Photos by Bucknell University

recreational pursuits have a home. and 165-acre Lake Chillisquaque where quiet

both Chillisquaque Creek Commission, is home to Montour Area Recreation Preserve, managed by the paddle into. The Montour water worth dipping a isn't the only body of Of course, the Susque



Photo by Friends of Milton

Friends of Shikellamy marina brunch! if you time your trip right you might be in time for a leisurely day moving downstream to shikellamy—and

Put in at Milton, spend a slong the Susquehanna. miles from each other state parks are only 13 of Milton) and Shikellamy stewarded by the Friends Milton (an 82-acre island For a day on the water,



Photo by Pinterest

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

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



PADDLING IN VALLEYS OF THE SUSQUEHANNA



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



### On the Water:

Susquehanna River Trail Association: SusquehannaRiverTrail.org Susquehanna Greenway Partnership: SusquehannaGreenway.org Montour Preserve: Montour Preserve.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/Buffalo-Valley-Rail-Trail Susquehanna River Valley VB: VisitCentral PA.org/Things-to-Do/ Outdoor-Recreation/Bicycling Columbia-Montour VB: iTourColumbiaMontour.com/Things-to-Do/ Outdoor-Recreation/Hiking-Biking-andRacing MTB Project by REI: MTBProject.com

#### Day Hiking:

Friends of Milton: 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 August 2018 issue of Explore PA: Pennsylvania's Outdoors in Your Inbox

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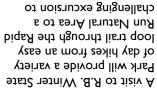
## DAY HIKING IN THE VALLEYS

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 chocking off access and have now created a welcoming, community orriented park.

Photo by Friends of Milton





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 Strae 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 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 dltiffany I 4/TrailLink.com

Looking to do a little mountain biking?
Check out Bald Eagle State Forest where at least 40 trails intersect through McCalls Dam and R.B. Winter state Parks. The Black Gap 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