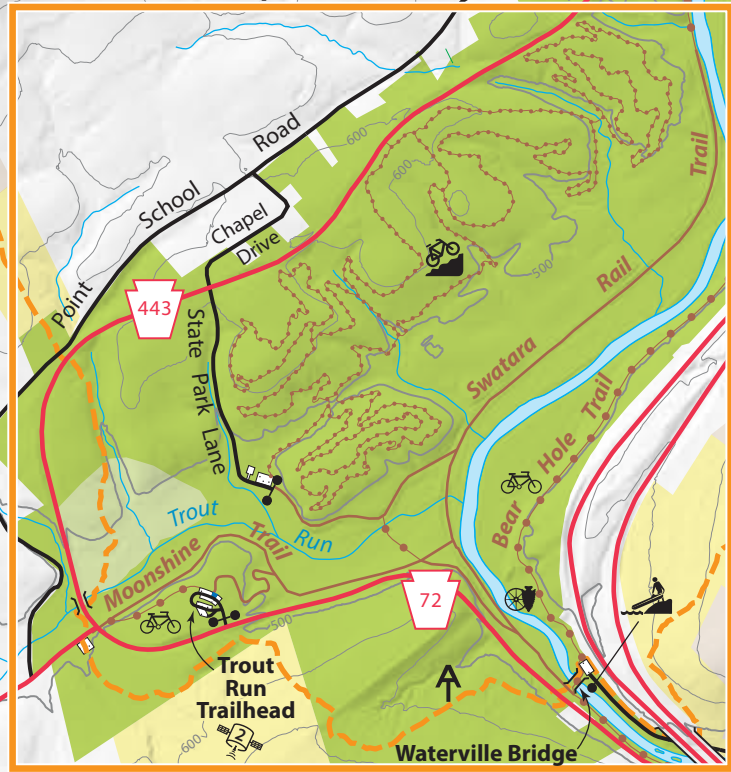


Trout Run Trailhead and Mountain Bike Complex



Trout Run Trailhead and Mountain Bike Complex

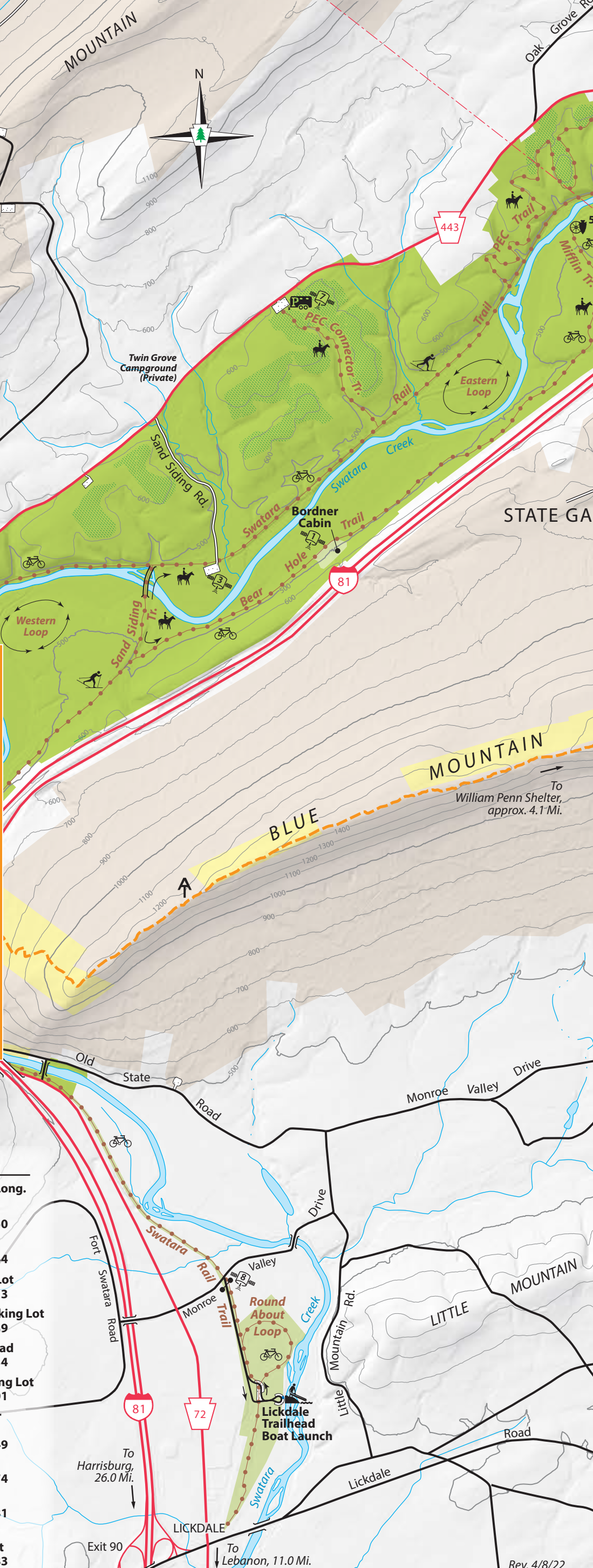


- Blue Symbols Mean ADA Accessible
- Non-flush Restrooms
- Historic Locks
- Hand-carry Boat Launch
- Paved, Multi-use Trail: Hiking, Bicycling
- Multi-use Trail: Hiking & Other Uses as Designated
- Appalachian Trail (Hiking Only)
- Bicycling
- Mountain Biking
- Cross-country Skiing Recommended
- Horseback Riding
- Unpaved Road
- One-way Road
- Gate
- Parking ADA Accessible
- Parking Paved
- Parking Unpaved
- Parking Horse Trailers
- State Park No Hunting
- State Park Hunting
- Agricultural Fields
- Appalachian Trail Corridor (National Park Service)



- GPS Coordinates**
- | | Decimal Degree Lat. Long. |
|---|---------------------------|
| 1. Bordner Cabin | 40.504730, -76.501950 |
| 2. Trout Run Trailhead | 40.482859, -76.545844 |
| 3. Sand Siding Parking Lot | 40.504088, -76.510513 |
| 4. Waterville Bridge Parking Lot | 40.480822, -76.531559 |
| 5. Swopes Valley Trailhead | 40.522343, -76.469334 |
| 6. State Park Lane Parking Lot | 40.486433, -76.543501 |
| 7. 443 Equestrian Trailer Parking Lot | 40.518019, -76.505749 |
| 8. Lickdale Trailhead | 40.465854, -76.510774 |
| 9. Fossil Site | 40.522041, -76.478781 |
| 10. Appalachian Trail Overnight Parking Lot | 40.481738, -76.550683 |

SWATARA STATE PARK



Trails: 34 miles

All park trails are open to hiking. Hikers at Swatara State Park have a wide variety of opportunities for quiet reflection, nature study, and physical challenge. Many trails are also open to bicycling and horseback riding – see the trail descriptions below and the map for more information.

