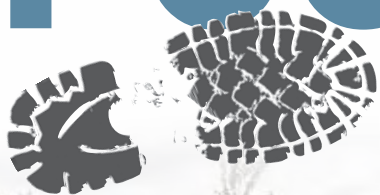


GET OUTDOORS POCONOS



Find your hike here

VOLUME 2

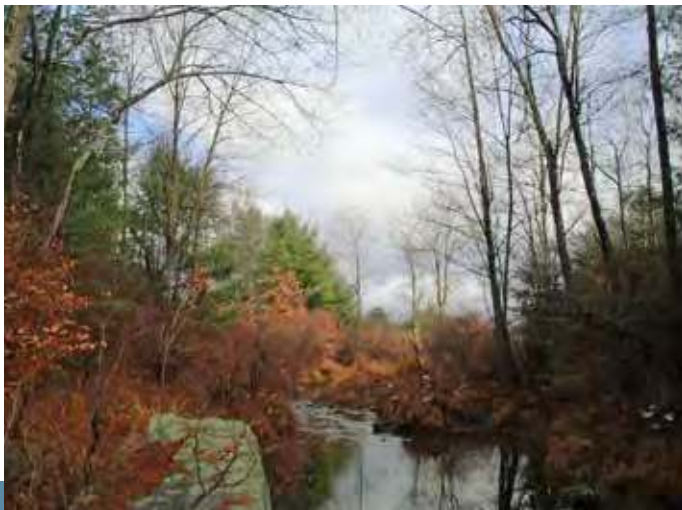


COURTESY OF THE BRODHEAD WATERSHED ASSOCIATION



MORE HIKES

This is the second volume of **"Get Outdoors Poconos"** from Brodhead Watershed Association. BWA will gladly mail a free copy of the first volume (published in 2017) to members within the United States. *See page 19 for mail-in form.*



GET OUTDOORS POCONOS

In appreciation of protected land, protected water

THIS GUIDE TO 'GET OUTDOORS POCONOS' is brought to you by the Brodhead Watershed Association and funded by a grant from the William Penn Foundation. In 2017, BWA hosted guided hikes at the parks and preserves listed here.

BRODHEAD WATERSHED ASSOCIATION is a non-profit environmental organization formed in 1989. BWA is dedicated to protecting and preserving water resources, water quality and surrounding environment of the Brodhead watershed.

THE WILLIAM PENN FOUNDATION supports projects that protect and restore the Delaware River watershed's natural environment to ensure there is an adequate supply of clean water for generations to come. The Brodhead and other subwatersheds of Monroe County are major factors in the health of the Delaware and drinking water for millions of people. See williampennfoundation.org or 4states1source.org.

FOR INFORMATION, including more hikes that are added monthly, go to brodheadwatershed.org/gopoconos/index.html or scan this QR code:



TO FIND YOUR HIKE

Twelve hikes are listed here, from easy to difficult. Use this key to find the level you're looking for:

EASY



Relatively short or can be cut short; clearly defined and wide trails with smooth footing, modest elevation change.

BIG WOODS	4
MOUNT NEBO	5
RED ROCK LOOP	6
THOMAS DARLING PRESERVE	7

Hike leader and writer, Carol Hillestad; photographer, Nancy J. Hopping; website and booklet designer, Andrea Higgins.

On the cover: Robin Trainer on Mount Wismer. Photo by Dave Trainer

MEDIUM



Longer, more woody with blazes, narrower trail, some rocky or wet footing, varied terrain with ups and downs.

BRUCE LAKE NATURAL AREA	8
CHERRY VALLEY NATIONAL WILDLIFE REFUGE	9
LACAWAC SANCTUARY	12
MOUNT WISMER 'FROM THE TOP'	13
NOTHSTEIN PRESERVE	14
WEST END REGIONAL PARK'S EAST END	15

DIFFICULT



Most are 2 miles or more, trail may require attention to follow; expect rocky or wet footing, steep sections.

CHESTNUT MOUNTAIN	16
PARADISE-PRICE PRESERVE'S WATERFALL TRAIL ...	17

LOCATOR MAP
of all sites on page 10

BIG WOODS

Protects the waters of McMichael Creek



TRAILS: One blazed trail with many side spurs to create your own loop. Trail is hard-packed and mostly level. Leashed dogs allowed.

HIGHLIGHTS: Open, sunlit woodland. Stone rows and walls are evidence of area's agricultural roots.

LOCATION: 2455 Forest Drive in Chestnuthill Township, Pa. From either Route 209 or Route 715, take Neola Road to Sherwood Forest Road. Follow Sherwood Forest Road for 1.5 miles to Ash Road on your left (check your odometer; the street sign is hard to see). Go left on Forest

Drive, which looks like a driveway, but dead-ends at the trailhead. Please don't block the gate. **GPS:** 40.968006, -75.378331



MOUNT NEBO

Protects the waters of Marshalls Creek

TRAILS: Outer loop trail is 2 miles, blazed in white. The trail is steep in spots and crisscrossed with tree roots. There are some downed trees to climb over, and dry leaves and loose gravel can make the trail slippery in places, even when dry. Inner loop trail is half a mile, blazed in orange. A trail loops around the pond as well. Many spurs exist. Leashed dogs allowed.



HIGHLIGHTS: Picnic area at trailhead, benches along trail. 159-acre park straddles a ridge between the Shawnee and Marshalls creeks with long views. Large pond cradled in a basin of rock.

