

# Central Mountains Trail Shared-Use Trail System

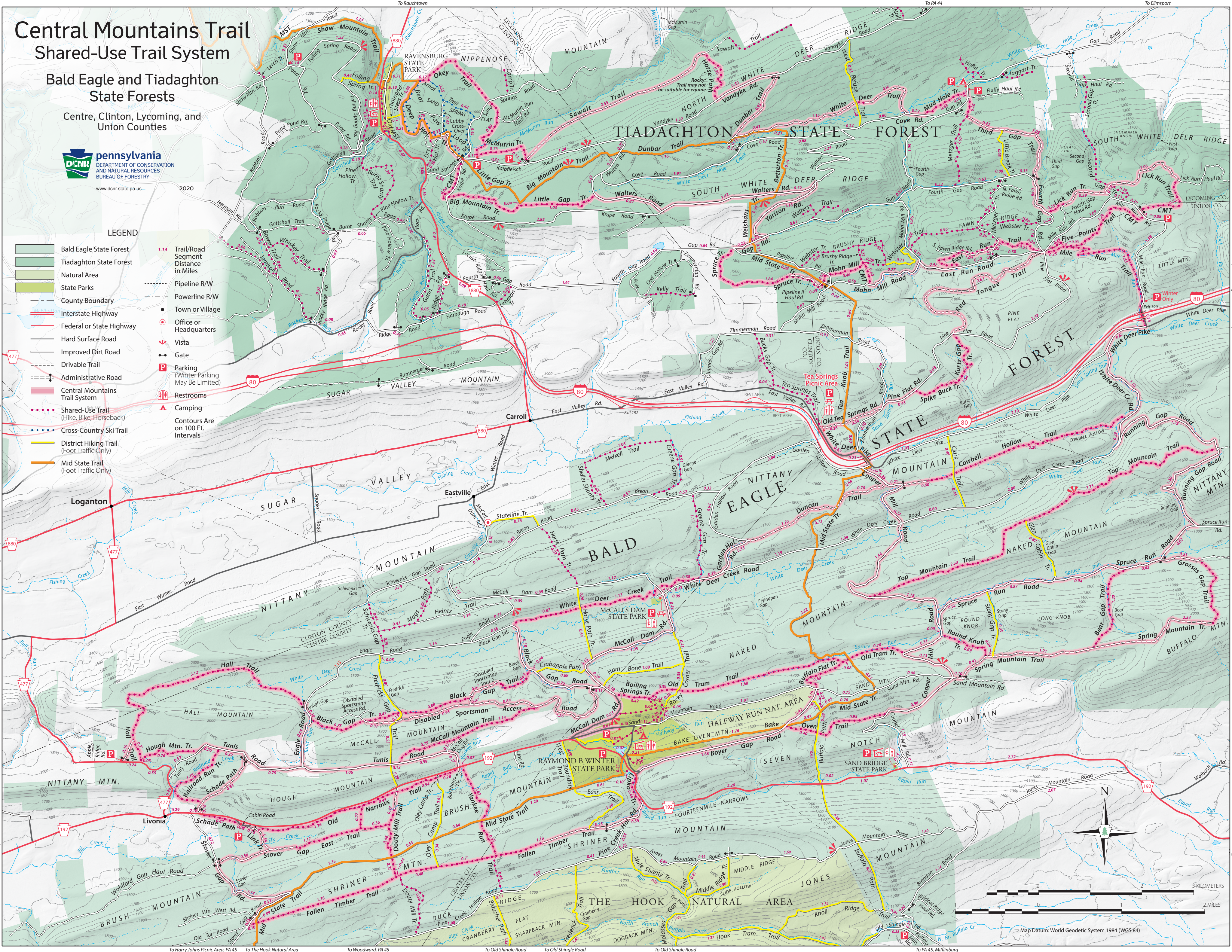
## Bald Eagle and Tiadaghton State Forests

Centre, Clinton, Lycoming, and  
Union Counties



### LEGEND

- Bald Eagle State Forest
- Tiadaghton State Forest
- Natural Area
- State Parks
- County Boundary
- Interstate Highway
- Federal or State Highway
- Hard Surface Road
- Improved Dirt Road
- Drivable Trail
- Administrative Road
- Central Mountains Trail System
- Shared-Use Trail (Hike, Bike, Horseback)
- Cross-Country Ski Trail
- District Hiking Trail (Foot Traffic Only)
- Mid State Trail (Foot Traffic Only)
- Trail/Road Segment Distance in Miles
- Pipeline R/W
- Powerline R/W
- Town or Village
- Office or Headquarters
- Vista
- Gate
- Parking (Winter Parking May Be Limited)
- Restrooms
- Camping
- Contours Are on 100 Ft. Intervals





