

Prowl the Sproul 2018 Hiking Schedule: All Hikes Depart From **WCSA**

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

Highlights: Could include scenic views, waterfalls, unique habitats, geological formations, historical, or other

Type of Hike: Loop, linear w/ shuttle, linear – out & back

Friday, July 27th at 1:00 p.m.

Pat Reeder's Loop Hike – Cool Hike!

Hike Leader: Jim Bratton (veteran leader)

Driving Time: 7 miles, 15 minutes (all paved roads)

Hiking Distance: 6 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: One short climb.

Description: This hike is a Prowl the Sproul favorite! The hike starts and ends at Pat Reeder's Tavern.

Highlights: Reeder's Trail, Boyer Trail, Benson Trail, snowmobile trail, and a gas well pad. Some open areas, however a large portion of the hike is in cool hollows.

Type of Hike: Loop

Equipment Recommendations: Camera, trekking poles, snack, hat, and water.

Friday, July 27th at 1:00 p.m.

Jack Paulhamus/Garby Trail

Hike Leader: Todd Myers (veteran leader and wildflower expert)

Driving Time: None – Start and end at WCSA

Hiking Distance: 6 miles

Terrain: Moderate/Rugged because of uphill climb up 3 switchbacks—easy downhill

Pace: Moderate

Hike Rating: Moderately Strenuous/Strenuous

Reason for Rating: Up and down hill climbs

Description: Hike the cool Little McCloskey Trail up to the old sawmill set, then continue on to a vista. The first bridge you cross was finished by the KTA Bridge Crew. Hike downhill through snowmobile trail crossing snowmobile trail to view large trees. Return to WCSA.

Highlights: Two bridges, cool hollow, switchbacks, old sawmill set, vista, large trees, and leader is knowledgeable about wildflowers.

Type of Hike: Loop

Equipment Recommendations: Camera, wildflower book, trekking poles, hat, snack, water.

Friday, July 27th at 1:00 p.m.

Long Fork Hike – Family Hike!

Hike Leader: Bob Merrill and Jenn Ulmer (veteran leaders)

Driving Time: 4 miles, 10 minutes

Hiking Distance: 4.5 miles, 3-4 hours

Terrain: Moderate/Rugged because of gradual climb and steep descent down Long Fork Trail

Pace: Moderate

Hike Rating: Moderately Strenuous/Strenuous

Reason for Rating: Gradual climb and steep descent

Description: This hike is designated as a “Destination Trail” by the PA Wilds Team. Hike up the cool hollow which gets gradually steeper as you hike. Hike a short section of the Fye Trail. Turn left passing a deer enclosure. Hike down to a gas well down steep Long Fork Trail to Hyner Road before returning to the park.

Highlights: Log Road Hollow, bridges built by KTA, young hemlock stand, Fye Camp Trail, new vista, Long Fork Trail.

Type of Hike: Loop

Equipment Recommendations: Hat, water, lunch, camera, trekking poles

Saturday, July 28th at 8:30 a.m.

Jews Run Loop Hike — New Hike!

Hike Leader: #1 Hike leader — Mike Davis

Driving Time: 24 miles, 35 minutes on mostly paved roads

Hiking Distance: 7 miles

Terrain: Moderate, some rocks, hiking on a fairly level plateau (5-8% slope)

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: Some rocky and brushy areas

Description: Explore new areas in the Jews Run area that can only be done at Prowl the Sproul! Excellent chance to see wildlife. Two new vistas accessible from this hike only! Hike along paths, old trails, and camp roads. See three bridges and the intersection of Sinnemahoning and Susquehanna Rivers.

Highlights: Jews Run area, wildlife, vistas, bridges, views

Type of Hike: Loop

Equipment Recommendations: Camera, trekking poles, lunch, water

Saturday, July 28th at 8:30 a.m.

DHT—First Purchase monument to Laurelly Fork Trout Nursery

Hike Leader: Tim Fenton (veteran leader)

Driving Time: 9 miles, 15 minutes, mostly paved roads

Hiking Distance: 8.5 miles

Terrain: Moderate/Rugged — nearly 800' climb from First Purchase Monument to Dry Run Road

Pace: Moderate

Hike Rating: Moderately Strenuous/Strenuous

Reason for Rating: 800' climb, some rocky areas

Description: Start at First Purchase monument, hike up cool Seven Mile hollow, climb out of Seven Mile to a cool area at the top of Six Mile. All downhill on Laurel Fork Trail. Stop at Trout Nursery.

