

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

All State Parks/Forests Mentioned

- Susquehannock State Forest
- Laurel Hill State Park
- Allegheny National Forest
- Moraine State Park
- Hyner Run State Park
- McConnells Mill State Park
- Tiadaghton State Forest
- Bendigo State Park
- Buchanan State Forest
- Canoe Creek State Park
- Chapman State Park
- Cook Forest State Park
- Delaware State Forest
- Elk State Forest
- Evansburg State Park
- Greenwood Furnace State Park
- Ibberson Conservation Area State Park
- Jacobsburg Environmental Education Center
- Jennings Environmental Education Center
- Lehigh Gorge State Park
- Loyalsock State Forest
- Michaux State Forest
- Nockamixon State Park
- Nolde Forest Environmental Education Center
- Ohiopyle State Park
- Pinchot State Park
- Pine Grove Furnace State Park
- Prince Gallitzin State Park
- Ridley Creek State Park
- Shawnee State Park
- Yellow Creek State Park



Photo Credit: Fran Bires, Maurice K. Goddard State Park

What is Quiet Contemplation?

Quiet contemplation involves finding moments of silence and stillness to reflect and gain clarity. It can involve activities such as mindful walking, self-reflection, and meditation. Quiet contemplation is all about stepping away from the noises and

distractions of everyday life, and there is no better place to do this than one of your local Pennsylvania state parks or forests. With parks providing benches, picnic tables, and other seating accommodations, everyone is sure to find an area that suits their needs.

How is it Beneficial?

- * Reduces stress and anxiety levels
- * Enhances focus and concentration
- * Allows a boost of creativity for the mind

Laurel Hill State Park

County: Somerset County

Hemlock Trail

- 1.2 mile long loop trail
- Access point located off of Laurel Hill Park Rd.
- Parking lot is just on the right before you cross a bridge
- Park in the lot and walk south over the bridge, on the other side of the bridge will be signs for Hemlock Trail
- The Hemlock Natural Area at the center of the Hemlock Trail Loop contains outstanding ancient hemlock trees
- Trail runs beside a creek

Ridley Creek State Park

County: Delaware County

Mansion Gardens Trail

- 1.0 mile long
- Loop trail
- Hiking only trail
- Not marked by blazes
- Trailhead located near the parking lot at the mansion
- Trailhead amenities include restrooms and benches
- Trail traverses through the historic gardens and mansion area

Susquehannock State Forest

County: Primarily located in Potter County with small portions extending into McKean and Clinton counties

Susquehannock State Trail System

- 85 mile loop trail
- Marked with rectangular orange blazes
- Trail originates at the district office along Route 6 in Potter County
- Includes several overnight shelters for hikers
- Known for its remoteness, diverse scenery, and challenging terrain

Roaring Run Trail

- 3.62 miles long
- Considered to be a moderate hike
- One trailhead located near Nedrow Cemetery on Painter Rock Road and another one is located on Fire Tower Road



Photo Credit: Amy Aycock, Susquehannock State Forest

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