



The Keystone Hiker - September 2022

Member's Corner

Call for Nominations to the KTA Board

KTA members willing to serve on the Board may be nominated by petition submitted to the Nominations Committee. Nominations may be made by a minimum of ten members of the Association and accompanied by written consent of the nominee. Petitions should be delivered to either the Nominating Committee or the Secretary no later than September 15th.

To make a nomination, you can submit your petition to:

Wanda Shirk, Chair
1152 N. Brookland Rd.
Genesee, PA 16923
814-848-7944
wshirk49@outlook.com

Wayne Gross, Secretary
200 Lake Road
Canadensis, PA 18325
570.656.3398
wegseg@msn.com

Run or Volunteer at the 2022 KTA Trail Challenge



On September 10th, KTA will hold the annual Trail Challenge, a 25k and 50k trail run event in Lancaster and York Counties along the Susquehanna River.

Take on the Challenge!
Sign up at kta-hike.org/tc-registration.
Registration closes September 6th.

The Trail Challenge, sponsored by UPMC Health Plan, Wegmans Food Markets, Seltzer's Smokehouse Meats, and Brookfield Renewable, takes hikers and trail runners on an exciting and challenging course between Pequea Creek Campground, Peavine Island, Susquehannock SP, and the Pinnacle Overlook in this 12 hour event.

If you don't feel up to the Challenge this year, you can also participate by volunteering to assist at registration, checkpoint aid stations, the finish line, or other duties at kta-hike.org/volunteer-at-the-kta-trail-challenge.

UPMC HEALTH PLAN

Brookfield
Renewable



Wegmans

Fall Hiking Weekend on the Horizon

KTA heads to central Pennsylvania for the annual [Fall Hiking Weekend](#). Join us on October 14-16, 2022 at the Best Western in Lewisburg, PA for a weekend of awesome excursions from rail trails to river trails and backcountry hikes.



Daily guided hikes will visit the Old Loggers Path, Loyalsock Trail, Weiser State Forrest, RB Winter Stare Park, and more. Check the [website](#) for updates. [Contact the KTA office](#) if you would like to volunteer as a hike leader.



The weekend program will also see a keynote presentation by **Heather Anderson** - a National Geographic Adventurer of the Year and the only woman who has completed the Appalachian, Pacific Crest and Continental Divide National Scenic Trails each three times.

Hike Beautiful Pennsylvania



This snazzy new sticker, created by the company RepresentPA.com is now available through the [KTA Store](#). It's a great way to show your pride in exploring Pennsylvania's oh so beautiful hiking trails, and support KTA. The company has generously offered to donate 10% of annual proceeds from sticker sales to Keystone Trails Association. Essentially, we benefit two ways from this partnership – via our own direct sales and the overall sales generated by the company. The sticker communicates well what KTA's

community already knows: Pennsylvania is the place for hiking. Be sure to check out the full line of products from RepresentPA.com – all designed to celebrate our magnificent commonwealth.

Adventure in the Allegheny

This past weekend, KTA ventured to the Allegheny National Forest for a weekend of hiking and camaraderie. Twenty six hikers came out to stay at Groves Lodge in Ludlow, PA and explore the scenic national forest on daily excursions to Kinzua Bridge State Park, the North Country Trail, Morrison Trail Loop, and more.



September & October Bring Special Attention to Pennsylvania Trails

September is Trails Month and hikes are scheduled across the commonwealth. Courtesy of DCNR, you can find the [hikes listed here](#). Also, be on the lookout for a Trail of the Year announcement coming soon from the agency.

Amongst the great array of hikes, DCNR is joining with Walk with a Doc, the Pennsylvania Medical Society, and Geisinger for a statewide Walk with a Doc - Advancing Wellness through Nature series. Check the [DCNR Calendar of Events](#) for one near you.

And trail and hiking clubs, it's not too late to host a [Walk with a Doc](#) or another hike for [Trails Month](#). Click on the hyperlinked text and submit your event.

