

# Explore the Outdoors!

OFFICIAL FIELD GUIDE



Hiking · Biking · Wildlife · Waterways

# EXPLORE LEBANON VALLEY

It's so easy to take for granted what we see every day. How incredibly lucky we are in the Lebanon Valley to have so much natural beauty around us like Memorial Lake, Swatara State Park, Mt. Gretna, Middle Creek, lush rolling hills, scenic farms, and the list goes on. All the perfect setting for hiking, biking, kayaking, birding, and so much more.



Isn't it time to unplug from our devices and really start living a quality life? A simple walk in nature can cure a lot. Taking in the fresh air and the beautiful landscape is amazingly head-clearing and mood-lifting. Albert Einstein once said, "Look deep into nature, and then you will understand everything better." What clarity will you find exploring nature today?

Jennifer C. Kuzo  
President, Visit Lebanon Valley

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# TAKE A HIKE!

Boasting rolling countryside and breathtaking views, Lebanon Valley provides hiking trails for all ages and skill levels. Explore our industrial past by walking across a train truss bridge, or hike through a wilderness land tract to the ruins of a once-booming town. Whether it's trekking the Appalachian Trail, a lunchtime stroll, or somewhere in between, adventure awaits you along one of Lebanon Valley's trails.



Photo courtesy of Joseph Morales

## Lebanon Valley Rail Trail

One notable trail that winds itself through the Lebanon Valley is the Lebanon Valley Rail Trail. This mixed-use greenway offers users of all ages and abilities the opportunity to explore the social and industrial history of our area. Discover Mt. Gretna and its surrounding areas along the route, or start your trek from Downtown Lebanon and step into our rolling countryside.



Photo courtesy of Sarah Minnich

The Ice Cream Spur trail between milepost 6 and 7 connects the main Lebanon Valley Rail Trail to the quaint community of Mt. Gretna. A short walk through the former grounds of the Mt. Gretna Amusement Park provides access to all the attractions in Mt. Gretna including the Jigger Shop. [www.lvrailtrail.com](http://www.lvrailtrail.com)



## Clarence Schock Memorial Park at Governor Dick

Hike to the summit of the Clarence Schock Memorial Park at Governor Dick to catch a 360-degree view of Lebanon County and the surrounding four counties including Lancaster, Dauphin, Berks, and York from the top of the famous Governor Dick Tower. The entire park offers over 14 miles of hiking, biking, and horse trails and provides habitat for many animal and bird species.

[www.parkatgovernordick.org](http://www.parkatgovernordick.org)



saltydogphoto [Photograph of Bordner Cabin] (2017). Retrieved from Instagram

## Swatara State Park

The 3,520-acre Swatara State Park provides 18.2 miles of hiking trails for all skill levels including the Swatara Rail Trail, the Appalachian Trail, and local favorite Bear Hole Trail. The greatest treasure along the 4.8 mile Bear Hole Trail is the Bordner Cabin and Ayerigg's Waterfall. Discover the story about the cabin and watch the falls right outside. [www.dcnr.pa.gov](http://www.dcnr.pa.gov)







Photo courtesy of Courtney Reimann

### **Stony Valley Trail**

Stony Valley is part of the second largest roadless wilderness tract of land in Pennsylvania and boasts a 19-mile trail system with many shorter hikes available. Initially, it was called Saint Anthony's Wilderness after Moravian Missionaries who trekked across the mountains in the 18th-Century. Stony Valley became an industrial haven just a century later with coal mines, lumbering, water bottling, and ice harvesting. Today, remnants of the past can be seen along the trail, including: Cold Spring, the mid-19th-century summer resort; Yellow Spring, a former lumbering and coal mining town; and the General, a gasoline-powered shovel can be seen along the trail. [www.stonyvalley.com](http://www.stonyvalley.com)



Photo courtesy of Courtney Reimann

### **Appalachian Trail**

The Appalachian Trail is the longest hiking-only footpath in the world and includes a moderate 9.5-mile hike through the Lebanon Valley. Find parking at Swatara State Park and set off over the Swatara Creek across the historic Waterville Bridge. A lenticular truss bridge built in 1890 then relocated to its current home in 1985 and listed on the National Register of Historic Places in 1988. [www.nps.gov/appa](http://www.nps.gov/appa)

