoyne Borough

FORT COUCH

Ohio Avenue & N. 8th Street
Lemoyne, PA 17013
(717) 737-6843
www.lemoynepa.com

AMENITIES: Historic Site

LOWTHER FIELDS

Lowther Street
Lemoyne, PA 17013
(717) 938-9577
www.wssd.k12.pa.us

AMENITIES: Baseball/Softball Field, Soccer Field

MAPLE STREET PARK

Maple Street
Lemoyne, PA 17013
(717) 737-6843
www.lemoynepa.com



AMENITIES: Multi-Purpose Field, Tennis Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Portable Toilets, Benches, Parking, Wheel Chair/Stroller Accessible

MEMORIAL PARK

Herman Ave/Hummel Ave
Lemoyne, PA 17013
(717) 737-6843
www.lemoynepa.com



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Tennis Court, Playground/Tot Lot, Basketball Court, Swimming Pool, Picnic Tables/Pavilions, Portable Toilets, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hiking Trail

TRAIL INFO: Miles of Trail: 2

NEGLEY PARK

Indiana Avenue
Lemoyne, PA 17013
(717) 737-6843
www.lemoynepa.com



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Tennis Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Portable Toilets, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hiking Trail

TRAIL INFO: Miles of Trail: 2

SCHELL PARK

Sycamore Street
Lemoyne, PA 17013
(717) 737-6843
www.lemoynepa.com

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

Lower Allen Township

ALLEN MIDDLE SCHOOL

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



AMENITIES: Baseball/Softball Field, Soccer Field, Parking, Wheel Chair/Stroller Accessible

ALLENDALE PARK

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



AMENITIES: Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Benches, On-Street Parking, Drinking Fountain, Wheel Chair/Stroller Accessible (pavilion area only)

BEACON HILL BLVD LAND

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



PARK INFO: Approximately 9 acres of undeveloped parkland and open space. Access to the park is via a paved path from Quincy Circle.

AMENITIES: Fishing, Boating/Stream Access

BEACON HILL PARK

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



AMENITIES: Tennis Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, On-Street Parking, Wheel Chair/Stroller Accessible (pavilion area only)

BEACON HILL RADAR SITE

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



PARK INFO: Approximately 8 acres of undeveloped parkland and open space

AMENITIES: Bird Watching, Parking

CEDAR CLIFF HIGH SCHOOL

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



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Tennis Court, Parking, Wheel Chair/Stroller Accessible, Football/Track & Field Stadium

CREEKWOOD PARK

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



AMENITIES: Fishing, Boating/Stream Access, Small Gravel Parking Lot, Picnic Table

HEMPT BALLFIELDS

Creek Road
Camp Hill, PA 17011
(717) 737-3411



AMENITIES: Baseball/Softball Field, Portable Toilet, Benches, Parking

HIGHLAND ELEMENTARY SCHOOL

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



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Parking, Wheel Chair/Stroller Accessible

HIGHLAND ESTATES PLAYGROUND

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



AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Benches, On-Street Parking, Wheel Chair/Stroller Accessible (pavilion & tot play area only)

HIGHLAND PARK

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



AMENITIES: Tennis Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Benches, On-Street Parking, Drinking Fountain, Wheel Chair/Stroller Accessible (pavilion area only)

LOWER ALLEN COMMUNITY PARK

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



DIRECTIONS: Take I-81 North to Route 581. Travel towards Harrisburg and take the Gettysburg exit to Route 15 South. Take the Rossmoyn/Wesley exit and turn left off the ramp. Travel for approximately 1.5 miles, until you come to a “T” in the road. Turn right onto Lisburn. Continue for approximately 2.5 miles; Community Park is on the left side of Lisburn Road (look for red barn).

AMENITIES: Baseball/Softball Field, Soccer Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Multi-Purpose Field, Butterfly Garden, Community Center, Dog Park, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Camping, Bird Watching, Restrooms, Portable Toilets, Benches, Parking, Public Phone, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Golf Driving Range, Sand Pit Horseshoe Court, Concession Area & phone is local calls only, Hike/Bike Trail

TRAIL INFO: The Nature Trail is about one mile in length, 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 Road
 Camp Hill, PA 17011
 (717) 938-9577
 www.wssd.k12.pa.us



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Parking, Wheel Chair/Stroller Accessible

PETERS FIELD

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



AMENITIES: Baseball/Softball Field, Tennis Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Wheel Chair/Stroller Accessible (pavilion area only), Concession Stand

SHEEPFORD CROSSING PARK

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



AMENITIES: Playground/Tot Lot, Basketball Court, 1 Four Square Court, Picnic Tables/Pavilions, Benches, Drinking Fountain, On-Street Parking, Wheel Chair/Stroller Accessible

VERNON C. WASS PARK

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



AMENITIES: Baseball/Softball Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Drinking Fountain, Portable Toilets, Benches, Parking, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Perimeter trail around park. Miles of trail: .5, Trail Surface: Asphalt, Slope of Trail: Easy, Trail Type: Loop

WINDSOR PARK PLAYGROUND

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



PARK INFO: Approximately 1 acre of undeveloped parkland and open space

YELLOW BREECHES PARK

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



PARK INFO: Approximately 14 acres of undeveloped parkland and open space

AMENITIES: Fishing, Boating/Stream Access, Community Garden Plots, Picnic Tables, Benches, Parking, Hiking Trail

Mechanicsburg Borough**FINKENBINDER PARK**

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



AMENITIES: Baseball/Softball Field, Playground/Tot Lot, Portable Toilets

KOSER PARK

Shepherdstown Road
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgd.org (Go to Rec & Leisure)



AMENITIES: Baseball/Softball Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Portable Toilets

MECHANICSBURG TREES & TRAILS ENVIRONMENTAL CENTER

Route 114/South Market Street
Mechanicsburg, PA 17055
(717) 691-4560
www.mbgd.org (Go to Rec & Leisure)



DIRECTIONS: The Environmental Center is located next to the Mechanicsburg Middle School along Route 114/South Market Street.

AMENITIES: Nature Preserve, Environmental Educational Programs, Gardens, Parking, Hike/Bike Trail

TRAIL INFO: This trail connects Upper Allen Township Community Park, Friendship Park and Mechanicsburg Trees & Trails Environmental Center. Trail Surface: Paved, Trail Slope: Easy-Moderate, Trail Type: Loop

MEMORIAL PARK

1 Memorial Park Drive & Main Street
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgd.org (Go to Rec & Leisure)



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Portable Toilets, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: This trail runs along the park parameter. Miles of Trail: 1, Trail Surface: Gravel, Trail Slope: Easy, Trail Type: Loop

NORTHSIDE PARK

E. Schoolside Drive & N. Walnut Street
 Mechanicsburg, PA 17055
 (717) 691-4572
 www.mbgd.org (Go to Rec & Leisure)

AMENITIES: Soccer Field

New Cumberland Borough

DREXEL HILLS PARK

Drexel Hills Boulevard
 New Cumberland, PA 17070
 (717) 774-0404
 www.newcumberlandborough.com

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

MEMORIAL FIELD

5th Street/Eutaw Avenue
 New Cumberland, PA 17070
 (717) 774-0404
 www.newcumberlandborough.com

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



NEW CUMBERLAND BOROUGH PARK

Front Street
 New Cumberland, PA 17070
 (717) 774-0404
 www.newcumberlandborough.com

AMENITIES: Baseball/Softball Field, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Restrooms, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible



SHERWOOD PARK

1726 Sherwood Road
 New Cumberland, PA 17070
 (717) 774-0404
 www.newcumberlandborough.com

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

TWELFTH STREET BALLFIELDS

12th Street & Market Street
 New Cumberland, PA 17070
 (717) 774-0404
 www.newcumberlandborough.com

AMENITIES: Baseball/Softball Field, Restrooms, Parking



Shiremanstown Borough

SHIREMAN MANOR PLAYGROUND

Corner of Green & Maple Streets
 Shiremanstown, PA 17011
 (717) 761-4169
 www.mbgd.org (Go to Rec & Leisure)

AMENITIES: Playground/Tot Lot, Picnic Table/Pavilion, Portable Toilet



SHIREMANSTOWN MUNICIPAL PARK

Park Lane
Shiremanstown, PA 17011
(717) 761-4169
www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Basketball, Playground/Tot Lot, Picnic Table/Pavilion, Drinking Fountain, Benches, Restrooms

Upper Allen Township**CENTER SQUARE PARK**

1009 W. Lisburn Road
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Multi-Purpose Field, Basketball Court, Picnic Tables/Pavilions, Nature Preserve, Bird Watching, Wheel Chair/Stroller Accessible, Portable Toilets, Parking

COUNTRY ESTATES PARK

1503 Frost Road
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Soccer Field, Playground/Tot Lot, Picnic Tables/Pavilions, Portable Toilets, Wheel Chair/Stroller Accessible

FRIENDSHIP PARK

1901 Fisher Road
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgdsd.org (Go to Rec & Leisure)



DIRECTIONS: Located in Upper Allen Township off Gettysburg Pike. Take Fisher Road to South View Drive (next to Meadowview Estates development).

AMENITIES: Soccer Field, Playground/Tot Lot, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: This trail connects Upper Allen Township Community Park, Friendship Park and Mechanicsburg Trees & Trails Environmental Center. Miles of Trail: .52, Trail Surface: Paved, Trail Slope: Easy-Moderate, Trail Type: Loop

GLAIZE/BEAMER PARK

E. Winding Hill Road
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgdsd.org (Go to Rec & Leisure)



PARK INFO: A 50-acre park is under development.

AMENITIES: Baseball/Softball Field, Soccer Field, Picnic Tables/Pavilions, Wheel Chair/Stroller Accessible

GRANTHAM PARK

400 Low Street
Grantham, PA 17027
(717) 691-4572
www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Bird Watching, Portable Toilets, Benches, Wheel Chair/Stroller Accessible, Parking

Walking slows down osteoporosis and bone loss.



MILLER CREST PARK

621 Old Grove Road
 Mechanicsburg, PA 17055
 (717) 691-4572
 www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Portable Toilet, Wheel Chair/Stroller Accessible

MOUNT ALLEN PARK

299 Berkshire Road
 Mechanicsburg, PA 17055
 (717) 691-4572
 www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Baseball/Softball Field, Playground/Tot Lot, Picnic Tables/Pavilions, Portable Toilets, Benches, Wheel Chair/Stroller Accessible

ROSE GARDEN PARK

2744 Rosegarden Blvd.
 Mechanicsburg, PA 17055
 (717) 691-4572
 www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Portable Toilets, Benches, Wheel Chair/Stroller Accessible

SIMPSON PARK

2701 South Market Street
 Bowmansdale, PA 17008
 (717) 691-4572
 www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Volleyball Court, Playground/Tot Lot, Camping, Bird Watching, Nature Preserve, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Environmental Educational Programs, Restrooms, Benches, Parking, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .8, Trail Slope: Easy-Moderate, Trail Type: Loop

SPRING RUN PARK

100 Nittany Drive
 Mechanicsburg, PA 17055
 (717) 691-4572
 www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Benches, Parking, Wheel Chair/Stroller Accessible

TROUT RUN NATURE PRESERVE

Stumpstown Road
 Mechanicsburg, PA 17055
 (717) 213-6880
 www.pa.audubon.org



PARK INFO: A 13-acre nature preserve, owned by the Appalachian Audubon Society.

AMENITIES: Nature Preserve, Picnic Tables/Pavilions, Bird Watching, Environmental Educational Programs, Gardens, Benches, Hiking Trail

Walking reduces your risk of several different cancers.



