

NUM	TITLE	DL
1	Rails to Trails, Newville to Shippensburg	E
2	Tuscarora Trail, Hemlock Rd. to Mountain Rd.	M
3	Rocky Knob Trail Five Mile Loop	M
4	Holly Preserve Wetlands Loop	E
5	Cowans Gap State Park Loop Hike	S
6	Big Spring State Park, Hemlocks Natural Area Loop	E
7	Forest Heritage, Maple Hollow Trails Loop	E
8	LeTort Spring Carlisle Loop	E
9	Col Denning SP, Old Doubling Gap Road Trail Loop	E
10	Boiling Springs Loop	E
11	Pine Grove Furnace State Park Loop	E
12	Laurel Lake Loop	E
13	Locust Point Trail Loop (Kings Gap)	E
14	Cowans Gap SP, Lakeside and Plessinger Trails Loop	E
15	Scenic Vista and Kings Gap Hollow Trail Loop	M
16	Colonel Denning Lake Loop - Optional Swim Afterward	E
17	Tuscarora Trail Three Mountain Road to Cowans Gap	M
18	Tuscarora Trail Lincoln Hwy-Cowans Gap	S
19	Tuscarora Trail, Bill Miller Trails Loop	S
20	Trough Creek Loop	M
21	Meadow Grounds Lake Loop	M
22	Hemlock Trail Loop	M
23	Old and New AT South of Caledonia Loop	S
24	Gettysburg History Loop Hike	M
25	Capital City Loop Hike	M
26	Pole Steeple Six Mile Loop	M
27	Center Point Knob, White Rocks Loop	M
28	Antietam Battlefield Hike	M
29	Rocky Knob Nine Mile Loop	M
30	Pandemonium Loop	M
31	Sunset Rocks, Toms Run Loop	M
32	Burnt Cabins Loop	S
33	Gettysburg Bridle Trail Hike Loop	M
34	Tuscarora Trail, The Lockings	S
35	Tuscarora Trail, Flat Rock	S
36	Tuscarora Trail, To Hell and Down	S
37	Tuscarora Trail, Knob Mountain	S
38	Tuscarora Trail, Blue Mountain	S
39	Tuscarora Trail, Four Ridges	S
40	Tuscarora Trail, Over the Turnpike	S
41	Iron Horse Loop	S
42	Tumbling Run/Lewis Rocks	S
46	Thousand Steps Long Loop	S
43	Mid-State Trail: Martin Hill, Sweet Root	S
44	Cat Rock Loop	S
45	Little Buffalo Loop	M
47	Thousand Steps Short Loop	S
48	Link Trail-Blacklog Mountain	S
49	Flat Rock	S
50	Pole Steeple Seven Mile Loop	S
51	Dark Hollow Loop	S
52	Cunningham Falls Loop	S

61	AT-Pine Grove to Arendtsville/Shippensburg Road	M
62	AT-Arendtsville/Shippensburg Rd to Caledonia St. Park	S
63	AT-Caledonia State Park to Old Forge	S
64	AT-Old Forge to Pen Mar Park	S
65	AT-Pen Mar Park to Wolfsville Road	S
66	AT-Wolfsville Road to U.S. 40	S
67	AT-U.S. 40 to Gathland State Park (Crampton Gap)	S
68	AT-Gathland State Park (Crampton Gap) to Weverton	E
60	AT-Pine Grove to Sheet Iron Roof Road	S
59	AT-Sheet Iron Roof Road to Boiling Springs	S
57	AT-Scott Farm to PA 850	M
56	AT-PA 850 to Duncannon	M
55	AT-Duncannon to PA 225	S
54	AT-PA 225 to PA 325	S
53	AT-PA 325 to PA 443	S
69	AT-Scott Farm to Duncannon	S
70	AT-Ridge Road to Caledonia State Park	M
71	AT-Caledonia State Park to Rt 233	M
72	AT-Pen Mar Park to Rt 16	M
73	AT-High Rock to Rt 491	M
74	AT, I-70 to Washington Monument	E
75	AT-High Rock to Pen Mar Park	M
58	AT-Boiling Springs to Scott Farm	M