There are even more ways to promote, enjoy, and celebrate trails and hiking.

On Saturday, September 24th, join thousands of volunteers for National Public Lands Day. Participate in trail maintenance projects, park and river clean ups, tree planting activities, invasive species removal projects, as well as hikes and other fun activities. Use the [NPLD Event locator to find an event](#) near you!

October 2nd brings Walk in Penn's Woods—motivating people throughout the state to get into the woods. Check [here](#) for organized walks or [schedule your own](#).

In between these latter two commemorations is Healthy Lands Week (September 24th – October 2nd), a statewide initiative to strengthen volunteer activities and raise awareness of stewardship of public lands. Engage in an [event near you](#) or [plan your own](#).

ATC Accepting Grant Proposals

The ATC is now accepting applications for the 2022 RPC Mini-grants program from the New England and Mid-Atlantic regions. The guidelines and application form were distributed by regional staff to club leaders in June. The deadline for applications is September 10, 2022 and awards will be determined by the Regional Partnership Committees no later than the fall meeting.

Seeking Your Input In Multiple Surveys

PA Wilds

The purpose of this survey is to understand the community and economic impacts of a part of Pennsylvania called the Pennsylvania Wilds. This survey is part of a research project being conducted by Dr. Susan Ryan, Professor, Pennsylvania Western University (formerly California University of PA).



Mountain Creek Trail System

We want your input to develop a sustainable, multi-use trail system in the Mountain Creek watershed! Michaux State forest managers are redesigning the trail system in the Mountain Creek Watershed with the aim to support high quality recreation opportunities & conservation.



DCNR Trail Gaps

DCNR is partnering with the Pennsylvania Environmental Council (PEC) and will utilize the online [Trail Implementation and Management \(TIM\)](#) tool for the collection of all trail gap data.

To submit data for your trail gaps, we are asking trail managers to:

1. [Visit the TIM tool.](#)
2. Follow the instructions then complete the “intake form” for each of your trail gaps along the section(s) of trail your organization manages.
3. Once the basic information is provided through the intake form, the information will be processed within 7 to 10 days and trail managers will be emailed with instructions on how to access the TIM.
4. Complete Trail Gap Profile within the TIM.

Generally, we are seeking gap data for trails (non-motorized or motorized) that meet the following criteria:

- Trails that are a majority off-road or are planned to have a majority off-road alignment
- Trails that are planned to be at least 5 miles long
- Trails that connect multiple municipalities and/or counties
- Trails that are formally recognized in an official planning document

Currently, the data collection effort is expected to continue through September 30, 2022. If you have questions about the process, please contact Chris Corbran, PEC Program Coordinator at TIMTool@pecpa.org.

Volunteer's Corner

KTA Trail Care Schedule 2022

September 15-18: Trail Care

Bucktail Path

Elk State Forest

Leaders: Shira Blady / Brian

MacNamara

bladysh@gmail.com

267-970-1280

Camp: Sizerville State Park

Regular Camp Ground

Sites # 3, 19, 20, and 21

October 1: Code Orange 1 day

Saturday Only event

Gifford Pinchot State Park

W/ Friends of Pinchot S.P.

Leader: Steve Stroman

stevestroman@hotmail.com

717-350-0437

Meet at 8:30 am at the campground

office, off of East Camping Area Rd.

Friends of Pinchot will provide a trail lunch for participants.

Free camping and showers available

Friday & Saturday for participants in

Group Camping Areas D, E, and F.

