

“Smoke” Zimmerman Cross-Country Ski Trail



This trail was designed and laid out by Gary “Smoke” Zimmerman. He was employed on Michaux State Forest from 1970 to 2009, serving for 39 years and retiring as Assistant District Forester.

“Smoke” Zimmerman, who passed away in May 2011, was a life-long woodsman with a passion for experiencing the opportunities to be found in the forest. He understood that developed facilities were necessary to encourage the public to discover the wonders of Michaux State Forest and he dedicated his career to providing recreational opportunities for a variety of activities. This cross-country ski trail is an example of his efforts.

Zimmerman supervised the PA Conservation Corps (PCC) as they constructed this trail system in 1985. Along with the bulldozer operator from the Bureau of Forestry, the PCC provided manpower and materials for the construction of the trails. PCC, a state funded program administered at that time by the Department of Environmental Resources, provided job opportunities and training for economically disadvantaged young adults.

Skiing in Michaux State Forest

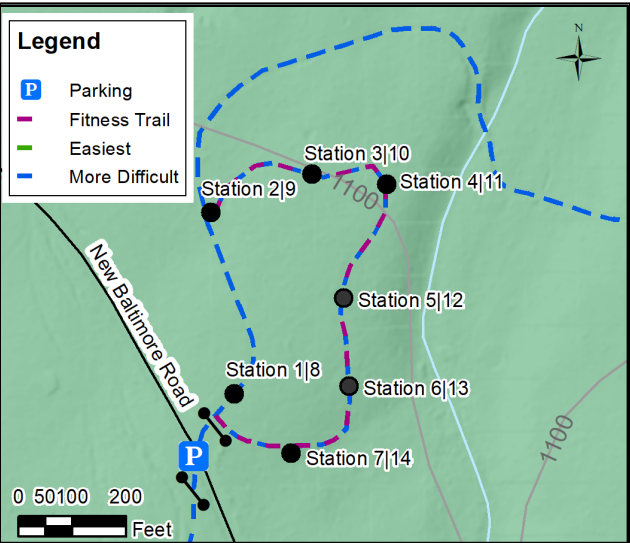
In addition to this trail, skiers are welcome to use the hundreds of miles of roads and woods trails interlacing Michaux State Forest when snowfall is suitable. Caution is emphasized as a skier may encounter motorized vehicles such as SUVs, logging trucks, and snowmobiles on these other roads and trails. For more information on forest roads and trails, visit our public use map: bit.ly/MSFPublicUse.



Fitness Trail

A ¼ mile fitness trail can be accessed from the cross-country ski trails. Inspired by European vitaparcours, the fitness trail has seven exercise stations with two exercises at each station. Two laps are required to complete the exercises in order. These stations can be combined with the ski trails for a distance walking or jogging loop.

- Station 1. Chin up | Station 8. Basket Hang
- Station 2. Log Hop | Station 9. Log Walk
- Station 3. Squat Jump | Station 10. Pushup
- Station 4. Dips | Station 11. Bar Walk
- Station 5. Hurdles | Station 12. Vault
- Station 6. Situp | Station 13. Leg Lift
- Station 7. Bench Blasts | Station 14. Stepup



Directions

From Caledonia State Park: Head south on PA Route 233 for a quarter mile. Turn left onto Golf Course Road. Continue on Golf Course Road for approximately a half mile. Turn Right on to New Baltimore Road. Stay to the left to continue onto New Baltimore Road to reach the two parking areas.

Fitness Trail Parking Coordinates:
(39.89433, -77.47243)
Cross-Country Ski Trail Parking Coordinates:
(39.89602, -77.47165)

Care for the Land

State forests belong to all Pennsylvanians. Take time to enjoy them, but know the rules and regulations designed to protect the forests and you. Please be careful with fire, keep our forests litter free, and do not damage trees and other plants.

Dual Certified Forest

Pennsylvania’s 2.2-million-acre state forest system is one of the largest dual certified forests in North America. The forest is certified under Sustainable Forestry Initiative® and Forest Stewardship Council™ standards.

The FSC® is an independent organization supporting environmentally appropriate, socially beneficial, and economically viable management of the world’s forests.

SFI® certification focuses on protection of water quality, biodiversity, wildlife habitat, species at risk, and forests with exceptional conservation value. Dual certification ensures that Pennsylvania’s forests are managed to the highest third-party standards.



For more information

Michaux State Forest
10099 Lincoln Way East
Fayetteville, PA 17222
(717) 352-2211
Office Hours: Weekdays 7:30am-3:30pm
fd01@pa.gov
www.dcnr.pa.gov



“Smoke” Zimmerman Cross-Country Ski Trail
Michaux State Forest



Michaux State Forest comprises nearly 90,000 acres in Cumberland, Franklin and Adams counties for you to use, enjoy, and explore. The Department of Conservation and Natural Resources Bureau of Forestry manages this forest to ensure its long-term health and to conserve native plants.

The **Smoke Zimmerman Cross-Country Ski Trail** is composed of approximately four miles of interconnecting loops of wide trail that includes level to moderate grades. The trail is marked with blue blazes, with signs indicating easy and more difficult trail sections. This trail system also includes a ¼ mile fitness trail. These trails can be used throughout the year for hiking and/or biking. Motorized vehicles and horseback riding are prohibited on the ski trails.