LOCATION: Mount Nebo Regional Park is in Smithfield Township, northeastern Pennsylvania. The parking lot is at 406 Mount Nebo Road. Take Mount Nebo Road either from Route 209 or from Buttermilk Falls Road. **GPS:** 41.035662, -75.108830



RED ROCK LOOP

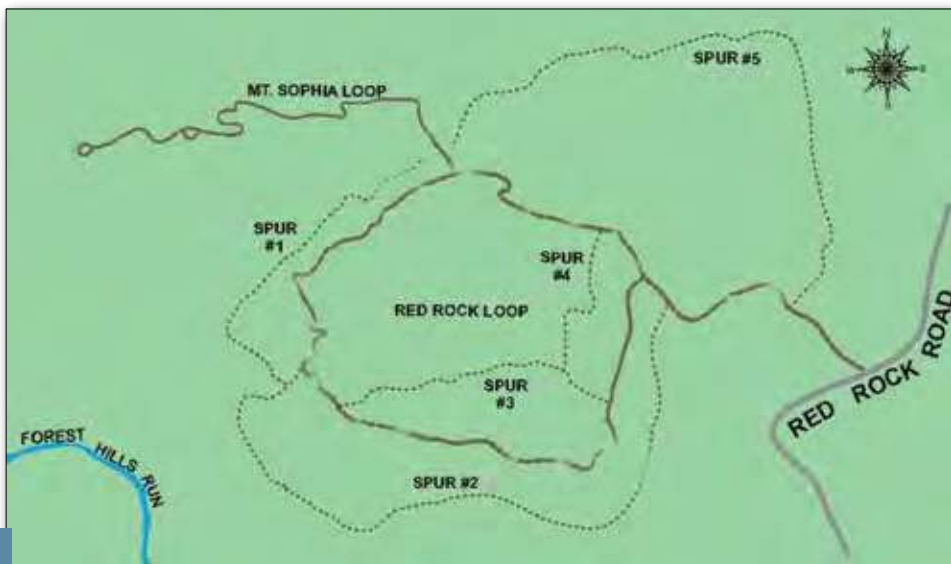
Protects the waters of Paradise Creek and Forest Hills Run

TRAILS: Trails are well-groomed but frequently have fallen oaks to climb over. Many sections have stone steps and switchbacks. Map at the trailhead kiosk shows 4 miles of trails. Center loop is a wide, gravel path of about a mile. Leashed dogs welcome. Open 8 a.m. to dusk.

HIGHLIGHTS: In early spring, the wetland is alive with salamanders, spring peepers, wood frogs and other creatures. Dense stands of native mountain laurels and wildflowers. Long views through oaks and maples. Spur to Mount Sophia takes you to a pine and hemlock upland at 1,600 feet.

LOCATION: Red Rock Trail is part of the Mount Airy Trail Network on lands protected by a conservation easement

which Paradise Township, Pa., holds. Mount Airy Trail Network's Red Rock trailhead is on Red Rock Road. From Route 191 in Paradise Valley, Pa., take Red Rock Road for eight-tenths of a mile. Trailhead is on your right. *GPS: 41.112493, -75.290897*



THOMAS DARLING PRESERVE

Protects the waters of Two-Mile Run and Tobyhanna Creek



TRAILS: 2.2-mile loop, blazed in blue. Not far from the trailhead, look for red and white blazes. Starts out wide and open, and then footing consists of rocks and dirt, but it is hard-packed and mostly level — fairly easy going. The trail is rocky and can be wet. Stay on trails and boardwalks. Hunting allowed. Leashed dogs allowed.

HIGHLIGHTS: Long boardwalk through the heart of a marsh. Glacial wetlands. Rare plants. Abundant wildlife.

LOCATION: Thomas Darling Preserve trailhead is outside Blakeslee, Pa., off Burger Road. At the intersection of routes 940 and 115 in Blakeslee, go north on Route 115 for one mile. Take Burger Road, on your right, to the trailhead. **GPS:** 41.115573, -75.590863