APPALACHIAN TRAIL (AT): 2.1 miles in the park, most difficult hiking

The approximately 2,190-mile-long trail passes through the western side of the park. North from the AT Overnight Parking Lot, the trail travels approximately three quarters of a mile in the park. It crosses Moonshine Road and 443 west, continues north along Trout Run stream, intersects again with 443 west, and finally crosses over Green Point School Road, leaving the park. South from the AT Overnight Parking Lot, the trail travels approximately one and a quarter miles in park. The trail continues south, toward Blue Mountain, crossing over PA 72 and the Waterville Bridge. The Appalachian Trail is open to hiking only.

BEAR HOLE TRAIL: 4.8 miles, more difficult hiking

Running along the southern side of Swatara Creek, Bear Hole Trail is a wide, rolling trail for hiking and biking. Horses are permitted on the eastern side of Bear Hole Trail between Swopes Valley Road and Sand Siding Trail. Ideal parking locations for immediate access to the trail are Swopes Valley Trailhead and the Waterville Bridge Parking Lot.

MIFFLIN TRAIL: 0.3 mile, more difficult hiking

Located on the eastern side of the park, this hiking and bicycling only trail is accessible from Bear Hole Trail. The trail is a natural surface and leads to Lock #5 and Swatara Creek. Horses are prohibited on this trail.

MOONSHINE TRAIL: 0.8 mile, easiest hiking

An abandoned road, Moonshine Trail is a paved surface trail and is relatively flat. The hiking and bicycling trail runs south from the 443/72 intersection to the Swatara Rail Trail. Park at Trout Run Trailhead and follow Trout Run Trail to access Moonshine Trail.

