

## Hike The Alleghenies Trough Creek State Park Balanced Rock Hike

### Balanced Rock Hike (out and back - 2 miles)


The hike starts on the blue blazed Ledges Trail, which has panoramic views of the Great Trough Creek gorge from several lookouts. Ledges Trail passes ruins of the old Paradise Furnace schoolhouse. Paradise Furnace, which produced 12 tons of cast iron a day, was constructed in 1827.

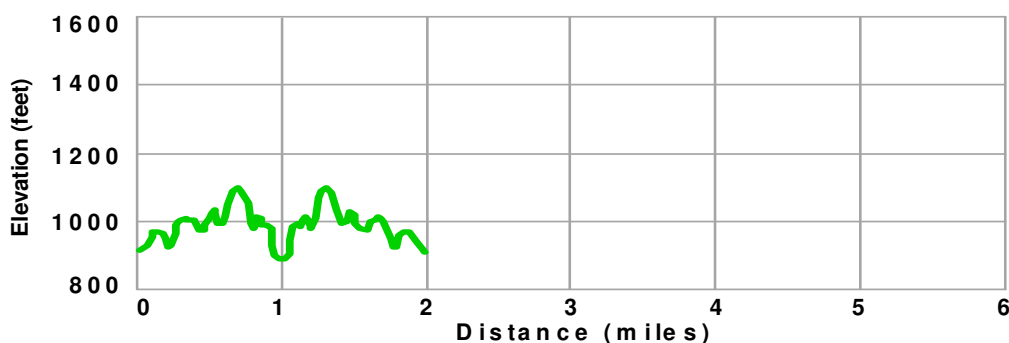
The hike takes you to a geologic wonder named Balanced Rock. Balanced Rock appears to be perched on the edge of a cliff, ready to fall off at any moment into Great Trough Creek far below. This “erosion remnant” has hung here for thousands of years. Once part of a higher cliff, the hard rock of Balanced Rock was sitting on a layer of soft rock. The soft rock on the cliff face eroded first, easing Balanced Rock into its angled perch hanging over the valley. Eventually the soft rock around Balanced Rock eroded away, leaving the rock balanced on the edge of the cliff.

#### **Parking:** *Lat 40 18 50 Lon 78 07 53*

From US Rt. 30 near Everett, take PA Rt. 26 North 29 miles and turn right onto PA Rt. 994 East. (From US Rt. 22 near Huntingdon, take PA Rt. 26 South 16 miles and turn left onto PA Rt. 994 East). Take PA Rt. 994 East 5.2 miles and turn left onto Hill Farm Rd (SR3031). Proceed 1.7 miles and turn left onto Trough Creek Drive. Go .2 miles (pass the park office) and park on the right across from the Ledges Trail trailhead.

**Trail Directions:** From parking area, take Ledges Trail .9 miles and Turn Right onto Abbot Run Trail. Go .1 miles to Balanced Rock Interpretive Area then backtrack to the parking area. From near Balanced Rock, you can take a short optional out and back spur down stone steps to Rainbow Falls.

<b>Distance:</b>	2 miles
<b>Time:</b>	1-1.5 Hours
<b>Elevation Change:</b>	110 feet
<b>Trail Loop Difficulty Rating:</b>	 Easy with little elevation gain



Amenities and more miles of trail are available in Trough Creek State Park, Rothrock State Forest and U.S. Army Corps of Engineers – Raystown Lake Project’s 22-mile Terrace Mountain Trail. See these websites for details (including physical accessibility):

[www.dcnr.state.pa.us/stateparks/parks/troughcreek.aspx](http://www.dcnr.state.pa.us/stateparks/parks/troughcreek.aspx)

[www.dcnr.state.pa.us/Forestry/stateforests/rothrock.aspx](http://www.dcnr.state.pa.us/Forestry/stateforests/rothrock.aspx)

<http://raystown.nab.usace.army.mil/Activities/hiking.htm>