

Hiking Only Trails

Baker Trail/North Country National Scenic Trail: Two long-distance trails, the **North Country National Scenic Trail (NCT)** and the **Baker Trail**, pass through Cook Forest State Park, following the same 12-mile stretch through the Forest Cathedral, passing Seneca Point, and meandering by the Clarion River. The 140-mile Baker Trail (blazed yellow) runs from Freeport, PA, through the Allegheny National Forest. The NCT (blazed blue) is America's longest national scenic trail at 4,600 miles, running from New York to North Dakota. Several named park trails follow along the NCT/Baker Trail route and are listed below.

Black Bear Trail: 1.1 miles, easiest
This flat loop trail begins and ends at the Sawmill Center for the Arts. Look for black bear claw marks on trees.

Browns Run Trail: 2.0 miles, more difficult
This trail parallels Browns Run from Toms Run Road to Forest Road. Due to its low usage, it is a wonderful trail for wilderness hiking, hunting, and birding, particularly for the flute-like songster thrushes.

Camp Trail: 2.0 miles, most difficult
The most travelled section of this steep trail links the Ridge Campground to Breezemont Drive near the Log Cabin Environmental Learning Classroom (ELC). Pay particular attention at trail intersections as this trail splits near the campground.

Cook Trail: 2.0 miles, more difficult
This lightly used loop trail winds through a magnificent stand of old growth timber. Keep watch for tall white pines, large hemlocks, oaks, black gums, relict American chestnut snags from the early 1920s, and a 1930s dynamite shack built by the Civilian Conservation Corps. The trail can be accessed in three locations: across from River Cabin 12, at the River Picnic Area, and via a short spur trail on Cemetery Road.

Corduroy Trail: 1.2 miles, more difficult
This trail connects the Ridge Campground and the Liggett Trail along Toms Run. This pleasant hike crosses over Breezemont Drive, passing large American beech and Eastern hemlock. Pay attention at intersections as this trail connects with the Camp Trail.

Deer Meadow Trail: 1.5 miles, more difficult
This trail unites the Browns Run Trail with the multi-use Hefren Run Trail. Sections of this trail go through old growth oak hemlock forest and prime wildlife areas.



View from the Fire Tower

Deer Park Trail: 1.1 miles, more difficult
This trail segment connects PA 36 and the Seneca Trail, also linking with the Mohawk Trail. Hikers pass through the heart of the 1976 tornado damaged area. Portions of the classic movie, "The Unconquered", were filmed near a rock outcrop here.

Hemlock Trail: 0.3 mile, more difficult
This short trail connector joins the Longfellow Trail near Forest Road with the Deer Park Trail at PA 36. One of the finest old growth hemlock forests in the Eastern U.S. is located along this trail. Some hemlocks surpass 140 feet tall; many are more than 300 years old!

Liggett Trail: 1.5 miles, easiest
This trail begins at Breezemont Road across from the Log Cabin ELC and travels a portion of the NCT/Baker Trail along Toms Run, terminating on Toms Run Rd. The trail passes through a wonderful stand of hemlocks, some of which is an old growth forested wetland. This trail is a good place to listen for the elusive winter wren. Turning right onto Toms Run Road brings you back to the Log Cabin ELC.

Mohawk Trail: 1.4 miles, more difficult
This trail runs from the PA 36/Forest Road intersection near the Inn at Cook Forest, and ends at the exit of Fire Tower Road. This trail winds through magnificent old growth hemlock forest along the hilltop within the Fire Tower Road loop and the steep hillside overlooking the Clarion River. On this trail, you will walk amongst some of the tallest, largest, and oldest hemlocks found in the park. Many hemlock, white oak, and chestnut oak surpass 300 years old here.



Paved Trail: 0.2 mile, easiest
This paved, ADA-accessible trail loop winds through a mature hardwood forest. It can be reached via the water tower access road near the entrance of the Sawmill Center for the Arts.

Ridge Trail: 0.7 mile, most difficult
This steep trail connects the Ridge Campground near Site 32 to Forest Road by Shelter 1. Large oaks and black cherry trees are found near this path. Several black cherries reach three feet across and 140 feet high, some of the tallest known in the entire Eastern U.S.