# Central Mountains Shared-Use Trail Guidelines

- Ride on open trails only
- Never spook animals
- Always yield trail
- Control your bicycle
- Leave no trace
- Plan ahead



## Equestrian Use

- Clean up parking areas. Clean up and pack out manure.
- Pack out everything you pack in.
- To avoid damage, do not tie horses directly to or near trees.
- If rocky stream banks are present, horses may be led to the stream to drink. Soft or muddy stream banks are off-limits to horses.
- Brush off boots, tires, horses' hooves and hair before leaving an area to prevent the spread of invasive seeds.



## Parking

- Parking is available from US 80, Route 192, Route 880, Kalbfleish Road, and Gap Road. The system is also accessible from many state forest roads. When parking along a state forest road, be sure that your vehicle is off the main portion of the road, and be careful not to block access roads or gates.
- Gated, posted, and barricaded roads and trails are closed to motorized vehicles unless signs indicate otherwise.
- This trail system is maintained by Bureau of Forestry staff and volunteers. Please respect the work of others.

## Camping

- Primitive camping is permitted along the trail, following Bureau of Forestry camping guidelines. Roadside camping is allowed at designated locations, by permit only.
- Please contact the Bald Eagle or Tiadaghton Forest District office for more information.



## Carry In – Carry Out

If you carry it in, please carry it out. Go one step further and carry out trash that less thoughtful people have left behind.



## Trail Marking

The shared-use trail system is blazed with red, and other trails have been marked with different colors. Other trails are identified by painted rectangles, which are blue or orange (Mid State Trail and other designated state forest hiking trails). Look for vertically painted rectangles on the trees at between five and six feet above the ground. Double-slanted rectangles indicate a change in direction.



## Plan Your Trip

Before you start, study maps of the area and learn the terrain. Obtain a camping permit if you need one. Plan alternate routes and adjust your travel time based on impending bad weather. Advise someone at home of your itinerary.

## Safety

Carry a first-aid kit, map, compass, flashlight, and whistle. Carry warm clothing such as windbreakers, wool jackets, hats, and gloves. Keep high-energy foods (like hard candies, chocolate, dried fruits) and liquids accessible. Don't overload yourself.

## Disposing of Human Waste

Bury human waste at least six inches below ground level and at least 300 feet from all water sources, including springs, wetlands, ponds, lakes, and streams.

## Water

Numerous streams, wetlands, and springs are located along this trail system. Specific water sources have not been identified. Drinking water quality is not monitored. It is recommended that you carry a water supply.

## Fire

- Small fires for cooking or warming purposes are permitted at most times, but only where adequate precautions are taken to prevent the spread of fire into the forest.
- Fires are prohibited during the period from March 1 through May 25 and from October 1 through December 1, and during any other period specified by the district forester. Check with the Bureau of Forestry for specific fire conditions prior to your trip.
- Self-contained stoves may be used for cooking during the periods when fires are prohibited.



