

# Snowshoeing Pennsylvania State Parks

11/2017

## Leave No Trace



1. Be prepared
2. Plan carefully
3. Communicate your plan
4. Know when to turn around and go back
5. Listen to your body
6. Wear layers with synthetic cloth next to your skin
7. Bring a snack and water
8. Snowshoe on trails with 4 or more inches of snow
9. Trash in, trash out
10. Take only pictures, leave only snowshoe prints
11. Share the trail and don't snowshoe over cross-country ski lanes

## More Information

Bureau of State Parks  
ra-parkinfo@pa.gov  
717-787-6640



**pennsylvania**  
DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES

## Snowshoeing as Fitness

### Instead of hitting the gym, hit the trails

Snowshoeing is a continuous, low-intensity form of exercise.

Snowshoeing burns between 400 and 1,000 calories an hour.

It helps decrease the risk of heart disease, diabetes, and osteoporosis.

### Know your physical condition

If you can walk, you can snowshoe.

A hiking trail is a snowshoeing trail.

Anticipate levels of difficulty and train accordingly.

Pick a trail that you feel comfortable with.

Stretch before you take off!

*Always check with your physician before beginning any exercise routine.*

## Parks with Great Snow Cover

While all parks receive some amount of snow, these parks are known to have consistent snow depth throughout the winter. This allows you and your family to have a snowshoe adventure more often.

- |                   |                     |
|-------------------|---------------------|
| • Black Moshannon | • Linn Run          |
| • Blue Knob       | • Nescopeck         |
| • Chapman         | • Ohiopyle          |
| • Clear Creek     | • Oil Creek         |
| • Cook Forest     | • Parker Dam        |
| • Hickory Run     | • Raymond B. Winter |
| • Kooser          | • Ricketts Glen     |
| • Laurel Hill     | • Sinnemahoning     |
| • Laurel Ridge    | • Worlds End        |

## Loaner Programs

Several state parks have snowshoe loaner programs. To borrow a pair of snowshoes, most parks require you to leave a form of ID with the office. Park staff will provide basic instruction to help get you started. Parks with loaner programs are:

- Hills Creek State Park
- Jacobsburg Environmental Education Center
- Jennings Environmental Education Center
- Keystone State Park
- Lackawanna State Park
- Laurel Hill State Park
- Nescopeck State Park
- Promised Land State Park
- Raccoon Creek State Park
- Raymond B. Winter State Park

Please check with the individual parks regarding their loan program hours and requirements.

