



In the spring of 2025, PA Parks & Forests Foundation conducted an online survey of “Your Favorite Trail to ...”. Here are some resulting ideas for adaptive equipment.

Recommended State Parks and Forests for Using Adaptive Equipment:

Lehigh Gorge State Park
Nockamixon State Park
Pine Grove Furnace State Park

Lehigh Gorge State Park

The Lehigh Gorge Trail is a 26 mile point-to-point trail. This part of the D&L Trail passes by waterfalls, wildlife, and the historic Lehigh Canal. This trail can be accessed from the Rockport parking lot.

The Rockport parking lot has ADA accessible restrooms. The trail is gravel, with a 2% grade traveling north. From Rockport, both Buttermilk Falls and Luke’s Falls can be reached following the relatively flat trail in either direction.

Pine Grove Furnace State Park

The Hiker Biker Trail is a 3 mile point-to-point trail that overlaps with the Appalachian Trail. Starting at the Furnace Stack near the Appalachian Trail Museum, the trail

passes by Fuller Lake, ending at Laurel Lake. The Hiker Biker Trail is ADA accessible, meaning that there is a sustained gradient of 5%, a cross slope of less than 2%, and a relatively smooth surface. The trail is paved in some portions, and gravel in the rest.

Nockamixon State Park

The Old Mill Trail is a 5.6 mile loop accessible from the western terminus of the Bike Trail.

Alternatively, the trail can be accessed from either the Deerwood Lane parking lot or Old Bethlehem Road. The trail follows the Lake Nockamixon shore, passing by the old mill pond, stone dam, mature woodlots, and pine plantations. Starting by the parking lot off of Deerwood Lane, the first 0.4 miles of the trail going clockwise are paved, after which the trail may be

paved, dirt, or gravel. After 0.7 miles going clockwise, the gradient of the trail occasionally rises above 5%. The Old Haycock Road Trail is a



Handcycles are an example of adaptive equipment. The Great Allegheny Passage through Ohiopyle State Park is a great place to use one.

Photo by Pam Metzger

1.3 mile out-and-back trail accessible from the Old Haycock Boat Launch. On the way to the lake, the trail passes by wooded areas, grassy fields, and open brushy habitat.

The trail head is blocked by a gate, and there are 3 feet of space to get around it. Most of the trail is at least 4 feet wide, and the maximum grade is 3%. The first 0.7 miles are paved/gravel, after which the trail is a path of dirt and grass.

What is adaptive equipment?

Adaptive equipment is any tool that is used to make it easier for people to navigate the world. People with mobility related disabilities often use adaptive equipment like canes, walkers, and wheelchairs. Screen readers and railings are helpful for

people with little to no vision. Closed captions and hearing aids are helpful for people who are deaf or hard of hearing.

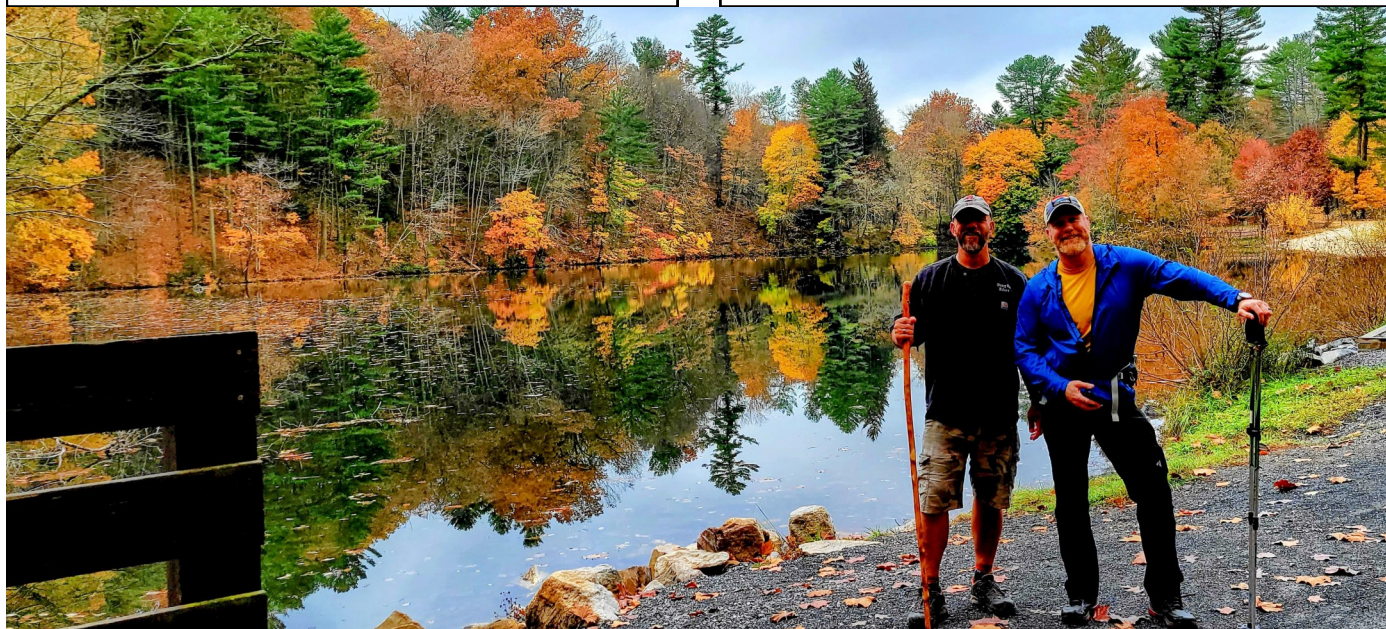
Adaptive equipment isn't just useful for people with disabilities. Hikers often use trekking poles to assist with their long hikes. Crutches are useful tools for people recovering from injuries.

What makes a trail "good" for using adaptive equipment?

The ideal trail characteristics for using adaptive equipment vary greatly from person to person, as disability contains an incredible diversity of body types in its label. Some common variables to consider when using adaptive equipment are maximum trail slope (both along the trail and across it) and minimum trail width.



Pine Grove Furnace State Park. Photo by Abbigayle Hutson.



Trekking poles are an example of adaptive equipment.

Pine Grove Furnace State Park. Photo by David Raymond.

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