Highlights: Tour of Trout Nursery by WCSA member, First Purchase monument, bridge over Seven Mile, climb out of Seven Mile, Laurel Fork wildlife viewing opportunity.

Type of Hike: Shuttle (only a little over one mile shuttle)

Equipment Recommendations: Camera, Trekking Poles, lunch, water

Saturday, July 28th at 8:30 a.m.

DHT -- T Squared Trail

Hike Leader: Ray Johnson (veteran leader)

Driving Time: 13 miles, 20 minutes

Hiking Distance: 5.5 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: One short climb, some roots

Description: Hike down Cougar Hollow, then a short climb on switchbacks to top. Hike along mountain laurel to Benson Road.

Highlights: Switchbacks constructed by CCC, trail was opened up by the leaders, mountain laurel, and possible wildlife viewing.

Type of Hike: Shuttle (only about a 3 mile shuttle)

Equipment Recommendations: Trekking poles, camera, water, lunch and sturdy boots.

Saturday, July 28th at 8:30 a.m.

New Donut Hole Trail - Nature Conservancy Ground to River Road

Hike Leader: Robert F. Davey Jr. (Veteran Leader) -Former KTA Board of Director and District Forester

Driving Time: 12 miles, 25 minutes

Hiking Distance: 5.5 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: One short descent to Bear Pen/Ritchie

Description: See three different vistas: Johnson Run, small vista of Bear Pen, Hyner View Jr. Vista

Highlights: 3 vistas, possible wildlife viewing, old farm at the bottom of Ritchie

Type of Hike: Shuttle

Equipment Recommendations: Camera, trekking poles, lunch, water

Saturday, July 28th at 8:30 a.m.

Keating Loop

Hike Leader: Sam Werts (veteran leader)

Driving Time: 15 miles, 30 minutes, mostly paved roads

Hiking Distance: 6 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: Some roots and rocks. Mostly flat.

Description: Fairly flat hike. See some hidden jewels of the Sproul State Forest, two of three vistas. Only seen at Prowl the Sproul!

Highlights: Start at Sinnemahoning Vista, Kelly Held Trail, Moore's Run Trail, two vistas, remnants of 1985 tornado, white oak forest

Type of Hike: Loop

Equipment Recommendations: Camera is a must! Trekking poles lunch, water, hat

Saturday, July 28th at 8:30 a.m.

Chuck Keiper Trail — Family Hike!

Hike Leader: Lin Greenaway (veteran leader and wildflower expert)

Driving Time: 10 miles, 20 minutes, all paved road

Hiking Distance: 4.5 miles

Terrain: Moderate

Pace: Leisurely to Moderate

Hike Rating: Easy to Moderate

Reason for Rating: nearly level, some rocks and roots

Description: This Hike will take you to Fish Dam Vista, The Wildlife Refuge Monument, Little Beaver Trail Loop, plus Big Rock Vista. Nearly the entire hike is flat.

Highlights: See Big Rock Vista, Fish Dam Vista, Little Beaver Loop. Leader knows her wildflowers.

Type of Hike: Loop

Equipment Recommendations: Lunch, water, hat, trekking poles, camera, Wildflower book

Saturday, July 28th at 8:30 a.m.

Eagleton Mine Camp Trail

Hike Leader: Eric Probert (veteran leader)

Driving Time: 17 miles, 25 minutes, mostly paved roads, about 5 mile dirt roads

Hiking Distance: 7 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: Some rocks and roots.

Description: Hike part of Eagleton Mine Camp Trail, a fairly flat hike. See deer exclosures, hike down part of Smokehouse hollow and back, Shear Trap Trail, and Slaughtering Ground Trail.

Highlights: See major difference between timber sales on State Forest land vs. private land, Smokehouse Hollow, Shear Trap Trail, and Slaughtering Ground trail.

Type of Hike: Shuttle

Equipment Recommendations: Trekking poles, lunch, water, hat, camera.

Saturday, July 28th at 8:30 a.m.

Chuck Keiper Trail Wild Area

Hike Leader: Dave Gantz

Driving Time: 15 miles, 30 minutes

Hiking Distance: 9 miles, 5-6 hours

Terrain: Strenuous

Pace: Brisk

Hike Rating: More Difficult

Reason for Rating: Two steep descents and ascents over 1,000 ft each. Narrow, remote path.

