



The Keystone Hiker - June 2021

Member's Corner

Welcome to the Board Cynthia Krom

Cynthia Krom loves being outdoors. She is currently president of the Lancaster Hiking Club, and hikes mostly in SE Pennsylvania. With the KTA she has completed the Laurel Highlands Hiking Trail and lead a slack pack on the Black Forest Trail, as well as a number of day hikes. She's currently working to finish the Mason-Dixon, and has only a few miles left on the AT in the state.

Cynthia hikes around the world - the Camino to Santiago de Compostela in Spain (both the Northern Route and the Primitivo), the Tour du Mont Blanc in France, Italy, and Switzerland, the Cotswold Way in England, the Salkantay Trek in Peru, and several trails in Patagonia. Kayaking, biking, and skiing are also favorite activities, especially when COVID hampers travel.

Cynthia coordinates most of the trail maintenance on the Conestoga Trail, and has managed Checkpoint #1 for the KTA Trail Challenge for several years. In order to pay the bills and enable her outdoor obsessions, Cynthia has been a full-time accounting professor for 31 years. If you're going on the June KTA Old Logger's Path slack pack, you will see her there!

On the Trail

KTA hit the trail in May with three Slackpack trips to the beautiful Allegheny Front Trail, a 42 mile loop around Black Moshannon State Park. KTA then branched out into water trails with an overnight canoe and kayak trip on the Allegheny River. Visit kta-hike.org/events to learn about more KTA outing opportunities.



Receive a Free Map When You Pledge to Keep Trails Alive

KTA is pleased to announce a new donor appreciation program.

When you sign up or increase your [Keep Trails Alive monthly donation](#) amount by at least \$10, you will receive one complimentary copy of your choice of [Purple Lizard Maps](#) available for purchase in the KTA Book Store. Visit kta-hike.org/keep-trails-alive to sign up for recurring online payments, or contact the KTA office for information on direct ACH transfers.

We at KTA are very grateful for your contributions to our trails, As thanks, we hope these maps will help you explore the footpaths that your donations help to provide, protect, preserve, and promote.

Volunteer's Corner

Trail Challenge Volunteers Needed

Join us on September 11, 2021 to help put on this trail running event. It takes over 120 volunteers to pull off the KTA Trail Challenge. Please sign up for the hours during the day that best fits your schedule. We need volunteers from 5:00 AM to 7:30 PM. We will try to accommodate your shift preferences as best we can. You will receive an email confirmation after signing up. If you do not receive an email, please contact us. Volunteers receive an official KTA Trail Challenge Volunteer t-shirt, access to the delicious Finish Line Picnic, and the awesome feeling that comes with doing good. Thank you so much for supporting the Keystone Trails Association!

[Sign up here!](#)

Volunteers are also needed prior to the event to prepare finisher medallions. If interested, please contact the KTA office.

