

# MOUNTAIN BIKING in Pennsylvania State Parks and Forests

11/2014

## Etiquette Tips

- Follow all rules and regulations.
- Keep alert and avoid startling other trail users.
- Yield and dismount to oncoming trail users unless they have already yielded.
- Pass slower trail users only when safe to do so, and only when they are aware of your presence and giving way for you to pass them.
- Generally, uphill travelers should be given the right of way.
- When approaching horses: speak calmly, slow down, and move off the trail to the downhill side of rider and animal.
- Practice Leave No Trace Principles: Plan Ahead and Prepare; Travel and Camp on Durable Surfaces; Dispose of Trash Properly; Leave What You Find; Minimize Campfire Impacts; Respect Wildlife; Be Considerate of Other Visitors.

## Safety Tips

- Wear a properly fitting helmet and eye protection.
- Many trails are in areas open to hunting; be aware of the hunting season calendar and wear fluorescent orange accordingly, or limit riding to Sundays during hunting seasons.
- Ride trails appropriate for your skill level and understand that terrain and difficulty level can change along a trail.
- Always ride with a partner and let others know your plans.
- Dress according to weather conditions and be alert to changing conditions.

## Contacts

For more information contact:

Bureau of Forestry  
PAForester@pa.gov  
717-787-2703

Bureau of State Parks  
ra-parkinfo@pa.gov  
717-787-6640



## What is Mountain Biking?

Mountain biking captures all of the pleasures and health benefits of bicycling but adds a flare of outdoor adventure that surpasses the casual bike ride. At its core, mountain biking is all about experiencing wild places and connecting with nature, with an exhilarating twist. As with hiking, it is rewarding to reach a mountain vista, remote waterfall or other out-of-the-way treasure. The vigorous pace of mountain biking allows riders to cover distance and reach destinations on a grand scale.

The strong, lightweight frame and modified suspension of mountain bikes are specially designed for riding off-road and on narrow trails. They are equipped with fat, knobby tires for traction on dirt surfaces; a low gear range for steep climbs and for maneuvering around natural obstacles; and powerful brakes for navigating bends and descending hills.

## Can Anyone Go Mountain Biking?

Mountain biking is an activity for all ages and abilities. In Pennsylvania, DCNR trail systems open to mountain biking range from broad, fairly smooth forest dirt roads to single-track, highly technical trails specifically created and designated for mountain biking. The degree of difficulty varies considerably. Some trails are ideal for beginners and families while other trails appeal to the seasoned mountain biker, the expert looking for that next challenge.

## Mountain Biking in State Parks



Mountain biking is permitted in 32 Pennsylvania state parks. Each park offers specific opportunities and restrictions for this activity. State parks are open daily from sunrise to sunset throughout the year. Please check with individual parks for mountain biking opportunities and trail details.



## State Forests with Mountain Biking

Approximately 3,800 miles of state forest trails are open to mountain biking and of those, 447 miles within 11 state forests are specifically designated and maintained for mountain biking. While most state forest trails and roads are open to this activity, natural areas, designated hiking trails and trails specifically marked closed are not open to mountain biking. Check with state forest offices for details and multi-use trail maps. Some state forests have maps specifically for mountain biking.

Bald Eagle State Forest (570) 922-3344  
Buchanan State Forest (717) 485-3148  
Clear Creek State Forest (814) 226-1901  
Cornplanter State Forest (814) 723-0262  
Delaware State Forest (570) 895-4000  
Elk State Forest (814) 486-3353  
\*Forbes State Forest (724) 238-1200  
Gallitzin State Forest (814) 472-1862  
Lackawanna State Forest (570) 945-7133  
Loyalsock State Forest (570) 946-4049  
\*Michaux State Forest (717) 352-2211

Moshannon State Forest (814) 765-0821  
\*Rothrock State Forest (814) 643-2340  
Sproul State Forest (570) 923-6011  
\*Susquehannock State Forest (814) 274-3600  
Tiadaghton State Forest (570) 753-5409  
Tioga State Forest (570) 724-2868  
Tuscarora State Forest (717) 536-3191  
Weiser State Forest (570) 875-6450

\*Forest favorites among mountain bikers

## Connecting with other Mountain Bikers

Most mountain bike clubs and organizations promote and preserve mountain biking by hosting local group rides, organizing mountain biking events and building and maintaining trails. Participating in a group ride is a great way to get started and provides the opportunity to get outdoors and spend time with other active people. Organized rides frequently incorporate a mix of distances and skill levels to include a range of abilities.

## Mountain Biking Links

International Mountain Biking Association (IMBA) [www.imba.com](http://www.imba.com)

Mountain Bike Pennsylvania (MTBPA) [www.mountainbikepa.com](http://www.mountainbikepa.com)

MTB Project [www.mtbproject.com](http://www.mtbproject.com)

Pittsburgh Trails Advocacy Group (PTAG) [www.ptagtrails.org](http://www.ptagtrails.org)

## Sharing the Trail

Many state park and state forest trails are used for multiple activities. In order to enjoy, preserve and protect this common resource, all trail users must maintain a mutual respect for one another and practice trail etiquette.



## Where to Mountain Bike?

### IN THE NORTH:

Black Moshannon State Park  
(814) 342-5960  
Chapman State Park (814) 723-0250  
Kettle Creek State Park (570) 923-6004  
Little Pine State Park (570) 753-6000  
Ole Bull State Park (814) 435-5000  
Parker Dam State Park (814) 765-0630  
Patterson State Park (814) 435-5010  
Raymond B. Winter State Park  
(570) 966-1455

### IN THE SOUTH:

\*Blue Knob State Park (814) 276-3576  
\*Codorus State Park (717) 637-2816  
Colonel Denning State Park (717) 776-5272  
Fowlers Hollow State Park (717) 776-5272  
French Creek State Park (610) 582-9680  
Gifford Pinchot State Park (717) 432-5011  
Prince Gallitzin State Park (814) 674-1000  
Shawnee State Park (814) 733-4218  
\*Swatara State Park (717) 865-6470

### IN THE EAST:

Beltzville State Park (610) 377-0045  
Big Pocono State Park (570) 894-8336  
Evansburg State Park (610) 409-1150  
Francis Slocum State Park (570) 696-3525  
Gouldsboro State Park (570) 894-8336  
Jacobsburg Environmental Education Center  
(610) 746-2801  
Lackawanna State Park (570) 945-3239  
\*Nockamixon State Park (215) 529-7300  
Promised Land State Park (570) 676-3428  
Prompton State Park (570) 945-3239  
Tobyhanna State Park (570) 894-8336

### IN THE WEST:

Laurel Summit State Park (724) 238-6623  
\*Moraine State Park (724) 368-8811  
\*Ohiopyle State Park (724) 329-8591  
Raccoon Creek State Park (724) 899-2200  
Yellow Creek State Park (724) 357-7913  
\*The designated mountain biking trails at these parks are especially popular.

