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## The Keystone Hiker - June 2023

### What's inside this issue:

- **Upcoming KTA Events:** Camping, birding, races, & hikes
- **KTA News & Updates:** Supporting new hikers, advocacy efforts, & more
- **Volunteer Opportunities:** How you can give back to PA's trails
- **Support for Hikers:** Farmers market/hiking trail map, NEW AT Guide
- **Support for Clubs:** Grants, free training, & promotion opportunities
- **Outdoor News from the Community:** Free sunscreen at state parks, Lancaster Water Week, tips for hiking with dogs, & more

COME HIKE WITH US!

### Upcoming KTA Events

#### Prowl the Sproul

July 14-16, 2023

What a fantastic summer weekend we have in store for avid adventurers and inquisitive explorers! The Western Clinton Sportsman

Association in Renovo is our venue:

pack a tent, bring your camper, or even sleep under the stars on their spacious grounds. We have a stellar lineup of activities: On Friday night, local singer/songwriter/storyteller

Van Wagner will perform around the campfire. On Saturday, Vinny Curtis, a

DCNR environmental education specialist, will offer several hands-on nature and wildlife presentations. Hearty meals catered by The Twisted Whisk will be provided. And of course, the hiking! Rambles ranging from 3-15 miles on the best trails found in PA. This is an all-ages, kids-welcome event, so bring the family!



Learn More & Sign Up!

## **Issue Outing #1: ATV Impacts on PA Trails and Forests - Black Forest Trail Hike**

**Saturday, June 10, 2023**  
**10:00 a.m. – 2:30 p.m.**  
**FREE EVENT**

Join retired forester Bob Merrill for an easy hike on a portion of the beloved Black Forest Trail. Explore approximately four miles afoot while learning about the growing threat ATVs and UTVs pose to Pennsylvania's public lands. Pack a lunch and plenty of water plus rain gear (just in case).



Meeting location is the upper parking lot at the Tiadaghton District Office (10 Lower Pine Bottom Road, Waterville, PA 17776). After our meetup, we will caravan to the trailhead.

[Sign Up Here!](#)

## **Kittatinny Rambles Hike #3: Boyd Big Tree Preserve Conservation Area/Spangler Lands/Hocker Park Birding with Central PA Conservancy**

**Sunday, June 11, 2023**

Enjoy a leisurely paced, moderately challenging four-and-a-half-mile birding hike with the Central Pennsylvania Conservancy through three contiguous areas of protected land – the Boyd Big Tree Preserve Conservation Area, Spangler Preserve, and Hocker Park. Observe the avian life and learn about the regional land conservation efforts of the Conservancy. Participants can join the group at the Boyd parking lot trailhead or board a KTA shuttle van in Carlisle and ride to and from the outing. After the hike, we'll enjoy lunch\* and conversation at a local restaurant.

### **Itinerary:**

- Van departs Carlisle\* 8:15 a.m.
- Group gathers at trailhead\*\* 9:00 a.m.
- Hike ends 11:30 a.m.
- Lunch at area restaurant\*\*\* 12:00 p.m.
- Van returns to Carlisle 1:45 p.m.

\*Lunch costs are covered by the participant

### **Registration Fee:**

- With arranged shuttle\* \$15 per person
- Meet at Trailhead\*\* \$5 per person



\*Giant parking lot, 255 S. Spring Garden Street, Carlisle, PA 17013

**\*\*Trailhead:** Boyd Big Tree Preserve, 401 Fishing Creek Valley Rd, Harrisburg, PA 17112

**\*\*\*Lunch costs are covered by the participant**

These hikes are made possible through a Kittatinny Ridge Conservation Landscape (KRCL) mini-grant, funded by PA DCNR, and administered by Audubon Mid-Atlantic. The series is designed to showcase the sub-landscapes of the amazing Kittatinny Ridge and the organizations that care for it.