October 27-30: Trail Care

Pinchot Trail System

Pinchot State Forest

Leader: Jeff Mitchell

jmitchmitch@hotmail.com

570-441-2952

Camp: Pocono Mountain Bible

Conference Camp

191 Clifton Beach Rd.

Clifton, Pa. 18424

Meet: Manny Gordon Picnic Area off Bear Lake Road at 8:00 a.m. each morning

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

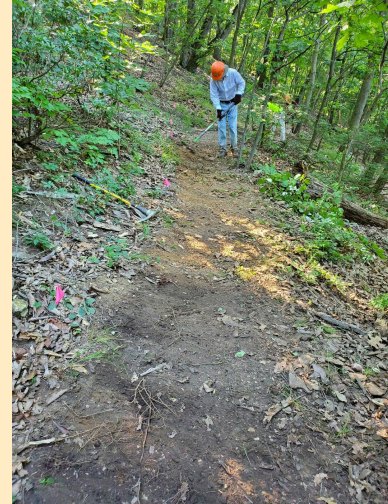
Conestoga Trail Saturdays

KTA continued our Saturday trail work series on the Conestoga Trail in Clark and Tucquan

Glen Nature Preserves with two more weekends in August. From brush clearing to bench cutting, the volunteer crew did a fantastic job clearing and improving new and old sections of the trail.

Thank you to our amazing volunteers and out partners for this series, the Lancaster Hiking Club and the Lancaster Conservancy.

Stay tuned for more Trail Work Saturdays on the Conestoga and elsewhere in 2023.



Trail Care Report

August 18-21: Thunder Swamp

The 14 Thunder Swamp Trail Care participants had a stellar weekend based out of the Resica Falls Boy Scout Camp conveniently located just south of the Delaware State Forest trail system. Volunteers formed crews that used loppers to open up the trail corridors following the lead of a chain saw team that cut through and removed hundreds of downed trees that were blocking the treadway. A section of the main trail loop also got a fresh coat of blaze orange.

Here is what was accomplished:

- On the east side of the main loop crews cut blowdowns/deadfalls and lopped from the Lake Minisink parking area on Old Bushkill Rd through to the Southern Gateway parking area.
- On the west side of the main loop crews cut blows/deadfalls and lopped from Rte. 402 south to the Pennel Run access trail and from Snow Hill Road to the Southern Gateway parking area.
- We were not able to work on the section from Snow Hill Rd. north to the Pennel Run access trail. This section still has about 50 downed trees and is overgrown.
- A crew reblazed and lopped from 402 at Ludleyville across the top to the Lake Minisink junction.
- A crew also did some lopping on the yellow trail loop out of Ludleyville. This is a fine trail that needs more attention on its eastern half and reblazing.
- Crews cut blowdowns and lopped the Orange trail from Coon Swamp Road east to the Bear Swamp Loop. We did not do anything on the Bear Swamp Loop itself.
- A crew also cut blowdowns and lopped the yellow Stillwater Natural Area loop.
- All told, Trail Care volunteers put in a total of 176 hours of work improving the Thunder Swamp Trail System and topped it off with evenings around a campfire back at camp.

Thanks to Tony Robbins, Robert Clarke, Blasé Hartman, Matt Rosen, Patricia Chu, Martyann Gutierrez, Maura Elke, Stacey Brautigam, Chuck Howard, Carrie Hufnal, Brian MacNamara, Shira Blady, Tom Bastian and Ed Lawrence.

What to Expect:

September 15-18 Trail Care: Bucktail Path

The Bucktail Path is an end to end 'hiking only' trail in Elk State Forest. The KTA Trail Care program will once again focus its volunteer efforts on working to improve the trail and the hiking experience in this remote terrain which is known by geologists as the Mountainous High Plateau Section of the Appalachian Plateaus Physiographic Province.

As in past years, we will be concentrating on parts of the trail that the local foresters have flagged as needing attention. Work will include trail clearing and rebenching, which will entail the use of some hand tools for digging including fire rakes, pulaskis and hazel hoes to reestablish a graded treadway.

The base camp for this foray will be the enchanting Sizerville State Park which is situated at the northern terminus of the trail, located 6 miles north of Emporium off Pa. Rte. 155 in Cameron and Potter counties. Participants will be tent camping in walk-in sites 19, 20 and 21. Of historical note, the East Branch of Cowley Run, located within the park, was where beavers, which had been hunted to extinction in Pennsylvania, were reintroduced by the Pa. Game Commission in 1917, releasing a pair donated by the State of Wisconsin. Always contact the leader if you are planning on volunteering.

