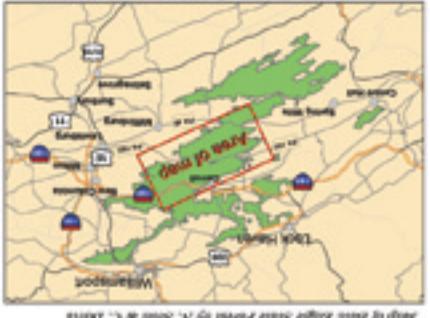




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Susquehanna Valley Visitors Bureau



Mountain Bike Map of Central Pennsylvania's Bald Eagle State Forest

Designed by Ben Marsh
Produced by the Susquehanna Valley Visitors Bureau



A few notable trails

Most of these trails are marked with blue blazes.

Bear Gap Trail – Medium trail. Two great trails. North section (1.2 miles) is gentle and smooth except in the middle where it is steep and rocky. South side of the mountain (0.8 miles) is gradual and smooth, but poorly maintained. Keep east of stream at bottom to avoid private land.

Black Gap Trail – Intermediate and Advanced trails. The eastern (0.8 miles) and western sections, connecting to forestry roads, are rocky but mostly rideable. The middle section (1.3 miles) is very rocky and steep, brushy, or wet in places.

Buffalo Flat Trail – Intermediate trail. Trail drops into isolated stream valley; 1.6 miles to Cooper Mill Road, rocky or wet in places.

Cowbell Hollow – Intermediate trail. A local favorite; 3 rolling miles through the mountain laurel; steep and rocky at east end.

Dug Trail – Intermediate trail. A sweet little connector over a low mountain, with mud and rocks at both ends.

Fallen Timber Trail – Advanced trail. "Fallen Biker Trail." Some say it is rideable. Extremely rocky 2 mile mountaintop trail at west end; smooth and pleasant 2 mile double-track in the east.

Frederick Gap Trail – Advanced trail. Where wheels go to die; 1.5 miles of rocky & steep connector.

Grosses Trail – Advanced trail. Thrilling 1 mile descent; especially rocky and steep at the top.

Hall Trail – Intermediate trail. Long (3.2 miles), gentle curve through an isolated valley; west to east is better.

"Jamboree Trail" – Easy trail. Open, grassy. Disabled Hunter Trail; 3 miles long and suitable for almost anyone. Connects to Engle Road on west end via Black Gap Tr., if you can find the junction.

McCall Field Trail – Easy trail. Shady, smooth, and very muddy 2 mile double track.

Negro Hollow Trail – Intermediate trail. Steep and rocky in the east and very muddy in the middle, but always fun; 4.5 miles.

Old Tram Trail – Intermediate trail. Gradual drop to the east on old logging railroad; 2 miles of riding plus a few hundred yards of carrying the bike over rocks.



Red Tongue Trail – Intermediate trail. Fast-but-bumpy 2.6 mile connector for northern loops.

Top Mountain Trail – Advanced trail. You'll love it or hate it, but you won't forget it; 4.5 miles of rocky mountaintop double-track with many short, steep climbs. East-to-west is best; west end is smoother.

"Twisted Laurel" Trail – Advanced trail. For the most adventurous; unmarked and poorly maintained 2 mile descent on logging RR grade. Find top end at the break-in-slope, 300 yards west of Cooper Mill Rd.

White Deer Creek Trail – Intermediate trail. A local favorite; 2 mile stretch of single-track. West to east is the better ride.

Suggested loops for new visitors

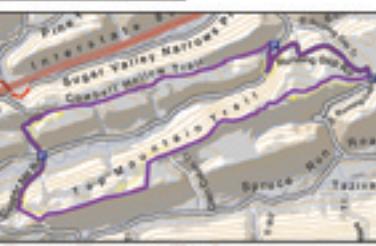
Jamboree Loop Intermediate trails; 17 miles.

Park above R. B. Winter Park on Black Gap Road at the entrance to McCall Field Trail, follow McCall Field Trail (bearing left before the gate on Jamboree Trail), right on Tusis Road for 4 miles, right on Hough Mt. Trail, right on Hall Trail (red blazes), right on Engle Road, left on Black Gap Trail (the first 100 yards is tough), right on Jamboree Trail, left on Less Trail (unmarked broad connector) for 1.50', right down Black Gap Trail, left on Black Gap Road (short-cut right, back to your car), right on White Deer Creek Trail (where road turns sharply left after the bridge), right on McCall Dam Road, right on Black Gap Road to parking area.

Top Mountain Loop

Advanced trails, 10 miles.

Park on White Deer Creek Road at Cooper Mill Road, climb north on Cooper Mill Road, right on Cowbell Hollow Trail at the elbow for three miles, right on White Deer Creek Road, left on Running Gap Road, right at top onto Top Mountain Trail for 4 miles, bear right down steep hill at end of double-track on Top Mountain, right on Cooper Mill Road to parking area.



Big Dogs Figure Eight

Advanced trails & 2 big climbs, 10 miles.

Round Knob Tr. starts at the parking area at Cooper Mill & Sand Mt. Roads. Ride down Round Knob Trail and turn right on Cooper Mill Rd., right at Y onto White Deer Creek Rd., right on Stony Gap Tr. & to the top of mountain, left on Spring Mt. Tr. to the end, left on Grosses Tr., left on logging road at the bottom, left (straight) on White Deer Creek Road, for 2 mi., straight at Y onto Cooper Mill Rd., left at hilltop to parking area.



Roadie's Delight

Almost all easy trails & roads with some big climbs, 22 miles.

Start at campground parking lot at R. B. Winter Park. Take Boiling Spring Tr. to right below the Sand Mountain Rd. T, follow to power line road, curve left & up steep hill, cross power line again on snowmobile trail, right on paved McCall Dam Rd., first left to Black Gap Rd., first left onto McCall Field Rd., left onto Tusis Rd., cross Ete. 192 and turn right on Old Narrows Trail (below guardrails), rejoin Ete. 192 for 100 yards at end of double-track, left off paved road on broad, unmarked trail, loop right to follow Stover Gap East Tr. to Stover Gap Rd., left & over mountain, through cross-roads and continue on Stony Gap Rd., left onto Negro Hollow Tr., sharp left onto Dug Tr., right on Pine Creek Rd., bear left at Y to stay on Pine Creek Rd., left on Ete. 192, right onto trail just before dam, & climb back to lot.



Some of the best mountain bike riding in Pennsylvania

The northern section of the Bald Eagle State Forest offers excellent mountain biking on diverse trails.

This map shows 140 miles of peaceful forestry road and 97 miles of bikeable trail, of three rider-ratings:

- **Easy trail:** 42 miles of "double track" logging and fire-protection road is accessible to any competent rider
- **Intermediate trail:** 34 miles have some rough or steep parts, and
- **Advanced trail:** 21 miles are very steep or rocky over significant distances.

Any trail can be dangerous; ride cautiously until you are confident of the trails and trail conditions. Always wear a helmet, and ride with others. Yield to other trail users.

Susquehanna Valley

relax... you're here

Visitor Info Center

Route 15 and Hafer Road, just 2 miles north of Lewisburg
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