**UPPER ALLEN TOWNSHIP
COMMUNITY PARK**

2000 Fisher Road
Mechanicsburg, PA 17055
(717) 691-4572
www.mbgdsd.org (Go to Rec & Leisure)



AMENITIES: Multi-Purpose Field, Baseball/Softball Field, Soccer Field, Tennis Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Public Phone, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: This trail connects Upper Allen Township Community Park, Friendship Park and Mechanicsburg Trees & Trails Environmental Center, Miles of Trail: .58, Trail Surface: Paved, Trail Slope: Easy-Moderate, Trail Type: Loop

Wormleysburg Borough**LEIGHTON NATURE PRESERVE**

Walnut Street
Wormleysburg, PA 17043
(717) 763-4483
www.borough.wormleysburg.pa.us

AMENITIES: Nature Preserve, Bird Watching

MEMORIAL PARK

N 2nd/ & Edna Street
Wormleysburg, PA 17043
(717) 763-4483
www.borough.wormleysburg.pa.us



AMENITIES: Baseball/Softball Field, Tennis Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible

MUNICIPAL PLAYGROUND

N 2nd Street & 2nd Avenue
Wormleysburg, PA 17043
(717) 763-4483
www.borough.wormleysburg.pa.us

AMENITIES: Playground/Tot Lot, Basketball Court, Benches, Parking

RIVERFRONT PARK

Front Street
Wormleysburg, PA 17043
(717) 763-4483
www.borough.wormleysburg.pa.us

AMENITIES: Nature Preserve, Fishing, Boating/Stream Access, Bird Watching, Benches, Hiking Trail

RUPLEY PARK

West Crestwood Drive
Wormleysburg, PA 17043
(717) 763-4483
www.borough.wormleysburg.pa.us

AMENITIES: Playground/Tot Lot, Basketball Court, Nature Preserve, Picnic Tables/Pavilions, Bird Watching, Benches, Boating/Stream Access, On-Street Parking

Regional

APPALACHIAN TRAIL

Appalachian Trail Conservancy (ATC)
 Mid-Atlantic Office: 4 East First Street
 Boiling Springs, PA 17007
 (717) 258-5771
 www.appalachiantrail.org



DIRECTIONS: To Mid Atlantic Office - Take Route 81 to Carlisle Exit 47. Route 34 South toward Mount Holly. Travel approximately 3 miles to a signal light and turn left onto Route 174/Old York Road. Go straight through the stop sign located in the center of town and the ATC Office is located on the right side near Children’s Lake.

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. In this region, the trail traverses Middlesex, Silver Spring, Monroe and South Middleton Townships and is marked with white blazes. Bicycles, horse and pack animals not permitted. Miles of Trail: 2,175, Trail Surface: Dirt & Grass, Trail Slope: Moderate-Difficult, Trail Type: Out & Back.

TRAIL ENTRANCES: Wertzville Road/Route 944, Bernheisel Bridge Road (Scott Farm Trail Work Center), Appalachian Drive, Lisburn Road, York Road (Route 74), ATC Mid-Atlantic Regional Office (Boiling Springs), Leidigh Drive, and Whiskey Springs Road.

LETORT SPRING RUN NATURE TRAIL

Carlisle Borough, South Middleton Township
 (717) 245-0508
 www.letort.org



DIRECTIONS: There are two entrances to the trail and both are easily accessible. The first is in Letort Park, Route 11 to East Pomfret Street in Carlisle. The second is at Bonny Brook Road Bridge in South Middleton Township.

PARK INFO: This trail was developed by the Letort Regional Authority. The purpose of the Authority is the development of recreation and food control in the Letort watershed, including the improvement of water quality and food, preservation of the environment and the restoration of the natural conditions and amenities.

AMENITIES: Nature Preserve, Fishing, Bird Watching, Boating/Stream Access, Restrooms at Letort Park entrance, Hiking Trail

TRAIL INFO: The trail follows the Letort Spring Run stream, one of the finest limestone trout streams in the nation. Miles of Trail: 1.4, Trail Surface: Grass covered ballast, Trail Slope: Easy, Trail Type: Out & Back

STATE GAME LANDS #170

Middlesex, Silver Spring, Hampden Townships
 (814) 643-1831
 www.pgc.state.pa.us



DIRECTIONS: Take Route 34 North to Route 850 East. Entrances are on both sides of Route 850 in Shermansdale.

AMENITIES: Hunting, Bird Watching, Parking, Hike/Bike Trail

TRAIL INFO: The Appalachian Trail, Darlington Trail, and Tuscarora Trail run through SGL #170.

STATE GAME LANDS #230

North Middleton, Middlesex Township
 Route 944 (Enola Road)
 (814) 643-1831
 www.pgc.state.pa.us



DIRECTIONS: Route 81 to Carlisle, Route 34 North to Route 944 West (Enola Road)

AMENITIES: Hunting, Bird Watching, Parking, Hike/Bike Trail

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 1st road to the right leads to the Pistol Range. The 2nd & 3rd 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.

STATE GAME LANDS #305

South Middleton, Monroe Township
Whiskey Springs Road
(814) 643-1831
www.pgc.state.pa.us



DIRECTIONS: Travel on Route 174 between Mount Holly Springs and Boiling Springs. Turn right onto Whiskey Springs Road and follow the signs leading you left towards Boiling Springs.

AMENITIES: Hunting, Bird Watching, Parking, Hike/Bike Trail

TRAIL INFO: The Appalachian Trail follows along the outside border of State Game Lands #305 into Boiling Springs. Center Point Knob Trail is also located within the State Game Lands. Trail Surface: Dirt, Trail Slope: Moderate

Carlisle Borough**BIDDLE MISSION PARK**

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



AMENITIES: Volleyball, Fishing, Spray Pool, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilion, Gardens, Restrooms, Benches, Parking, Wheel Chair/Stroller Accessible

BUTCHER TOT LOT

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



AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Benches, Wheel Chair/Stroller Accessible

CARLISLE COMMUNITY POOL

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



AMENITIES: Volleyball Court, Basketball Court, Swimming Pool (fee), Restrooms, Benches, Parking, Public Phone, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible

CAVE HILL NATURE CENTER

Cave Hill Drive, off K Street
Carlisle, PA 17013
(717) 243-3318
www.carlislepa.org



AMENITIES: Nature Preserve, Fishing, Bird Watching, Hiking Trail, On-Street Parking

DICKINSON PARK

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



DIRECTIONS: From the square in Carlisle, travel West on 641 (High Street). The park is approximately 1.5 miles from the square on the left.

PARK INFO: Dickinson College sports programs have priority at this facility.

AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Restrooms, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Walking Trail

TRAIL INFO: The trail borders several different athletic fields (a baseball and soccer fields), Miles of Trail: .7 mile per lap, Trail Surface: Gravel, Trail Slope: Easy, Trail Type: Loop

GOODYEAR PARK

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



AMENITIES: Baseball/Softball Field, Fishing, Restrooms, Wheel Chair/Stroller Accessible, Concession Stand, Bleachers

HEBERLIG/PALMER TOT LOT

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



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

LETORT PARK

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



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Bird Watching, Restrooms, Portable Toilets, Benches, Parking, Drinking Fountain, Spray Pool, Hiking Trail

TRAIL INFO: Park is trailhead for 1.4 mile Letort Spring Run Nature Trail.

LINDNER PARK

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



AMENITIES: Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Benches, Wheel Chair/Stroller Accessible

MEMORIAL PARK

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



AMENITIES: Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Historic Site, Restrooms, Benches, Drinking Fountain, Wheel Chair/Stroller Accessible, Interpretive Walk through Lincoln Cemetary, Spray Pool, Hope Station Building

MOORELAND ATHLETIC AREA

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



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Drinking Fountain, Wheel Chair/Stroller Accessible, Hiking Trail

TRAIL INFO: Miles of Trail: .25 per lap

SEVEN GABLES PARK

Carlisle Borough, South Middleton Township
 Giant Lane
 (717) 243-3318
 www.carlislepa.org



DIRECTIONS: From Route 81, take High St Exit at Carlisle. Travel east. At the second traffic light turn left into the mall. This road becomes Giant Lane. Go across the light at York Road. The park is between York Road and Samuels Drive.

AMENITIES: Nature Preserve, Bird Watching, Environmental Educational Programs, Benches, Parking, Wheel Chair/Stroller Accessible, Tree Arboretum, Hiking Trail

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

SHAFFER PARK

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



AMENITIES: Nature Preserve, Parking, Cabin available for rent, Hiking Trail

SPAHR TOT LOT

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



AMENITIES: Playground/Tot Lot, Fishing, Parking

STUART COMMUNITY CENTER

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



AMENITIES: Playground/Tot Lot, Basketball Court, Community Center, Restrooms, Benches, Parking, Public Phone, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible

THORNWALD PARK

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



DIRECTIONS: From Route 81, take the College Street exit #45 onto Walnut Bottom Road. Turn towards the center of Carlisle. The park is on the right side of Walnut Bottom Road with an entrance to the parking lot across from College Street.

AMENITIES: Portable Toilets, Benches, Parking, Drinking Fountain, Amphitheater, Hiking Trail

TRAIL INFO: The .75 mile long walking trail is through a wooded area within the 32 acre park. Miles of Trail: .75, Trail Surface: Gravel, Trail Slope: Easy, Trail Type: Loop

VALLEY MEADOWS PARK

203 Ritner Highway
 Carlisle, PA 17013
 (717) 243-3318
 www.carlislepa.org



AMENITIES: Baseball/Softball Field, Soccer Field, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Public Phone, Drinking Fountain

Middlesex Township

ANDERSON PARK

Hill Drive
 Carlisle, PA 17013
 (717) 249-4409
 www.middlesextownship.com



AMENITIES: Playground/Tot Lot

CARLISLE BARRACKS GOLF COURSE

Jim Thorpe Drive
 Carlisle, PA 17013
 (717) 243-3262
 www.carlislemlwr.com



AMENITIES: Public Golf Course (fee required), Parking, Hike/Bike Trail

TRAIL INFO: The trail has a cinder surface and is two miles in length with gentle slopes. It is a circle around the golf course and links to the Army Heritage Trail.

DIRECTIONS: Interstate 81 to Exit 49. Travel east on Trindle Road. At next stoplight, turn left onto Army Heritage Drive. Continue on Army Heritage Drive until it meets Claremont Road. Turn left onto Claremont Road. At signal light turn left onto Jim Thorpe Drive. The Golf Course is located behind the vehicle check site.



Photo credit: Larry Rankin, MD; Carlisle, Pa.

LETORT FALLS PARK

North Middlesex Road
 Carlisle, PA 17013
 (717) 249-4409
www.middlesextownship.com



AMENITIES: Approximately 2 acres of undeveloped parkland and open space.

MIDDLESEX TOWNSHIP PARK

Beagle Club Road
 Carlisle, PA 17013
 (717) 249-4409
www.middlesextownship.com



AMENITIES: Baseball/Softball Field, Soccer Field, Volleyball Court, Playground/Tot Lot, Basketball Court, Splash Pad to open in 2009, Picnic Tables/Pavilions, Portable Toilets, Benches, Parking, Hike/Bike Trail

TRAIL INFO: Miles of Trail: 1, Trail Surface: Paved, Trail Type: Loop

U.S. ARMY HERITAGE & EDUCATION CENTER

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



AMENITIES: Museum, Parking, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: The Army Heritage Trail's one mile cinder surface walk is lined with trees, and highlighted with a wildflower garden, butterfly sanctuary and blue bird houses. This walk leads through displays that interpret the history of the U.S. Army from the French and Indian War to the present.