-Ed Lawrence

Other Volunteer Opportunities

KTA Trail Challenge

Our annual 25k and 50k trail run on September 10th in the lower Susquehanna Gorge takes over 100 volunteers to pull off. [Please consider signing up to support this event.](#)

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 Keystone Trails Association!

A.T. Mid-Atlantic Crew Volunteer Opportunities

The [Mid-Atlantic trail crew](#) is currently recruiting volunteers for [7 weeks this fall](#). Dates and length of sessions vary.

- Session 1: [Palmerton A.T. Relocation](#) Sept 7-12
 - Session 2: [Palmerton A.T. Relocation](#) Sept 15-20
 - Session 3: [Palmerton A.T. Relocation](#) Sept 23-38
 - Session 4: [Tent Pad Construction](#) Oct 3-7
 - Session 5: [Tent Pad Construction](#) Oct 12-17
 - Session 6: [Trail Restoration](#) Oct 20-25
 - Session 7: [Trail Restoration](#) Oct 28 - Nov 2
-



AmeriCorps Seniors are looking to place people 55+ to help out the local communities and organizations in Clinton, Lycoming, Union, and Snyder counties. Their focus is environmental stewardship and helping with trails is of great interest. If you are interested in working with these volunteers, please contact the applicable county representative listed below:

Mike Vail –Clinton County vailm@diakon.org (570) 419-5941

Chris Barton- Lycoming County bartonc@diakon.org (570) 419-7858

Jenelle Longacre- Union-Snyder Counties longacrej@diakon.org (570) 419-8044

Hiker's Corner

Two Scenic Loops at the Pocono Environmental Education Center



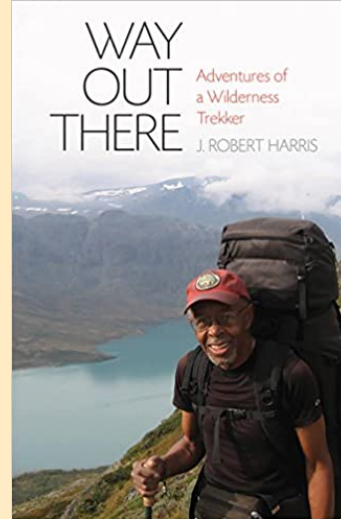
Book Review: Way Out There

We've all read adventure travel books. But when one is published that is miles better than most, it should be acknowledged, and frankly, celebrated. One such offering is *Way Out There*, by J. Robert Harris (2017).

Harris's nine tales are chaptered in chronological order of his exploits all over the globe. He writes in a candid, down-to-earth style and never condescends to the reader; he consistently focuses more on each adventure than on himself.

The author's first journey begins in Queens as a recent college graduate looking for something decidedly different, so he sets off in his beat-up VW Beetle for Alaska. This tale alone is heartwarming for its youthful naivete but also gives us an early glimpse into his growing wanderlust.

As years go by, Harris's bucket list gets serious, and he finds himself in wilder and more unlikely destinations. He gravitates towards northern climes and touches down in the Yukon, Montana, and the Arctic Circle. All of his treks are solo and unguided - Harris uses neither a Garmin nor any other electronic device to navigate - instead, he employs a map and a compass, as learned in Boy Scouts (spoiler: that system never fails him).



In perhaps the most unusual tale, Harris hikes a large swath of the Canol Heritage Trail. Interesting backstory: after Pearl Harbor a 550-mile oil pipeline was constructed from Northern Canada to Alaska to avoid using transport ships, which were deemed at risk of attack. Logistics were daunting; the terrain and weather were unforgiving and conditions were exceedingly rugged. Still, the pipeline was completed, and then abruptly closed 16 months later. Once abandoned, the infrastructure remained in place and over time became a wilderness path. Broken-down bridges meant fast-flowing, dangerous river crossings. Rusted vehicles and decrepit pump stations survived, creating a surreal juxtaposition with the remote geography. Harris eventually completes the trek and, as always, with a smile on his face. His descriptions of trail life shine, and the reader often feels as though they are right beside him.

