

Fall 2017 Hiking Schedule

All Hikes Depart From Pavilion Across From White Pine and Hemlock Lodges

Pace Codes:

Leisurely: Nature or historical walk; frequent stops for observation

Moderate: Steady, 1 to 2 miles per hour

Brisk: Steady, 2 to 3 miles per hour

Fast: 3 to 4 miles per hour; very short breaks; a workout

Terrain Codes:

Paved: Solid pavement/sidewalk

Easy: Soft ground/sand/carriage trails; nearly level; few rocks or obstructions (roots)

Rugged: Some rocks/roots/obstructions; climbs and descents totaling up to 1,000 feet possible

Strenuous: Steep hills, rocks/roots/obstructions likely; frequent climbs and descents with a total of more than 1,000 feet

Extremely Difficult: Usually more than 12 miles; **some** or **all** of these features possible or likely: rocks, roots, obstructions, unbridged stream crossings, non-technical rock climbing/scrambling, boulder fields, bushwhacking, climbs and descents totaling well over 1,000 feet

#1 Friday 10:00 AM

Alexander Caverns Exploring (limit to 10 people. Under 14 must be accompanied by adult.)

Hike Leader: Jenn Ulmer and Donna Thompson

Driving Time: 1 hour, 23 miles

Hiking Distance: Dry section ~900', Wet section ~2000', multiple stops, 3-4 hours

Terrain: easy-rugged (boat portion)

Pace: leisurely

Hike Rating: easy

Reason for Rating: Entrance involves 115 steps, after that, easy walking/paddling

Description: Rare access to this gated, nicely decorated, former commercial cave - the third longest cave in PA. Extent of exploration is up to the participants. There is a very easy, beautiful walking section (after the 115 steps), and then there is a wet section with boats (some are leaky) similar to Penns Cave, for the more adventurous.

Highlights: Unique habitats, geologic formations, historical

Type of Hike: Linear – out & back

Equipment Recommendations: If you'd like to participate in crawling or on the boat portion, definitely wear clothes that can get muddy and bring a dry change of clothes (all changing is done in the cave). Waterproof boots, knee pads, and non-cotton clothes are a plus. 54°F year round. Helmets/lights are available to borrow. Waterproof bag for phone/camera. Lunch, water. Suggested \$1/person donation to Amish landowners.

#2 Friday 12:00 PM

Winkleblech Mountain Loop

Hike Leader: Paul Shaw

Driving Time: 20 minutes, 12 miles

Hiking Distance: 7.5 miles, 5 hours

Terrain: strenuous

Pace: moderate

Hike Rating: most difficult

Reason for Rating: >1200' elevation gain

Description: From Hairy Johns Picnic Area, we will hike north on the Mid State Trail with ascents of Winkleblech and Buffalo Mountains. We then follow Negro Hollow and Round Top Roads back to Hairy Johns. Several nice vistas along the hike.

Highlights: scenic views, historical

Type of Hike: loop

Equipment Recommendations: Trekking poles, water, snack.

#3 Friday 2:00 PM

Mid State Trail on Old Penn Central Rail Grade

Hike Leader: Ed Lawrence

Driving Time: 10 minutes, 5 miles

Hiking Distance: 3 miles in, 3 miles out, total of 6 miles, 2.5 hours

Terrain: easy, flat rail bed

Pace: moderate, stretch legs after drive

Hike Rating: easy

Reason for Rating: flat

Description: We will walk along Penn's Creek on an old rail bed to the tunnel.

Highlights: Poe Paddy tunnel, newly redone by DCNR

Type of Hike: Linear – out & back

Equipment Recommendations:

#4 Friday 5:45 PM

Chimney Rocks Sunset Hike

Hike Leader: Peter Fleszar

Driving Time: 0 minutes, 0 miles

Hiking Distance: 1.5 miles, 1.5 hours

Terrain: easy

Pace: easy

Hike Rating: easy

Reason for Rating: Easy, wide trail. Will be returning in the dark.

Description: Sunset hike to Chimney Rocks on White Mountain Ridge Trail. A steady climb and descent from a viewpoint. Wide and well-beaten trail by generations of camp goers. After seeing the sunset, will return in the dark.

Highlights: scenic views, historical

Type of Hike: Linear – out & back

Equipment Recommendations: Flashlight and/or headlamps are a must! Shoes for semi-rocky trail. Trekking poles.

#1 Saturday 9:00 AM

White Mountain Wild Area

Hike Leader: Dave Gantz

Driving Time: 30 minutes (setting up shuttle), 5 miles

Hiking Distance: 9 miles, 5-6 hours

Terrain: strenuous

Pace: moderate

Hike Rating: more difficult

Reason for Rating: One steep ascent nearly 1,000'. Narrow, remote path ridgetop.