River Trail: 1.2 miles, most difficult
This steep segment runs along the NCT/Baker Trail by the Clarion River from the fire tower to Fire Tower Road. This is one of the most beautiful hikes in early summer when the mountain laurel and rhododendron bloom. To continue on the NCT/Baker Trail, stay straight along the Clarion River; the River Trail works its way back uphill to connect to Fire Tower Road.

Seneca Trail: 0.9 mile, most difficult
This trail climbs from PA 36 to the junction with the Deer Park Trail, where a left turn will continue to the Fire Tower-Seneca Point Area. It offers an excellent view of the Clarion River, passes through old growth forest and a section of 1976 tornado-downed logs. The greatest concentration of tall hemlocks in the Northeastern U.S. can be found here. The tallest known Eastern hemlock in the Northeastern United States, at 145 feet high, is located here.

Tobacco Trail: 10 miles, more difficult
This connecting trail between Cook Forest and Clear Creek state parks runs along the Wild and Scenic Clarion River from State Route 899 to the Gateway Lodge on PA 36.



Most of the trail is located on or near the river bank in a mix of pine, hemlock, rhododendron, and mountain laurel. However, the trail does ascend to the ridge tops in two locations where visitors can enjoy open hardwood forests of oak, cherry, and maple. Cook Forest State Park contains 7.5 miles of the trail; a portion of SR 899 is used to connect the trail to Clear Creek State Park. From SR 899 it is 2.5 miles to the Clear Creek State Park Campground. There are three trailhead parking lots. The Gateway Lodge parking lot is available on the western end of the trail. A small parking lot on SR 899 is marked by an information kiosk. The third parking area is on the eastern end of the trail in the Clear Creek State Park Campground.

Forest Cathedral Trails: Hiking Only

The Forest Cathedral Natural Area is a registered National Natural Landmark. Numbers below correspond to the map on the reverse side.

1. Joyce Kilmer Trail: 1.1 miles, more difficult
This trail runs from Cemetery Road to the Indian Trail. Note the rock formations nestled among large hemlock and white pine, some of which span three to four feet.

2. Rhododendron Trail: 1.2 miles, more difficult
A favorite hike for many, this trail joins Indian Cabins 6 and 7 to Forest Drive via the Forest Cathedral. Ancient hemlock and white pine are common along its length.

3. Longfellow Trail: 1.2 miles, more difficult
The most well known trail in the park runs through the finest stand of old growth white pine forest in the north-eastern United States. The trail starts beside the Log Cabin ELC and terminates on Forest Road. Along the way, hike past the Memorial Fountain and past the tallest known tree north of the Great Smoky Mountains, a white pine 185 feet tall!

4. Toms Run Trail: 0.8 mile, easiest
This flat trail connects the wooden swinging bridge to the Log Cabin ELC through the picturesque Toms Run Valley. Keep a lookout for remnants of bracket dams once used to move logs downstream during the 1800s logging boom.

5. Birch Trail: 0.9 mile, easiest
This trail passes through a lovely stand of birch trees between the Children's Fishing Pond and Shelter 1. The swinging bridge links this trail with the Rhododendron Trail.

6. Indian Trail: 1.0 mile, most difficult
This steep trail progresses from the north side of the Children's Fishing Pond, deep into the core of the Forest Cathedral before joining the Longfellow Trail. Near the pond, observe the incredible stand of second growth Eastern white pine, logged in the 1800s. As the trail levels off, look for the transition from second growth to old growth forest.

7. Red Eft Trail: 0.2 mile, most difficult
This short, steep, spur trail connects the Longfellow Trail with the Toms Run Trail, making a variety of loops possible. This section traverses an old growth forested wetland through a series of bridges and steps.

8. Ancient Forest Trail: 0.3 mile, more difficult
This trail bisects the Longfellow Trail through the heart of the Forest Cathedral, creating various loop options. Gaze above to the highest concentration of tall, old growth white pines in the Northeastern United States.

Multi-Use Trails Hiking, Biking and Horseback Riding

Multi-use trails are open to hiking, mountain biking, and horseback riding as designated.