MOUNTAIN BIKE COMPLEX TRAILS: 9.5 miles, most difficult hiking

These six trails are single track (average 18 inches wide), consisting of natural features (dirt trail surface trails, roots, logs, and natural stream crossings). They are accessible from the State Park Lane parking lots. Horses are prohibited on these trails.

- Trail A: 1.49 miles
- Trail A-1: 1.97 miles with maintained obstacles
- Trail A-2: 1.11 miles
- Trail B: 1.42 miles
- Trail C: 1.63 miles
- Trail D: 1.91 miles

PA EQUINE COUNCIL (PEC) TRAIL: 3.1 miles, red blazes, more difficult hiking

This natural surface trail begins and ends on the Swatara Rail Trail. It passes through forested and agricultural land. To access the PEC Trail, park at the 443 parking lot, take PEC Connector Trail to Swatara Rail Trail and go east. Biking is prohibited on this trail.

PEC CONNECTOR TRAIL: 0.8 mile, more difficult hiking

The trail has a natural surface and continues from the gravel parking lot on 443, through agricultural fields to Swatara Rail Trail. Biking is prohibited.

PORTAGE TRAIL: 0.4 mile, easiest hiking

This hiking and bicycling only trail runs south from State Park Lane to the Swatara Rail Trail, intersecting with Moonshine Trail. Between State Park Lane and Moonshine Trail, Portage Trail is multi-surface, grass and gravel. The section between Moonshine and the Swatara Rail Trail is narrow with asphalt.

ROUND ABOUT LOOP: 0.5 mile, easiest hiking

Access this trail from Lickdale Trailhead parking lot. This wide, flat, gravel hiking and bicycling trail loops around wetland habitat adjacent to the Swatara Creek and offers an excellent opportunity to listen to spring peepers.

SAND SIDING TRAIL: 0.4 mile, easiest hiking

The trail crosses over the Swatara Creek between Swatara Rail Trail and Bear Hole Trail. Sand Siding Trail, a gravel trail that includes the Sand Siding Bridge, is open to hiking, biking, and horseback riding. Mounting blocks are provided on either end of the Sand Siding Bridge; horseback riders are asked to dismount and lead their horses across the bridge. The Sand Siding Road Parking Lot is the closest parking area to the trail.

STATE PARK LANE TRAIL: 0.5 mile, more difficult hiking

This trail runs southeast from the State Park Lane parking lot to the Swatara Rail Trail. The hiking and bicycling trail is wide, paved, and steep. The trail intersects with Portage Trail and Swatara Rail Trail.

SWATARA RAIL TRAIL: 10 miles, easiest hiking

Swatara Rail Trail is ten miles in length from the Lickdale Interchange (Exit 90) of I-81 to the Pine Grove Interchange (Exit 100) of I-81. The trail grade is relatively flat, with variable surfaces (dirt, gravel, and pavement) requiring wide tires. This trail is recommended for cross-country skiing with adequate snowfall. Ideal parking locations for immediate access to the trail are Lickdale Trailhead and Sand Siding parking lot.

TROUT RUN TRAIL: 0.5 mile, more difficult hiking

This half-mile, hiking and bicycling trail is accessible from Trout Run Trailhead and intersects with Moonshine Trail on either end. The trail is narrow and multi-surface, with gravel and asphalt.

LONGER TRAIL LOOPS:

Eastern Loop: A 7.3-mile loop can be completed by using the Swatara Rail Trail, Bear Hole Trail, Sand Siding Trail, and Swopes Valley Road. Be aware that Swopes Valley Road is a main road open to vehicular traffic. The loop runs parallel to the Swatara Creek, crossing over at Sand Siding Bridge and Swopes Valley Bridge. Swopes Valley Trailhead or Sand Siding parking lot are ideal parking locations, offering immediate loop access. The Eastern Loop is open to all user groups.

Western Loop: A 4.7-mile loop can be completed by using Swatara Rail Trail, Bear Hole Trail, Sand Siding Trail, and the Waterville Bridge. The loop runs parallel to the Swatara Creek, crossing over at Sand Siding Bridge and Waterville Bridge. For immediate trail access, use the Sand Siding or Waterville Bridge parking lots. Horses are prohibited on the Western Loop.

Full Loop: An 11-mile loop can be made by combining the Eastern and Western loops. Swopes Valley Trailhead and Sand Siding Parking Lot are ideal parking locations. Be aware that Swopes Valley Road is a main road open to vehicular traffic. Horse are prohibited on the western half of this loop.