[Learn More & Sign Up!](#)

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## ***Issue Outing #2:*** **Threats to a Trail and Forest from a Riverside Hydroelectric Project**

***Friday, July 21, 2023 - Save the date! Registration coming soon!***  
***4:00 p.m. – 8:00 p.m.***  
***FREE EVENT***

Join Keystone Trails Association, Sierra Club, and the Save PA Forest Coalition for a scenic but challenging 3 ½ mile hike on a portion of the Mason Dixon Trail in York County. Learn about plans for a pumped storage hydroelectric project that, if constructed, would decimate towering forests, neighboring farmlands, stream-cut canyons, and a portion of an exceptional hiking trail. Pack dinner, water, and rain gear (just in case). After our meetup, we will caravan to the trailhead.

Meeting location is:  
Shank's Mare Outfitters  
2092 Long Level Road  
Wrightsville, PA 17368

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## **Black Forest Trail Slackpack**

***July 28-31, 2023***  
***Space is limited!***

The BFT is a challenging but rewarding 42-mile loop leading through and above the west side of Pine Creek Gorge. The trail features many outstanding vistas in all directions, steep ascents and descents, plenty of stream crossings, and an unforgettable experience.



[Learn More & Sign Up!](#)

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## **KTA 25K Run/Hike Trail Challenge**

***September 9, 2023***



**Early Bird Price Ends June 30!**

Keystone Trails Association's Trail Care Program contributes 4,000 volunteer hours annually, while KTA member clubs contribute an additional 35,000 volunteer hours each year. **This race helps support our Trail Care Program, club members, and advocacy initiatives to protect PA's trails!**



**RACE LIKE OUR  
TRAILS DEPEND ON IT.**  
BECAUSE THEY DO.

**25K TRAIL RUN & HIKE - SATURDAY, 9/9/23**

This race supports the care and maintenance of PA's hiking trails!

[Learn More & Sign Up!](#)



**MEET US AT THESE  
UPCOMING  
FESTIVALS!**

**June 10, 10am-4pm**  
**Mason-Dixon Appalachian Trail  
Outdoor Festival**

**June 15, 9am-5pm**  
**Jubilee Day  
Downtown Mechanicsburg**

**June 17, 10am-4pm**  
**Duncannon Appalachian  
Trail Festival**

**June 24, 8am-1pm**  
**Adams County Farmers Market**

**September 29-30**  
**Endless Mountain Expo  
Wyoming County, PA**

## **More Events**

### **Allegheny National Forest Weekend**

**August 25-27**

Stay at Olmstead Manor in Ludlow, PA for a weekend of hikes and adventure in Pennsylvania's only National Forest. Knowledgeable, local hike leaders and speakers will guide your excursions and provide evening entertainment.

### **Wilderness First Aid Training**

**September 23-24, 2023**

Halifax, PA (Camp Hebron)

Wilderness First Aid is a two-day introduction to general medical concepts and

basic life support skills. It is targeted to the outdoor enthusiast on day trips or short adventures. This course results in certification in Wilderness First Aid and Adult CPR. The class runs from 8:00 a.m. to 5:30 p.m. each day. Lunch is provided, and scholarships may be available upon request. Discounts are available for KTA members, volunteers, trail club representatives, and conservation partners. [Register here!](#)

*\*If our September training dates don't work for you, the Lancaster Conservancy is hosting a Wilderness First Aid [training in July!](#)*

## **Keystone Hike Fest 2023: Fall Hiking Weekend**

**October 20-22, 2023 - Save the date! Registration coming soon.**

Johnstown, PA

Make your [hotel reservation here](#) or reserve your campsite at Quemahoning Family Recreation Area by calling (814) 233-9512.

### STAY IN THE LOOP

## **KTA Organization News & Updates**

### **KTA helped a wide demographic of hikers get out on the trails safely and successfully this May**

KTA had an awesome hike at White Rocks Trail in Boiling Springs with the youth from Hope Station! The group was able to receive backpacks and hiking poles through our mini-grant program and for some of them, this was their first time on a "real" hike - making this experience extra special! We're honored to help raise up the next generation of hikers and to have such a great connection in the community.