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# Hiking Journal & Log

Date	Trail Name/Hike Location	Miles Hiked

Trail Notes:

Date	Trail Name/Hike Location	Miles Hiked

Trail Notes:

Date	Trail Name/Hike Location	Miles Hiked

Trail Notes:

Date	Trail Name/Hike Location	Miles Hiked

Trail Notes:



# RIDE TOGETHER!

Adventures in Lebanon Valley await the bicycling enthusiast, where there's everything from leisurely country roads to miles upon miles of off-road trails. Mountain bikers and trail aficionados up for the challenge can test their skills on single track trails and designated trails, each with unique terrain. Or, opt to revel in the picturesque farmland and historic sites by bicycling paved roads of Lebanon Valley's scenic countryside.



"I've cycled all over the world, in places like Tuscany and Japan, and I can honestly say that Lebanon County has some of the best road biking I've ever experienced. It's like the Tuscany of Pennsylvania. I hope it stays that way."

- Bill Gifford: contributing editor for Outside magazine



## Lebanon Valley Bicycle Coalition

Cycle your way through Lebanon Valley's farmland, historic gems, gaps, and vistas with the help of the Lebanon Valley Bicycle Coalition. This organization is an advocate for better and safer road conditions and projects within the Lebanon Valley. They offer numerous educational resources along with 10 themed rides and accompanying maps that lead you through Lebanon Valley's geography, culture, and history. [www.bikelebanon.org](http://www.bikelebanon.org)

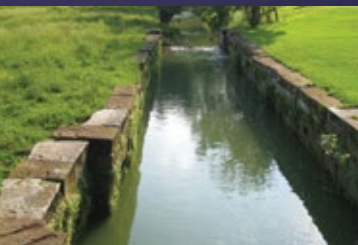


Photo Courtesy of Kiya Emerich

## SAMBA

Discover an element of the Lebanon Valley that is only accessible on a Mountain Bike. The Susquehanna Area Mountain Bike Association (SAMBA) is a community-minded, member-supported organization found here in Central Pennsylvania, and an official IMBA chapter club. They maintain over 65 miles of trail surrounding Harrisburg, PA including over 25 miles here in the Lebanon Valley! Access their online resources like calendars, trails, and maps to get the most out of your expedition. [www.sambabiker.com](http://www.sambabiker.com)





### Union Canal & the Swatties

Cyclists will enjoy this scenic ride and will also learn about the Union Canal by cycling beside and over the Swatara and Little Swatara Creeks, waters that fed into the Canal. By starting at Union Canal Tunnel Park, you can visit the park and, perhaps, enjoy a canal boat ride (Sundays). From there you will discover numerous locks, rural churches, orchards, markets, and notable villages all along the route. [www.bikelebanon.org](http://www.bikelebanon.org)



amishmatt. [Photograph of Horseshoe Trail] (2017). Retrieved from [www.trailforks.com](http://www.trailforks.com)

### Camp Mack

The J.E. Mack Scout Reservation is a private property owned and operated by the PA Dutch Council of the Boy Scouts of America. This 1,000+ acre property is open to the public for mountain biking, hiking, and trail running with 15 miles of trail maintained by SAMBA and ranging from easy to difficult. Famous for its rocks, roots, and rough terrain, Camp Mack is a favorite destination for great riding. [www.sambabiker.com](http://www.sambabiker.com)

## Cycle & Bike Log

Date	Ride Route/Location	Distance	Time

Ride Notes:

Blank area for ride notes.

Date	Ride Route/Location	Distance	Time

Ride Notes:

Blank area for ride notes.

Date	Ride Route/Location	Distance	Time

Ride Notes:

Blank area for ride notes.

Date	Ride Route/Location	Distance	Time

Ride Notes:

Blank area for ride notes.



# LET'S GET WILD!

From bald eagles to endangered butterflies, sprawls of wildflowers to the yellow fringed orchid, Lebanon Valley is home to a wide selection of wildlife. Relish in the abundance of flora and fauna while you explore our expansive woods and streams, or admire some of the largest and oldest trees in the state. No matter which trail you travel, natural wonders are around every turn in the Lebanon Valley.