Description: Warm-up on a double track path then climb steeply into a wild area accessible only by foot. We climb almost 1,000' quickly to the top of White Mountain before descending slowly along the ridgeline for several miles. Most of the day will be spent on a narrow ridge with excellent views into Penns Creek. The trail is narrow and rugged, yet rewarding. End the day with stellar views from Chimney Rocks before descending back down to the weekend headquarters. Plenty of wildlife viewing opportunities including rattlesnakes. A truly wild experience!

Highlights: Scenic views, unique habitats, geologic formations

Type of Hike: Linear w/shuttle

Equipment Recommendations: Camera, 2 liters of water (at least), snacks and lunch, sturdy hiking footwear, trekking poles, rain jacket, etc.

#2 Saturday 9:00 AM

Reeds Gap State Park to Bear Gap Picnic Area to Hunters Road

Hike Leader: Tony Robbins

Driving Time: 22 miles

Hiking Distance: 7 or 9.2 miles, 6 hours

Terrain: strenuous

Pace: moderate

Hike Rating: more difficult

Reason for Rating: Steep climb to start and rocky ridge top.

Description: This hike will entail part of the newly opened 13 mile Reeds Gap Spur Trail that connects the Mid State Trail at Poe Paddy State Park to Reeds Gap State Park. DCNR was going to take this trail off the map 5 years ago, so KTA started to reopen the trail in 2012 spearheaded by John Stevens, and attained a fully reopened and blazed trail by 2016. In addition to Reeds Gap Spur Trail, KTA reopened a side ridge top trail (White Mountain Trail) at the northern end just before the descent to Poe Valley State park during the 2015/2016 trail care season.

The hike starts at Reeds Gap State Park on the Reeds Gap Spur Trail with a steady climb of 1,400 feet for 1.1 miles up to the High Top Trail. We will take High Top Trail along the ridge top for approximately 4.2 miles to the Bear Gap Trail. We will make a steady descent along Bear Gap Trail for 1.75 miles to the Bear Gap Picnic area. This is the first opportunity to end your hike for a total of approximately 7 miles. We will then continue from Bear Gap Picnic area to Hunter Road using the old Reeds Gap Spur Trail until we reach the Long Path intersection where we will turn right to hike out to Hunter Road for an additional 2.2 miles. This last section is relatively flat, partially going through open areas where DCNR is trying to start tree growth.

Highlights: Newly reopened trail that was previously impassable.

Type of Hike: Linear w/shuttle

Equipment Recommendations: 2 or more liters of water, snacks, lunch, sturdy boots, trekking poles.

#3 Saturday 9:00 AM

White Mountain Ridge Trail accessed by Devils Elbow Trail

Hike Leader: Ed Lawrence

Driving Time: 15 minutes

Hiking Distance: 4 miles, 2 hours

Terrain: moderate

Pace: moderate

Hike Rating: moderate

Reason for Rating: Climb and then descend

Description: We will access the White Mountain Ridge Trail from Weikert Run Road after leaving a shuttle car at the Devils Elbow Trail.

Highlights: Chimney Rocks with a view of Penns Creek

Type of Hike: Linear w/shuttle

Equipment Recommendations:

#4 Saturday 9:30 AM

Hairy John's - Winkleblech Loop Hike

Hike Leader: Peter Fleszar

Driving Time: 20 minutes, 11 miles

Hiking Distance: 3.5 miles, 2.5 hours

Terrain: rugged

Pace: moderate

Hike Rating: More difficult

Reason for Rating: One tough climb – not over 1,000', but very rocky.

Description: A rocky climb up Winkleblech Mountain, inspirer of many plays on words. Unusually easier going on ridgetop, and easier descent. Pass Hairy John's Spring and views from ridge.

Highlights: scenic views, historical

Type of Hike: loop

Equipment Recommendations: shoes and poles for very rocky footway.

#5 Saturday 12:30 PM

Mid State Trail on old Penn Central Rail Grade

Hike Leader: Ed Lawrence

Driving Time: 10 minutes, 5 miles

Hiking Distance: 6 miles, 2.5 hours

Terrain: easy, flat

Pace: moderate

Hike Rating: easy

Reason for Rating: flat rail bed

Description: We will walk along Penns Creek on old rail grade to Poe Paddy tunnel.

Highlights: Poe Paddy tunnel

Type of Hike: Linear – out & back

Equipment Recommendations:

#6 Saturday 3:30 PM

Wesley Forest Bridge and Vista Hike

Hike Leader: Wesley Forest Staff

Driving Time: 0 minutes, 0 miles

Hiking Distance: 2.5 miles, 2 hours

Terrain: easy

Pace: leisurely

Hike Rating: easy

Reason for Rating: Generally level, wide, and well-marked trail with the exception of a few short ascents and descents. Some portions are rocky. Each bridge crossing will include some rest time, waiting for each other cross one at a time.