KTA was asked to attend a hike with the Harrisburg Young Professionals group as part of their "After Work Hike" series to meet other HYP members and enjoy nature with a leisurely hike through Detweiler Park. It was great to see so many young professionals gathering for some outdoor recreation!

KTA hiker leader, Jim Foster, guided March's Backpacking 101 Workshop graduates on a backpacking trip to put their new knowledge into practice. The trip was a success and every hiker returned with a smile on their face.



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### **KTA stood up for the Susquehanna Riverlands Conservation Landscape and Cuff's Run in York County**

Hikers share that the Susquehanna Riverlands Conservation Landscape is one of the most remote, rugged, and beautiful sections of the trail along the river in the heart of the Susquehanna Riverlands. Over the last



ten years, local, state, and federal partners, and private investors have invested more than \$100 million to protect this landscape as a destination for tourism, outdoor recreation, and ecological restoration to offset habitat loss from unsustainable development.

**York Energy Storage is proposing to destroy the remote and wild undeveloped riverfront around Cuff's Run in York County by building a pumped storage hydro facility.** This project will alter the landscape which includes immense recreational opportunities, hundreds of acres of prime farmland, 600 acres of forests, and approximately 49 properties to produce power in an area already monopolized by power production. Major threats to water usage, water quality, wildlife, and aquatic life are obviously apparent.

**Keystone Trails Association joined in signing a letter in opposition to this project** along with a coalition led by Lower Susquehanna Riverkeeper Association, Lancaster Conservancy, Susquehanna National Heritage Area, Farm & Natural Lands Trust of York County, and Cuff's Run Alliance.

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### **KTA supported project aspiring to reintroduce the American Marten into Pennsylvania's forests**

"Wildlife viewing is part of what makes [hiking] experiences special," shared Brook Lenker, Executive Director, in a letter of support to the PA Game Commission for the reintroduction of the American into our state. "Spotting an American Marten would surely enrich anyone's adventure and expand their appreciation of the natural world." This project is headed by Tom Keller, Furbearer Biologist of the PA Game Commission, who attended KTA's Spring Hiking Weekend and provided a lecture-style learning session about the American Marten.



## **VOLUNTEER WITH US Trail Care Program**



### **We're Off to a Great Start!**

Our first Trail Care weekend in May was attended by 23 volunteers who worked a total of 324 hours clearing and blazing sections of the Mid State Trail!

[Read the full story!](#)

### **We're looking for more volunteers! PA's trails need you.**

**Did you know...** KTA's Trail Care Program contributes 4,000 volunteer hours annually, while our amazing KTA member clubs contribute an additional 35,000 volunteer

hours each year!

### **If you love hiking, you'll LOVE trail care!**

Trail care gives you an opportunity to give back and help a trail stay safe, clean, and thriving. There's something for everyone at each event. New to trail care? We've got you covered. We'll teach you everything you need to know!

[Learn more about our Trail Care Program](#)

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## ***Join us for a Trail Care event!***

### **#4 - June 1-4: \*Hybrid\* Trail Care**

(work Fri/Sat, hike Sun)