Michaux State Forest
District Office

Michaux State Forest "Smoke" Zimmerman Cross-Country Ski Trail

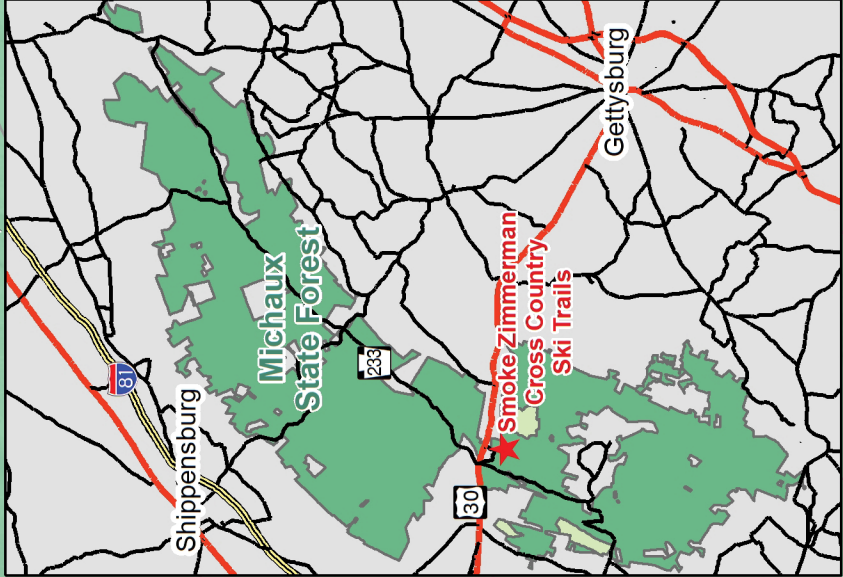
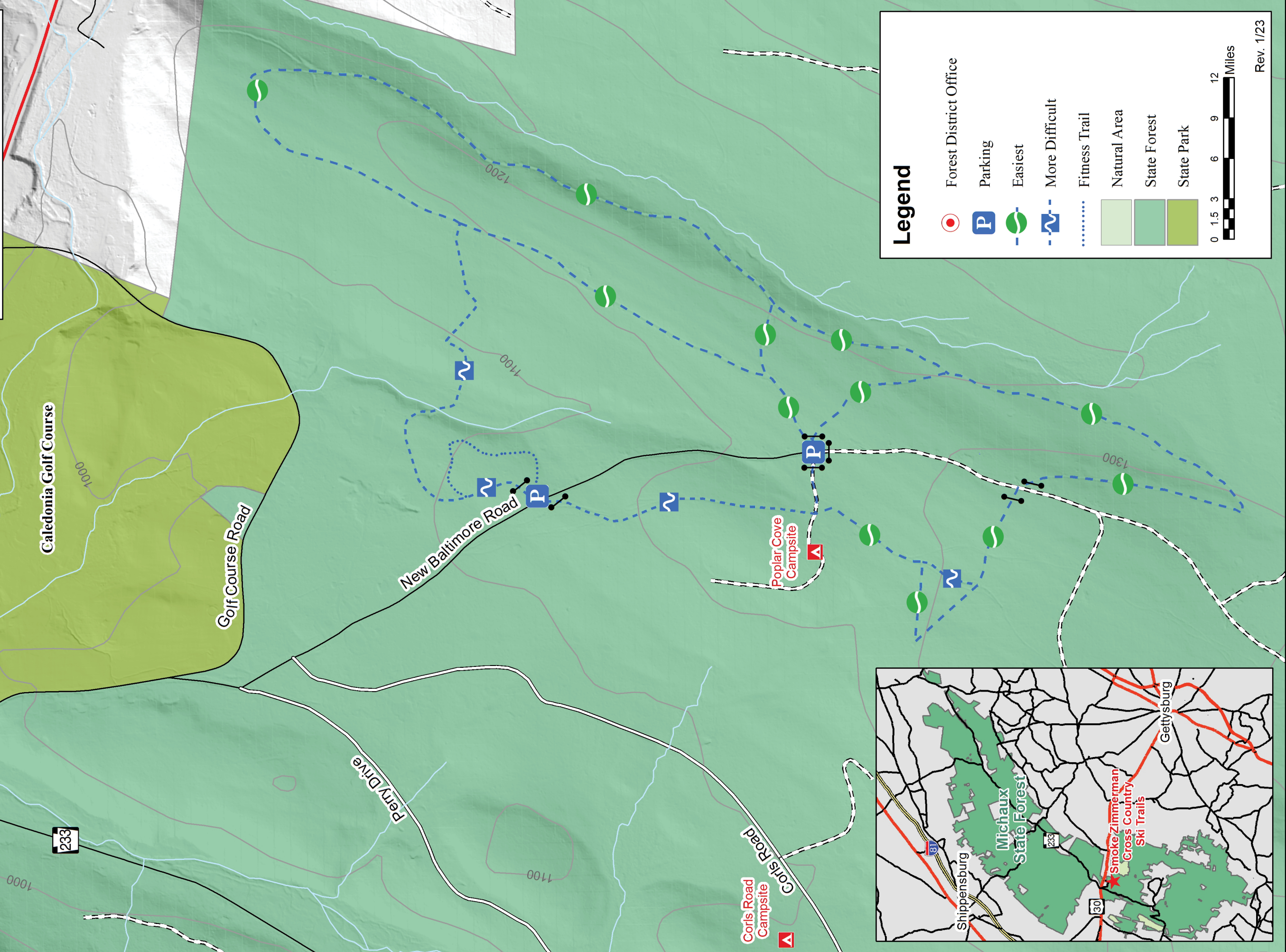
ADAMS AND FRANKLIN COUNTIES, PENNSYLVANIA



1/4 Mile of Fitness Trail

3 Miles of Easiest Trail

1 Mile of More Difficult Trail



Legend

- Forest District Office
- Parking
- Easiest
- More Difficult
- Fitness Trail
- Natural Area
- State Forest
- State Park

