

**Hike The Alleghenies**  
**Poe Valley State Park to R.B. Winter State Park**  
**Through Bald Eagle State Forest**  
**Mid State Trail**

Page 1 of 2

**Mid State Trail (23.3 Miles Point-to-Point)** 

This two or three day back country hike traverses a 23.3-mile section of the 274-mile Mid-State Trail. You will encounter a wide range of scenic experiences including: rocky portions of trail along ridges with several scenic vistas, scenic valleys, and a variety of birds and wildlife. You will find several historic sights as the trail starts at Poe Valley State Park, passes through Hairy Johns Picnic Area and ends at RB Winter State Park, all of which have facilities built by the Civilian Conservation Corps in the 1930's. The trail passes through a historic railroad tunnel near Poe Paddy State Park. This area is also a part of the Susquehanna River Birding and Wildlife Trails.

During summer months, there may be concession services available with some camping supplies and foodservice at Poe Valley State Park and R.B. Winter State Park. Modern campground, picnic, pavilion and beach swimming areas are available at both state parks. Leave No Trace backpack camping in Bald Eagle State Forest along the trail between state parks is permitted for hikers along the Mid-State Trail following state forest regulations.

**Parking: Poe Valley State Park** *Lat 40 49 04 Lon 77 28 33*

From Millheim, go west on PA 45 for 1.5 miles, then follow signs south for 12 miles to the park.

From Potters Mills, go east on US 322 for 1.5 miles to near the top of the Seven Mountains Scenic Area, then follow marked state forest roads for ten miles to Poe Valley. Gravel roads turn to paved roads near the park. No entirely paved road leads to the park. Park in the park office parking area and let the park staff know you will be out overnight.

**Parking: R.B. Winter State Park** *Lat 40 59 34 Lon 77 11 35*

From Millheim, go 3.09 miles north on PA 445. Turn RIGHT onto BRUSH VALLEY RD/PA 192. Continue 16.40 miles on PA-192 to park.

From Interstate 80, take the PA-477 exit, EXIT 185, toward LOGANTON. Go 0.34 mile and Turn RIGHT onto N MILL ST/PA 477. Go 2.55 miles and Turn RIGHT onto W WINTER RD/PA 477. Go 1.05 miles and Turn LEFT onto BULL RUN RD/PA 477. Go 3.57 miles and Turn LEFT onto BRUSH VALLEY RD/PA 192.

Follow PA 192 5.70 miles to state park. Park in the park office parking area and let the park staff know you will be out overnight.

**Trail Directions:**

Plenty of parking at Poe Valley State Park. Access the Mid-State Trail by way of Hunters Path as shown on the Poe Valley State Park Recreational Guide Map. Parking for well over 50 cars. Plenty of parking as well at the end point at R.B. Winter State Park. Please register your vehicle along with emergency contact information at the park offices. Follow the Mid-State Trail single-track footpath marked with Orange Blazes. The hike can be broken down as Poe Valley State

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Page 2 of 2

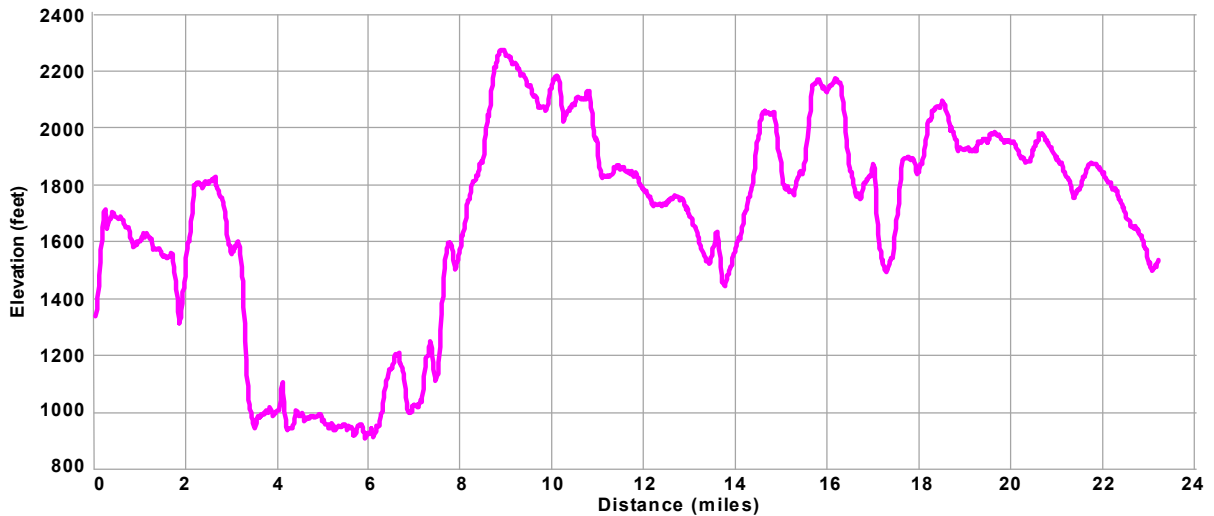
Park to Pa. Route 45 -12 miles, then Pa. Route 45 to R.B. Winter State Park - 11.3 miles.

**Distance:** 23.3 miles

**Time:** 2-3 days

**Elevation Change:** 1,329 feet

**Trail Loop Difficulty Rating:**  Challenging terrain OR varying elevation



Many more miles of trail are available in Poe Valley State Park, R.B. Winter State Park and Bald Eagle State Forest. See these websites for details.

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

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

[www.dcnr.state.pa.us/forestry/stateforests/baldeagle.aspx](http://www.dcnr.state.pa.us/forestry/stateforests/baldeagle.aspx)

For more information on the 274-mile Mid State Trail:

<http://hike-mst.org>