2021 Trail Care

June 8-13: Extended Trail Care

August 19-22: Trail Care

Mid State Trail, Everett Region

Buchanan State Forest

Leader: Chad North

Chadnorth@gmail.com

570-238-3591

Camp: Tenley Park, Everett

June 22-27: Extended Trail Care

Chuck Keiper Trail

Sproul State Forest

Leader: Dave Walp

cemclaw216@gmail.com

570-477-2210

Camp: **pending**

July 15-18: Trail Care

Mid State Trail, Tioga Region

Tioga State Forest

Leaders: Kevin Busko / Kristin Joivell

statecollege@hike-mst.org

814-386-8728

Camp: Hills Creek SP Organized

Group Tenting area

August 12-15: Trail Care

Pinchot Trail

Pinchot State Forest

Leader: Jeff Mitchell

jmittchmittch@hotmail.com

570-441-2952

Camp: Pocono Mountain

Bible Conference camp

191 Clifton Beach Rd.

Clifton, Pa. 18424

Allegheny Front Trail

Moshannon State Forest

Leader: Ben Auer

auer.ben@gmail.com

608-772-1715

Camp: Black Moshannon

State Park Organized Group

Tenting Area

Sept. 16-19: Trail Care

Donut Hole Trail

Sproul State Forest

Leader: Tony Robbins

tony.robbins.kta@excellservices.com

570-437-0065

Camp: Sites 1,2 & 3

Hyner Run State Park

October 21-24: Trail Care

Reeds Gap Spur Trail

Bald Eagle State Forest

Leader: Ed Lawrence

cemclaw216@gmail.com

570-925-5285

Camp: Reeds Gap State Park

camping area

Visit <https://www.kta-hike.org/trail-care-and-trail-crew> for more info on
volunteering with KTA

Next up: Extended Trail Cares

June will provide two opportunities for deep dives into the realm of volunteer trail work with extended trail care events. The first will take place in the Everett Region of the Mid State Trail from Tuesday, June 8th (arrival day) through Sunday the 13th (working till noon). This trail care will be based out of the hiker friendly Tenley Park in Everett. The second extended trail care will be focused on the Chuck Keiper Trail loop beginning Tuesday, June 22nd through Sunday June 27th. Participants for this event will be staying at designated camp sites 1, 2 and 3 in the lovely Hyner Run State Park thanks to Park Manager Tracy Zupich setting aside these sites for KTA use. These extended trail cares will give volunteers more time to focus their efforts at improving the hiking experience on these two trails by clearing the trail corridors of overgrowth and removing obstructions from the treadway. The overarching goal of the KTA Trail Care



Program is to help make Pennsylvania's hiking trails safe and accessible for everyone in the hiking community, from experienced backpackers to novice day hikers. People who enjoy the experience that hiking provides and are willing to give back to the trails by volunteering to help maintain them are the heart of the program. Although these two trail cares are multiday events, people can volunteer for any amount of days that fit their individual schedules. The rewards of doing trail work are not in the cloud, but in the real hands on satisfaction of upgrading the trails and the shared bond that trail care volunteers experience.

-Ed Lawrence

WRT Trail Care

The 30-mile West Rim Trail, above Pine Creek and "the Pennsylvania Grand Canyon" west of Wellsboro, is one of the state's best weekender hiking or backpacking trails. Sixteen volunteers readied the trail for the summer season during KTA's second 2021 trail care weekend, April 29-May 2.

Tom Bastian and Woody Loudenslager spent three days walking the entire trail with a chain saw and clearing all the past year's blowdowns, which were numerous beyond counting and quite thick in some sections.

Several paint-and-lop teams re-blazed more than two-thirds of the trail. Thanks for that go Polly Chatterton, Martyann Gutierrez, Joanne Heimer, Rich Mumper, Mary Pitzer, and Elena Rose. Cathy Mulcahey joined with loppers on Sunday to clear a briar patch.

The lower third of the WRT has multiple stretches that grow over with laurel. Running gas-powered Stihl brush-cutters to clear the trail on these sections were Corrie Amick, Scott Lee, Frank Rohrer, Wanda Shirk, Cindy Stefanko, and Lori Szymanik, with Tony Robbins following to clear and to coach the newbies -- four volunteers running brushcutters for the first time. Teams usually work in twos, one cutting the left side and one cutting the right side of the trail, with someone following behind to toss and clear the trail of freshly-cut debris.

Notably, Saturday featured two teams of two women each running brushcutters -- a KTA record, as far as is known, for the gals handling the machinery!

The group headquartered at The Guest House at the Twin Streams Campground in Morris, PA, where Tony hung his hammock in the woods (as always!) while the other "campers" enjoyed the luxury of indoor accommodations with real beds, a shower, and a great kitchen where group breakfasts and dinners were prepared and enjoyed.

Veteran Mary Pitzer, the only volunteer whose KTA history dates back to the last century (last millennium!), was years-ago given the only known "Fire Meister" award on a trail crew. Mary upheld her reputation by kindling and maintaining the campfire that was the center of Saturday night's camaraderie.