DIRECTIONS: Interstate 81 to Exit 49. Travel east on Trindle Road. At next stoplight, turn left onto Army Heritage Drive. You will cross over Interstate 81. AHEC/USAMHI is located on the left hand side of the road. If you proceed to the railroad tracks, you have gone too far.

Monroe Township**LEIDIGH PARK**

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



AMENITIES: Baseball/Softball Field, Soccer Field, Handicap-Accessible Fishing Dock, Boating/Stream Access, Benches, Parking, Picnic Tables/Pavilions, Portable Toilets, Hiking Trail

TRAIL INFO: Miles of Trail: .5, Trail Surface: Stone, Trail Slope: Easy, Trail Type: Loop

MONROE ACRES PARK

Williams Grove Road & Widders Drive
 Mechanicsburg, PA 17050
 (717) 258-6642
www.monroetwp.net



AMENITIES: Soccer Field, Playground/Tot Lot, Picnic Tables/Pavilions, Portable Toilets

MONROE TOWNSHIP PARK

Route 174
 Mechanicsburg, PA 17050
 (717) 258-6642
 www.monroetwp.net



DIRECTIONS: From Carlisle take Route 74 south to signal light at Routes 74 and 174. Turn left onto Route 174. Follow 174 approximately 1.5 miles and the park is on the left.

AMENITIES: Basketball Court, Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Playground/Tot Lot, Picnic Tables/Pavilions, Bird Watching, Restrooms, Portable Toilets, Benches, Parking, Food/Vending, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: This loop trail, Castle Course, includes benches and five exercise stations along the way. Miles of Trail: 1, Trail Surface: Blacktop, Trail Slope: Moderate, Trail Type: Loop

Mount Holly Springs Borough

BUTLER STREET PARK

Butler Street
 Mount Holly Springs, PA 17065
 (717) 486-7613



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

MOUNT HOLLY MARSH PRESERVE

Route 34
 Mount Holly Springs, PA 17065
 (717) 240-5362
 www.ccpa.net



DIRECTIONS: From Carlisle, travel south on Route 34 to Mount Holly Springs. The entrance to the preserve is on the southern edge of the Borough. Turn right onto dirt road just past the former Deer Lodge Restaurant. Follow dirt road to small parking area on left.

PARK INFO: This 913-acre nature preserve is owned by Cumberland County and managed in partnership with The Nature Conservancy.

AMENITIES: Nature Preserve, Hunting, Fishing, Bird Watching, Stream Access, Parking, Hiking Trail

TRAIL INFO: Trail maps are available online at www.ccpa.net/planning, Miles of Trail: 7, Trail Surface: Dirt, Trail Slope: Easy-Difficult, Trail Type: Out & Back

TICHY PARK

East Street
 Mount Holly Springs, PA 17065
 (717) 486-7613



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

TRINE PARK

West Pine Street
 Mount Holly Springs, PA 17065
 (717) 486-7613



AMENITIES: Basketball Court, Baseball/Softball Field, Tennis Court, Volleyball Court, Band Shell, Horseshoe Pits, Playground/Tot Lot, Nature Preserve, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hiking Trail

TRAIL INFO: Miles of Trail: .5, Trail Surface: Dirt, Trail Slope: Easy

North Middleton Township

CREEKVIEW PARK

2309 Douglas Drive and Mary Lane
Carlisle, PA 17013
(717) 243-8550
www.northmiddleton-township.org



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Benches, Wheel Chair/Stroller Accessible, Restrooms, Drinking Fountain, On-Street Parking, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .5, Trail Surface: Gravel, Trail Slope: Easy, Trail Type: Loop

NORTH MIDDLETON PARK

1701 Waggoner's Gap Road (Route 74)
Carlisle, PA 17013
(717) 243-8550
www.northmiddleton-township.org



DIRECTIONS: Located approximately 3 miles north of Carlisle on Route 74.

AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Volleyball Court, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Restrooms, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Horseshoe Pits, Hike/Bike Trail

TRAIL INFO: The trail passes next to the Conodoguinet Creek. Miles of Trail: .7, Trail Surface: Gravel/Macadam, Trail Slope: Easy, Trail Type: Loop

VILLAGE PARK

1830 Suncrest Drive (upper section)
400 Fern Avenue (lower section)
Carlisle, PA 17013
(717) 243-8550
www.northmiddleton-township.org



DIRECTIONS: From Carlisle take Route 34 North. Turn right onto Calvary Road at Nell's Grocery Store. Turn left turn on Suncrest Drive. There is a sign for the Park.

AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Volleyball Court, Playground/Tot Lot, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Bocce Court, Horseshoe Pits, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .7, Trail Surface: Gravel/Macadam, Trail Slope: Easy, Trail Type: Loop

Silver Spring Township

BUNKER HILLS OPEN SPACE

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

PARK INFO: Approximately 1 acre of undeveloped parkland and open space.

AMENITIES: Bird Watching

HIDDEN CREEK PARK

Millfording Road
Mechanicsburg, PA 17050
(717) 766-0178
www.silverspringtwp-pa.gov



AMENITIES: Soccer Field, Fishing, Boating/Stream Access, Bird Watching, Portable Toilets, Parking, Benches, Wheelchair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .125, Trail Surface: Grass, Trail Slope: Easy

PAUL WALTERS MEMORIAL PARK

Maple Drive
 Mechanicsburg, PA 17050
 (717) 766-0178
 www.silverspringtwp-pa.gov



AMENITIES: Baseball/Softball Field, Basketball Court, Picnic Tables/Pavilions, Portable Toilets, Parking, Concession Stand

PLEASANT VIEW PARK

Pleasant View Drive
 Mechanicsburg, PA 17050
 (717) 766-0178
 www.silverspringtwp-pa.gov



AMENITIES: Baseball/Softball Field, Soccer Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Bird Watching, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Drinking Fountain, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .5, Trail Surface: Stone Dust, Trail Slope: Moderate, Trail Type: Loop

POTTEIGER PARK

South Alley
 Mechanicsburg, PA 17050
 (717) 766-0178
 www.silverspringtwp-pa.gov



AMENITIES: Baseball/Softball Field, Portable Toilets, Parking

STONY RIDGE PARK

Bernheisel Bridge Road
 Mechanicsburg, PA 17050
 (717) 766-0178
 www.silverspringtwp-pa.gov



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Drinking Fountain, Wheelchair/Stroller Accessible, Playground/Tot Lot, Picnic Tables/Pavilions, Restrooms, Concession Stand, Portable Toilets, Parking, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .65, Trail Surface: Stone Dust, Trail Slope: Easy, Trail Type: Loop

VO-TECH OPEN SPACE

Conodoguinet Parkway
 Mechanicsburg, PA 17050
 (717) 766-0178
 www.silverspringtwp-pa.gov

PARK INFO: Approximately 4 acres of undeveloped parkland and open space.

WHITE BIRCH FARMS OPEN SPACE

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

PARK INFO: Approximately 16 acres of undeveloped parkland and open space.

WILLOW MILL PARK

Willow Mill Park Road
 Mechanicsburg, PA 17050
 (717) 766-0178
 www.silverspringtwp-pa.gov



AMENITIES: Picnic Tables/Pavilions, Fishing, Boat Ramp/Stream Access, Playground/Tot Lot, Benches, 9-Hole Disc Golf, Historic Site, Bird Watching, Gardens, Portable Toilets, Parking

South Middleton Township

**CARLISLE REGIONAL MEDICAL CENTER
WALKING TRAIL**

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



DIRECTIONS: From Route 81, take Exit 45 (College Street); Turn left onto Walnut Bottom Road. Turn right onto Alexander Spring Road at traffic light directly after McDonald's and Bonanza. Proceed to Medical Center on left. Follow signs for parking.

AMENITIES: Walking Trail, Wheelchair/Stroller Accessible, Parking

TRAIL INFO: This walking trail begins at the parking lot. Miles of Trail: 1, Trail Surface: Paved, Trail Slope: Easy

CHILDREN'S LAKE

Front Street
Boiling Springs, PA 17007
(717) 705-7850
www.fish.state.pa.us



AMENITIES: Fishing, Boating/Stream Access, Benches, Parking

**DONALD WITTLINGER NATURE
PRESERVE**

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



DIRECTIONS: Route 81 to Carlisle. Take Route 34 South. Travel approximately 3 miles on 34 to a traffic light at Route 174. Turn left onto 174 and travel to Boiling Springs. Turn right onto Front St. A small parking lot is available at Race St.

AMENITIES: Nature Preserve, Parking, Hiking Trail

TRAIL INFO: The entrance to the trail is located near the Boiling Springs swimming pool. Miles of Trail: 1, Trail Surface: Grass, Trail Slope: Easy-Moderate, Trail Type: Out & Back

FIELDING BELT TRAIL

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



AMENITIES: Hike/Bike Trail, Parking, Restrooms, Wheel Chair/Stroller Accessible. Refer to listing of individual parks for other amenities.

TRAIL INFO: The Fielding Belt Trail is a 1-mile trail connecting Spring Meadows Park & South Middleton Township Park. Miles of Trail: 1, Trail Surface: Stone, Trail Slope: Easy- Moderate, Trail Type: Out & Back

HISTORIC IRON WORKS PARK

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



AMENITIES: Picnic Tables/Pavilions, Fishing, Historic Site, Parking, Boating/Stream Access, Portable Toilet, Wheel Chair/Stroller Accessible

HOLLY WOODCRAFTERS BALLFIELDS

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



AMENITIES: Baseball/Softball Field, Benches, Parking, Portable Toilet, Wheel Chair/Stroller Accessible

INDIAN HILLS PARK

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



AMENITIES: Baseball/Softball Field, Soccer Field, Parking, Portable Toilet, Wheel Chair/Stroller Accessible

LEHMAN FARM

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

PARK INFO: Approximately 70 acres of undeveloped parkland and open space

MASON-DIXON TRAIL

www.masondixontrail.org



TRAIL INFO: This 190-mile long trail starts at Whiskey Springs, on the Appalachian Trail, in Cumberland County, PA and heads east towards the Susquehanna River, passing through Pinchot State Park en route. The trail then follows the west bank of the Susquehanna south to Havre de Grace, Maryland. Across the river, the Mason Dixon Trail continues east, passes through Elk Neck State Forest, then on to Iron Hill Park, Delaware, north along the Christina River and White Clay Creek to the White Clay Creek Preserve. The trail then heads northeast to its eastern terminus at Chadds Ford, PA on the banks of the Brandywine River. See web site for online maps. The trail is marked with blue blazes.



Walking requires very little equipment—a good pair of shoes and comfortable clothing. It's **NEVER** too late to start!

SOUTH MIDDLETON TOWNSHIP PARK

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



DIRECTIONS: Route 81 to Carlisle. Route 34 South to Mount Holly Springs. Turn left onto Mill Street at the Sheetz. Mill Street will become Park Drive. The park is located on the right, just past the municipal building.

AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Boating/Stream Access, Restrooms, Benches, Parking, Wheel Chair/Stroller Accessible, Horseshoe Pits, Fishing, Portable Toilet, Drinking Fountain, Hike/Bike Trail

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, Trail Surface: Stone, Trail Slope: Easy, Trail Type: Loop

SOUTHVIEW PARK

235 Pine Road
Mt. Holly Springs, PA 17065
(717) 258-4441
www.smiddleton.com



AMENITIES: Baseball/Softball Field, Portable Toilet, Parking, Wheel Chair/Stroller Accessible

SPRING MEADOWS PARK

640 West First Street
Boiling Springs, PA 17007
(717) 258-4441
www.smiddleton.com



DIRECTIONS: Route 81 to Route 34 South. Travel approximately 3 miles to a traffic light and turn left onto Route 174. Travel approximately 1 mile to a Y in the road. Continue straight and the park is located immediately after the Y on the right side of the road.

AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Picnic Tables/Pavilions, Portable Toilets, Benches, Parking, Kickback Wall, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Spring Meadow 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 Street
Boiling Springs, PA 17007
(717) 258-4441
www.smiddleton.com



AMENITIES: Benches

WHITE ROCKS TRAIL

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



DIRECTIONS: From Boiling Springs take Leidigh Drive east. Make a right turn onto Kuhn Road and the entrance is on the right hand side of the road.

TRAIL INFO: This short steep trail leads directly to the Appalachian Trail at Center Point Knob. No bicycles, horses or pack animals allowed. Miles of Trail: 1.3, Trail Surface: Dirt & Rock, Trail Slope: Difficult, Trail Type: Out & Back

Regional

APPALACHIAN TRAIL

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



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. In this region, the trail traverses Dickinson, Cooke, South Newton and Southampton Townships and is marked with white blazes. Bicycles, horses and pack animals not allowed. Miles of Trail: 2,175, Trail Surface: Dirt & Grass, Trail Slope: Moderate-Difficult, Trail Type: Out & Back.

TRAIL ENTRANCES: Route 94 South of Mount Holly, Route 34 South of Mount Holly, Pine Grove Road at Myerstown Road, Pine Grove Furnace State Park, Michaux Road, Shippensburg Road and Ridge Road.

BUCK RIDGE TRAIL

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



TRAIL INFO: This trail can either be accessed from the Park Office at Pine Grove Furnace State Park (for an uphill hike) or the Mansion located in Kings Gap Environmental Center. This trail links the two parks by traveling through Michaux State Forest. Miles of Trail: 6, Trail Surface: Grass & Rock, Trail Slope: Moderate to Difficult, Trail Type: Out & Back

CUMBERLAND VALLEY RAIL TRAIL

Newville Borough, North Newton, Southampton and Shippensburg Townships
 (717) 860-044
 www.cvrvc.org



ACCESS TO THE TRAIL IS AVAILABLE IN NEWVILLE, OAKVILLE AND SHIPPENSBURG:

TRAIL INFO: The Cumberland Valley Rail Trail is owned and operated by the Cumberland Valley Rail Trail Council (CVRTC). CVRTC is an all-volunteer, non-profit, charitable corporation dedicated to conservation, historic preservation, recreation and alternative transportation in the Cumberland Valley of Pennsylvania through the development of multi-use trails along former railroad corridors and other areas.

The Cumberland Valley Rail Trail runs from Newville to Shippensburg. This 11-mile multi-use rail trail (hiking, biking and horseback riding) follows the abandoned Cumberland Valley Railroad corridor. Miles of Trail: 11, Trail Surface: Stone dust/Paved (1mile at Newville), Trail Slope: Easy, Trail Type: Out & Back

Newville: From I-81, take exit 37. Take PA 233 north toward Newville. As you enter town, take the first left onto Vine Street and follow through town becoming Fairfield Street (PA 533W). As you leave town, turn left on Cherry Street and go until the street ends at McFarland Street. From Carlisle, Take PA 641 through Newville, turn left on Cemetery Road and follow to end of the road on McFarland Street. Parking and restrooms are available.

Oakville: From US 11 or PA 533 turn west onto Oakville Road and follow into village. A gravel parking lot is located on the northeast side of the trail.

Shippensburg Township Park: From the north use I-81 exit 29, turn right onto Walnut Bottom Rd. Left onto King Street (US 11). Turn onto North Queen Street at Sheetz then right onto Britton Road; approximately 1/2 mile to the park. From the south use I-81 exit 24, turn left onto Olde Scotland Rd. Left onto Fayette Street. Right onto King Street (US 11). Turn onto North Queen Street at Sheetz then right onto Britton Road; approximately 1/2 mile to the park. Parking and restrooms are available.

Walking eases back pains by aiding in weight loss and strengthening muscles.



MICHAUX STATE FOREST

District Office #1: 10099 Lincoln Way East
 Fayetteville, PA 17222
 Southampton, South Newton, Cooke, Dickinson, & South
 Middleton Townships
 (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. The forest was named for a French botanist, Andre Michaux who discovered many plant species in the United States. There are about 130 miles of gravel roads that also make for great hiking trails if you do not want to venture into the more narrow trails. Some trails are open to ATV, snow mobiles, and horses as well.

TRAIL INFO:

Rocky Knob Trail: The trail has 14 stations with information about the area and its wildlife. You will need to follow these signs and the orange blazes on the trail. It is best to go on a clear day so that you can enjoy the views at the top.
 Miles of Trail: 4 miles, Trail Surface: Grass/Dirt Path, Trail Slope: Difficult, Trail Type: Loop

Directions: Take Exit 29 of Route 81 and follow Route 174 West to Shippensburg. At intersection with King Street take Route 11 South. Turn onto South Queen Street which becomes Baltimore Road. Go 3.3 miles to a stop sign and turn right onto Shippensburg/Arendtsville Road. Travel approximately 4.5 miles and turn right onto Ridge Road which is gravel. There will be parking and a sign marking the trail along Ridge Road.

Dead Woman Hollow Trail: If the gates are open you can drive to the main trail entrance on Dead Woman Hollow Road. It will be located on the right side of the road. If not, you can hike the dirt road back to the start of the trail marked in blue blazes. The trail will lead you to the PATC Michener Cabin. If you would like to make this trail longer at the cabin you can take the left and head to the AT or the right is Blueberry Trail that ends at Route 233 adding an additional 1 mile to your hike and walking you past the Tumbling Run Game Preserve. Miles of Trail: .50 -1.5+miles, Trail Surface: Grass/Dirt, Trail Slope: Moderate, Trail Type: Out & Back

Directions: Take Route 81 to Exit 37 (Newville). Turn onto Route 233 South. Continue on Route 233 and cross over Route 174 (Walnut Bottom Road). Continue on for 6 miles to a stop sign. Turn right and continue on Route 233 South for 3.5 miles to the gated Dead Woman Hollow Road on the right.

Pole Bridge Trail: This trail follows the valley and meets with Hairy Springs Trail. At the intersection between the two trails if you turn right you will continue along the stream bed. If you turn left you will climb up to meet Hoghead Road where Buzzards Rocks are located. Miles of Trail: .75 miles, Trail Surface: Grass/Dirt, Trail Slope: Moderate to Difficult, Trail Type: Out & Back

Directions: At Exit #37 of Route 81 turn onto Route 233 South. At first intersection turn onto Route 174 West. Follow Route 174 West approximately 5 miles to Walnut Bottom. Turn left onto Furnace Hollow Road and go over railroad tracks. Continue on Furnace Hollow Road 2 miles. Turn left onto the first unmarked gravel road. Bear left at the first "Y" on this road and travel over 3 bridges. Pole Bridge Trail begins on the left at a gated entrance.

Tobacco Patch Trail: This trail climbs to the top of Tobacco Patch Mountain where you can see streams on either side of the mountain. It ends at Big Pond Road on the opposite side of the mountain. Miles of Trail: .75 miles, Trail Surface: Grass/Dirt, Trail Slope: Moderate-Difficult, Trail Type: Out & Back

Directions: At Exit #37 of Route 81 turn onto Route 233 South. At first intersection take Route 174 West. Follow Route 174 West approximately 5 miles to Walnut Bottom. Turn left onto Furnace Hollow Road and go over railroad tracks. Continue on Furnace Hollow Road 2 miles. Turn left onto the first unmarked gravel road. Bear left at the first "Y" on this road and travel over 3 bridges. Pass Pole Bridge Trail on the left and travel 2 miles up the mountain to Tobacco Patch Trail. The entrance is gated off on the right side.

Sunset Rocks Trail/Little Rocky Ridge: This trail is one of the most popular hikes in the area because it not only offers great views, it also takes the hiker to the ruins of a top-secret World War II POW camp. It is very steep so watch your footing! You can keep this trail short by making this an out and back hike but you will miss the ruins unless you take the abandoned road from the parking area (then you miss the views). If you feel up to the challenge this can be made into a long loop of about 8.3 miles by walking to Michaux Road turning left and then hiking by the ruins to the abandoned road leading back to your parking space. This makes for a great weekend hike so that you don't have to rush. Miles of Trail: 8.3 miles or less, Trail Surface: Grass/Dirt, Trail Slope: Difficult, Trail Type: Loop

Directions: From Route 81 take Exit 37. Turn onto Route 233 South. Continue on Route 233 and cross over Route 174. Go 6 miles to a stop sign and turn right to continue on Route 233. Travel through Pine Grove Furnace State Park and turn north onto Michaux Road. The trail will be on the left side of the road. Or you can take Old Shippensburg Road from Route 233 and park where it dead ends (this is the shorter hike).

**TUSCARORA STATE FOREST/
TUSCARORA TRAIL**

District Office #3: RR 1 Box 486
Blain, PA 17006
Hopewell, Upper Miff in, Lower Miff in and Upper
Frankford Townships
(717) 536-3191
www.dcnr.state.pa.us



DIRECTIONS: To Colonel Denning travel Route 81 to Exit 37. Take Route 233 North. The park is 8 miles north of Newville.

AMENITIES: Hunting, Fishing, Parking, Hike/Bike Trail

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. Contact the Potomac Appalachian Trail Club at 703-242-0693 for detailed trail maps and current conditions. Miles of Trail: 110 miles, Trail Surface: Grass & Dirt, Trail Slope: Moderate to Difficult

Entrances to the Tuscarora Trail: Mountain Road Trail in Doylesburg, Fowler Hollow Trail, Bill Miller Trail, Route 233, Colonel Denning State Park – Wagon Wheel trails, Colonel Denning State Park – Cider Path

Cooke Township

PINE GROVE FURNANCE STATE PARK

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



DIRECTIONS: From Route 81 take exit 37 to Route 233 south. Travel for 8 miles and the park will have several entrance points.

PARK INFO: The park boasts 696 acres with two lakes, historic charcoal iron furnaces, and a brick English Tudor mansion. There are 4 miles of trails in addition to the Appalachian Trail that runs through the center of the park. There is also access to the Buck Ridge Trail, which connects to Kings Gap State Park.