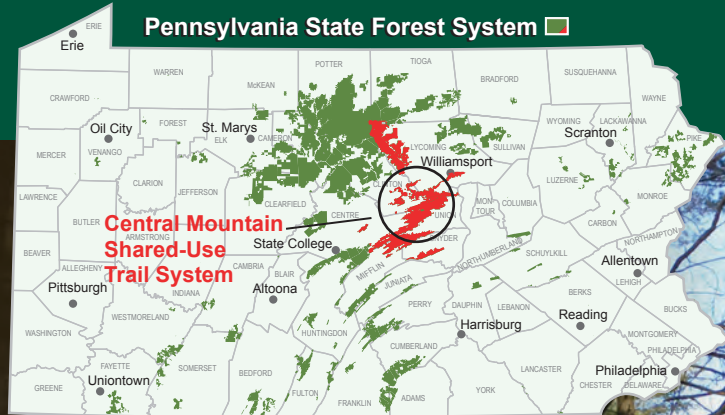
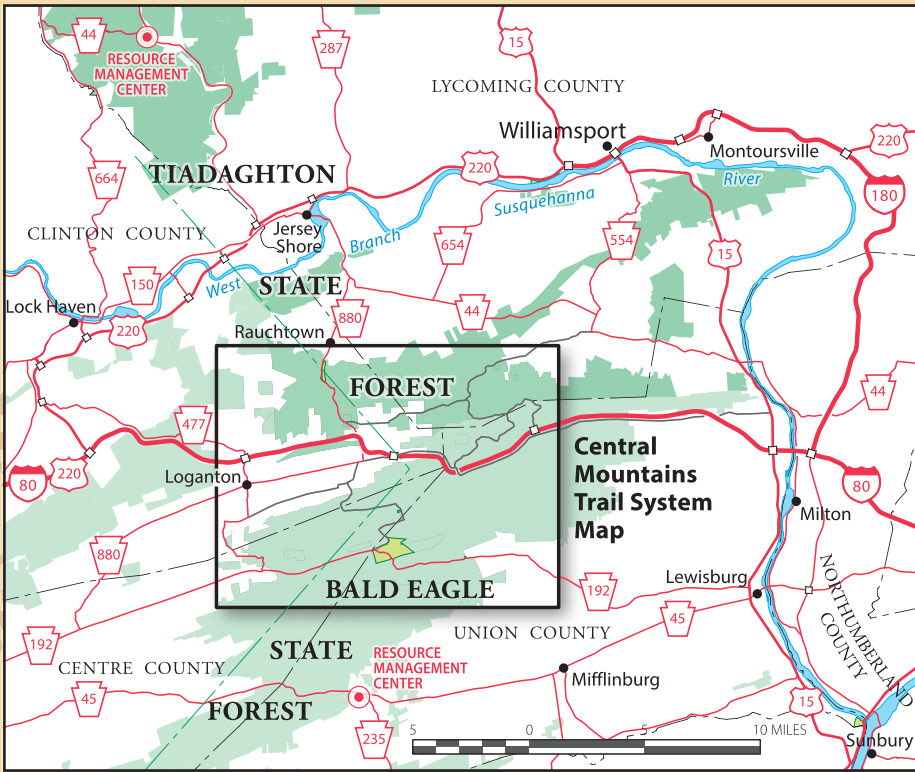
## Trail Use

- Exercise caution on state forest roads. Ride in a single file on the edge of the road and always be aware of approaching motor vehicles, especially on blind curves.
- No mountain bike or horse riding is permitted on the Mid State Trail except in designated areas, in any state forest natural area, or other areas posted closed to those uses.

The Central Mountains Shared-Use Trail System is a group of interconnected trails, totaling about 120 miles, which was developed for non-motorized use in the Central Ridge and Valley Region. Development of this system was a cooperative effort between the Bald Eagle and Tiadaghton State Forests and organized hiking, bicycling, and equestrian clubs.

The Central Ridge and Valley Region has steep, rocky mountains and narrow valleys, with beautiful clear streams. Vegetation is predominantly a mixed oak forest with mountain laurel and blueberries in the understory. Dense stands of hemlock and rhododendron may be found along many streams. Sightings of deer, bear, grouse, and turkeys are common.

System trails can be rugged and steep. Degree of difficulty varies from trail to trail and should be evaluated depending upon users' physical fitness, experience, and desired challenge.



**Forest District Headquarters**  
**Bald Eagle State Forest**  
18865 Old Turnpike Road  
Millmont, PA 17845  
Phone: (570) 922-3344  
FAX: (570) 92-4696

**Forest District Headquarters**  
**Tiadaghton State Forest**  
10 Lower Pine Bottom Road  
Waterville, PA 17776  
Phone: (570) 753-5409  
FAX: (570) 753-5721

**Office Hours:** 8:00 A.M. – 4:00 P.M. weekdays

**Central Office**  
Department of Conservation and Natural Resources  
Bureau of Forestry  
P.O. Box 8552  
Harrisburg, PA 17105-8552  
(717) 787-2703  
PAForester@pa.gov

