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MID STATE TRAIL

Part of the Great Eastern Trail | Maryland to New York | Hike-MST.org

The Longest & Wildest Footpath in Pennsylvania

The Mid State Trail is a unique wilderness footpath that traverses Pennsylvania from Bedford County in the south to Tioga County in the north. Part of the long-distance Great Eastern Trail, the 527 km (327 mi) MST connects or travels through eight state parks and five state forests. Along the MST, known for its use of the metric measure, hikers will be greeted with captivating views and side trails and the rare outdoor experience that offers a sense of isolation and remoteness. The Mid State Trail Association is an all-volunteer organization of trail overseers and others formed in 1982.

