

## ▼ start

# This Freedom Hike explores the Appalachian Trail through South Mountain and begins at Caledonia State Park (N 39.909362 W 077.483729)



From the **parking area at Caledonia**, the freedom hike has an appropriate beginning in front of the old blacksmith's shop. **Follow the flat, gravel path** that runs between the swimming pool and an open, grassy area. The path continues into a wooded area and joins the Appalachian Trail where it continues across the Conococheague Creek **on a wide, wooden footbridge**. The AT moves into a grove of hemlock, oak, and poplar and passes picnic areas and a restroom.

Shortly, the AT moves up hill and becomes steep at points between **Orebank Hill and Chinquapin Hill**. Wooden steps up the side of the hill make climbing easy and are replaced by a series of switchbacks that wind along the hillside. Moving toward the top of the hill, the vegetation gets younger and mountain laurel and blueberry bushes appear. **At 1.6 miles, the trail passes a line of white pines**, flattens before bearing to the left into a wet area, moving uphill and passing a spring at 1.8 miles, and crossing Hosack Run on the right. **Quarry Gap Shelter is at 2.2**, miles surrounded by tall oaks.



From here, the mountain laurel is plentiful. At 3.6 miles, the trail reaches the top of the ridge and **bears right onto Ridge Road**. Be careful to remain on Ridge Road. It bears to the right across the intersection and into the woods on the left. If the road goes sharply downhill, you are on Stillhouse Road. Backtrack and make the soft right, not the hard right.

The next part of the hike offers **beautiful views** as the **AT follows Big Pine Flat Ridge**. At 6.3 miles, the trail crosses Middle Ridge Road. Approaching 7.2 miles, the trail descends and is steep in some spots. Passing Milesburn Cabin, the descent continues and levels out at a primitive campsite, **which is a good stop for lunch**.

From here the trail ascends sharply. At 7.5 miles, the AT crosses Ridge Road and goes under a power line. A power line right of way marks mile 9.0. The Birch Run Shelter is at 9.7 miles. The area has some **good tent sites**, and if making this a two-day hike, is a good place to make camp.



Begin the second part of the hike with a visit to the **Big Flat Fire Tower**, located at N 40.0017 W 77.4075. From here, return to the Appalachian Trail. The trail is well-signed and meanders through a grassy field, into some rocky area, and a marshy area. At 2.6 miles is the gated entrance to the **Tumbling Run Game Preserve**.

The AT runs straight and downhill along the boundary of the preserve. Around 4.0 miles, the trail crosses PA 233 and goes downhill through some tricky switchbacks. The AT meets and crosses a branch of **Toms Run**. At 5.0 miles, the trail crosses a wooden footbridge that spans Toms Run and leads to a shelter, bathroom, and picnic table. The trail continues on an old logging road. At 6.0 miles, the trail turns right onto **Michaux Road or High Mountain Road**. The trail passes the remains of a stone structure, built by **World War II prisoners of war**, and marked by two large pines. The route continues downhill under oaks and beech trees.



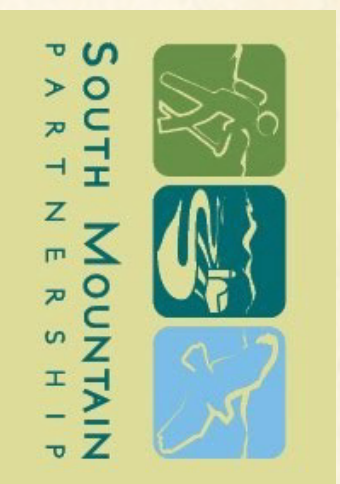
At 7.2 miles, the AT crosses a wooden footbridge and then through a primitive campsite area. In a few tenths of a mile, you will see the charcoal flats that fueled **Pine Grove Furnace**. Cottages of Pine Grove State Park appear and at mile 8.2, the AT turns left and follows Route 233. The trail passes in front of the Iron **Master's Mansion, where freedom seekers found sanctuary on their journey north**. Be sure to visit the new Appalachian Trail Museum, adjacent to the **Mansion House**.





The Franklin County Visitors Bureau is a partner of the South Mountain Partnership, a unified group of private citizens, businesses, not for profit organizations and governmental organizations working to protect, reserve and enhance the cultural and natural assets of the South Mountain Landscape in Central Pennsylvania.

This project was financed in part by a grant from the Community Conservation Partnerships Program, Environmental Stewardship Fund, under the administration of the Department of Conservation and Natural Resources, Bureau of Recreation and Conservation.



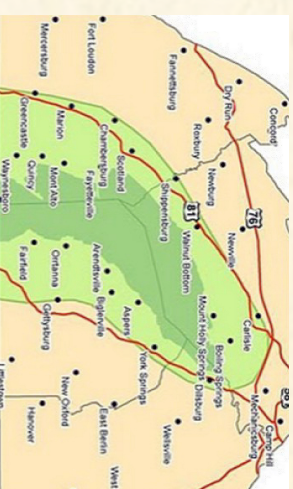
**South Mountain Partnership**  
**4 East First Street**  
**Boiling Springs, PA 17007**  
**SouthMountainCI.Blogspot.com**

▶ **Thaddeus Stevens Ironworks at Caledonia State Park to the Ironmasters Mansion at Pine Grove Furnace**

- 20 mile hike
- About 11 hours
- Easy to moderate level
- A full-day hike or two-day overnight

The South Mountain Landscape in Pennsylvania is at the northern end of the Blue Ridge Mountains, a narrow mountain range extending through Virginia and Maryland into Pennsylvania. South Mountain is an interstate greenway, a sort of natural thoroughfare. It is a large, linear corridor six to seven miles wide, linking Pennsylvania with southern natural areas. It extends about 40 miles in a northeast to southwest direction connecting Franklin, Cumberland, Adams, and York Counties. The Appalachian Trail extends through the South Mountain corridor.

Many of the trails of South Mountain link into the footpaths of the Native Americans and have long been thoroughfares. This natural route beckoned to escaping enslaved as they traveled along the secret passage known as the Underground Railroad. By following the landscape of South Mountain, escaping enslaved crossed the Mason Dixon Line and into Pennsylvania, remaining in local communities or moving further north and even into Canada.



a south mountain  
**free self-guided**  
**hike**  
 along the appalachian trail

*take a freedom journey*

Franklin County Visitors Bureau  
 14 North Main Street  
 Chambersburg, PA 17201  
 866.646.8060  
 ExploreFranklinCountyPA.com



FRANKLIN COUNTY | PA  
 Great moments along the way.

Supported by the  
 South Mountain Partnership  
 and the Franklin County Visitors Bureau