BRUCE LAKE NATURAL AREA

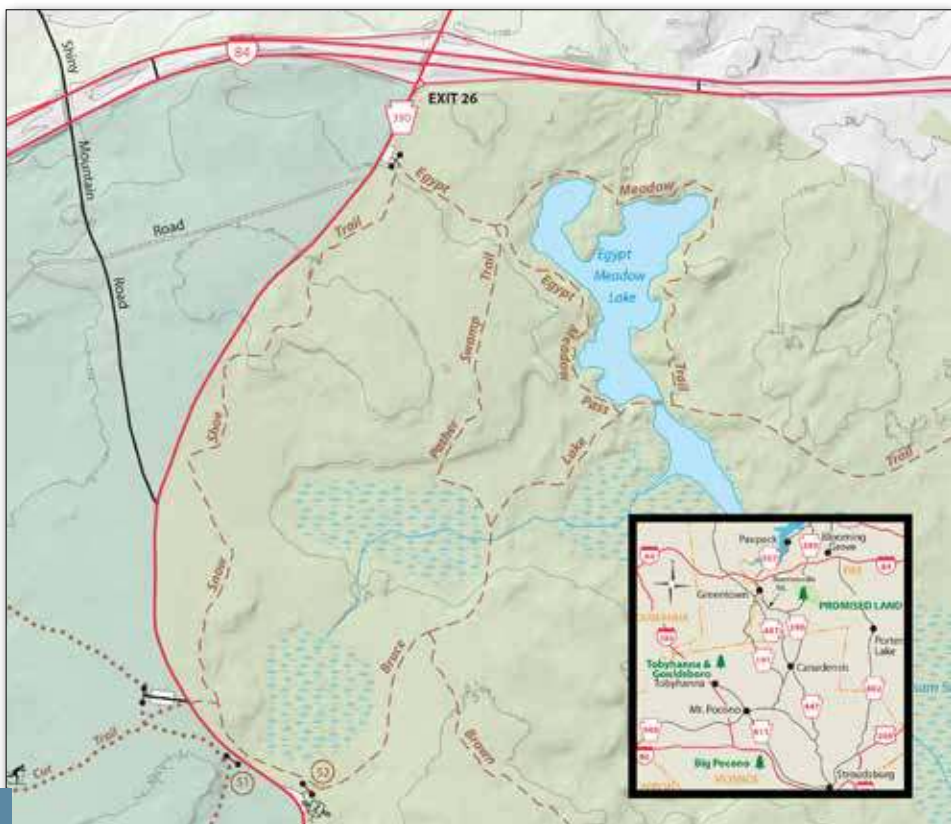
Protects the waters of Egypt Creek and Lackawaxen River

TRAILS: 2.2-mile loop hike at Egypt Meadow Lake within Bruce Lake Natural Area. Difficulty is moderate, with rocks underfoot and wet areas. The Egypt Meadow trailhead is well marked. Head downhill toward the lake. When the lake comes into view, bear right, following the blue-blazed trail that skirts the western shore of the lake. When you come to a wide woods road, go left to the bridge over the inlet from Balsam Swamp. From this point, the guided hike will go west along the woods road to the Panther Swamp trail marker, taking the Panther Swamp trail on the right, and back to the trailhead. Alternate, longer hike: To continue from the bridge to Bruce Lake, continue east on the woods road, which will narrow, about

1.5 miles. Retrace your steps to return to the parking lot for a total of about 5 miles. Leashed dogs allowed.

HIGHLIGHTS: Abundant wildlife, including black bears and timber rattlesnakes. 47-acre Egypt Meadow Lake features beaver lodges. Large stands of rhododendrons, huge hemlocks. Enormous tumbled boulders everywhere.

LOCATION: Egypt Meadow Lake Trail, part of an 8-mile trail network at Bruce Lake Natural Area in Palmyra Township, Pa., adjacent to Promised Land State Park. The trailhead is on the east side of Route 390, just south of Route 84. Please do not block the trailhead gate. *GPS: 41.359356, -75.203335*



CHERRY VALLEY WILDLIFE REFUGE

Protects the waters of Cherry Creek

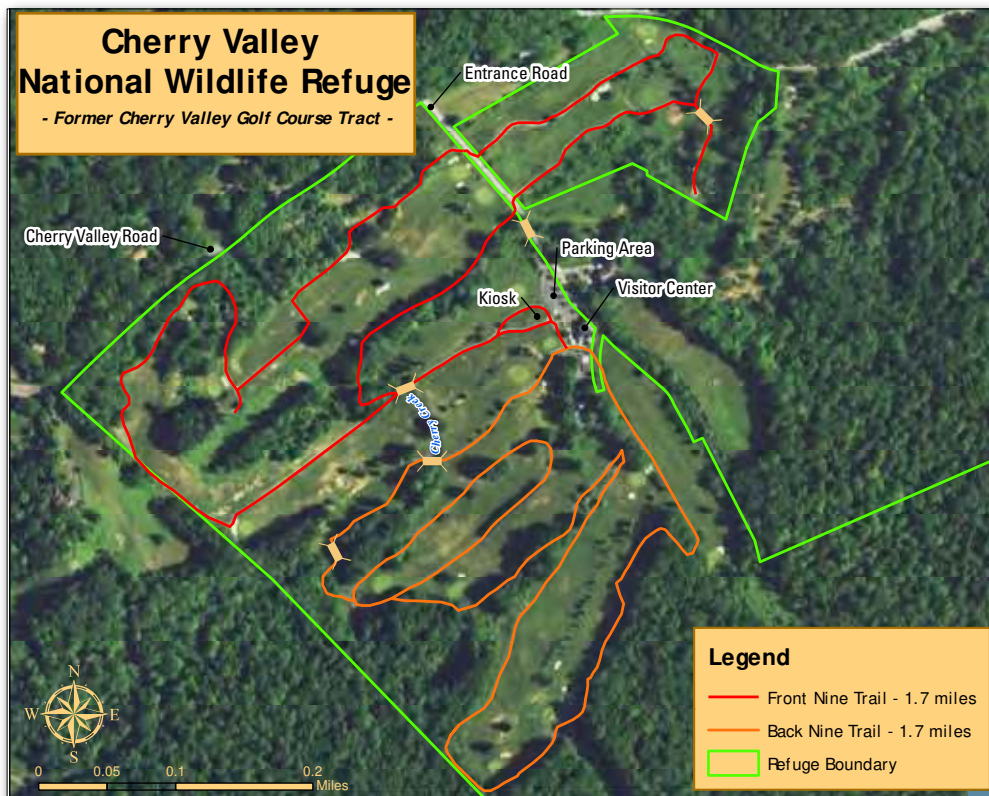


TRAILS: A former golf course, the 193-acre preserve has kept the former cart-paths to form two walking loops — the Front Nine and the Back Nine — making for good footing and easy (though hilly) walking. Varied terrain, lots of views, and several miles of hiking options. Trails are hard gravel and well-groomed, with switchbacks, hills, and a gazebo at the highest point.

