



### **Pure Knowledge: The Facts on Hiking**

Offering everything from leisurely hikes along streams to challenging mountain ascents, *The Alleghenies* feature a variety of trails catering to families, day hikers and backpackers. Spend an hour or even three days on one of the many trails to discover the hidden treasure of *The Alleghenies* hiking grounds.

### **Stats Pack**

- ◆ *The Alleghenies* offers more than 60 hikes in the region.
- ◆ Trails range in distance from ½ mile to more than 30 miles in length.
- ◆ Online visitors to [www.TheAlleghenies.com](http://www.TheAlleghenies.com) will find trail descriptions, maps and GPS coordinates.

### **Hidden Gems That Can't Be Missed**

- ◆ State College Region
  - Allegheny Front Trail- East Loop (Black Moshannon State Park)
    - 30 miles/721 feet elevation change/challenging terrain and beautiful vistas.
    - The route traverses a mature hardwood forest with trout streams, pine plantations and hemlock groves.
- ◆ McConnellsburg Region
  - Pike-to-Bike Trail – Old Turnpike Trail (Buchanan State Forest)
    - 8.5 miles/ 5-6 hours/ 125 feet elevation change/easy with little elevation.
    - Following an abandoned portion of America's first superhighway, this multi-use trail travels through two significant tunnels (bring a flashlight).
- ◆ Raystown Lake Region
  - 1,000 Steps Challenging—Mount Union
    - 9.5 miles/ 4.5-5.5 hours /1,622 feet elevation change.
    - The 1,000 Steps trail leads up a stone staircase climbing nearly 1,000 feet. The staircase was built by quarry workers in the 1930's as a pathway to get to the start of their workday on top of Jack's Mountain.