2001_ATC_hikes_Shippensburg.xls

GAIN	MILES	DRIVE	RUN_RND	BOOK	MAP
50	5	0		0 None	None
100 SB, 500 NB	8	28		35 TTG	PATC J
700	5	10		PHT	PATC 2-3
25	4	25		None	None
800	4.5	37		None	SP
500	4	40		None	SP
300	3	20		None	PATC 2-3
10	4	26		None	None
300	5	20		None	SP
200	4	28		None	PATC 1
200	4.5	15		None	PATC 2-3
50	6	20		None	SP
480	3.5	20		None	PATC 2-3
400	3.5	37		None	PATC K
700	4.5	20		None	PATC 2-3
100 SB, 100 NB	6	25		None	SP
200 SB, 700 NB	6.7	28		12 TTG	PATC K
1300 SB, 400 NB	6.8	24		7 TTG	PATC K
1000	8	20		TTG	PATC J
700	7	50		50HC	SP
300	8	40		50HC	SGL 53
400	7	45		None	SP
900 SB, 100 NB	10	18		P14	PATC 4
100	7.5	32		None	NP
50	7	50		None	None
600	6	20		50HE	SP
750	7.5	28		P11	PATC 1
100	7	80		None	NP
600	9	10		None	PATC 2-3
700	6	20		None	PATC J
600	7	15		PHT,P13	PATC 2-3
1200	7.5	30		None	PATC K
100	8	32		None	NP
200 SB, 1800 NB	13.8	32		14 TTG	PATC K
200 SB, 1800 NB	12	20		14 TTG	PATC J
100 SB, 1400 NB	9	25		17 TTG	PATC K
400 SB, 1900 NB	11.6	20		18 TTG	PATC J
1500 SB, 200 NB	8.6	17		15 TTG	PATC J
2400 SB, 2400 NB	8.8	17		20 TTG	PATC J
900 SB, 400 NB	5.7	21		9 TTG	PATC K
250	11	28		None	TSF
920	6	15		None	PATC 2-3
1700	7	45		LT	LT
1800 SB, 2100 NB	8	75		8 MST	MST 213
700	9	55		None	SP
1000	6	40		None	SP
900	6	45		LT	LT
1100 SB, 1200 NB	10	40		8 None	None
1500 SB	9	25		None	TSF
400	7	15		50HE	PATC 2-3
1000	7	18		None	PATC 2-3
720 SB	8.5	55		None	NP

2001_ATC_hikes_Shippenburg.xls

1240 SB, 200 NB	8.3	15	20 P13	PATC 2-3
640 SB, 1500 NB	11.4	15	20 P13	PATC 2-3
1100 SB, 1200 NB	10.7	22	20 P14	PATC 4
1900 SB, 1000 NB	7.2	30	20 P14	PATC 4
1600 SB, 1600 NB	9.7	35	20 M1,2	PATC 5-6
600 SB, 700 NB	8.6	44	5 M2,3	PATC 5-6
800 SB, 800 NB	12.2	53	20 M4,5	PATC 5-6
332 SB, 732 NB	6.7	58	15 M6	PATC 5-6
825 SB, 725 NB	10.9	25	P11, P12	PATC 2-3
1500 SB, 1500 NB	8.1	30	P11	PATC 1
700 SB, 800 NB	6.6	40	P9,10	PATC 1
900 SB, 600 NB	8.3	50	20 P9	PATC 1
100 SB, 1050 NB	10.4	60	20 P8,9	KTA 7-8
900 SB, 150 NB	9.8	70	10 P8	KTA 7-8
1400 SB, 1500 NB	16.1	75	30 P7	KTA 7-8
1500 SB, 1200 NB	14.9	50	20 P9,10	PATC 1
40 SB, 1100 NB	4.1	15	15 P13	PATC 2-3
700 SB, 100 NB	4.7	17	15 P14	PATC 4
700 SB, 700 NB	2.9	30	15 P14	PATC 4
0 SB, 700 NB	3.2	30	15 M1	PATC 5-6
200 SB, 200 NB	3	50	15 M4	PATC 5-6
600 SB, 100 NB	2.7	30	15 M1	PATC 5-6
50 SB, 50 NB	11.8	35	P10	PATC 1