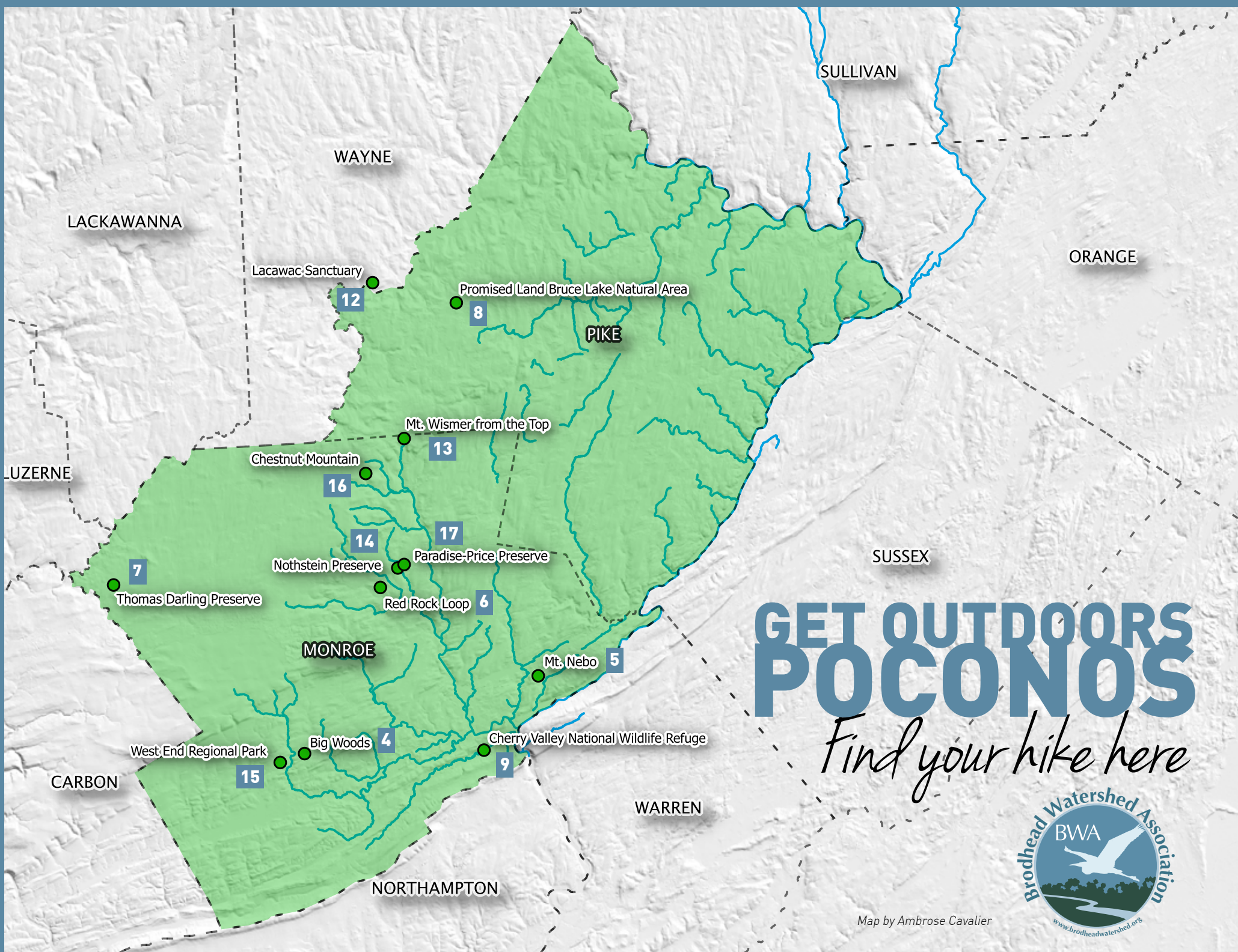
HIGHLIGHTS:
Important flyway for migrating birds.
Partially forested.
Access to Cherry Creek.



LOCATION: Cherry Valley National Wildlife Refuge is off Cherry Valley Road south of Stroudsburg, Pa. Take Route 191 south past the Stroudsmoor resort. At the bottom of the hill, go left on Cherry Valley Road. At Croasdale Road, go right to parking for the refuge. **GPS:** 40.9710 -75.1714



Courtesy Cherry Valley National Wildlife Refuge



**GET OUTDOORS
POCONOS**
Find your hike here



Map by Ambrose Cavalier

LACAWAC SANCTUARY

Protects the waters of Wallenpaupack Creek

TRAILS: A moderate, 3-mile loop hike can be created of three trails, ranging from an easy, well-marked, wide and mostly level trail to the orange-blazed trail, which leads through deep woods and becomes demanding. Leashed dogs welcome. Open dawn to dusk. A \$10 per-car donation is requested.

HIGHLIGHTS: 545-acre sanctuary with prehistoric Lake Lacawac. Wildflowers and wetlands. High overlook of Lake Wallenpaupack. One-room nature museum in visitor center.