AMENITIES: Multi-Purpose Field, Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access, Camping, Swimming Beach, Historic Site, Bird Watching, Environmental Educational Programs, Restrooms, Benches, Parking, Public Phone, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO:

Creek Trail: Trail begins at the amphitheater and is a quick half-mile trail that ends on Bendersville Road and can be hiked back to your original starting point. Trail Type: Loop Trail

3-Mile Loop: This covers a portion of Buck Ridge Trail, but is not as long or physically demanding. Start at Route 233N at the Buck Ridge Trail sign. Go to the right and follow the old road. You will cross a creek, another old road and then come to a “Y” where you will go left. Continue until you get to Leper Farm Road. Turn left on to Leper Farm Road and continue to Buck Ridge Trail on the left; it is marked and blazed in orange. Continue until you are back to Route 233. This can be done in reverse, but one needs to be familiar where it enters Leper Farm Road. Trail Type: Loop Trail

Mountain Creek Trail: This trail links the bike trail leading to Fuller Lake (Railroad Bed Road). It allows the hiker softer ground to walk on because it isn’t paved. The trail is 1.4 miles long but you have to walk on Railroad Bed Road or Kopenhagen Trail to gain entrance to the trail. Trail Type: Out & Back

Kopenhagen Trail: This 1 mile loop trail is marked with yellow blazes and begins at the end of Fuller ball field. It is a trail that passes through a mature pine and hemlock forest. Trail Type: Loop Trail

Pole Steeple Trail: Marked by blue blazes, this .75-mile trail contains some steep terrain. Trail is marked by blue blazes. The entire park can be viewed from the Pole Steeple Overlook but be careful of the sheer drops that exist along this trail. There is a separate parking area for access to this trail. The trail can be made longer and into a loop by taking Old Forge Road Back to the Railroad Bed Road. Trail Type: Loop Trail

Sunset Rocks Trail: This is a 3-mile round trip. Take the Appalachian Trail south, Tr. 233S just past the Hostel. Follow white blazes to a footbridge. DO NOT go across the bridge. Go to the left and you will see blue blazes and a sign for SUNSET ROCKS. Go left and follow the blue blazes. The trail climbs over 500 feet in elevation to the top. Go to the right to see the lookout. To the left the trail dead ends, but is also a nice view. The trail to Sunset Rocks is relatively steep and has some rocks. Trail Type: Loop Trail

Swamp Trail: This is the shortest trail at .25 miles but it allows you to view a forest swamp. It can be accessed from the Railroad Bed Road bike route. Trail Type: Loop Trail.

Dickinson Township

BARNITZ MILL AT STUART PARK

3 Barnitz Road
Carlisle, PA 17013
(717) 486-7424
www.dickinsontownship.org



AMENITIES: Picnic Tables/Pavilions, Historic Site, Portable Toilets, Benches, Parking, Hike/Bike Trail, Playground/Tot Lot, Fishing

TRAIL INFO: Miles of Trail: 1

KINGS GAP ENVIRONMENTAL EDUCATION & TRAINING CENTER

Pine Road & Kings Gap Road
Carlisle, PA 17013
(717) 486-5031
www.dcnr.state.pa.us



DIRECTIONS: The center's entrance is on Pine Road, one mile east of the Huntsdale Fish Hatchery. From Interstate 81, take Exit 37. At the exit, travel south on Route 233 about 2.5 miles. Turn left onto Pine Road and continue 2.5 miles. The entrance to the center is on the right.

AMENITIES: Picnic Tables/Pavilions, Hunting, Historic Site, Bird Watching, Environmental Educational Programs, Parking, Hike/Bike Trail

TRAIL INFO: Miles of Trail: 16

Pine Plantation Trail: 0.6 miles, self-guided nature trail. Follow the orange blazes through the pine plantation day use area. Learn about the original log house found on the property. Handicapped accessible. Trail Type: Loop

Whispering Pines Trail: 0.3 miles, paved path self-guided nature trail within the pine plantation day use area. This trail can be linked with Pine Plantation Trail. Handicapped accessible. Trail Type: Loop

Rock Scree Trail: 1.9 miles, path leaves the mansion area and travels along the vista and down to the pine plantation day use area. If you only have time for one trail, this is it. It is beautiful and gives you a taste of what the park has to offer. Trail Type: Out & Back

Ridge Overlook: 0.8 miles, path gives you a beautiful photo

opportunity of the valley below. This is a slightly more challenging hike and must join with either Rock Scree Trail, Kings Gap Hollow Trail or Boundary Trail to return to the mansion area. Trail Type: Loop

Forest Heritage Trail: 1.6 miles, following the lime green blazes. This loop trail connects several charcoal hearths that have been inactive for the last 100 years.

Maple Hollow Trail: 1.3 miles, following the yellow blazes. Trail takes the hiker through a maple forest and then returns the hiker back to the mansion through the chestnut oak forest. Trail Type: Loop

Scenic Vista Trail: 2.5 miles, following the orange blazes. Trail has opportunities to sit down on benches provided and an inspiring view of Michaux State Forest. Hiker can take Kings Gap Hollow Trail to return to the mansion. Trail Type: Out & Back

White Oaks Trail: 0.3 miles, paved path, self guided trail. Hiker passes through a white oak forest and near a small pond with crystal clear tributary streams. Trail Type: Loop

Watershed Trail: 1.8 miles, following the purple blazes. This trail surrounds the headwaters for Kings Gap Hollow Run Stream. Trail Type: Loop

Boundary Trail: 1.5 miles, following the lime green blazes. Trail must be entered via another trail, either the Watershed trail, Locust Point Trail, Ridge Overlook, or Kings Gap Hollow Trail. This trail allows the hiker to add distance to any of these trails and to make them a circle. Trail Type: Out & Back

Kings Gap Hollow Trail: 1.7 miles, following the yellow blazes. The trail meets up and follows along the clear Kings Gap Hollow Run Stream. Trail joins with many others to allow hiker to return via a different path. Trail Type: Out & Back

Hopewell Township

HOPEWELL TOWNSHIP PARK

218 Shippensburg Road (PA 696)
Shippensburg, PA 17257
(717) 423-6582



AMENITIES: Soccer Field, Playground/Tot Lot, Picnic Tables/Pavilion, Bird Watching, Restrooms, Portable Toilet, Benches, Parking, Wheelchair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Miles of Trail: 1.2, Trail Surface: Blacktop, Trail Slope: Easy, Trail Type: Loop

Lower Frankford Township

OPOSSUM LAKE

Easy Road/Opossum Lake Road
 Carlisle, PA 17013
 (717) 705-7850
 www.fish.pa.us
 www.opossumlakefriends.org



PARK INFO: This facility includes a 59 acre lake situated on 274-acre property.

AMENITIES: Fishing, Bird Watching, Picnic Tables/Pavilion, Boating, Parking, Hike/Bike Trail

TRAIL INFO: Miles of Trail: 4, Trail Surface: Natural, Trail Slope: Easy-Moderate, Trail Type: Loop

Lower Mifflin Township

COLONEL DENNING STATE PARK

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



DIRECTIONS: Take Route 81 to Exit 37. Turn onto Route 233 North and follow 12.5 miles. Route 233 travels across Route 11 and Route 641 in Newville. Stay on Route 233 North which becomes Doubling Gap Road outside Newville. The park entrance is on the right side of the road.

PARK INFO: Offering 18 miles of trails, beautiful vistas of the Cumberland Valley, and an area that is famous for making wrought iron cannons, Colonel Denning State Park offers plenty to distract your mind. The park is named for William Denning, an American Revolution veteran who never actually achieved the ranking of Colonel. William Denning is buried with his son and daughter in Newville, PA at the Big Spring Presbyterian Church.

AMENITIES: Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access, Camping, Swimming Beach, Bird Watching, Environmental Educational Programs, Restrooms, Parking, Public Phone, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail, Miles of Trail: 18

TRAIL INFO:

Flat Rock Trail: This is a moderate to difficult trail with steep and 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 that will take you 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 approximately 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

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

Newville Borough

BIG SPRING AREA COMMUNITY CENTER

2 Chestnut Street
Newville, PA 17241
(717) 776-7633



AMENITIES: Basketball Court, Soccer Field, Baseball/Softball Field, Indoor Volleyball Court, Community Center, Restrooms, Public Phone, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Multi-Purpose Meeting Room, Gymnasium, Stage/Auditorium, Learning Support Center, Dance Studio, Red Cross Certified Mass Care Facility

LAUGHLIN MILL

1 Laughlin Mill Road
Newville, PA 17241
(717) 776-7633

AMENITIES: Fishing, Bird Watching, Picnic Tables/Pavilions, Historic Site, Benches, Gardens

NEWVILLE COMMUNITY PARK

4 West Street
Newville, PA 17241
(717) 776-7633



AMENITIES: Baseball/Softball Field, Tennis Court, Playground/Tot Lot, Skate Park, Basketball Court, Picnic Tables/Pavilions, Restrooms, Benches, Drinking Fountain, Wheel Chair/Stroller Accessible, Handicapped Parking, Handicapped Accessible Restrooms, Food/Vending Machines

NEWVILLE LITTLE LEAGUE

10 Little League Avenue
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 Field, Playground/Tot Lot, Picnic Tables/Pavilions, Restrooms, Benches, Parking, Public Phone, Food/Vending, Drinking Fountain, Wheel Chair/Stroller Accessible, Concession Stand, Press Box, Club House

North Newton Township

NORTH NEWTON TOWNSHIP PARK

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



AMENITIES: Baseball/Softball Field, Playground/Tot Lot, Community Center, Basketball, Volleyball Court, Picnic Tables/Pavilions, Parking, Restrooms, Benches, Wheel Chair/Stroller Accessible, Hiking Trail

TRAIL INFO: Miles of Trail: .25, Trail Surface: Paved, Trail Slope: Easy, Trail Type: Loop

Penn Township

CENTERVILLE COMMUNITY PARK

55 Penn Drive
Newville, PA 17241
(717) 486-3104
www.pennntwpcc.org



AMENITIES: Baseball/Softball Field, Soccer Field, Volleyball Court, Playground/Tot Lot, Picnic Tables/Pavilions, Portable Toilet, Parking, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .25, Trail Surface: Stone, Trail Slope: Easy, Trail Type: Loop

PENN TOWNSHIP HIKE-BIKE TRAIL

Penn Township Volunteer Fire Department
 1750 Pine Road
 Newville, PA 17241
 (717) 486-3104
 www.penntwpcc.org



TRAIL INFO: This hike and bike trail is located adjacent to the fire station. Miles of Trail: .75, Trail Surface: Paved & Trail Mix, Trail Slope: Moderate, Trail Type: Loop

Shippensburg Borough

DYKEMAN SPRINGS PARK

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



AMENITIES: Baseball/Softball Field, Historic Site, Picnic Tables/Pavilions, Bird Watching, Benches, Parking, Hiking Trail

TRAIL INFO: Miles of Trail: 1.8, Trail Surface: Stone/Natural, Trail Slope: Moderate, Trail Type: Loop/Out & Back

SHIPPENSBURG COMMUNITY CENTER

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



AMENITIES: Basketball Court, Community Center, Playground/Tot Lot, Picnic Tables/Pavilions, Benches, Restrooms, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible

VETERANS MEMORIAL PARK

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



DIRECTIONS: Route 81 to Shippensburg, Route 11 South. Park on right side of the road.

AMENITIES: Baseball/Softball Field, Soccer Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Swimming Pool, Restrooms, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: The park joins the local high school so you can walk the parameter of both. Miles of Trail: .5, Trail Surface: Paved, Trail Slope: Easy, Trail Type: Loop

Shippensburg Township

SHIPPENSBURG TOWNSHIP COMMUNITY PARK

304 Britton Road
 Shippensburg, PA 17257
 (717) 532-7137



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Nature Preserve, Picnic Tables/Pavilions, Restrooms, Portable Toilets, Benches, Parking, Food/Vending, Water Misting/Wading Pool, Dog Park, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .25, Trail Surface: Paved, Trail Slope: Easy, Trail Type: Loop. This park is also a trailhead for the Cumberland Valley Rail Trail.



Walking decreases your risk of developing Type II diabetes and helps to manage it if you have already been diagnosed with diabetes.