DESCR

A flat rails to trails hike. Cumberland Valley Trail. Departs from campus. U/B
 View of Amberson and Path Valleys along Tuscarora Trail.C/O Full description of hike as listed: From Hemlock F
 Pleasant loop nature trail on South Mountain south of Shippensburg. View of lakes and forests.
 Easy walking through woods and past open marsh and seepage swamp.
 Crosses several trails, including the Horseshoe, Cameron, and Geyer Trails. Very steep climbing, with view of lak
 Loop hike through old-growth hemlock trees nestled in a remote hollow. Driving mileage is more like 40 miles. M
 Slightly hilly hike through Kings Gap area. Mostly forested terrain. Full Description, unpublished: From the parkir
 Rail trail along a world-famous fly fishing stream on the edge of historic Carlisle. Pastoral views, quaint homes a
 Hike five different trails, old logging roads. Some climbing. Full description, unpublished: Start the Rattlesnake T
 See the scenic Cumberland Valley on the easiest section of the AT, back streets, and township park trails. Nea
 Exploration of the historic 19th Century iron plantation. Hike through remnants of once bustling area.
 Hiking at picturesque Laurel Lake at Pine Grove Furnace State Park. Flat hiking.
 Through Kings Gap State Park, with sampling of several well-blazed and heavily used trails. Some climbs.
 Through Cowans Gap State Park, over trails around lake, on bike path, logging road, and back to beginning. F
 Various trails through Kings Gap State Park. Some periods of steep climbing. Great view of valley from Scenic V
 Walk around lake, following a stream, then up a valley via the Rattlesnake Trail. Undulating terrain. Additional d
 Woodsy walk through Allens Valley, path used during French and Indian War. Relatively unrocky trail.C/O
 Views and radio towers abound on this relatively accessible portion of the Tuscarora Trail.C/O
 Ridge climbing in Colonel Denning State Park.C/O Full description, unpublished: From the parking lot, procee
 Pretty collection of geological oddities- Balanced Rock, Ice Mine, Copperas Rocks, Rainbow Falls.
 Loop around high mountain lake. Many stream crossings as you descend to a waterfall and climb back out.
 Through an old hemlock forest with an optional side trip to an old partly finished railroad tunnel. Big Spring Stat
 Long, gradual ascent of Rocky Mountain to RT 233. Return via old AT. Mostly solid footing. Some rocks. Old A
 Loop hike covering second and third days of battle. Hike up Little Round Top. Do Pickett's Charge. Visit Nation
 Part of Harrisburg's "Green Belt." Walk along the Susquehanna River, follow a paved trail around the city and e
 Spectacular view from Pole Steeple in Pine Grove Furnace State Park. Optional serious climb up and down from
 Ascend through mountain laurel to AT's one-time mid-point. Descend White Rocks and return along Yellow Bre
 Hike through rolling terrain of America's bloodiest day of the Civil War. Exact hiking route will be determined by t
 AT to Rocky Knob Trail. Trail circles plateau with good views and stations illustrating natural phenomena.
 Colonel Denning State Park. Explore the ruins of the abandoned village of Pandemonium. Further description:
 Short, steep ascent to Sunset Rocks and good view of valley. Some climbing over ridgetop rocks and return on
 Explore historic key to PA frontier using several obscure heritage-laden trails. Around postcard-pretty Sydney's
 Follow horse trail through historic Gettysburg National Battlefield area. Exact path of hike is up to the leader, sc
 Numerous views of the PA and MD countryside from rocky ridge to the end of Tuscarora Mountain.C/O
 Rocky mountaintop and pretty brook to spectacular view at Flat Rock.C/O
 Rock ledges with great views. Overlooks President James Buchanan's birthplace. Descends the Hells Hill Trail.C
 Rocky ridgetops with a steep descent to Path Valley.C/O
 Begin at Colonel Denning State Park and overlook the conference site from a rocky ridgetop.C/O
 Four rocky ridges between you and the virgin hemlocks. A tough one.C/O
 Watch as the highway magically changes from one side of the rocky ridge to the other.C/O Additional Notes: Tr
 Follows two railroad grades along a stream past an old cemetery. Includes the 10 miles Iron Horse Trail loop an
 Follows scenic Tumbling Run over large rocks past waterfalls to large boulders where Lewis the Robber is said t
 Dramatic views of PA's industrial past as you recreate the daily walk of Depression-era miners up to overlooks o
 Highest point on PA's longest trail. See old growth of Sweet Root Gap and climb through rhododendrons of Ra
 Steep climbs to rock outcrop in Catocin Mountain Park. Great view from Cat Rock.
 Trail ascends and descends many short, steep hills as it circles a reservoir to a preserved working grist mill.
 Spectacular overlook of Juniata Valley. Strenuous but shorter version of Hike 46. 1000 steps long.
 Climb the remote rocky ridge of Blacklog Mountain to a fine view, then cross to Gobbler's Knob and a dramatic
 Colonel Denning State Park to an old hemlock forest. Steep climb up mountain to beautiful vista of Cumberland
 Magnificent views from Pole Steeple in Pine Grove Furnace State Park. Short, hands-on climb.
 Caledonia State Park and Michaux Forest. Wooded lowlands and hollows, steep climbs up ridges. Possible rho
 Catocin Mountain Park. Three vistas, two rock scrambles, one beautiful waterfall.