Photo Courtesy of Courtney Reimann

## **Middle Creek Wildlife Management Area**

This 6,000-acre tract is set aside for the protection and management of wildlife and is a Globally Significant Important Bird Area. Middle Creek provides a 400-acre lake, marshy habitats, and trails to observe flora and fauna. Willow Point Trail offers a great place to view the late-winter migrating snow geese and tundra swans while Middle Creek Trail provides the best opportunity to spot spring warblers. [www.pgc.pa.gov](http://www.pgc.pa.gov)



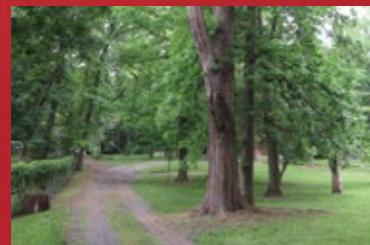
## **Second Mountain Hawk Watch**

Perched atop the ridge, Second Mountain Hawk Watch overlooks Fort Indiantown Gap and Stony Valley. Its location lies in the path of hawks migrating from August through December. A variety of raptors can be seen from Second Mountain Hawk Watch, including harriers and golden eagles. [www.stonyvalley.com](http://www.stonyvalley.com)



## **State Game Lands 211**

At 44,343 acres, State Game Lands 211 has so much to explore and experience. Set off on foot about a 1/4 mile along the Stony Valley Rail Trail from Gold Mine Road heading west, then turn north into the woods and you'll see one of several American Beaver dams within Lebanon Valley. With so much wilderness, keep an eye out for Red-Spotted Newts, Barred Owls, Deer, Porcupine, and a wide array of birds. Be sure to take in the beauty and texture of the variety of mosses and ferns while you're there. [www.pgc.pa.gov](http://www.pgc.pa.gov)



## **Coleman Memorial Park**

Once a grand estate of the Coleman Family with mansions, stables, an ice-house, and gate house, it lives on today as a community-focused park with an amphitheatre, ball fields, and playgrounds. However, with more than half of the park remaining natural forest, it is home to some of the oldest and largest trees in Lebanon County. Hike the 1.6-mile nature trail to see specimens such as Sweet Cherry, Umbrella Magnolia, Chinese Toon, Black Gum, and Jetbead. [www.colemanmemorialpark.com](http://www.colemanmemorialpark.com)







# BY WAY OF WATER!

Lebanon Valley's many winding waterways are home to birds, aquatic insects, and various other wildlife including beaver. Experience up-close wetlands and marshes, limestone outcrops, the historic Union Canal Locks, and more. Whether you seek a leisurely afternoon paddle, an inspiring adventure, or something in between, Lebanon Valley offers it all along its beautiful and diverse waterways.



## Swatara Creek

The "Swattie" as it's known by locals, is a tributary of the Susquehanna River that rises in Schuylkill County and passes through the Swatara State Park in the Lebanon Valley. During the colonial period, it was a significant transportation route and later, an integral part of the Union Canal. Today the Swatara Water Trail offers 60-miles of outdoor recreation including canoeing, kayaking, and tubing. Experience the Swattie first hand from one of numerous designated launches, and float by a magnificent limestone outcrop known as Blue Rock and under the historic Waterville Bridge.

[www.swatarawatershed.com](http://www.swatarawatershed.com)



Photo courtesy of Gene Werner

## Memorial Lake State Park

Established on 230 acres in 1931 to honor Pennsylvania National Guard soldiers who served and died in World War I and II, it is surrounded by Fort Indiantown Gap. Memorial Lake offers outdoor recreation year-round, including a chance to observe more than 100 different land and water species during the migratory season. [www.dcnr.pa.gov](http://www.dcnr.pa.gov)



Photo courtesy of the Friends of Old Annnville

## Quittapahilla Creek

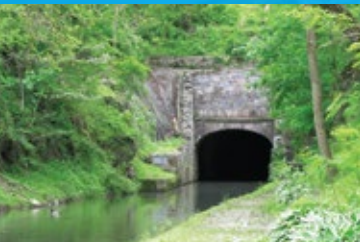
Nicknamed the "Quittie," this 16.8-mile-long waterway rises east of Lebanon City and flows westward through Lebanon and Annnville until joining the Swatara Creek northeast of Palmyra. Along with being stocked seasonally, this stream features several characteristics ranging from a typical limestone spring creek to a more freestone character, making it a popular fly fishing destination. Along its banks in Annnville is the Quittie Creek Nature Park, a 36-acre recreational park. The park's meandering walking path takes you past lime kilns, remains of an old weir dam, and onto the award-winning Raymond J. Swingholm Pedestrian Bridge. [www.fooa.org](http://www.fooa.org)



Photo courtesy of Tawny Fithian

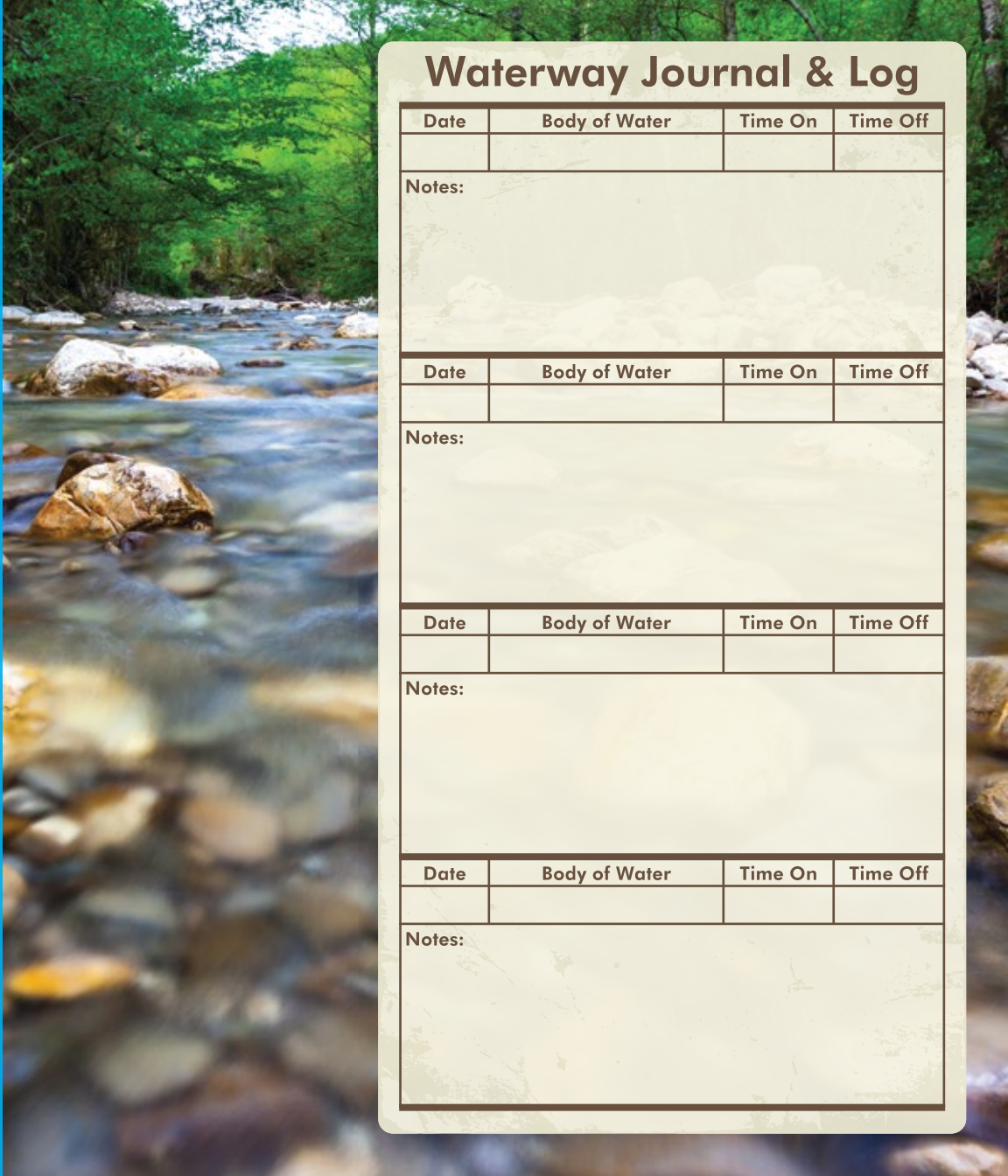
### **Steever's Dam Park**

Located just outside of Lebanon City, this 153-acre park offers camping, picnicking, hiking, and a 23.5-acre lake for canoeing and fishing. Known locally as a prime destination in early spring for the opening day of Trout Season, you can visit year-round to spot deer, rabbits, herons, osprey, and grey-horned owls. Walk along the 1.5-mile trail that encircles the lake then visit at the Nature Barn, a 125-year-old farm barn featuring a large variety of displays of field and fauna. [www.visitlebanonvalley.com](http://www.visitlebanonvalley.com)



### **Union Canal Tunnel Park**

The 110 acres of recreational open space features three historical locks that were part of the Union Canal and includes a number of trails running along pasture, wooded areas, the canal, and farmlands. Visitors can also experience Narrated Canal Tours through the oldest existing transportation tunnel in the United States, each Sunday weather permitting, June through October. [www.lebanoncountyhistoricalsociety.org](http://www.lebanoncountyhistoricalsociety.org)



# Waterway Journal & Log

Date	Body of Water	Time On	Time Off

Notes:

Date	Body of Water	Time On	Time Off

Notes:

Date	Body of Water	Time On	Time Off

Notes:

Date	Body of Water	Time On	Time Off

Notes:





A short drive from many locations, Lebanon Valley is the perfect adventure getaway to experience the outdoors with one of our many destinations. Driving from Hershey is a thirty-minute ride to most areas, and from Harrisburg, Lancaster, or Reading takes one hour or less. From Allentown, you'll arrive in about one hour, thirty minutes and from Philadelphia, it's about a two-hour drive. Begin your outdoor adventures today!