LOCATION: Lacawac Sanctuary is in Lake Ariel, Pa. On Route 507 North, pass under Route 84. From the underpass, go six-tenths of a mile. You will see a brown Lacawac

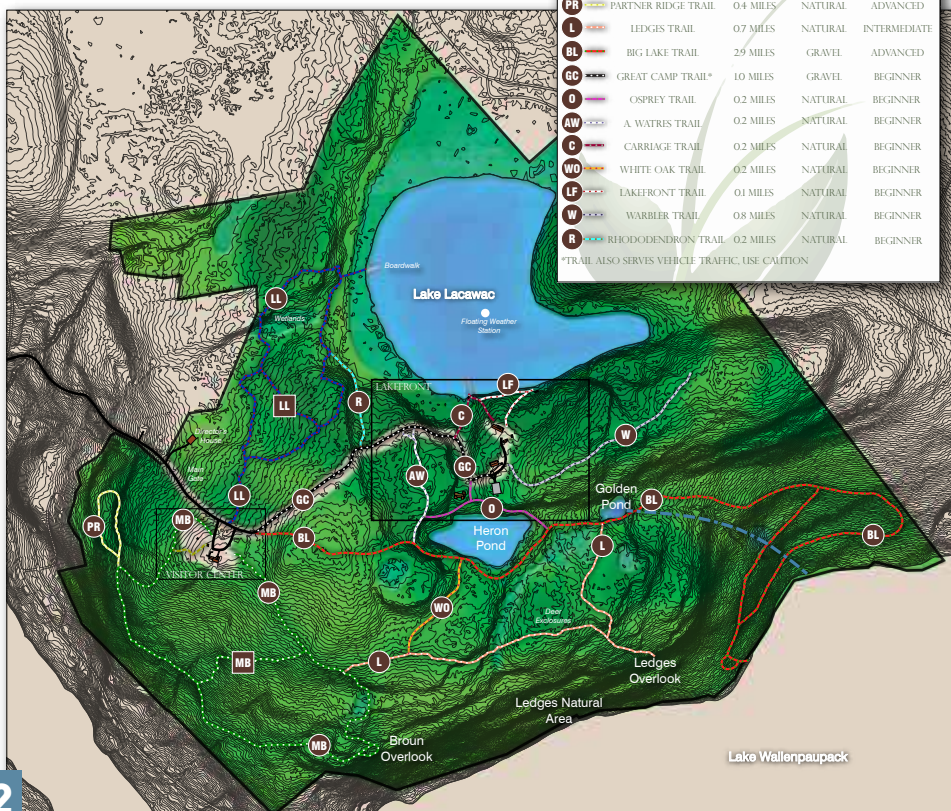


Sanctuary sign, indicating your left turn onto Ledge Dale Road. Continue following the brown Lacawac Sanctuary signs. Pass through Sterling Marina, go two-tenths of a mile and go right

on the unpaved Sanctuary Road to the sanctuary parking. **GPS: 41.376739, -75.299878**

		DISTANCE	SURFACE	DIFFICULTY
MB	MAURICE BROUN TRAIL	12 MILES	NATURAL	INTERMEDIATE
MB	MAURICE BROUN SPUR	0.2 MILES	NATURAL	INTERMEDIATE
LL	LAKE LACAWAC TRAIL	11 MILES	NATURAL	INTERMEDIATE
LL	LAKE LACAWAC SPUR	0.1 MILES	NATURAL	BEGINNER
PR	PARTNER RIDGE TRAIL	0.4 MILES	NATURAL	ADVANCED
L	LEDGES TRAIL	0.7 MILES	NATURAL	INTERMEDIATE
BL	BIG LAKE TRAIL	2.9 MILES	GRAVEL	ADVANCED
GC	GREAT CAMP TRAIL*	1.0 MILES	GRAVEL	BEGINNER
D	OSPREY TRAIL	0.2 MILES	NATURAL	BEGINNER
AW	A WATRES TRAIL	0.2 MILES	NATURAL	BEGINNER
C	CARRIAGE TRAIL	0.2 MILES	NATURAL	BEGINNER
WO	WHITE OAK TRAIL	0.2 MILES	NATURAL	BEGINNER
LF	LAKEFRONT TRAIL	0.1 MILES	NATURAL	BEGINNER
W	WARBLER TRAIL	0.8 MILES	NATURAL	BEGINNER
R	RHODODENDRON TRAIL	0.2 MILES	NATURAL	BEGINNER

*TRAIL ALSO SERVES VEHICLE TRAFFIC. USE CAUTION



MOUNT WISMER 'FROM THE TOP'

Protects the waters of Middle Branch of Brodhead Creek

TRAILS: 2.5-mile out-and-back hike to the Mount Wismer viewpoint. Difficulty is moderate-to-challenging; leaves and rocks underfoot, with stretches of steep climbs. Climbing Mount Wismer from the bottom is a steep, rocky scramble. Going in from the top is a little easier. Consider trekking poles or walking sticks. When you pass the gate, bear to your right down a steep hill. Follow the woods road and blue blazes. Yellow- and red-blazed trails come up from below and join the blue-blazed trail. The blue blazes lead to the overlook. Hunting allowed. Leashed dogs allowed.