*National Trails Day Event*

ELK TRAIL

Elk State Forest

Leader: Joanne Heimer et al

Camp: Hicks Run Campground

### **#5 - June 8-11: Trail Care**

MID STATE TRAIL - TIOGA REGION

Tioga State Forest

Leader: Pete Fleszar

Camp: Hills Creek State Park

Organized Group Tenting Area

### **#6 - June 22-25: Trail Care**

BLACK FOREST TRAIL

Tiadaghton State Forest

Leader: Jenn Ulmer

Camp: Pump Station Fire Tower

### **#7 - July 6-9: Trail Care**

CHUCK KEIPER TRAIL

Sproul State Forest

Leaders: Ted Ligenza / Jenn Ulmer

Camp: Hyner Run State Park

### **#8 - August 10-13: Trail Care**

TRACY RIDGE TRAIL SYSTEM

Allegheny National Forest

Leader: Joe Hardisky

Camp: Tracy Ridge Campground

### **#9 - August 24-27: Trail Care**

THUNDER SWAMP TRAIL SYSTEM

Delaware State Forest

Leader: Shira Blady & Brian MacNamara

Camp: Resica Falls BSA Camp

### **#10 - September 21-24: Trail Care**

GOLDEN EAGLE TRAIL

Tiadaghton State Forest

Leader: Jenn Ulmer

Camp: Little Pine State Park

### **#11 - Sept. 27-Oct. 1: \*Hybrid\* TC**

(work Thurs/Fri, hike Sat)

OIL CREEK STATE PARK

Leader: Jenn Ulmer

Camp: Wildcat Hollow Group Tenting

### **#12 - October 7: Code Orange 1-day**

GIFFORD PINCHOT STATE PARK

W/ Friends of Pinchot S.P.

Leader: Steve Stroman

Camp: GPSP Group Tenting Area

### **#13 - October 12-15: Trail Care**

HICKORY RUN STATE PARK

Leader: Jenn Ulmer

Camp: Hickory Run SP

### **#14 - October 26-29: Trail Care**

PINCHOT TRAIL SYSTEM

Pinchot State Forest

Leader: Jeff Mitchell

Camp: Manny Gordon Picnic Area

## RESOURCES & TRAINING

### Support for Hikers

#### Find the nearest farmers market to your favorite hiking trail

Take advantage of summer's bounty when you hit the trails! This interactive map, created by DCNR, shows you where farmers markets and farm stands are located in relation to hiking trails. So wherever you hike in PA this summer, you can shop local and support local farmers!

[View the farmers market and trails map](#)



#### Protect PA's native flora and fauna by learning to identify and report early detection invasive species

Learn how to identify ten early detection invasive species to be on the lookout for in Pennsylvania. You'll know what their preferred habitats are, and their current distribution in the state, among other details.

- [View and download the fact sheets](#)
- [Watch the webinar](#)
- [View the slide deck](#)

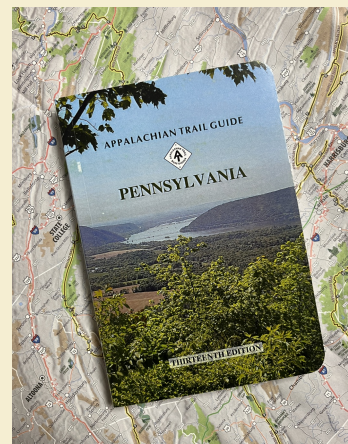
Find out how to report your findings of these species to iMapInvasives, or the appropriate state or federal agency! Information provided by the Western Pennsylvania Conservancy and Pennsylvania Natural Heritage Program.



#### Our NEW AT Guide is here!

The long-awaited updated Appalachian Trail Guide for Pennsylvania includes detailed trail descriptions with tables of distances for all 230.2 miles of the Appalachian Trail located within the borders of PA. 13th edition (2023); black and white photos; paperback; 207 pages; 4.5" x 6.5".

[Order it today online >](#)



## RESOURCES & TRAINING

### Support for Hiking Clubs

#### Use Healthy Lands Week to promote your trail maintenance events

Public parks, nature preserves, and trails can all [submit cleanups and other events](#) on the Healthy



Lands Week website.

The 2023 Healthy Lands Week will be held from September 23 – October 1.

Healthy Lands Week is a statewide initiative to strengthen volunteer activities, engage visitors, and raise awareness of cultural and natural resource stewardship. It is an annual rallying cry for public engagement in the places and landscapes that make Pennsylvania home.



