

NEWS RELEASE

From the Brodhead Watershed Association

FOR IMMEDIATE RELEASE

Tuesday, September 29, 2015

(Please do not print after Oct. 17, 2015)

Spruce Mountain Trail: Steep and steeped in beauty

10 a.m. to noon Saturday, Oct. 17

Spruce Mountain Trail has been a favorite of a nearby resort's guests and staff since the early 1960s - and participants at the hike on Oct. 17 will see why.

Visitors at Spruce Lake Retreat who are daring enough to take on the trail will be rewarded with a clear mountain stream, mini-falls along the way, and a view across the valley to the Delaware Water Gap.

But this reward requires some work. Labeled as difficult, Spruce Mountain Trail is not an easy trail for uninitiated or out-of-shape hikers. The hike will be rocky and steep in places.

There are options to make it easier for hesitant hikers, including walking only the first leg. Spruce Lake Retreat will also offer tired participants a half-mile van ride from the bottom of the mountain back to the parking lot.

The full round-trip hike (with no van ride) is 2 miles. This hike is open to families with children of average hiking ability - Spruce Lake families love it!

Cost: \$5 for Brodhead Watershed Association and Pocono Heritage Land Trust members, \$10 for nonmembers; children under 12 walk for free.

Details: Bring a water bottle. Trekking poles may be useful if you are familiar with handling them in rocky places. Wear closed-toe shoes or hiking boots.

Directions: From the light in Canadensis, follow Route 447 North for 3 miles. Turn left at Spruce Lake Drive. Follow Spruce Lake Drive as directed by signs around the Retreat Center perimeter. Park in any spaces available in the two lots adjacent to Spruce Lodge (large brown building). Meet at the front of Spruce Lodge at the sign for "Office & Check-in."

Register: Registration is required. Call 570-424-1514, 570-839-1120, or email info@phlt.org.