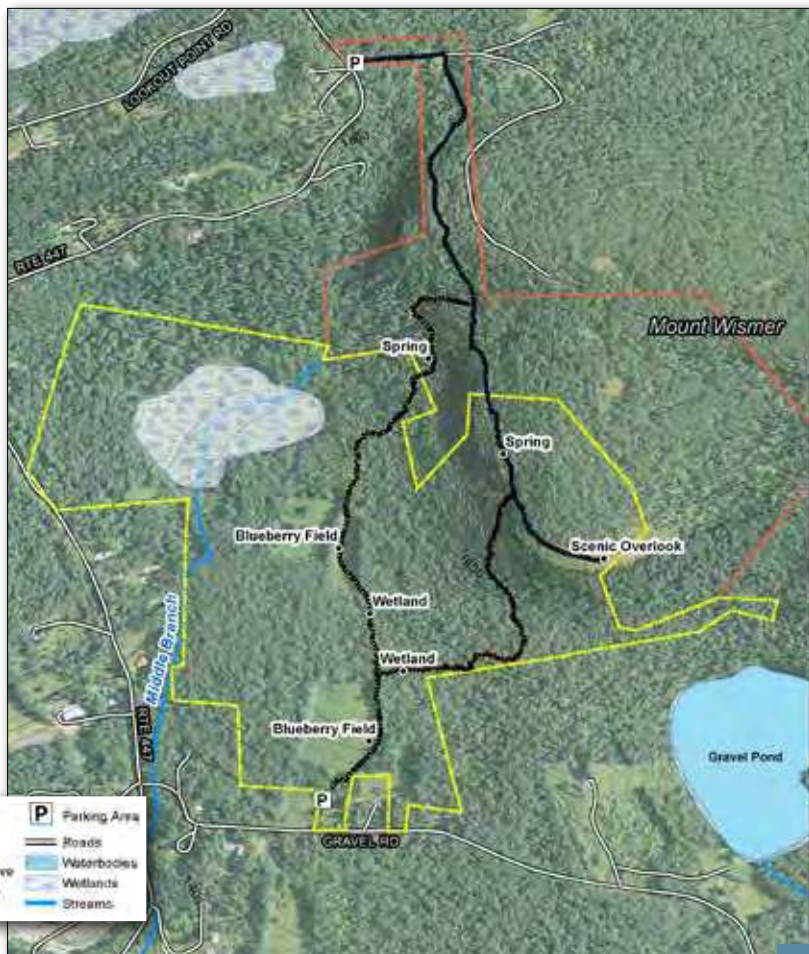


HIGHLIGHTS:

Rocky cliffs along the way and a breathtaking view from the top.

LOCATION:

The trailhead is off Route 447 in Barrett Township, Pa. From the Canadensis stoplight, take Route 447 north four miles. Sign for the trailhead is on your right. When you park, please do not block the trailhead gate. **GPS:** 41.241858, -75.263485



BWA map by Raymond Macik

NOTHSTEIN PRESERVE

Protects the waters of Cranberry Creek

TRAILS: Hike up to 3 miles with varied terrain – including a ravine. Can be moderate to challenging, depending on route. High water levels on Cranberry Creek might change route; there is only one bridge crossing. Paradise Township cleared and blazed four loop trails. Trails are steep and rocky in places. Open dawn to dusk. Leashed dogs allowed.

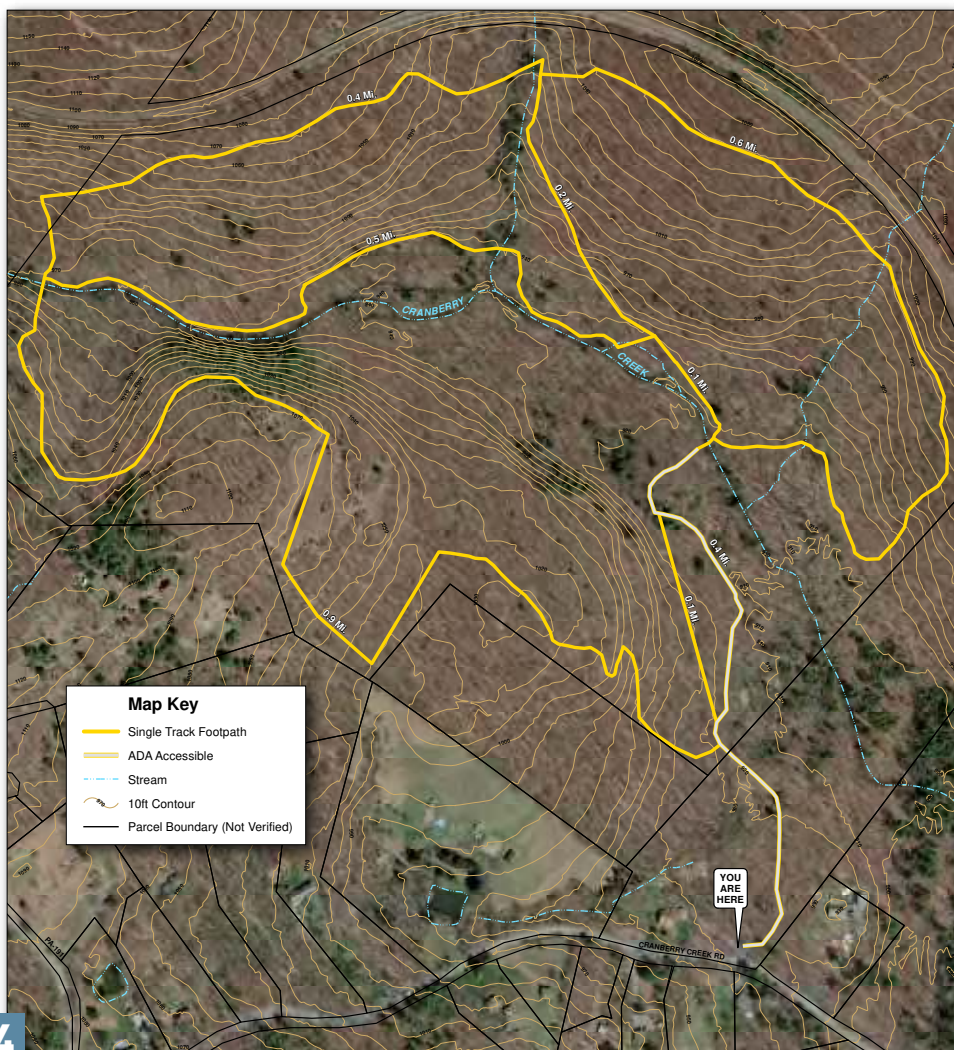
HIGHLIGHTS: Cranberry Creek runs through 150-acre preserve, with high ridges on each side.