Throughout the book, Harris sets a refreshing example for us to shift away from our comfort zones and embrace the world's beauty. As a further test of his proficiency, he travels to the remote and virtually uninhabited island of Tasmania. His goal: to hike a route through the inhospitable Western Arthur Mountain range. And indeed, he does, humbled by vicious rain, miles of mud, and gale-force winds, but also while acknowledging his humanness.

Harris is a keen observer of people, and though he travels solo, makes friends easily with everyone he encounters. His writing, in the end, is more about inspiring us to experience nature and the life-lessons it teaches than about the art of hiking. Consider this book a must-read!

From the back cover: "Now in his seventies, J. Robert Harris is still an active and enthusiastic trekker. Harris is also founder of JRH Marketing Services, the oldest and most-experienced Black-owned consulting firm in the U.S. He lives in New York City."

- Jack Hauler

PA's Newest Backpacking Loop

Want a different Pennsylvania backpacking loop for your next adventure?

After years of planning, research, several dozen revisions, and much time spent in the field and on the computer, the challenging 77.81 mile **Falls & Views Loop: Exploring the Wildness of Worlds End State Park and Loyalsock State Forest** was printed on July 29th.



Published for the Friends of Worlds End State Park, the Falls & Views Loop links 21 established trails and nine bushwhacks to take you to over 90 falls and 40 views. Fear not the bushwhacks as there are marked and maintained trails should you wish to avoid them. Three detailed topographic maps are also included. The guide measures 4.75 inches X 7.50 inches and the map 19.37 inches X 26.25 inches.

Four shorter backpacking loop options ranging in length from 39.33 to 69.31 miles, all starting and ending at Worlds End State Park's Visitors Center, are possible should you not have the time to hike the entire Falls & Views Loop. While the Falls & Views Loop covers the falls and views in Worlds End State Park, as well as a portion of Loyalsock State Forest, you'll also encounter evidence of past coal mining operations, past and current forest management, deer exclosures, old logging railroad grades, old woods roads, remote areas rarely visited, as well as unique natural and geological features.

Some additional topics in the Falls & Views Loop include: Route Information, Stream Crossings, Drinking Water, Camping and Campfires, Contact Information, the Waterfall Illusion, as well as many others pertinent to hiking the Falls & Views Loop.

The Falls & Views Loop is currently available for \$20.00 (includes tax) only in person at the Visitors Center in Worlds End State Park. Stay updated for other locations to follow.

Purchasing the Falls & Views Loop helps the Friends of Worlds End State Park to conserve, support, and protect the park's resources by promoting education, recreation, and stewardship.

Need more information? Contact one of the authors or go to the Friends of Worlds End State Park's website at www.friendsofworldsendsp.org.

David Kowalewski: fallsandviews@gmail.com
Ruth Rode: (570) 322-5857

Trail News

[\\$1.5 Million Infrastructure Improvements Announced for Seven Tubs Recreation Area](#)

[Pfizer begins late-stage trial testing Lyme disease vaccine](#)

[Critical Trail Gap Closed on the Bald Eagle Valley Trail](#)

[A plan to improve long-distance biking trails is moving through Congress](#)

[\\$1 Million Grant For Spring Garden Street Greenway In Philadelphia](#)

[Federal Interagency Council on Outdoor Recreation Launches to Increase Access to the Outdoors](#)

[5,600-Acres Acquired for First Motorized Recreation Area](#)

[Crowdsourced photos from Pacific Crest Trail provide insights into climate](#)

KTA Comment on DCNR's Draft E-Bike Policy

As mentioned in the August newsletter, KTA has submitted official comments to DCNR regarding their draft policy on e-bikes. Comments were due August 31.