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## Take advantage of these free training sessions from the Appalachian Trail Conservancy about managing hiking clubs

The following online events are being organized through the Appalachian Trail Conservancy and are open to any hiking club! Learn from each other, improve the club volunteer leader experience and club sustainability.

### Promoting A.T. Club Volunteerism: [Tuesday, June 13 at 6 p.m.](#)

*Great for: Volunteer Coordinators, Trail Supervisors, Any Volunteer*

Learn how organizations are promoting A.T. volunteerism, followed by discussions from participants around their shared stories or questions about promoting A.T. volunteerism.

### Celebrating (Club) Anniversaries: [Thursday, August 24 at 6 p.m.](#)

*Great for: Board Members, Membership, Events Coordinators*

Join this roundtable discussion for A.T. Club volunteers on ideas for celebrating your club's next anniversary, whether 65 years, 90 years, or 100!

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## Apply for KTA Grants-to-Clubs Program beginning July 2, 2023

KTA's Grants-to-Clubs program offers funding to KTA member organizations for projects beneficial to trails, the vitality of their organization, and the practice of hiking (e.g., giving people a positive trail experience).

Sample project expenditures might include: Tools for trail maintenance; Materials for trail improvements (e.g., lumber for a bridge); Trail signage; Van rental (e.g., van to shuttle participants or volunteers); Facility rental costs (e.g., for club events, exhibit space, etc.); Food (e.g., for volunteers or club events); Promotional materials or activities (stickers, brochures, advertising, t-shirts, etc.); Insurance costs

**We're excited to announce that the second round for our Grants-to-Clubs program will be opening July 2nd, 2023. We invite our member organizations to apply!**

### READING LIST

## Outdoor News from the Community

We explore the links between outdoor recreation, climate change, and Pennsylvania's geological history with DCNR's Kristen Hand in this [Rock Talk Podcast episode](#).

Department of Conservation and Natural Resources (DCNR) Secretary Cindy Adams Dunn announced the expansion of a program offering visitors [free sunscreen at state park beaches and swimming pools](#) throughout Pennsylvania.

[Lehigh Gap Nature Center](#) celebrates the contributions of over 100 volunteers, partners, and supporters who made LGNC's first 20 years a success.

[Tips for taking four-legged friends](#) on your next Appalachian Trail adventure.

Department of Conservation and Natural Resources (DCNR) Secretary Cindy Adams Dunn celebrated the [induction of the Snyder-Middleswarth Natural Area in Bald Eagle State Forest into the Old-Growth Forest Network](#) (OGFN).

Take a break from the trails and hit the water during [Lancaster Conservancy's Water Week!](#)

The main reason to buy any seed blend is to match your offerings with the preferences of the local birds you want to attract to your feeders. [Here are the five of the most common kinds of specialty mixes](#) you'll come across—and how their claims hold up.

Whether you're a beginner or an experienced climber, Pennsylvania's outdoor recreation areas provide a unique and exhilarating setting for [your next rock climbing trip](#).

Submit your photos of the A.T. in Pennsylvania from May 26 to June 11, 2023, for the Appalachian Trail Conservancy's [photo contest](#).

The House version of the bipartisan Charitable Act, [H.R. 3435](#), was introduced on 5/17/23. Representative Davis stated, "Research is clear that this charitable deduction generates the giving that helps our communities thrive."

The PA Game Commission is holding one-day [Junior Game Warden Camps](#) across the state, providing youth with a structured, fun-filled day of learning about the career of a Pennsylvania State Game Warden.

Silver  
Transparency  
2023

**Candid.**

### KTA Received Candid Silver Transparency Status

Our [Guidestar Profile](#) helps you have the progress updates you need to confidently support our work with trust and confidence.



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### **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 Manager of Communications & Membership, Holly Tritt, at [tritt@kta-hike.org](mailto:tritt@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.*

Keystone Trails Association | 46 East Main Street, Mechanicsburg, PA 17055

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