Rustic creek crossings.
Old stone quarry.

LOCATION: 424 Cranberry Creek Road, Cresco, Pa. From the south, go north on Route 191 into Paradise Valley. Go right on Cranberry Creek Road for 1.5 miles. Trailhead is on your right. From the north, take Route 390/191 south. Bear left at Carrazza's restaurant to stay on Route 191 south. Go left on Cranberry Creek Road for



one-quarter mile. Trailhead is on your left. Please don't block the neighbor's driveway or the gate.
GPS: 41.1293 75.2699



WEST END PARK'S EAST LOOP

Protects the waters of McMichael Creek

TRAILS: A moderate to challenging hike of about 2 miles on a network of single-track trails to challenge mountain bikers as well as hikers. Easy to follow, with few roots or rocks, and the steep downhill incline eases its way through multiple switchbacks. Open dawn to dusk. Hunting allowed. Leashed dogs allowed. There is also a wheelchair-accessible, 1-mile loop.

HIGHLIGHTS: Bucolic scenery and evidence of old farmlands within what is now partially forest.

LOCATION: 578 Evergreen Hollow Road, Saylorsburg, Pa., in Chestnuthill Township. From Route 715, take Evergreen Hollow Road approximately two-tenths of a mile to the trailhead on your left. **GPS:** 40.9610 -75.4094



West End Park and Open Space Commission

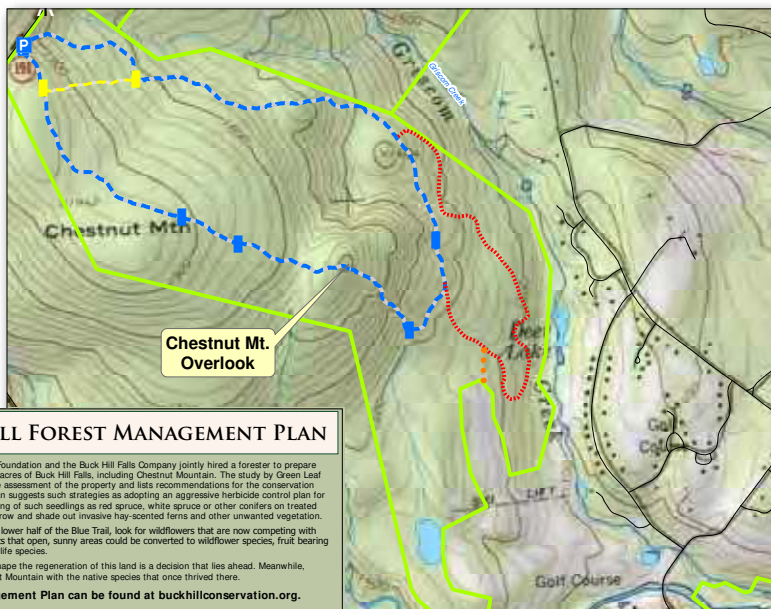
CHESTNUT MOUNTAIN

Protects the waters of Buck Hill Creek

TRAILS: 2.8-mile blue trail is one of two main blazed trails. The red trail is a loop extension that adds 1.2 miles to the blue trail. There is a 400-foot elevation change. Difficulty is moderate, with some steep areas, rocks underfoot, and wet areas. Open dawn to dusk. Leashed dogs allowed.

HIGHLIGHTS: 479 acres at high elevation, favored by leaf peepers. Table-land overlook. A large, bear-clawed beech tree.

LOCATION: Trailhead is on the east side of Route 191 in Barrett Township, marked by a sign and kiosk. From Mountainhome, Pa., where Routes 191/390 split near Mountainhome Diner, take 191 north for 4.3 miles. Trailhead is on right. The gate is generally locked, but several cars can be parked along Route 191. **GPS: 41.211407, -75.307811**