Southampton Township

SOUTHAMPTON TOWNSHIP COMMUNITY PARK

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



DIRECTIONS: Take Exit 29 of Route 81. Turn left onto Route 174 East. Go over the Rt. 81 bridge and take quick right onto Hershey Road. Travel one mile to stop sign. The park is located at the intersection of Hershey, Neil and Airport Roads.

AMENITIES: Basketball Court, Soccer Field, Volleyball Court, Playground/Tot Lot, Picnic Tables/Pavilions, Bird Watching, Restrooms, Benches, Parking, Soda Vending Machines, Drinking Fountain, Wheel Chair/Stroller Accessible, Fitness Exercise Trail, Hike/Bike Trail

TRAIL INFO: The park includes a walking track and wooded trail system. Miles of Trail: 1, Trail Surface: Asphalt & Grass, Trail Slope: Moderate, Trail Type: Loop

SOUTHAMPTON TOWNSHIP MULTI-PURPOSE CENTER

Cleversburg Road & Whitehouse Road
Shippensburg, PA 17257
(717) 532-9646
www.southamptontwp.com



AMENITIES: Baseball/Softball Field, Playground/Tot Lot, Picnic Tables/Pavilions, Community Center, Restrooms, Parking, Soda Vending Machines, Wheel Chair/Stroller Accessible

Upper Mifflin Township

STATE GAME LANDS #169

(814) 643-1831
www.pgc.state.pa.us



DIRECTIONS: From Route 641 between Newville and Newburg. Take Mountain Road toward Route 76 (the PA Turnpike).

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 separate pond areas. Taking Game Lands Road off Bridgewater Road will lead to several different dirt roads leading through the 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

West Pennsboro Township

WEST PENNSBORO TOWNSHIP PARK

Park Road & Route 641
Plainfield, PA 17081
(717) 243-8220
www.westpenntwp.org



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Portable Toilets, Benches, Parking, Wheel Chair/Stroller Accessible, Hike/Bike Trail

TRAIL INFO: Miles of Trail: 1.3, Trail Surface: Paved, Trail Slope: Easy-Moderate, Trail Type: Loop



Journal



PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

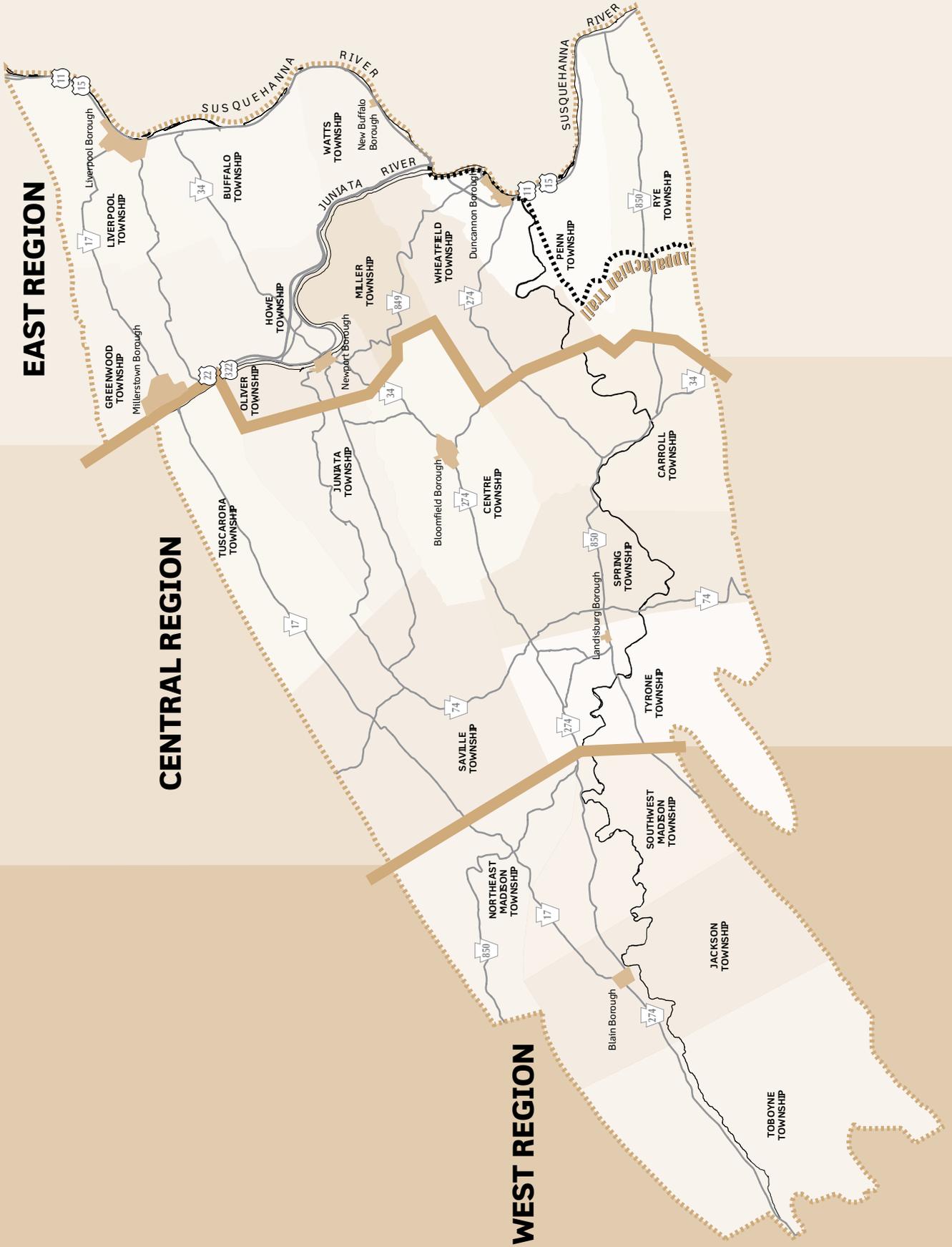
PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PERRY COUNTY



East Region

HOWE TOWNSHIP MUNICIPAL PARK

(717) 567-3424

**AMENITIES:** Fishing, Boating/Stream Access, Camping, Picnic Tables/Pavilion, Bird Watching, Portable Toilet, Benches, Parking, Wheel Chair/Stroller Accessible**LIVERPOOL COMMUNITY PARK**

100 North Pine Street

Liverpool, PA 17045

(717) 444-7771

www.liverpool.pa.net

**AMENITIES:** Basketball Court, Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Playground/Tot lot, Community Center, Picnic Tables/Pavilions, Portable Toilet, Benches, Parking, Wheel Chair/Stroller Accessible, Hike/Bike Trail**TRAIL INFO:** Miles of Trail: .25, Trail Surface: Gravel, Trail Slope: Easy, Trail Type: Loop**MILLERSTOWN AREA COMMUNITY PARK**

110 W. Juniata Parkway

Millerstown, PA 17062

(717) 589-3738

**AMENITIES:** Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Volleyball Court, Football, Community Center, Swimming Pool, Fishing, Picnic Tables/Pavilions, Portable Toilets, Parking, Hike/Bike Trail**TRAIL INFO:** Miles of Trail: 1, Trail Surface: Dirt, Trail Slope: Easy, Trail Type: Out & Back**STATE GAME LANDS #254**

Buffalo & Watts Townships

(814) 643-1831

www.pgc.state.pa.us

**DIRECTIONS:** Route 11/15 North past New Buffalo. You can park in the Half Falls Area on the left side of the road.**AMENITIES:** Hunting, Bird Watching, Parking, Hiking Trail**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-Difficult, Trail Type: Out & Back**STATE GAME LANDS #258**

Liverpool Township

(814) 643-1831

www.pgc.state.pa.us

**AMENITIES:** Hunting, Bird Watching, Parking, Hiking Trail

What do these little icons mean?

**RESTROOMS**

Public restrooms available

**HANDICAP ACCESSIBLE**

Contact specific park for access information

**HIKING TRAIL**

Hiking trail access

**BIKING TRAIL**

Biking trail access

**PETS ALLOWED**

Pets on leash allowed in most areas

WATTS-BUFFALO COMMUNITY CENTER

Black Snake Road
 Duncannon, PA 17020
 (717) 567-3424



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Community Center, Restrooms, Parking, Wheel Chair/Stroller Accessible

Central Region

APPALACHIAN TRAIL

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



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. Miles of Trail: 2,175, Trail Surface: Dirt & Grass, Trail Slope: Moderate-Difficult, Trail Type: Out & Back

Trail Entrances: Hawk Rock Trail , Route 850 and Millers Gap Road, Millers Gap Road and Tuscarora Trail/Darlington Trail

AUDUBON HAWKWATCH AT WAGGONER'S GAP

Waggoner's Gap Road (Route 74)
 Spring Township
 (717) 213-6880
 www.waggap.com



DIRECTIONS: From Carlisle take Route 74 North. Be prepared for two 90 degree turns up the mountain. The parking lot is on the north slope of the mountain 200 yards beyond a tower at the top of the ridge.

PARK INFO: This 20-acre 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, Portable Toilet, Benches, Parking, Hiking Trail

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-Steep, Trail Type: Out & Back

BLOOMFIELD BOROUGH PARK

East McClure Street
 New Bloomfield, PA 17068
 (717) 582-8888



AMENITIES: Baseball/Softball Field, Tennis Court, Playground/Tot lot, Swimming Pool, Picnic Tables/Pavilion, Portable Toilet, Benches, Parking, Public Phone, Wheel Chair/Stroller Accessible, Hiking Trail

BLOOMFIELD-CENTRE-CARROLL SWIMMING POOL ASSOCIATION

250 Chestnut Street
New Bloomfield, PA 17068
(717) 582-3030



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

CARROLL TOWNSHIP COMMUNITY CENTER

255 Church Road
Shermans Dale, PA 17090
(717) 582-8200



AMENITIES: Community Center, Picnic Tables/Pavilions, Restrooms, Portable Toilet, Parking, Wheel Chair/Stroller Accessible, Gazebo

CARROLL TOWNSHIP COMMUNITY PARK

465 Burn Hill Road
Shermans Dale, PA 17090
(717) 582-8200



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Portable Toilet, Benches, Parking, Food/Vending Machines, Wheel Chair/Stroller Accessible

DARLINGTON TRAIL

Rye & Carroll Townships
www.satc-hike.org



DIRECTIONS: From Route 81 North take exit 61. The two best access points are Lambs Gap Road and Millers Gap Road off PA 944/Wertzville Road West.

AMENITIES: Parking, Hike/Bike Trail

TRAIL INFO: The Darlington Trail is a 7.74-mile orange-blazed trail which runs from the AT/Tuscarora Trail Junction to Tower Road, Marysville. The entire route is located on SGL #170.

From these two entrances you can travel in either direction. West will lead to the Appalachian Trail, 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 & Back

DUNCANNON BOROUGH PARK

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



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

TRAIL INFO: Miles of Trail: 1

HAWK ROCK TRAIL

Duncannon, PA 17020



DIRECTIONS: Travel 11/15 North into Perry County. Pass Cove Road on your left (beyond Marysville and before Duncannon) and the entrance to the AT will also be on your left before Route 274.

AMENITIES: Parking, Hiking Trail

TRAIL INFO: This trail is part of the Appalachian Trail. Hawk Rock overlooks the Susquehanna River from Cove Mountain. Miles of Trail: .5, Trail Surface: Grass and Dirt, Trail Slope: Difficult, Trail Type: Out & Back

HERITAGE PARK

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

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

**HOVERTER AND SHOLL BOX
HUCKLEBERRY NATURAL AREA**

New Bloomfield, PA 17068
(717) 536-3191
www.dcnr.state.pa.us



DIRECTIONS: Travel north on Route 34. Turn Left onto Huckleberry Road 1.5 miles south of New Bloomfield. Travel .5 mile to reach the parking where the entrance sign is located.

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. There is an interpretive trail at the site.

AMENITIES: Bird Watching, Parking, Hiking Trail

TRAIL INFO: The short nature trail has 27 stops featuring several native trees, plants and shrubs. Miles of Trail: .25, Trail Surface: Grass and Dirt, Trail Slope: Moderate, Trail Type: Loop

JIM WEAVER NATURE PARK

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



AMENITIES: Nature Preserve, Bird Watching, Benches, Hiking Trail

TRAIL INFO: Miles of Trail: .25, Trail Surface: Woodchips, Trail Slope: Moderate, Trail Type: Loop

LIONS PARK

State Road
Marysville, PA 17053
(717) 957-2690



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

LITTLE BUFFALO STATE PARK

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



DIRECTIONS: PA 322 to Newport Exit. PA 34 south through Newport. One mile from town turn right onto Little Buffalo State Park Road. Park is 4.6 miles from PA 322.

PARK INFO: Containing a gristmill, a covered bridge, a lake, a tavern and an old railroad car, Little Buffalo State Park makes for an excellent place to take photos. Bikes may only be ridden on certain trails as noted on the entrance for each by the trail marker.

AMENITIES: Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Hunting, Boating/Stream Access, Swimming Pool, Bird Watching, Environmental Education Programs, Restrooms, Parking, Horseshoe Pits, Hike/Bike Trail

TRAIL INFO:

Volksmarch: Volksmarching earns participants awards for hiking. There is a volksmarch set up within Little Buffalo State Park that links several shorter trails to give the hiker a distance of 6.2 miles. Hikers should follow the white arrows to walk Mill Race, Fisherman's Buffalo Ridge, Little Buffalo Creek, Middle Ridge, Little Buffalo State Park Road and the Exercise Trail. (Official information is available at the park office) Trail Type: Loop

Little Buffalo Creek: The 1-mile trail marked with blue blazes follows the creek bed to Little Buffalo State Park Road. Hikers can begin the path from the Rail Road Trace near the picnic area. Trail Type: Out & Back

Exercise Trail: The 1.2-mile easy loop has 18 exercise stations and is located on a mowed grass path. The best entrance for the Exercise Trail is at the Park office. Trail Type: Loop

Blue Ball Trail: This .25-mile trail is paved and allows for handicap access. It can begin either next to the East Picnic Area or at the Blue Ball Tavern. Handicapped accessible, Trail Type: Out & Back

Fisherman's Trail: Hikers should follow the yellow blazes from the main parking area at the park up to the dam to Holman Lake. It is an easy 1-mile hike through a canopy of hemlock trees. Hikers can make a long loop by traveling Buffalo Ridge Trail back to the main park areas. Trail Type: Out & Back

Mill Race Trail: This easy half-mile trail is marked with orange blazes and can begin by Shoaff's Mill and the interpretive center. The trail follows the race that supplies water to the mill. There is an exhibit along the trail that explains how the race was dug by horses. Trail Type: Loop

Middle Ridge Trail: This the longest single trail and also the most difficult at 2.5 miles long. It is marked with red blazes. It begins at the Exercise Trail and ends at the west end of the park. Hikers can take Little Buffalo State Park Road back to the Park Entrance (to return to your car and make a loop). There are many short and steep climbs along the trail offering very nice views of the park. Bring your camera on this hike! Trail Type: Out & Back

Buffalo Ridge Trail: Colliers used this ridge to make charcoal for the Juniata Iron Works. You can see a few of these areas today where there are flat areas of dark ground along this trail. Follow the white blazes for this 1.5-mile difficult trail. It begins at the East Picnic Area and travels to the Main Picnic Area. The trail can also be joined with Fisherman's Trail to make it a loop trail. Trail Type: Out & Back

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. Handicapped accessible, Trail Type: Out & Back

East Day Use Area: The East Day Use area has a gravel path surrounding all the visitor interest sites. Here one can hike between the old Railroad Car, the gristmill and the covered bridge. The path is wide and very flat. Handicapped accessible, Trail Type: Loop

LOYSVILLE-COMMUNITY PARK

Tyrone Township
1405 Montour Road
Loysville, PA 17047



AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Community Center, Portable Toilet, Benches, Parking, Wheel Chair/Stroller Accessible, Hiking Trail

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

MARK E. HENRY MEMORIAL PARK

Landisburg, PA 17040
(717) 789-2169

AMENITIES: Multi-Purpose Field

**MARYSVILLE BOROUGH
PLAYGROUND & POOL**

200 Overcrest Road
Marysville, PA 17053
(717) 957-3110
www.marysvilleboro.com

AMENITIES: Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Fishing, Boating/Stream Access, Swimming Pool, Historic Site, Bird Watching, Benches, Parking, Food/Vending Machines, Drinking Fountain, Wheel Chair/Stroller Accessible, Restrooms (pool patrons only)



**NEWPORT PLAYGROUND
AND BOROUGH PARK**

Oliver Street
Newport, PA 17074
(717) 567-3728

AMENITIES: Baseball/Softball Field, Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible



**OLIVER TOWNSHIP
COMMUNITY PLAYGROUND**

Sout Third Street
Newport, PA 17074
(717) 567-3809

AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Portable Toilet, Benches, Parking, Food/Vending Machines, Wheel Chair/Stroller Accessible



PENN TOWNSHIP PARK

Municipal Building Road
Duncannon, PA 17020
(717) 854-5281

AMENITIES: Baseball/Softball Field, Soccer Field, Multi-Purpose Field, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Bird Watching, Restrooms, Benches, Parking, Food/Vending Machines, Wheel Chair/Stroller Accessible, Hiking Trail



TRAIL INFO: Miles of trail: .5, Trail Surface: Grass, Trail Slope: Easy, Trail Type: Loop

**PERRY COUNTY
RECREATION ASSOCIATION**

Penn Township
YMCA Drive
Duncannon, PA 17020
(717) 834-5000

AMENITIES: Multi-Purpose Field, Playground/Tot Lot, Camping, Swimming Pool

RYE TOWNSHIP COMMUNITY PARK

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



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Playground/Tot Lot, Nature Preserve, Picnic Tables/Pavilions, Fishing, Portable Toilet, Benches, Parking, Wheel Chair/Stroller Accessible, Hiking Trail

TRAIL INFO: Miles of trail: .25, Trail Surface: Wood Chips, Trail Slope: Easy, Trail Type: Loop

STATE GAME LANDS #170

Rye & Penn Townships
(814) 643-1831
www.pgc.state.pa.us



DIRECTIONS: Take Route 34 North to Route 850 East. Entrances are on both sides of Route 850 in Shermansdale.

AMENITIES: Hunting, Bird Watching, Parking, Hiking Trail

TRAIL INFO: The Darlington Trail, Appalachian Trail and Tuscarora Trail run through SGL#170. The other trails mentioned are unimproved roads. Trail Surface: Grass & Rocks, Trail Slope: Moderate-Difficult, Trail Type: Out & Back

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.

STATE GAME LANDS #171

Tuscarora Township
(814) 643-1831
www.pgc.state.pa.us



DIRECTIONS: Travel through the town of Miff in on Route 22/322. Take a left onto Route 333 and the entrance to the dirt path described below is at Thompsontown Station just as you cross the Juniata River. Other trail entrances for the shorter paths within the Tuscarora State Forest land are also located on the left side of the road.

AMENITIES: Hunting, Bird Watching, Parking, Hiking Trail

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. Miles of Trail: .25-4 miles, Trail Surface: Dirt Road, Trail Slope: Moderate-Difficult.

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 on along the Juniata River and railroad tracks.

STATE GAME LANDS #230

Carroll Township
Route 944 (Enola Road)
(814) 643-1831
www.pgc.state.pa.us



DIRECTIONS: Route 81 to Carlisle, Route 34 North to Route 944 West (Enola Road)

AMENITIES: Hunting, Bird Watching, Parking, Hiking Trail

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.

STATE GAME LANDS #256

Centre & Wheatfield Townships
 (814) 643-1831
 www.pgc.state.pa.us



DIRECTIONS: Take Route 34 North to Mecks Corner. Merge onto Route 34/274 and the trails will be on the right side of the road. Travel just over .5 mile and you will approach a dirt road (possibly unnamed); continue on less than .25 mile and then you will see the entrance for Dicks Ridge Trail on the right. There are other entrances to dirt roads from Route 274 east on the left side of the road.

AMENITIES: Hunting, Bird Watching, Parking, Hiking Trail

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-Difficult

STATE GAME LANDS #281

Miller Township
 (814) 643-1831
 www.pgc.state.pa.us



DIRECTIONS: From Route 11/15 North take Route 849 North after Duncannon. Take a right onto Lime Kiln Road. The first entrance to an unmarked dirt road is a very short distance of less than .5 miles. The second entrance on the right for a dirt road is the longer hike (1.5 miles). If you continue on Lime Kiln Road you will see Hickory Ridge Road, which is a good road to hike in either direction. Right will lead you to the Juniata River, and left will lead you to Upper Bailey Road.

AMENITIES: Hunting, Bird Watching, Parking, Hiking Trail

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 SGL #254 and follow the Mahanoy Ridge. Miles of Trail: 1 - 4, Trail Surface: Dirt Road, Trail Slope: Moderate-Difficult, Trail Type: Out & Back

WAGNER COMMUNITY PARK

Wheatfield Township
 Paradise Road
 Newport, PA 17074
 (717) 834-5467



AMENITIES: Baseball/Softball Field, Multi-Purpose Field, Playground/Tot Lot, Picnic Tables/Pavilions, Fishing, Bird Watching, Restrooms, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible, Hiking Trail

WAYNE WEIBLEY MEMORIAL FIELD & BRADY REISINGER PLAYGROUND

Saville Township
 Veterans Way
 Ickesburg, PA
 (717) 438-3396



AMENITIES: Baseball/Softball Field, Midget Football, Playground/Tot Lot, Portable Toilet, Benches, Parking

Walking burns almost as many calories as jogging, and most of the calories burned while walking are fat calories.



WILLIE SNYDER MEMORIAL FIELD

Saville Township
Fire House Alley
Ickesburg, PA
(717) 438-3396



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

West Region**BIG SPRING FOREST PICNIC AREA**

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



DIRECTIONS: 5.5 miles southwest of New Germantown, along Route 274.

PARK INFO: This 45-acre park takes its name from the nearby Big Spring, whose waters form the scenic Shermans Creek.

AMENITIES: Picnic Tables/Pavilions, Restrooms, Parking, Hiking Trail

TRAIL INFO:

Tunnel Trail/O'Donnel Trail: This 1-mile loop trail leads to the site of the partially completed railroad tunnel. The tunnel was abandoned due to geological features and financial difficulties. Miles of Trail: 1, Trail Surface: Grass, Trail Slope: Moderate, Trail Type: Loop

Iron Horse Trail: The Iron Horse Trail is a 10-mile loop trail that can be done in pieces as out and back hikes. The path is an old rail road path in rough condition. The trail is marked with red blazes. Good hiking boots are recommended. Miles of Trail: 10, Trail Surface: Dirt and Ballast, Trail Slope: Moderate, Trail Type: Loop

BLAIN AREA PARK

153 Church Road
Blain, PA 17006
(717) 536-3333



AMENITIES: Tennis Court, Volleyball Court, Playground/Tot Lot, Basketball Court, Picnic Tables/Pavilions, Restrooms, Portable Toilet, Benches, Parking, Drinking Fountain, Wheel Chair/Stroller Accessible



Photo Credits: Anne Gero, PhD; Carlisle, Pa.

