

Photos by Bucknell University

Of course, the Susquehanna isn't the only body of water worth dipping a paddle into. The Montour Preserve, managed by the Montour Area Recreation Commission, is home to both Chillisquaque Creek and 165-acre Lake Chillisquaque where quiet recreational pursuits have a home.



Photo by Friends of Milton

For a day on the water, Milton (an 82-acre island stewarded by the Friends of Milton) and Shikellamy state parks are only 13 miles from each other along the Susquehanna. Put in at Milton, spend a leisurely day moving downstream to Shikellamy—and if you time your trip right you might be in time for a Friends of Shikellamy marina brunch!



Photo by Pinterest

The Susquehanna River Trail Association is a great place to start for the resources you need for a paddling trip along this region's portion of the 50 miles of the Susquehanna between Sunbury and Middletown. (Note the list of other groups stewarding and developing the Susquehanna River Water Trails all along the way on the SRTA website).

The 21-mile overnight from Selinsgrove (Isle of Que boat launch) in the Valleys region to Millersburg (Daphin County) provides an overnight on one of the island campsites developed as part of the River Trail. Details are available on the Susquehanna Greenway Partnership website.



PADDLING IN VALLEYS OF THE SUSQUEHANNA



REFERENCES
(For state parks or forests, visit
DCNR.PA.gov)



On the Water:

Susquehanna River Trail Association: SusquehannaRiverTrail.org
Susquehanna Greenway Partnership: SusquehannaGreenway.org
Montour Preserve: MontourPreserve.org

Backpacking:

Roaring Creek Tract, Weiser State Forest
Friends of Weiser-Roaring Creek Track (watch the web—coming soon)

Cycling:

Buffalo Valley Rail-Trail: BVRec.org/Buffer-Valley-Rail-Trail
Susquehanna River Valley VB: VisitCentralPA.org/Things-to-Do/Outdoor-Recreation/Bicycling
Columbia-Montour VB: iTourColumbiaMontour.com/Things-to-Do/Outdoor-Recreation/Hiking-Biking-and-Racing
MTB Project by REI: MTBProject.com

Day Hiking:

Friends of Milton: [Facebook.com/Friends-of-Milton-State-Park-1575494816104878](https://www.facebook.com/Friends-of-Milton-State-Park-1575494816104878)

The Pennsylvania Parks and Forests Foundation's Pocket Guide to Recreation in The Valleys of the Susquehanna

Featuring places and activities from the
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DAY HIKING IN THE VALLEYS

As noted elsewhere, Milton State Park is an 82-acre island in the Susquehanna River. It is circumnavigated on land by a series of trails given new life and beauty by the Friends of Milton. The Friends waged what would have first appeared to be a losing battle against invasive species choking off access and have now created a welcoming, community-oriented park.

Photo by Friends of Milton



A visit to R.B. Winter State Park will provide a variety of day hikes from an easy loop trail through the Rapid Run Natural Area to a challenging excursion to connect with the Mid State Trail. For a little history, check out the Boiling Spring Trail (1.4 miles) along a CCC-waterline to the original camp springhouse. A dip in the lake and a quiet campsite would be the capper to a Valleys of the Susquehanna day.

Photo by Justin Ziegmont



BACKPACKING IN THE VALLEYS

The 9,000 acres of the Roaring Creek Tract was added to the Weiser State Forest in 2003. Since then, the nearly 40 miles of shared use trails have



come to provide a little bit of something for nearly all hikers and mountain bikers (no horses please; recreation in the Tract is managed for water resource protection). There is plenty of room for getting away from it all, and for volunteer involvement. The new (2018) Friends of Weiser-Roaring Creek Tract have made it their mission to help in the planning and development of a comprehensive trails system in the Tract.

For now, the eight-mile Roaring Creek Trail provides a lovely day hike or works as a jumping off point for an overnight backpacking adventure utilizing a network of paths followed by 19th and early 20th century coal miners as they traveled from their homes near Bear Gap to work in the mines above. Pick up a map from the Weiser State Forest office in Aristes.

Photo by: David Meck

ROAD CYCLING IN THE VALLEYS

Road cyclists in this part of the world benefit from a pleasant fact—drivers are used to giving leeway to Amish buggies! Add the geologic feature that gives the region its nickname (“valleys”) and you have cycling heaven.



The Susquehanna River Valley Visitors Bureau provides cue sheets for five area rides originating in Lewisburg ranging in distance from 15 to 42 miles. The Columbia-Montour Visitors Bureau provides a “Biking Trails” brochure that features rides from 5 to 100 miles, including a ride over the Twin Bridges. Pull on the spandex, clip in, and go!

Photo by Lisa Gordon Warth

CYCLING IN THE VALLEYS

The 9.5-mile Buffalo Valley Rail-Trail parallels Route 45 in Union County providing a nice east-west link between the lovely towns of Mifflinburg and Lewisburg. There are plenty of services in each town, making the trail an accessible and enjoyable family outing.



Photo by dliffany14/TrailLink.com

Looking to do a little mountain biking? Check out Bald Eagle State Forest where at least 40 trails intersect through McCall's Dam and R.B. Winter state parks. The Black Gap Figure 8, for example, offers 22.4 miles of an average 2% grade (up to 12%) and plenty of ups and downs.

Photo by MTB Project