Lebanon Valley Rail Trail  
 — Open Trail  
 ..... Under Construction

## **January**

Have fun in the snow! Cross-country ski on the Lebanon Valley Rail Trail.

## **February**

Participate in the Great Backyard Bird Count hosted by the Quittapahilla Audubon Society. [www.qasaudubon.org](http://www.qasaudubon.org)

## **March**

Visit Memorial Lake State Park to check out the spring waterfowl migration.

## **April**

Park the car and get outside to celebrate Earth Day!

## **May**

Explore the "Swattie" and promote stewardship during an overnight Canoe Sojourn of Swatara Creek. [www.mbcomp.com/swatara](http://www.mbcomp.com/swatara)

## **June**

Spot a Regal Fritillary Butterfly and visit their grassland habitat on a tour at Ft. Indiantown Gap.

## **July**

Support clean waterways and enjoy local food and brews during the Swatara Food and Beer Weekend.

## **August**

Discover the artistic side of wildlife while attending the Annual Wildlife Art Show at Middle Creek Wildlife Management Area.

## **September**

Be a part of the annual National Hunting and Fishing Day hosted by the Pennsylvania Game Commission at Middle Creek Wildlife Management Area.

## **October**

Celebrate Pennsylvania's beautiful and varied forested lands with the statewide Walk in Penn's Woods at Governor Dick Park. [www.parkatgovernordick.org](http://www.parkatgovernordick.org)

## **November**

Support the Clarence Schock Memorial Park Governor Dick by competing in the Annual Governor Dick Bouldering Competition.

## **December**

How many birds can you count for the Christmas Bird Count? [www.qasaudubon.org](http://www.qasaudubon.org)

# Explore the Outdoors!

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Ecotourism is flourishing in the Lebanon Valley through awareness and appreciation of our diverse and expansive landscape. From small migrating birds and threatened butterflies to large historic sites, state parks, and scenic waterways, we encourage you to plan your next outdoor adventure in the Lebanon Valley.

While environmental stewardship is at the forefront of the Lebanon Valley Conservancy's efforts, the mission is to promote conservation and preservation of the unique culture, historical, and natural resources of the Lebanon Valley for the benefit of present and future generations.

This guide is brought to you by Visit Lebanon Valley and paid for by a grant from the Atlantic Sunrise Community Grant Program.

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