FOWLERS HOLLOW STATE PARK

Toboyne Township
 (717) 776-5272
www.dcnr.state.pa.us



DIRECTIONS: The park can be reached from Blain by turning south from PA 274 at the east end of town, then go one-quarter-mile, turn right over the bridge. The park is also reached off of PA 274 west of New Germantown on Upper Buck Ridge Road.

PARK INFO: The 104-acre Fowlers Hollow State Park is on the edge of Tuscarora State Forest. In the late 1800s, the picnic area of the park was the site of a sawmill that supplied lumber products to the forest industry.

AMENITIES: Hunting, Fishing, Bird Watching, Picnic Tables/Pavilions, Camping, Restrooms, Parking, Drinking Fountain, Hike/Bike Trail

TRAIL INFO: Miles of Trail: 6, Trail Surface: Grass, Trail Slope: Easy-Moderate, Trail Type: Out and Back

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: This 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 link 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.

FRANK E. MASLAND NATURAL AREA

Jackson & Toboyne Township
 (717) 536-3191
www.dcnr.state.pa.us



DIRECTIONS: Take Route 233 to Laurel Run Road and turn west (left) for 4 miles. Two parking areas are located on Laurel Run Road.

PARK INFO: Surrounding a two-mile section of North Branch Laurel Run, this 1,270-acre tract is a good example of old, second-growth forest. There are several access points along the outer fringe of the natural area that lead to a primitive trail system. 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: Hunting, Fishing, Bird Watching, Parking, Hike/Bike Trail

TRAIL INFO: Miles of Trail: .25 - 5.5, Trail Surface: Dirt and Grass, Trail Slope: Moderate, Trail Type: Loop

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.

HEMLOCKS NATURAL AREA

Hemlock Road
Blain, PA 17006
(717) 536-3191
www.dcnr.state.pa.us



DIRECTIONS: Travel 10 miles west of Blain on PA 274 and then turn south onto Hemlock Road. After four miles there will be a parking area.

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 1-1.5 miles long. Three miles of trails traverse the area on each side of Patterson Run. At the trailhead parking area, there is a picnic table for use by the public. Camping is not permitted.

AMENITIES: Bird Watching, Picnic Tables/Pavilions, Parking, Hiking Trail

TRAIL INFO: Miles of Trail: 3, Trail Surface: Dirt and Grass, Trail Slope: Easy-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

STATE GAME LANDS #88

Perry and Juniata Counties
(814) 643-1831
www.pgc.state.pa.us



DIRECTIONS: Route 74 North to Route 850 West. The entrance to the dirt road described in the trail information is on the right after crossing Little Valley Creek in Walsingham. From Route 850 turn right onto Liberty Valley Road. Trails are on the left.

AMENITIES: Hunting, Bird Watching, Parking, Hiking Trail

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-Difficult, Trail Type: Out & Back

TOBOYNE SPORTSMAN'S ATHLETIC PARK

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



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

**TUSCARORA STATE FOREST/
TUSCARORA TRAIL**

District Office #3: RR 1 Box 486
Blain, PA 17006
(717) 536-3191
www.dcnr.state.pa.us



DIRECTIONS: To Colonel Denning—The park is located 8 miles north of Newville and 9 miles south of Landisburg along PA Route 233.

AMENITIES: Hunting, Fishing, Bird Watching, Boating/Stream Access, Camping, Parking, Hike/Bike Trail

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. Contact the Potomac Appalachian Trail Club at 703-242-0693 for detailed trail maps and current conditions. Miles of Trail: 110 miles, Trail Surface: Grass & Dirt, Trail Slope: Easy-Difficult, Trail Type: Out & Back

Entrances to the Tuscarora Trail: 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

Index



CUMBERLAND COUNTY

Acri Meadow Park	4	Dickinson Park	18	Lindner Park.....	18
Adams-Ricci Community Park.....	4	Donald Wittlinger Nature Preserve	25	Lower Allen Community Park.....	10
Allen Middle School.....	8	Drexel Hills Park.....	12	Lower Allen Elementary School.....	10
Allendale Park.....	8	Dykeman Springs Park.....	34	Lowther Fields	7
Anderson Park	20	Fiala Field	3	Maple Street Park.....	7
Appalachian Trail.....	16, 28	Fielding Belt Trail.....	25	Mason-Dixon Trail.....	26
Armitage Golf Club.....	5	Finkenbinder Park.....	11	Maurice K. Goddard Trail.....	3
Barnitz Mill at Stuart Park	31	Fort Couch.....	7	McCord Commons	6
Beacon Hill Blvd Land	8	Friendship Park	13	Mechanicsburg Trees & Trails Environmental Center.....	11
Beacon Hill Park.....	8	Glaize/Beamer Park.....	13	Memorial Field.....	12
Beacon Hill Radar Site	9	Good Hope Access.....	6	Memorial Park (Carlisle).....	18
Biddle Mission Park.....	17	Goodyear Park	18	Memorial Park (Lemoyne)	8
Big Spring Area Community Center	33	Grantham Park	13	Memorial Park (Mechanicsburg).....	11
Buck Ridge Trail.....	28	Hampden Township Park & Pool.....	6	Memorial Park (Wormleysburg).....	15
Bunker Hills Open Space.....	23	Heberlig/Palmer Tot Lot	18	Michaux State Forest.....	29
Butcher Tot Lot.....	17	Hempt Ballfields.....	9	Middlesex Township Park	21
Butler Street Park.....	22	Hidden Creek Park	23	Midway Park.....	4
Carlisle Barracks Golf Course.....	20	Highland Elementary School	9	Miller Crest Park.....	14
Carlisle Regional Medical Center Walking Trail.....	25	Highland Estates Playground	9	Monroe Acres Park.....	21
Carlisle Community Pool.....	17	Highland Park	9	Monroe Township Park.....	22
Cave Hill Nature Center	17	Historic Iron Works Park.....	26	Mooreland Athletic Area	19
Cedar Cliff High School	9	Holly Woodcrafters Ballfields.....	26	Mount Allen Park.....	14
Center Square Park.....	13	Hopewell Township Park.....	31	Mount Holly Marsh Preserve	22
Centerville Community Park.....	33	Indian Hills Park.....	26	Municipal Playground	15
Children's Lake	25	Kings Gap Environmental Education & Training Center.....	31	Negley Park	8
Christian L. Seibert Memorial Park...3		Koser Park	11	New Cumberland Borough Park	12
Colonel Denning State Park.....	32	Laughlin Mill	33	Newville Community Park	33
Conodoguinet Youth Park.....	6	Laurel Hills Tot Lot.....	4	Newville Little League.....	33
Country Estates Park.....	13	Lehman Farm.....	26	North Middleton Park.....	23
Creekview Park	23	Leighton Nature Preserve	15	North Newton Township Park	33
Creekview Recreation Area	6	Leidigh Park	21	Northside Park.....	12
Creekwood Park	9	Letort Falls Park	21	Opossum Lake	32
Cumberland Valley Rail Trail.....	28	Letort Park.....	18	Oyster Mill Park.....	4
		Letort Spring Run Nature Trail	16	Paul Walters Memorial Park.....	24
				Penn Township Hike-Bike Trail.....	34

Peters Field	10	Thornwald Park	19	Fowlers Hollow State Park.....	48
Pine Grove Furnace State Park.....	30	Tichy Park.....	22	Frank E. Masland Natural Area	48
Pine Hill Arboretum	5	Trine Park	22	Hawk Rock Trail.....	42
Pleasant View Park	24	Trout Run Nature Preserve	14	Hemlocks Natural Area	49
Potteiger Park.....	24	Tuscarora State Forest/ Tuscarora Trail.....	30	Heritage Park	42
Ridley Park	5	Twelfth Street Ballfields.....	12	Hoverter and Sholl Box Huckleberry Natural Area	42
Riverfront Park.....	15	Upper Allen Township Community Park.....	15	Howe Township Municipal Park.....	39
Rose Garden Park	14	US Army Heritage & Education Center	21	Jim Weaver Nature Park.....	42
Rupley Park.....	15	Valley Meadows Park.....	20	Lions Park.....	42
Salem Community Park	7	Vernon C. Wass Park.....	10	Little Buffalo State Park.....	43
Schell Park	8	Veterans Memorial Park.....	34	Liverpool Community Park.....	39
Seven Gables Park	19	Village Park.....	23	Loysville-Community Park	43
Shaffer Park	19	Vo-Tech Open Space	24	Mark E. Henry Memorial Park	44
Sheepford Crossing Park.....	10	West Fairview Park.....	5	Mark E. Henry Memorial Park	44
Sherwood Park	12	West Fairview Point	5	Marysville Borough Playground & Pool	44
Shippensburg Community Center ..	34	Westover Creekfront.....	7	Millerstown Area Community Park.....	39
Shippensburg Township Community Park.....	34	West Pennsboro Township Park	35	Newport Playground and Borough Park	44
Shireman Manor Playground	12	White Birch Farms Open Space.....	24	Oliver Township Community Playground	44
Shiremanstown Municipal Park.....	13	White Rocks Trail	27	Penn Township Park	44
Simpson Park.....	14	Willow Mill Park.....	24	Perry County Recreation Association	44
Smith Drive - Watts Area.....	7	Willow Park	4	Rye Township Community Park.....	45
Smith Drive Property.....	7	Windsor Park Playground	11	State Game Lands #88	49
South Middleton Township Park	27	Yellow Breeches Park	11	State Game Lands #170	45
Southampton Township Community Park.....	35			State Game Lands #171.....	45
Southampton Township Multi-Purpose Center	35			State Game Lands #230	45
Southview Park.....	27			State Game Lands #254	39
Spahr Tot Lot	19			State Game Lands #256	46
Spring Lake/Beverly Park.....	3			State Game Lands #258	39
Spring Meadows Park.....	27			State Game Lands #281	46
Spring Run Park	14			Toboyne Sportsman's Athletic Park.....	49
State Game Lands #169	35			Tuscarora State Forest/ Tuscarora Trail.....	49
State Game Lands #170	16			Wagner Community Park.....	46
State Game Lands #230	16			Watts-Buffalo Community Center..	40
State Game Lands #305.....	17			Wayne Weibley Memorial Field & Brady Reisinger Playground.....	46
Stony Ridge Park.....	24			Wllie Snyder Memorial Field	47
Stuart Community Center	19				
Susquehanna-Perry Park.....	5				
The Bubble	27				

PERRY COUNTY

Appalachian Trail.....	40
Audubon HawkWatch at Waggoner's Gap.....	40
Big Spring Forest Picnic Area	47
Blain Area Park.....	47
Bloomfield Borough Park.....	40
Bloomfield-Centre-Carroll Swimming Pool Association	41
Carroll Township Community Center.....	41
Carroll Township Community Park.....	41
Darlington Trail	41
Duncannon Borough Park	41

Journal



PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....

Journal



PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....

PLACE:
DATE:
WEATHER:

COMMENTS:
.....
.....
.....



Photo Credit: Larry Rankin, MD; Carlisle, Pa.