Description: Warm-up for 2 miles then descend into a wild area accessible only by foot. We climb back to the plateau and cross a forest road before descending into another wild area. The last climb to the plateau is the hardest, but it includes a cascading stream. Arrive at our shuttle cars at Fisher Fire Road. Most of the day will be spent in deep hollows along cold, clear streams. The trail is narrow, sometimes overgrown and lined with stinging nettle. Multiple wet stream crossings and plenty of wildlife including rattlesnakes. A truly wild experience!

Highlights: Scenic views, waterfalls, unique habitats, geologic formations

Type of Hike: Linear w/ shuttle

Equipment Recommendations: Long pants (for stinging nettle), camera, 2 liters of water, snacks and lunch, sturdy hiking footwear, trekking poles for steep, uneven terrain, summer rain jacket, etc.

Saturday, July 28th at 8:30 a.m.

Boone Road Trail

Hike Leader: Bob Merrill, (veteran leader and KTA Vice President)

Driving Time: 12 miles, 20 minutes

Hiking Distance: 6 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: One short climb. Some rocks and roots.

Description: Starting at Tamarack Tower, participants will hike down Jordan Hollow, cross two bridges, and end at Tamarack Tower.

Highlights: See the first bridge KTA built in 1989 and the first bridge using logs for stringers that KTA built.

Type of Hike: Loop

Equipment Recommendations: Camera, trekking poles, lunch, hat, water

Saturday, July 28th at 8:30 a.m.

Chuck Keiper Trail Hike — The Bridge Hike

Hike Leader: Ted Ligenza (veteran leader)

Driving Time: 12 miles, 20 minutes, all paved roads

Hiking Distance: 9 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate/Moderately Strenuous

Reason for Rating: Distance

Description: See Fish Dam Vista and Wildlife Refuge Monument. This is a fairly flat hike with one downhill along the road in the morning, and one small uphill. Some rocks. A nice loop hike!

Highlights: Fish Dam Vista, Wildlife Refuge monument, Four Bridges built by KTA Bridge crew, cross connector hike, hike near edge of swamp.

Type of Hike: Loop

Equipment Recommendations: Camera, hat, trekking poles, lunch, water.

Sunday, July 29th at 8:30 a.m.

Paddy's Falls Hike

Hike Leader: Brad Myers (veteran leader)

Driving Time: 17 miles, 30 minutes

Hiking Distance: 3 miles out and back

Terrain: Moderate

Pace: Moderate

Hike Rating: Easy to Moderate

Reason for Rating: Moderate because of descent and climb out.

Description: Hike over and back to Paddy's Falls, one of coolest places in the District!!

Highlights: Paddy's Falls

Type of Hike: Linear – out and back

Equipment Recommendations: Camera, trekking poles, lunch, water, hat.

Sunday, July 29th at 8:30 a.m.

Kettle Creek Day Loop Hike

Hike Leader: Jeff Clarey (veteran leader)

Driving Time: 15 miles, 25 minutes, all paved road

Hiking Distance: 6.8 miles

Terrain: Moderate/Rugged because of gradual climb and descent

Pace: Moderate

Hike Rating: Moderately Strenuous/Strenuous

Reason for Rating: Due to climb and descent

Description: Hike starts @ Alice's Trail — definitely cool in the morning, Hike up to Kettle Vista, arguably one of the most underrated in the district, then downhill to Park. Rated a good hike by Williamsport Sun- Gazette.

Highlights: Alice's Trail, Honey Run Bridge, Birch's Rocks, Kettle Creek Vista, Cool Butler Trail, Upper Campground Nature Trail, and Bush Dam Overlook.

Type of Hike: Loop

Equipment Recommendations: Camera is a must, trekking poles, water, hat, lunch.

Sunday, July 29th at 8:30 a.m.

Owl Hollow – Summerson Run Loop Hike

Hike Leader: Bob Merrill (veteran leader and KTA Vice President)

Driving Time: 17 miles, 30 minutes, all paved road

Hiking Distance: 3.55 miles

Terrain: Moderate

Pace: Moderate

Hike Rating: Moderate

Reason for Rating: One gradual climb and descent

Description: Hike up Owl Hollow and down Summerson Run. A nice Sunday hike. Again some uphill and downhill, but gradual, especially Owl Hollow.

Highlights: Owl Hollow, White Oak Forest, Pitch Pine Forest, cool Summerson Run.

Type of Hike: Loop

Equipment Recommendations: Camera, trekking poles, water, hat, lunch.

Day TIME

Hike Name

Hike Leader:

Driving Time:

Hiking Distance:

Terrain:

Pace:

Hike Rating:

Reason for Rating:

Description:

Highlights:

Type of Hike:

Equipment Recommendations: