

APPALACHIAN TRAIL THROUGH PA

Long Distance YRE -- 2017/Y0088, rated 4D

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THE BASICS – HOW TO HIKE THE AT IN PA:

This event has a minimum of 5K distance and may be done, over multiple days, for as long as the entire distance of the Appalachian Trail through PA. The entire trail in PA is 229.6 miles (369.5 K). You must register and pay for IVV credit separately for each day walked.

Since the AT is a long-established national trail with many available guidebooks and maps, we are not providing detailed walk directions. **You may walk the trail from any start point, for any length (with a minimum of 5K), and it will qualify for the IVV event stamp.** You may walk it out-and-back do a “shuttle hike” where, using two cars, a car is left at either end of the hike so you only have to go one way.

For specific instructions on how to best break up the AT into reasonable day hikes, we recommend the book **“Exploring the Appalachian Trail: Hikes in the Mid-Atlantic States – Maryland Pennsylvania New Jersey New York”** by Scherer and Hopey. It can be purchased on Amazon (link below) or at most Pennsylvania bookstores. This book breaks the length of the PA trail up into 22 day hikes. The book provides driving directions to the start and end of each day hike, as well as details on what to expect on each hike. For copyright issues, we are not going to reproduce the book’s information here.

The day hikes in the book are accomplished by parking a car at either end (i.e. shuttle hikes). If you want to shorten these hikes, you may park a car at one end and walk out and back along the trail as far as you desire. Other car parking opportunities may be available at a mid-point along the trail in some cases in order to shorten the distance for the day, but you’ll need to check a map to find those locations since the book does not provide them.

THE SUGGESTED 22 DAY HIKES:

You may walk the AT however you like, starting and ending your day wherever you like along the trail (a 5K minimum distance is required for credit). However, these 22 suggested hikes are from the book the book **“Exploring the Appalachian Trail: Hikes in the Mid-Atlantic States – Maryland Pennsylvania New Jersey New York”** by Scherer and Hopey. The book includes hikes in Maryland, which is why the PA portion begins at Hike #4.

Hike #4: Pen Mar County Park MD to Old Forge Picnic Grounds – 7.4 miles

Hike #5: Old Forge Picnic Grounds to Caledonia State Park – 10.5 miles

Hike #6: Caledonia State Park and Big Pine Flat Ridge – 11.2 miles (10.9 on the AT)

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Hike #7: South Mt. Ridge to Pine Grove Furnace State Park – 8.4 miles

Hike #8: Pine Grove Furnace State Park to PA 94 and Sheet Iron Roof Rd – 11 miles

Hike #9: Center Point Knob and Boiling Springs – 8.3 miles

Hike #10: Boiling Springs to Scott Farm Trail Work Center – 11.3 miles

Hike #11: Cove Mt. to Duncannon – 8.7 miles

Hike #12: Clarks Ferry Bridge to Peters Mt. Ridge – 7.3 miles

Hike #13: Peters Mt. Ridge to Clark Creek – 9.6 miles

Hike #14: Clark Creek to Swatara Gap – 15.9 miles

Hike #15: Swatara Gap and Blue Mt. Ridge – 11.1 miles

Hike #16: Along Blue Mt. Ridge – 10.4 miles

Hike #17: Blue Mt. Ridge to Port Clinton – 15.3 miles

Hike #18: Port Clinton to Pine Swamp Rd. – 15.1 miles

Hike #19: Hawk Mt. to PA 309 – 13.5 miles

Hike #20: The Cliffs and Bear Rocks – 4.9 miles

Hike #21: Bake Oven Knob to Lehigh Gap – 9.5 miles

Hike #22: Lehigh Gap to Smith Gap Rd. – 12.6 miles

Hike #23: Smith Gap Rd. to Wind Gap – 8 miles

Hike #24: Wind Gap to Fox Gap – 8.1 miles

Hike #25: Fox Gap to Delaware Water Gap – 7 miles

OPTIONAL A AWARD:



The “A award” for this event is a full cover patch, 3” x 3”, as shown above. You are eligible to receive this award after walking this event for at least a 5K distance. To receive the patch, please mail \$5.00 per patch via a check made out to “KSVA” to Jane Holmes, 450 Pinkerton Rd., Mount Joy PA 17552. Please specify the address where the patch should be mailed. If the address is outside the US, please provide extra money for shipping.

HIKING GUIDELINES:

1. The AT is marked frequently with white blazes (white vertical stripes painted on trees or rocks). While hiking, make sure you see blazes frequently to make sure you are still on course. Two blazes on one tree indicate a turn (slight or hard turn) to the left or right.
2. The Appalachian Trail through PA often has a very rocky surface. There may be mud, snow, or ice, depending on the weather. Hiking boots and one or two hiking poles are strongly suggested. If you have difficulty with uneven and rocky surfaces, this event is not for you.
3. Hike with a friend! It is not recommended to do this walk alone.
4. Check the weather forecast and sunset times before heading out. Many of the day hikes may take 4-6 hours or more. Be sure you have plenty of time to safely complete the hike during daylight hours.

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5. Please practice safe wilderness procedures. Carry a portable rain slicker with you, a map or trail book, food and plenty of water, a small first aid kit, sunscreen, bug spray, and a phone in case of emergencies.
6. Let a friend or family member know where you are hiking that day and let them know when you are safely off the trail.
7. [IN CASE OF EMERGENCIES: Dial 911. You can also contact the POC, Jane Holmes, at 760 496-8610 \(cell phone\).](#)
8. **These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

AFTER YOU HAVE COMPLETED THE HIKE:

Please remember to log back into the OLSB system to “finish/complete” your online registration after doing the walk.

Note: The OLSB system does not deduct any walking fee from a walker’s Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from the user’s Event Bank when the pdf is downloaded. Later, any pdf fees are credited back to a walker’s Event Bank when he/she submits the walk completion info as a paying for credit walker.)

SPECIAL PROGRAMS:

BRIDGES – Most day hikes on the AT through PA have one or more foot bridges which will qualify for this program.

National Historic Register – The AT is a National Scenic Trail which, according to the national park service, is eligible for listing as a National Register of Historic Places.

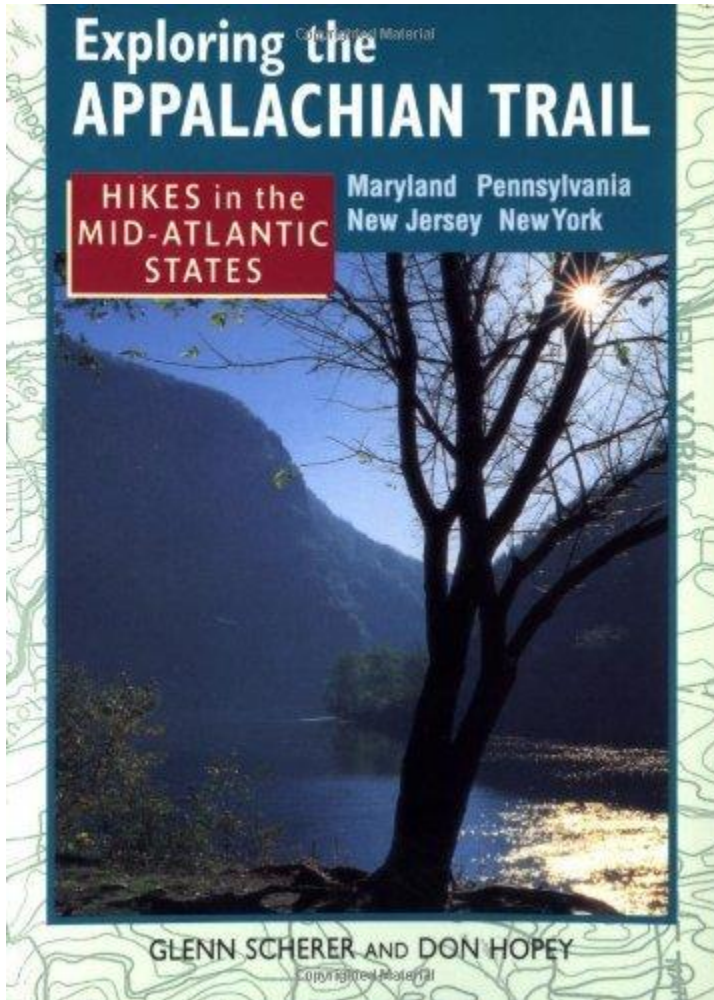
MORE WALKS AND INFO FROM KSVa (Keystone State Volkssport Association)

Please visit our website, ksva.org, for information on other KSVa programs and walks.

RESOURCES FOR DETAILED HIKE DIRECTIONS

1. **“Exploring the Appalachian Trail: Hikes in the Mid-Atlantic States – Maryland Pennsylvania New Jersey New York” by Scherer and Hopey.** This book breaks the AT down into reasonable length day hikes and provides directions to each start and end location. This is the book we used while setting up the program. This book recommends shuttle hiking (that is, hiking with one or

more partners and parking a car at either end of the section to be hiked). However, you can also use the book to do out-and-back sections along the trail. [Here is a link to this book on Amazon.](#)



2. The [official AT Trail Store online is](#) a great place to order books and maps and support the organization too. They have a map set that includes all of PA. It's not necessary to have these to hike if you have a guidebook like the one above, but they're interesting and probably a good safety bet to have them along.

ABOUT THE AT THROUGH PA SPECIAL PROGRAM:

The KSVA is sponsoring a special program that challenges you to walk at least 10 day hikes on the AT through PA (or the entire thing). You can earn a special award patch as shown below. For more info on the program, visit or to order a special program booklet, visit <https://atspecialprogrampa.wordpress.com/>.

SUPPLEMENT: ABOUT THE APPLACHIAN TRAIL (from Wikipedia)

AT through PA Walk Instructions

The Appalachian National Scenic Trail, generally known as the Appalachian Trail or simply the A.T., is a marked hiking trail in the eastern United States extending between Springer Mountain in Georgia and Mount Katahdin in Maine. The trail is about 2,200 miles (3,500 km) long, though the precise length changes over time as parts are modified or rerouted. The trail passes through 14 states: Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine.

The Appalachian Trail was completed in 1937 after more than a decade of work, although improvements and changes continue. It is maintained by 31 trail clubs and multiple partnerships, and managed by the National Park Service, United States Forest Service, and the nonprofit Appalachian Trail Conservancy. The majority of the trail is in forest or wild lands, although some portions traverse towns, roads and farms. The trail conservancy claims that the Appalachian Trail is the longest hiking-only trail in the world.

At least 2 million people are said to do at least one day-hike on the trail each year. Thru-hikers attempt to hike it in its entirety in a single season — more than 2,700 people thru-hiked the trail in 2014 — and some hike from one end to the other, then turn around and thru-hike the trail the other way, known as a "yo-yo". Many books, memoirs, web sites, and fan organizations are dedicated to these pursuits.

The Appalachian Trail, the Continental Divide Trail, and the Pacific Crest Trail form what is known as the Triple Crown of long-distance hiking in the United States.