Bridle Trail: 1.1 miles, easiest
This trail starts 0.8 miles from the beginning of Forest Drive. This fairly flat, multi-use trail weaves hikers and equestrian users through a 1930s Civilian Conservation Corps (CCC) red pine plantation and then terminates at the Old Logging Road within the Forest Cathedral. Some select Eastern hemlock, white oak, and American beech surpass 200 years old. Continue onto the Old Logging Road to bring you back to Forest Drive. **Hiking and horseback riding only.**

Hefren Run Trail: 1.1 miles, more difficult
This multi-use trail connects Toms Run Road with Forest Road. This serene trail crosses Hefren Run Valley along evidence of old bracket dams used to move logs downstream in the 1800s. **Hiking, biking, and horseback riding are permitted.**

Old Logging Road Trail: 0.6 mile, easiest
This flat trail proceeds between Forest Drive and the Joyce Kilmer Trail. Watch for red and white pine orchards planted by the CCC from 1933-1937. **Hiking and horseback riding only.**

Equestrian Trail: 1.5 miles, easiest
This trail starts 0.2 miles from the beginning of Forest Drive. This fairly flat, multi-use trail weaves hikers and equestrian users through a 1930s CCC red pine plantation and then loops back onto Forest Drive. White-tailed deer are a common sight here. Keep your eyes open for hawks that like to hunt between the rows of pines. **Hiking and horseback riding only.**



Plan Ahead and Prepare

- Prevent accidents by knowing your abilities, limitations, and the area in which you will be riding, hiking, or biking.
- Travel in a small group for less impact on the environment.

Travel and Camp on Durable Surfaces

- Hike and ride only on designated trails.
 - Avoid damage to vegetation.
 - Camping is only permitted for hikers and only at the NCT shelters on a first come, first served basis.
- Additional overnight facilities are available at Ridge Campground.

Dispose of Waste Properly

- Pack It In, Pack It Out!
- Due to the remote nature of the area, please bury solid human waste in cat holes six to eight inches deep and at least 200 feet from water sources and trails.
- Leave the area cleaner than when you found it.

Leave What You Find

- Brush off boots, tires, horse hooves, and hair before leaving an area in order to prevent the spread of non-native species.
- Leave rocks, plants, and other natural objects as you find them.

Minimize Campfire Impacts

- Fires are permitted where designated in overnight areas.
- Extinguish all fires before leaving the area; fires are prohibited when the wildfire danger is high.

Respect Wildlife

- Do not approach or feed wild animals; observe from a distance.
- Store food and trash securely.

Be Considerate of Other Visitors

- Let nature's sounds prevail.
- At parking areas and trailheads, collect manure, hay, and garbage to take with you when you leave.
- Be courteous when using trails; yield to other hikers and riders.



For more information, contact:

Cook Forest State Park
113 River Road
Cooksburg, PA 16217
814-744-8407
email: cookforestsp@pa.gov
www.visitPAParks.com

Access for People with Disabilities

This symbol indicates facilities and activities that are Americans with Disabilities Act (ADA) accessible for people with disabilities. This publication text is available in alternative formats.

If you need an accommodation to participate in park activities due to a disability, please contact the park you plan to visit.