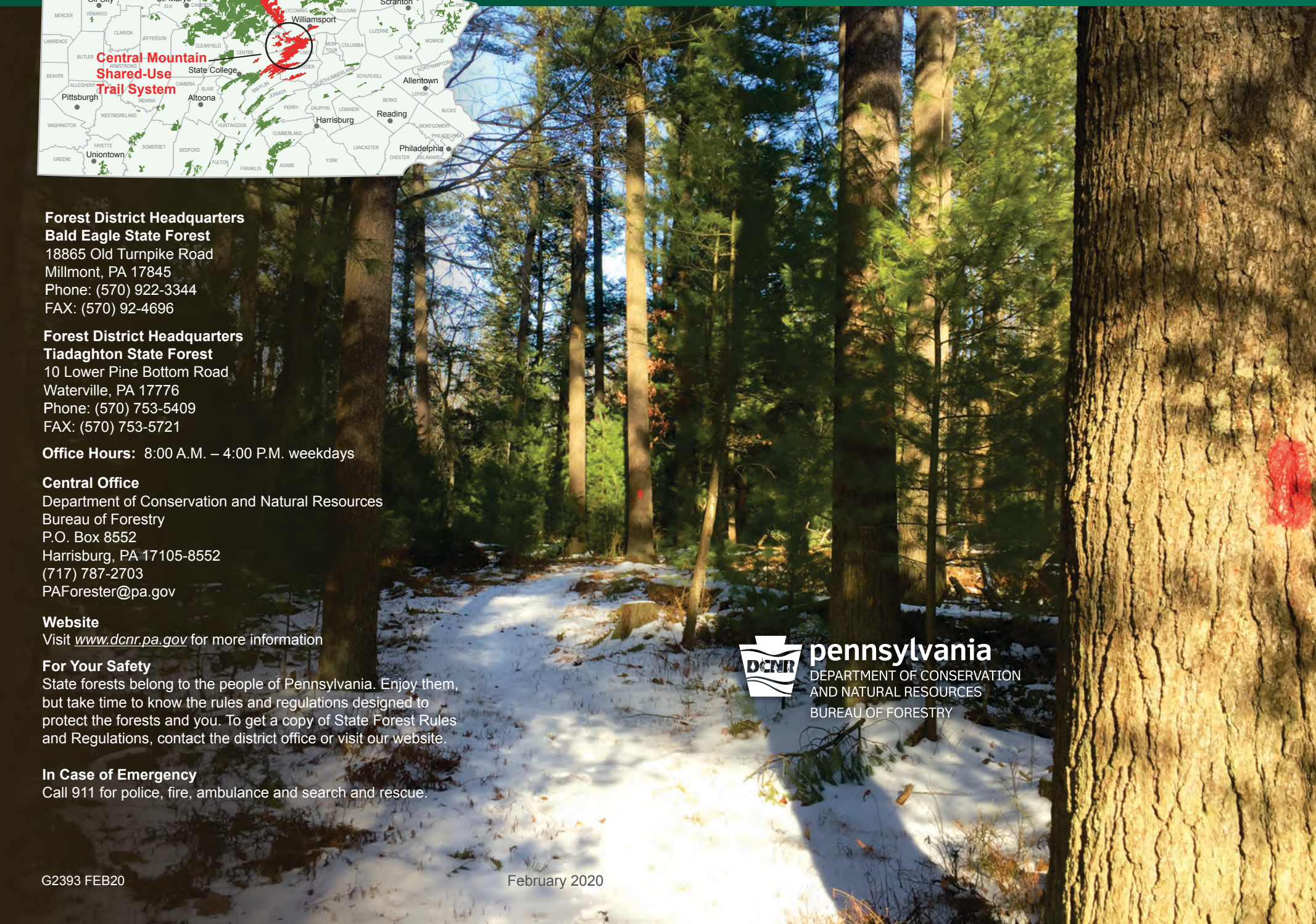
**Website**  
Visit [www.dcnr.pa.gov](http://www.dcnr.pa.gov) for more information

**For Your Safety**  
State forests belong to the people of Pennsylvania. Enjoy them, but take time to know the rules and regulations designed to protect the forests and you. To get a copy of State Forest Rules and Regulations, contact the district office or visit our website.

**In Case of Emergency**  
Call 911 for police, fire, ambulance and search and rescue.

## Central Mountains Shared-Use Trail

Bald Eagle and Tiadaghton State Forests



- STATE FOREST HIKING TRAIL- HIKING ONLY
- LOCAL DISTRICT HIKING TRAIL- HIKING ONLY
- CROSS COUNTRY SKI TRAIL - OTHER NON-MOTORIZED USES MAYBE PERMITTED UNLESS POSTED
- SHARED - USE (NON-MOTORIZED) - HIKING, BIKING, HORSEBACK RIDING PERMITTED