Description: Hikers will cross five unique bridges on the Wesley Forest property (Swinging, Monkey, Cable Car, Burma, and Covered). We will make a stop at Chimney Rock Vista between

the Monkey and Swinging bridges. We will take an alternate route to Chimney Rock than the Friday evening sunset hike.

Highlights: scenic views, historical, one of a kind bridges

Type of Hike: loop

Equipment Recommendations: Please note that 3 of the 5 bridges require use of both hands. A small backpack is recommended so that you can free your hands for short periods during the hike.

Other Wesley Forest Activities

Saturday

- *#7 Fishing and Boating at the Lake – 9:00 AM*
 - Bring your own fishing equipment, or use one of our bamboo poles. We will provide all basic fishing gear and some bait. Fish from the bank, or jump into a paddleboat, kayak, or row boat for some fishing on the water. All boaters must wear a Personal Floatation Device. No fishing allowed in the swim area. The lake is stocked with a variety of pan fish: bluegills, sunnies, crappies, perch, bass, and catfish.
 - Time: Bank fishing – any time
 - Boat fishing: 1 hour blocks of time
 - Equipment: bring your own rod and reel if you'd like. We will provide bamboo poles and basic fishing gear. We'll have a limited amount of bait.

- *#8 Treasure Hunt – 9:00 AM*
 - Tackle one of the famous Wesley Forest Treasure Hunts. Wesley Forest is a Christian summer camp facility, so all of our Treasure Hunts have a Biblical theme. The specific Treasure Hunt we do will depend on how many people sign up for the activity. All of our treasure hunts involve a walking ranging from a half mile to 1.5 miles.
 - Group size: minimum of 4 people required
 - Time: 2 hours
 - Equipment: None needed

- *#9 Low Ropes Course with Field Games – 11:00 AM*
 - We have 15+ distinct low ropes challenge course elements. No helmets or harnesses required, but bring your problem solving skills, communication, and teamwork along with you. We will start the group off with some basic get-to-know-you activities and initiatives in the rec field, so that we can warm up your brains and your bodies for the actual low rope elements. Walk on wires, balance on logs, and swing on ropes in the challenge course.
 - Group size: minimum of 6 people required
 - Time: 2 hours

- Age: ideal for ages 8+
- Equipment: all participants must wear close-toed shoes. Every low ropes participant must sign a Wesley Forest activity waiver.
- #10 Geocaching – 1:30 PM
 - A modern day form of treasure hunting. We will teach you how to operate a GPS for the purposes of geocaching. Then we'll send you out as you hunt down the Wesley Forest caches. There is a whole world of geocaching out there – let us teach you the basics! 1.5 miles of walking total.
 - Group size: minimum of 2 people required
 - Time: 1.5 – 2 hours
 - Equipment: None needed

#1 Sunday 8:30 AM

Hairy Johns – Woodward Gap Loop

Hike Leader: Paul Shaw

Driving Time: 20 minutes, 12 miles

Hiking Distance: 6.7 miles, 3.5 - 4 hours

Terrain: easy

Pace: moderate

Hike Rating: easy

Reason for Rating: Generally level trail, well-marked, with few obstructions.

Description: From Hairy Johns, we'll hike the Sand Mountain Haul Road to Woodward Gap, then return via the Mid State Trail.

Highlights: Scenic views

Type of Hike: Loop

Equipment Recommendations: Hiking shoes, lunch, water

#2 Sunday 9:00

Snyder-Middleswarth Natural Area Loop

Hike Leader: Jenn Ulmer and Donna Thompson

Driving Time: ~55 minutes, 20 miles

Hiking Distance: 3.3 miles, 2-3 hours

Terrain: rugged

Pace: moderate

Hike Rating: more difficult

Reason for Rating: 600' ascent and descent in 0.6 miles each

Description: This hike starts at the Snyder-Middleswarth picnic area, following Swift Run Trail through old growth forest of hemlocks and white pines, some over 150' tall. Step over creatively-chainsawed, moss-covered logs and be on the lookout for wonderful fungi. Hike to the top of Thick Mountain on the switchbacks of Tower Trail and visit the site of a fire tower and a plane crash. The hike wraps up with a somewhat steep descent on Thick Mountain Trail, then a short 0.25 mile road walk back to the picnic area.

Highlights: Lush, old-growth forest

Type of Hike: Loop

Equipment Recommendations: Trekking poles, camera

#3 Sunday 9:30 AM

Mifflinburg Rail Trail and History Hike

Hike Leader: Peter Fleszar

Driving Time: 25 minutes, 14 miles

Hiking Distance: 3 miles, 2.5 hours

Terrain: easy

Pace: leisurely

Hike Rating: easy

Reason for Rating: Rail trail and town sidewalks.

Description: Pretty town walk partly on rail trail and partly on town sidewalks. Guess at the history we're walking past using historical society brochure. Convenient location for many of us to continue to drive home.

Highlights: historical

Type of Hike: Loop

Equipment Recommendations: hard surface walking shoes