Begins at Pine Grove Furnace State Park. Crosses scenic Tom's Run. Passes through former POW camp.C/O
Caledonia State Park. Passes through two shelters and former home of Thaddeus Stevens.C/O
Some good climbs to scenic Buzzards Peak. Historic area.C/O
Serious climbing to excellent views of the Cumberland Valley from Pen Mar Park.C/O
Former resort area during the Western MD Railway period. Great view from hang gliding spot. Roughest part of
Great views from rappelling site at Annapolis Rocks. Passes location of the Black Rock Hotel.C/O
Begins at Turners Gap, site of Civil War battle. Ends at Gathland State Park.C/O
Crampton Gap Civil War site to Weverton Cliffs overlooking Potomac River Gorge.C/O
Generally in woods all the way. No climbs of more than 500 feet. Location of "Half Way" sign.C/O
Hike through woods and fields. Crosses Center Point Knob and Little Rocky Ridge. Ends near regional headqu
Hike through Cumberland Valley, then one long, steep climb over Blue Mountain.C/O
Great views of Shermans Creek, Little Juniata Creek, and the Susquehanna River from Hawk Rock.C/O
Passes through trail town of Duncannon and crosses the Susquehanna River. Many views of the river and its v
Crosses wooded crest of Peters Mountain with views of valleys on both sides.C/O
Crosses Stony Mountain, Second Mountain, St Anthony's Wilderness, and Sharp Mountain. Many ruins in this s
Several rolling climbs. Great views from Hawk Rock.C/O
Michaux Forest with some steep descents into state park. Passes Quarry Gap Shelter.C/O Bruce McFate, Man
Rocky Mountain section of the AT. Passes shelter and has slow descent into state park.C/O
Through narrow gorge onto Rte 16 and then a fairly continuous climb towards Mt Dunlop.C/O
Through new relocation at Raven Rocks with excellent views to the west. Steep climb.C/O
Great views near first monument erected to honor George Washington.C/O
From local hang gliding spot, descend off ridge, enter PenMar Park. Once Western MD Railroad resort.C/O
Goes through fields and wood lots passing many farms. The Scott Farm is a trail work center. Basically flat secti

DIRECTION

Departs from Campus. In and out. No vehicles necessary. Contact hikes staff for trail location. Hiking distance
 Driving Directions: Follow Rt. 11 South to Rt. 533. Take 533 west to Orrstown. In Orrstown, turn onto Rt. 977
 Take US 11 north to Queen Street. Turn south on Queen Street opposite the Sheetz. Take Queen St., SR 30
 Take I-81 north 18 miles to exit 14. Turn right to PA 34 south. Take PA 34 5 miles to, and just through, the bus
 Follow the signs to I-81 South. Take I-81 south to exit 6 (Route 30 West). At the end of the ramp turn right on
 1: Start out going North on PA-696/N EARL ST towards E MARTIN AVE. 5.8 miles 2: PA-696/N EARL ST be
 Follow the signs to I-81 north. Take I-81 north to exit 11 (Rt. 233). At the bottom of the ramp, make a right turn
 Take I-81 north 18 miles to exit 14. Turn right to PA 34 south. Take PA 34 just 0.5 miles to Bonny Brook Road,
 Follow the signs to I-81 North. Take I-81 north to exit 11 (Rt. 233). At the bottom of the ramp turn left and follo
 Take I-81 north 19 miles to exit 15. Turn right to PA 74 south, stay in the right lane and turn right on Forge Roa
 Go out of parking lot and turn right. At a T in the road, turn right to Rt. 696.. Turn left onto SR 696 for .7 miles.
 From the university take Rt. 696 to US 11 N and follow the signs to interstate 81. Take 81 N to the Newville exit
 Out of parking lot, turn right. Go to "T" in road by stadium and turn right to Rt. 696. Turn left onto 696 to US R
 Follow the signs to I-81 South. Take I-81 south to exit 6 (Route 30 West). At the end of the ramp turn right on
 Follow the signs to I-81 north. Take I-81 north to exit 11 (Rt. 233). At the bottom of the ramp, make a right turn
 Take I-81 North to exit 11 (Newville). Take 233 north to Doubling Gap or Colonel Denning State Park. Turn in a
 To north trailhead: Take PA 533 west to Upper Strasburg, then keep going straight on SR 4004 through Fanne
 To south trailhead: Take I-81 south 8 miles to exit 6 to US 30 west. Continue on US 30 through Chambersburg
 Follow the signs to I-81 North. Take I-81 North to exit 11 (Rt. 233). At the bottom of the ramp turn left and fol
 From Rt. 11, take Spring Street, (which becomes Roxbury Rd/SR 4016 in about a block) to PA 641. Turn left ar
 Take I-81 south 8 miles to exit 6 to US 30 west. Continue on US 30 through Chambersburg's many lights, St. T
 From the university take US 11 S until you come to the intersection with PA 533. Take PA 533 to Orrstown. At

Leave university on local road. Turn left onto SR 696. Turn left onto US 11. Turn right onto SR 696. Enter I-81
 Leave university on local road. Turn left on SR 696 for .7 miles. Turn left on US 11 for .9 miles. Bear right on SR
 * Check which parking lot* Directions not final *** From the university take US 11 N and follow the signs to inte
 Take I-81 north 19 miles to exit 15. Turn right to PA 74 south, stay in the right lane and turn right on Forge Roa
 Traveling south on Interstate 81--exit 1 (MD), Route 68 east to Route 65. Turn right on Route 65 and travel 5 m
 Take US 11 north to Queen Street. Turn south on Queen Street opposite the Sheetz. Take Queen St., SR 30
 Take PA 533 east to Newville. Turn left to PA 233 north and continue 9 miles to the border of Colonel Denning
 and follow the signs to interstate 81. Take 81 N to the Newville exit (route 233). Follow the signs to Pine Grove
 Take PA 533 west to Upper Strasburg, then keep going straight on SR 4004 through Fannettsburg. Keep goin
 Leave university on local road. Turn left onto SR 696. Turn left onto US 11. Turn right onto SR 696. Enter I-81
 Take I-81 south 19 miles to exit 3, Greencastle. Turn right to PA 16 west and continue through Greencastle an
 To north trailhead: Take PA 533 east to Newville. Turn on PA 233 north, then right on PA 641 east. At 3.5 mile

To south trailhead: From Rt. 11, take Spring Street, (which becomes Roxbury Rd/SR 4016 in about a block) to I
 To south trailhead: Take PA 696 north to Newburg. At junction with PA 641, turn right, then quick left on SR 40
 To north trailhead: Take PA 696 north to Newburg. At junction with PA 641, turn right, then quick left on SR 40
 To south trailhead: Take PA 533 west to Upper Strasburg, then keep going straight on SR 4004 through Fann
 1: Start out going Southwest on US-11/W KING ST/PA-533 towards N SENECA ST. 0.4 miles 2: Turn RIGHT
 Follow the signs to interstate 81. Take 81 N to the Newville exit (route 233). Turn right (south) on Rt. 233. In a
 From Rt. 11, take Spring Street, (which becomes Roxbury Rd/SR 4016 in about a block) to PA 641. Turn left a
 To north trailhead: Take PA 696 north to PA 997. Turn left on PA 997 south and continue to the Turnpike onr
 From the University go S on US 11 follow the sign for interstate 81. Take interstate 81 S to US route 30 at Cha
 Take PA 533 east to Newville. Turn left to PA 233 north and continue through Colonel Denning State Park and
 From Rt. 11, take Spring Street, (which becomes Roxbury Rd/SR 4016 in about a block) to PA 641. Turn left ar
 To south trailhead: Take PA 696 north to PA 997. Turn left on PA 997 south and continue to the Turnpike onr
 Take I-81 North to exit 11, Newville. Take 233 north to Doubling Gap or Colonel Denning State Park. Turn in
 Beginning at Exit 10 (Shippensburg) I-81. Drive 8 miles north on I-81 to Exit 11 (Rt. 233 □ Newville). Take Rt. 2
 Leave university on local road. Turn left onto SR 696 for .7 miles. Turn left onto US 11 for .9 miles. Bear right on
 From the University go S on US 11 follow the sign for interstate 81. From Shippensburg take PA-696 south. T

Pine Grove Furnace Follow signs to Rt. 11. Go north in town to Queen St. Make a right at light. Go 3.0 miles t
Arendtsville-Shippensburg Rd to Caledonia State Park Arendtsville-Shippensburg Rd/ A.T. crossing. From Ship
Caledonia State Park. (Rte 30) From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on
Old Forge Picnic Area From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997
Pen Mar Park, Md. From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997 to
Wolfsville Rd. From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997 to Wayn
From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997 to Waynesboro, Pa. A
Gathland State Park (Gapland Rd.) From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go sou
Beginning at Exit 10 (Shippensburg) I-81. Drive 8 miles north on I-81 to Exit 11 (Rt. 233 □ Newville). Take Rt. 2
Beginning at Exit 10 (Shippensburg) I-81. Drive 8 miles north on I-81 to Exit 11 (Rt. 233 □ Newville). Take Rt. 2
Beginning at Exit 10 (Shippensburg) I-81. Drive ~24 miles north on I-81 to Exit 17 □ B. At 2nd traffic light, turn
Leave university on local road. Turn left onto SR 696 for .7 miles. Turn left onto US 11 for .9 miles. Bear right on S
Leave university on local road. Turn left onto SR 696 for .7 miles. Turn left onto US 11 for .9 miles. Bear right on S
Leave university on local road. Turn left on SR 696 for .7 miles. Turn left on US 11 for .9 miles. Bear right on SF
Beginning at Exit 10 (Shippensburg) I-81. Drive ~24 miles north on I-81 to Exit 17 □ B. At 2nd traffic light, turn
Caledonia State Park. (Rte 30) From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on
Caledonia State Park. (Rte 30) From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on
Pen Mar Park, Md. From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997 to
High Rock From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997 to Waynes
I-70 (Rte 40) From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997 to Waynes
High Rock From Shippensburg U get on I-81 and go south to Exit 8, Rte 997. Go south on Rte 997 to Waynes
Shippensburg U. to Boiling Springs Beginning at Exit 10 (Shippensburg) I-81. Drive ~19 - 20 miles north on I-8