PARADISE-PRICE WATERFALL

Protects the waters of Cranberry and Brodhead creeks

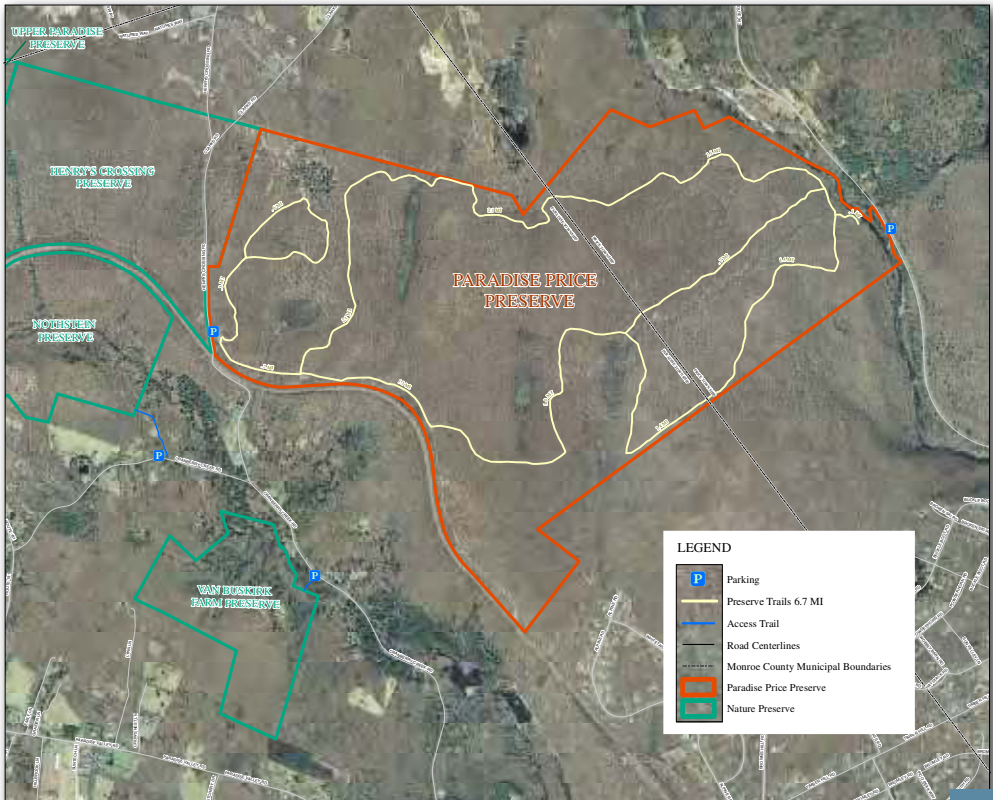
TRAILS: A challenging hike of about 5 miles. Some trails are wide, grassy and level; others are steep and rocky. Yellow blazes mark part of the way. Elevation change of about 300 feet. Open dawn to dusk. Leashed dogs welcome.



HIGHLIGHTS: 777 acres with open woods, huge boulders dropped by a glacier. A low horseshoe waterfall. Beaver activity in Brodhead Creek.

LOCATION: Paradise-Price Preserve is on Henry's Crossing Road in Paradise Township, Pa. Take Route 191 in Paradise Valley to Cranberry

Creek Road. From Cranberry Creek Road, take Henry's Crossing Road. When you cross the railroad tracks, the trailhead is on your right. **GPS:** 41.132520, -75.263742



Love the outdoors?

This is the place for you!

Hundreds of miles of trails are waiting for you to explore in the Poconos. Hikes sponsored by Brodhead Watershed Association – and detailed in this booklet – introduce you to some of them.

This place is like no other on Earth. Here you'll find ancient mountains, a quaking bog that once held mastodon bones, and plant and animal diversity that rivals the world's rain forests. Fast-tumbling waterfalls and lazy, mellow rivers. Glacial boulders as big as houses.

You'll also find your choice of outdoor adventures. Take an easy stroll on groomed paths at a nature sanctuary. Backpack into the wilderness for overnight camping. Strap on snowshoes to visit pristine lakes and a beaver lodge. Even fish some of the most famous trout waters in America.

You'll find creeks, streams, and wetlands on almost every hike. There's a reason for that: pure, safe water is important! Conserving land that protects water quality has been a priority of Monroe County and municipal open space land programs. Citizens of the Poconos have voted to purchase and preserve these public lands to protect our water supply and that of future generations — and that same land offers healthy outdoor adventures for all.

Members of Brodhead Watershed Association are dedicated to preserving and protecting our creeks, streams, and drinking water, as well as the land it depends on. Please support this good work! Become a member of the BWA at

www.brodheadwatershed.org

And have a great hike!



Join us!

Brodhead Watershed Association is a grassroots nonprofit dedicated to protecting and improving water resources and the environment in the Brodhead watershed.

Members enjoy free/discounted admission to celebrations and outdoor events, as well as updates on local environmental news.



☐ I would like to join BWA!

- | | |
|-----------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Student/senior, \$20 | <input type="checkbox"/> Sustaining, \$80 |
| <input type="checkbox"/> Individual, \$35 | <input type="checkbox"/> Conservator, \$100+ |
| <input type="checkbox"/> Family, \$50 | <input type="checkbox"/> Stream Steward, \$500 |

☐ ... and please send me a copy of the first volume of the "Get Outdoors Poconos" hike booklet.

Name _____

Address _____

City, state, zip _____

Phone _(_____)_____

Email _____

Please send your check with this form (copies are fine) to:

BWA, PO Box 339, Henryville, PA 18332

You can also join or donate online at

brodheadwatershed.org/form_member.html

BWA is a nonprofit 501(c)(3) organization. Your gift is tax deductible.

GET OUTDOORS POCONOS

Find your hike here

brodheadwatershed.org/gopoconos