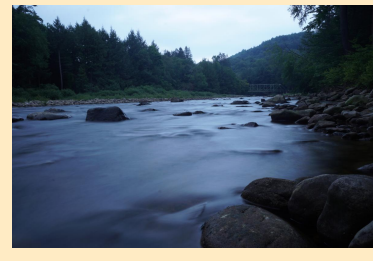
Here are our comments (edited for length):

We have reviewed DCNR's draft policy regarding the use of e-bikes on DCNR managed lands and [offer the following comments](#).

2022 Summer/Fall KTA Photo Contest

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

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



Community Calendar

[KTA Events](#)

[KTA Trail Challenge](#) September 10th

Take the challenge to conquer our 25k or 50k trail run, based out of Pequea Creek Campground and Susquehannock SP in Lancaster County.

[Barcelona and Andorra](#)

September 25 - October 5th

Barcelona, on the Mediterranean Sea, is one of Europe's most vibrant cities, a world center of art, culture and sport and a wonderful city for walking. Andorra, nestled in the nearby Pyrenees Mountains between Spain and France, is one of the world's smallest countries but packed with excellent hiking opportunities.

Contact KTA to join the waitlist.

[Black Forest Trail Slackpack](#)

September 30 - October 3rd

Take advantage of this incredible opportunity, to complete in ONE WEEKEND the trail that everyone talks about: The Black Forest Trail. Shuttle between the trail and a cozy cabin with a home-cooked meal every night.

[Fall Hiking Weekend](#)

October 14 - 16th

KTA heads to central Pennsylvania for a weekend getaway filled with great hikes and fellowship. From rail trails to river trails and backcountry hikes, we are looking forward to a weekend of awesome excursions .

Community Events

[National Aviary Hike-A-Thon](#)

September

Join us for the second annual National Aviary Hike-A-Thon Presented by UPMC Health Plan. In 2021, hundreds of participants from more than a dozen states logged thousands of miles while raising money for the critical conservation efforts of the National Aviary. Join your family and friends in hitting the trail -- whether that trail is cutting through the mountaintops or traveling right through your own neighborhood -- and help the National Aviary save critically endangered animals and their habitats.

[Leave No Trace Trainer Course](#)

September 15-16

The Leave No Trace Trainer Course emphasizes the skills and techniques essential to Leave No Trace minimum impact outdoor recreation practices and education.

[Sierra Club City Hike](#)

September 23 - October 10

City Hike is a nationwide hike aimed to get people outdoors and raise money to protect the planet. Join where you are, or at flagship events in Los Angeles or Boston.

[A.T. Hall of Fame Induction](#)

October 1

The Appalachian Trail Museum plans a full schedule of free events on the day the [2022 A.T. Hall of Fame class](#) is inducted. The Hall of Fame Induction ceremony will begin at 1:30 in the Furnace Stack parking lot. The ceremony will be a free event, but registration will be required due to limited space.

[2022 National Trails Workshop](#)

November 2-4

Three days of learning, collaboration, and networking amongst seasoned trails and tourism professionals, emerging leaders and people who are interested in getting involved with trails in their communities and across the nation.

A.T. Vista 2023

August 4-7, 2023

Mark your calendars. The 2023 conference will be held in Johnson City, TN. More information to come.

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

Friends of Pine Grove Furnace SP

The Friends of Pine Grove Furnace State Park exists to keep history alive and promote the educational and recreational programs of the park and surrounding areas through special events and trail development while protecting the park's natural resources.



Our primary goal is to raise revenue to support the park in completing projects that include but are not limited to:

- Bridge work on trails
 - Enhancement and creation of trail links
 - Resource management - control of invasive species/ planting natives
 - The enhancement of the Furnace Stack area
 - A new playground
 - The development of interpretive displays.
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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 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.



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

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