The biggest (mis)adventure of the weekend occurred Friday evening when Polly, Joanne, and Martyann headed north on Colton Road to return to the

campground. A tree with an eighteen-inch diameter trunk had fallen across the road and blocked any northbound departure. When the trio did not return to the campground by 7 p.m., Wanda headed for the spot where they were to have parked and found them in the first of four vehicles trapped behind the trunk when she drove up from the other direction. No one, including the men in the pickup trucks in the lineup, had a chain saw -- and the park ranger who arrived brought nothing but flares to set up on the road! Wanda pulled a 20-inch Silky Katanaboy saw from her Subaru, and after half an hour of manual sawing by Wanda and two of the men, the heavy trunk fell into two parts. One man wrapped a strap around the trunk and backed up to pull it off the road. Unfortunately, the strap snapped after a short distance -- but enough of a space was widened between the two halves of the tree trunk that the vehicles could snake through the gap and everyone could proceed to their destinations.

Moral of that story: when traveling forest roads, carry a chain saw if possible, or at least a large manual saw!

And cheers to volunteers!

If you haven't yet hiked the West Rim Trail, now would be a great time to do so!

-Wanda Shirk

Falls and Views Loop Update

After a lengthy hiatus, the 78.59 mile Falls & Views Loop: Exploring the Wildness of Worlds End State Park and Loyalsock State Forest is nearing completion! The Falls & Views Loop is a unique backpacking trail passing more than 90 falls and 40 views, hence the name. Though most of the Falls & Views Loop is on blazed and maintained trails, it will challenge the hiker with multiple bushwhacks and numerous stream crossings. Fear not the bushwhacks, as there are alternate routes that utilize established, maintained, and blazed trails. Should you suffer from climacophobia, we've taken that into account too. Though the length is 78.59 miles, you'll easily surpass 80 miles should you elect to see the optional locations. The table below provides additional information for each section. Map 1, there will be three, is at the printers. Monitor the Friends of Worlds End State Park's Facebook page for more details as they develop.

	Section 1	Section 2	Section 3	Section 4	Section 5
Length - 78.59 Miles	15.99	20.64	23.52	8.42	10.02
Linear/Loop	Linear	Loop	Linear	Loop	Linear
Falls - 91	27	21	21	8	14
Views - 42	10	10	9	2	11
Bushwhacks - 10	4	2	2	1	1
Selected Highlights	East Branch Double Run Falls East Branch Trail Falls West Branch Double Run Falls Worlds End Vista Scar Run Falls Ketchum Run Falls	Cape Run Falls High Knob Overlook Dry Run Falls Dutter Run Falls Kettle Creek Falls Angel Falls Kettle Creek Vista	Loyalsock Canyon Vista Cold Run Falls Cold Run Trail Boulders Rusty Run Falls	Brook Kedron Falls Dutchman Falls Haystacks Loyalsock Creek W&NB RR Grade	Coal Run Falls Sones Pond Alpine Falls Butternut Vista and Falls High Rock Vista and Falls

David Kowalewski
fallsandviews@gmail.com

Ruth Rode
570-322-5878

Learn about Trail Care



Ever wonder what goes into maintaining a trail?
Learn the basics with a new video from KTA produced by film students at Messiah University. You can visit <https://www.kta-hike.org/trail-care-and-trail-crew> to learn more and volunteer to help with KTA Trail Care and try it out for yourself on a trail near you!

Get to Know your Forest

Michaux State Forest



Jeff's Jaunts - Worlds End Superloop - Worlds End State Park



I've long wanted to find a superloop hike around Worlds End State Park. It is one of my favorite places with excellent scenery. So, I thought of a loop that basically stretches from Cold Run to Ketchum Run. The diversity of scenery is stunning with views, rock formations, gorges, waterfalls, and hemlock forests. However, due to the circuitous nature of the trails, this is also the longest

of the superloops- 25 miles with almost 4,000 feet of elevation gain. Don't want to do the whole loop? It is easy to divide the loop, or even do it as a backpacking trip. This is the fourth of Pennsylvania's superloops.

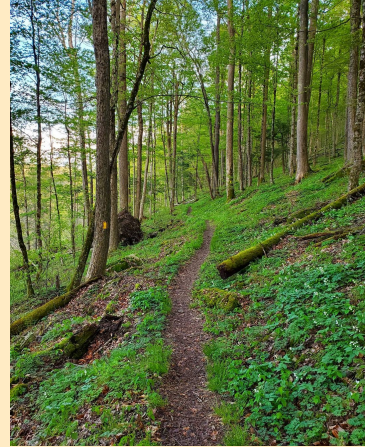
We began at a parking area along PA 154, marked as P1 on Map 1. We hiked the loop clockwise, which is marked orange on the map, although the trails have different blaze colors. There is one short, off trail section that is easy to navigate. An ideal shortcut is marked purple on Map 2.

From P1, we made our way up the blue Canyon Vista Trail and then onto the yellow Cold Run Trail. The waterfalls on Cold Run were flowing great and the ramps and wildflowers were stunning. I've never seen so many wildflowers in the Loyalsock, dotting the forest floor with white, blue, purple, and red. We hiked up Cold Run, enjoying all the falls and flowers. The trail meandered below and around the cascading water, and then climbed under impressive rocks, including the Boulder Arch. The giant, mossy rocks continued until we returned to the blue Canyon Vista Trail. We saw more large rocks, wildflowers, and a new view over the Loyalsock Creek, which roared far below.

We reached famous Canyon Vista and enjoyed the view. From there, the superloop follows the Loyalsock Trail (LT) through scenic woodlands and then

to beautiful Mineral Springs Falls as it funnels down a large bedrock slide. The natural, orange, sulfur spring was below the falls and we crossed Double Run, climbing to some rocks, up to a ridge, and down to a stream with hemlocks and campsites. We crossed Worlds End Road and left the LT, turning left onto a bridle trail, followed right onto Coal Mine Road, and then at a swath, turned left onto another bridle trail, which took us to the Fern Rock Nature Trail parking area. We followed the nature trail under hemlocks and with views of the swamp. At the loop, we went left, enjoying more hemlocks and then descending to Ketchum with an assortment of slides and cascades. We turned left off the nature trail loop onto a red trail, and then a quick left again. Before crossing Ketchum Run, the off trail section began.

There is now a trail, unblazed, along Ketchum Run. It passes two beautiful falls, slides, a glen and pools. It was absolutely gorgeous as the water descended in white gowns over the glazed bedrock. We returned to the LT and continued down along Ketchum Run, passing some campsites. We entered a narrow, beautiful gorge with moss and more cascades. Below us was Lee's Falls. The LT climbs up the rim of the gorge and then descends above Rode Falls with its iconic ladder. We took a break here, eating some food and taking some pictures. Along the mossy cliffs, spring water streamed out of cracks and crevices.



The LT climbed out of the gorge, passing the two Alpine vistas. At the lower one, there were several women hiking with their dogs. White wildflowers covered the slopes of the mountain. We continued on the LT to the Worlds End Trail, on which we turned left. We hiked to Coal Mine Road, passed through a beautiful pine forest, and returned to the road. We turned left onto a blue trail on an old forest road and followed it across the plateau under hemlocks. The trail left the road, descended across the meadow, and made a steeper descent down into the canyon with more wildflowers. I remember hiking this section years ago, it was barely an overgrown herdpath. Now it was a well established trail. This area has really become a hiking and trail running destination.

