

Photo by Devon Balet  
pinkbike.com

The Foundation's newest chapter, the Friends of Rothrock, will be concentrating a lot of effort into the creation and improvement of the many multi-use trails already found within the Rothrock State Forest including the trails over Tussey Ridge, shown here during the Trans-Sylvania Mountain Bike Epic.



Photo by VisitPA

The Fort Robideau Revolutionary Tour is a 22-mile cruise through the beautiful backcountry roads outside of Tyrone. The fort is one of Pennsylvania's best kept secrets and the surrounding rolling farmland is a road cyclist's dream. Get a map and cue sheets for this and other wonderful bike tours from the Alleghenies website.

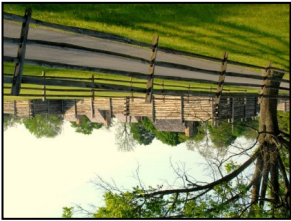


Photo by Raystown.org

Thirty-six miles of single track mountain biking trails is heaven to some folks. If you are one of those people who believe rocks were meant to hop and stumps jumped, find your bliss at Allegrippis. (There are two acres of practice area, too!)



Photo by Wikimedia Commons

The entirety of the Lower Trails 17 mostly-flat miles from ever-nearer to Canoe Creek State Park to Alexandria provides an accessible cruise by wheelchair or trike. Find full directions to Lower access points on the Rails to Trails of Central Pennsylvania website.



## CYCLING IN THE ALLEGHENIES

## REFERENCES

(For state parks or forests, visit [DCNR.PA.gov](http://DCNR.PA.gov))

### Cycling:

Lower Trail: [RTTCA.org](http://RTTCA.org)  
Allegrippis Trails: <https://sites.Google.com/Site/AllegrippisTrailsv2/home>  
Friends of Rothrock: [Facebook.com/FriendsofRothrockStateForest](https://Facebook.com/FriendsofRothrockStateForest)

### Backpacking:

Mid State Trail: [Hike-MST.org](http://Hike-MST.org)  
John P. Saylor (and other trails): [PAHikes.com](http://PAHikes.com)

### Day Hiking:

Tuscarora Trail: [PATC.net](http://PATC.net)

### On the Water:

Casselman River: [CasselmanWatershed.org](http://CasselmanWatershed.org)

### Uniquely Alleghenies:

Greenhouse Park: [TheStonycreek.org/Greenhouse](http://TheStonycreek.org/Greenhouse)

*The Alleghenies*  
This Place Speaks To You.

[theAlleghenies.com](http://theAlleghenies.com)



## The Pennsylvania Parks and Forests Foundation's Pocket Guide to Recreation in The Alleghenies

Featuring places and activities from the  
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## BACKPACKING IN THE ALLEGHENIES

You can't talk sensibly about backpacking in the Alleghenies without including first and foremost the Mid State Trail. Billed without a hint

of exaggeration as Pennsylvania's Wildest Trail, the Mid State is over 500 km long (you'll need to shift your thinking because kilometers is how they roll here) and will put your socks into the bottom of your boots. Be wise; get the maps from the Mid State Trail Association and once you've fallen in love with the trail, join the

MSTA.

Before tackling the Mid State, consider the John P. Saylor in Gallitzin State Forest. At a little more than 17 miles, the trail can be done in one day but as a double loop it's fun to

consider taking an overnight in a counterclockwise direction and take advantage of the overnight shelter about nine miles in.

Photos MST and JPS by Scott Adams



## ON THE WATER IN THE ALLEGHENIES

Down in the southwest very close to the Laurel Highlands you'll find the Casselman River, which rises in Grantsville, MD



and continues on its winding way to Confluence, PA where it joins the Youghiogheny and heads to Ohio.

The Casselman River Watershed Association has established a series of seven access points for fisherman and paddlers.

Bear in mind that in spring, the river MOVES and in summer it ... does not. So paddle in April and fish for smallmouth in September. The Casselman is a River for All Seasons

Photo by Bob Frye

## DAY HIKING IN THE ALLEGHENIES

The easy red-blazed Honey Creek Trail in Reeds Gap State Park will provide a nice two-mile stroll or, when combined with the connecting



slightly elevated blue-blazed Blue Jay Trail in Bald Eagle State Forest, a little over three miles through woodland and along the creek.

The Tuscarora Trail could certainly be included in the "Backpacking" section of the Pocket Guide, extending as it does over 250 miles from Virginia to Pennsylvania. Let the



Potomac Appalachian Trail Club give you all the details for this grand excursion.

However, an adventure that large can be enjoyed in smaller bites as well. Consider the four-mile loop that begins at the top of the trail's namesake mountain in the Buchanan State Forest. A map of the ridgeline hike can be found on [TheAlleghenies.com](http://TheAlleghenies.com).

## UNIQUE IN THE ALLEGHENIES



Still primarily on the subject of "On the Water," the Alleghenies is home to Greenhouse Park, a project of Conemaugh Township.

Not just another township park, Greenhouse is home to Whitewater Park, Pennsylvania's first set of manmade rapids, where novice paddlers can learn the basics and experienced boaters can hone their skills. The park plays host to a number of events throughout the summer including the very popular Thunder in the Valley, motorcycle touring weekend, water races, concerts, and all around family fun.

Photo by WTAJ-TV