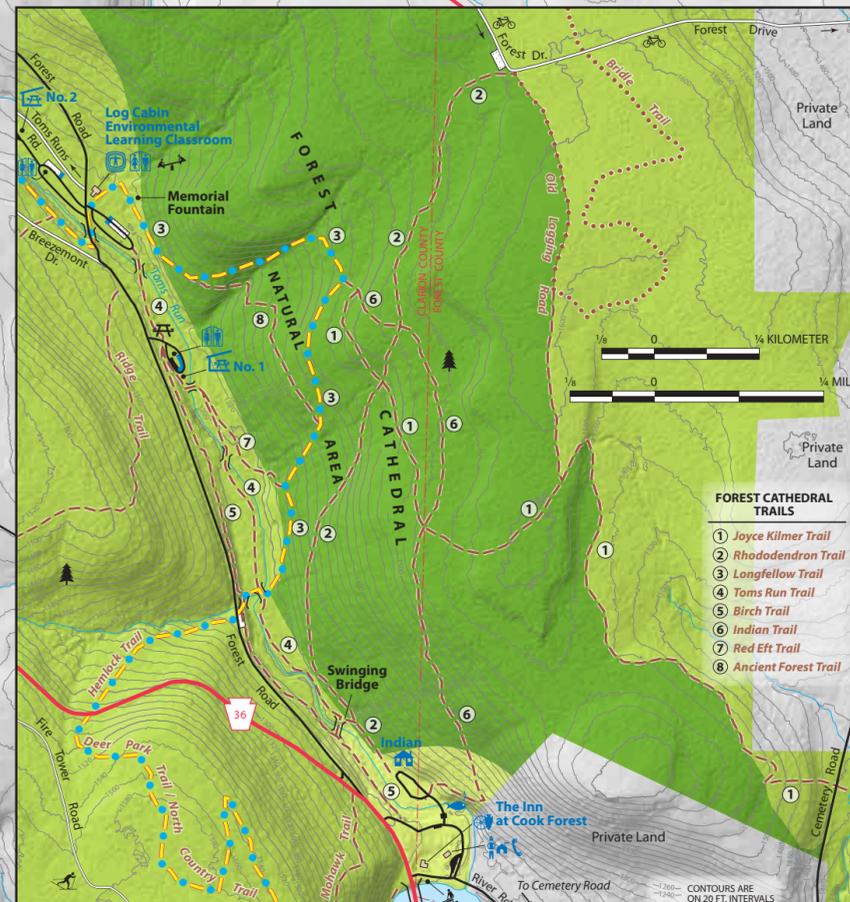
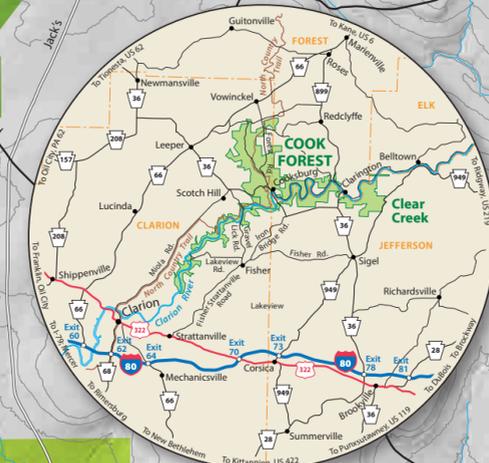
In an Emergency

Call 911 and contact a park employee. Directions to the nearest hospital are posted on bulletin boards and at the park office.

NEAREST HOSPITAL

Clarion Hospital
1 Hospital Drive
Clarion, PA 16214
814-226-9500

COOK FOREST STATE PARK



- Park Office
- Blue Symbols Mean ADA Accessible
- Contact Station/Phone
- Public Phone
- Restrooms
- Post Office
- Log Cabin Environmental Learning Classroom
- Amphitheater
- Picnic Area
- Picnic Pavilion
- Cabins
- Campground
- Organized Group Tenting
- Sanitary Dump Station
- Scenic Vista
- Historic Site: The Inn at Cook Forest
- Old Growth Timber Area
- Sledding
- Ice Skating
- Children's Fishing Pond
- Gate
- Unpaved Road
- One-way Road
- Parking ADA Accessible
- Parking Paved
- Parking Unpaved
- State Park No Hunting
- State Park Hunting
- Natural Area Hunting
- Forestry—State Park Recreational Rules and Regulations Apply
- Clear Creek State Forest

- ### FOREST CATHEDRAL TRAILS
- 1 Joyce Kilmer Trail
 - 2 Rhododendron Trail
 - 3 Longfellow Trail
 - 4 Toms Run Trail
 - 5 Birch Trail
 - 6 Indian Trail
 - 7 Red Eff Trail
 - 8 Ancient Forest Trail

- ### TRAIL INFORMATION
- Hiking Trail
 - Multi-use Trail: Hiking, Horseback Riding
 - Multi-use Trail: Hiking, Horseback Riding, Mountain Biking
 - Paved Trail
 - North Country National Scenic Trail (NCT)
 - Baker Trail
 - Clarion River Water Trail
 - Non-motorized Boat Launch
 - Bicycling
 - Cross-country Skiing