We passed some views created by a tornado and dropped down to the LT, on which we turned right, following it to the unblazed Pioneer Road. We then hooked into the blue Double Run Trail with its cascades and pools. Cottonwood Falls and all the other cascades were beautiful. Next was the Link Trail as it followed the other branch of Double Run with more falls in a scenic gorge. We crossed the road, hiked among rock outcrops and then turned left onto the blue Canyon Vista Trail. Next was a small boulder maze and the fine view at Warren's Window. The hike then brought us down to the campground as we followed the Canyon Vista Trail along the Loyalsock Creek with its rapids. Nearby, campers were grilling hot dogs and hamburgs. We were hungry and tired, hoping someone would offer us one. The aroma was a cruel taunt. No such luck, we could only feast on our imaginations. We reached our cars, completing the loop.

-[Jeff Mitchell](#)

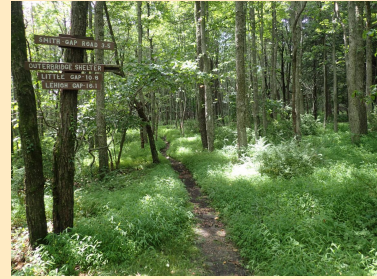
Legislative Update: SB 607

This legislation would completely remove the prohibition on Sundays available for hunting and trapping. Currently, the law dictates which Sundays are open to hunting, and in certain cases, which species. This legislation would change that and would leave all wildlife management decisions to the Game Commission. KTA opposes this bill.

2021 Winter/Spring Photo Contest

Submit your photos at <https://www.kta-hike.org/photo-contest.html>

The winner will be announced in July and will receive a free 1 year membership and KTA hat.



Community Calendar

KTA Events

Old Loggers Path Slackpack - June 11-13

In 3 days of hiking, you'll have checked the OLP off your list, made friends, and maybe even shaved off some waistline.

Susquehanna River Trip - June 26 or July 17

KTA takes to the trails – Water trails this is! Our day long adventures, featuring professional and knowledgeable guides, include all paddling equipment, and are suitable for novice and experienced paddlers alike!.

Black Forest Trail Slackpack

July 9-12 or August 20-23 or September 24-27

Take advantage of this incredible opportunity, to complete in ONE WEEKEND the trail that everyone talks about: The Black Forest Trail.

Allegheny National Forest Weekend - August 20-22

It's time to leave the city behind and get back to nature. During our weekend hiking adventure we'll be staying at Groves Lodge in the heart of the National Forest.

KTA Trail Challenge (25k and 50k) - September 11

The KTA Trail Challenge is an event for adventurous trail runners and hikers on the wild river hills of the lower Susquehanna Gorge. This daunting trail challenge event on the Conestoga Trail, State Park trails, alternates breathtaking vistas with steep descents into dark, scenic hollows followed by strenuous climbs to the next vista.

Fall Hiking Weekend - October 15-17

KTA heads to Lock Haven for a weekend of hiking and camaraderie in the Pennsylvania Wilds.

Community Events

WANT YOUR EVENT FEATURED ON THE COMMUNITY CALENDAR?

KTA will promote your club/organization's major events through The Keystone Hiker, Facebook, and our website. It's a perk of membership! Just submit a list with date, time, location, and link to web page for only those events that the public should see, to ktaadmin@kta-hike.org.

Club Spotlight

Butler Outdoor Club



The Butler Outdoor Club promotes outdoor education and provides year-round outdoor activities in Western Penna. and surrounding areas. These activities are geared for all levels and are designed to provide recreation and foster a better understanding and responsible use of the outdoors. Our activities include hiking, backpacking, biking, birding, canoeing, kayaking, xc-skiing, snow-shoeing, camping, and trail maintenance.

NEWSLETTER SUBMISSIONS

This newsletter is published monthly by Keystone Trails Association. Submissions are accepted on a rolling basis. Opinions expressed are those of the listed authors. The Editor encourages submissions reflecting all viewpoints, but reserves the right to edit material. You are encouraged to submit material (even just a trail closing or care alert!) to the Program Administrator, Casey Schneck, at ktaadmin@kta-hike.org. The deadline for newsletter submissions is the 15th of the prior month. Submissions received after that time will be considered for the next month.

Please reference our [Editorial-Style Guide](#) while you compose your piece.