








Appalachian Trail Section Maintained by Cumberland Valley ATC

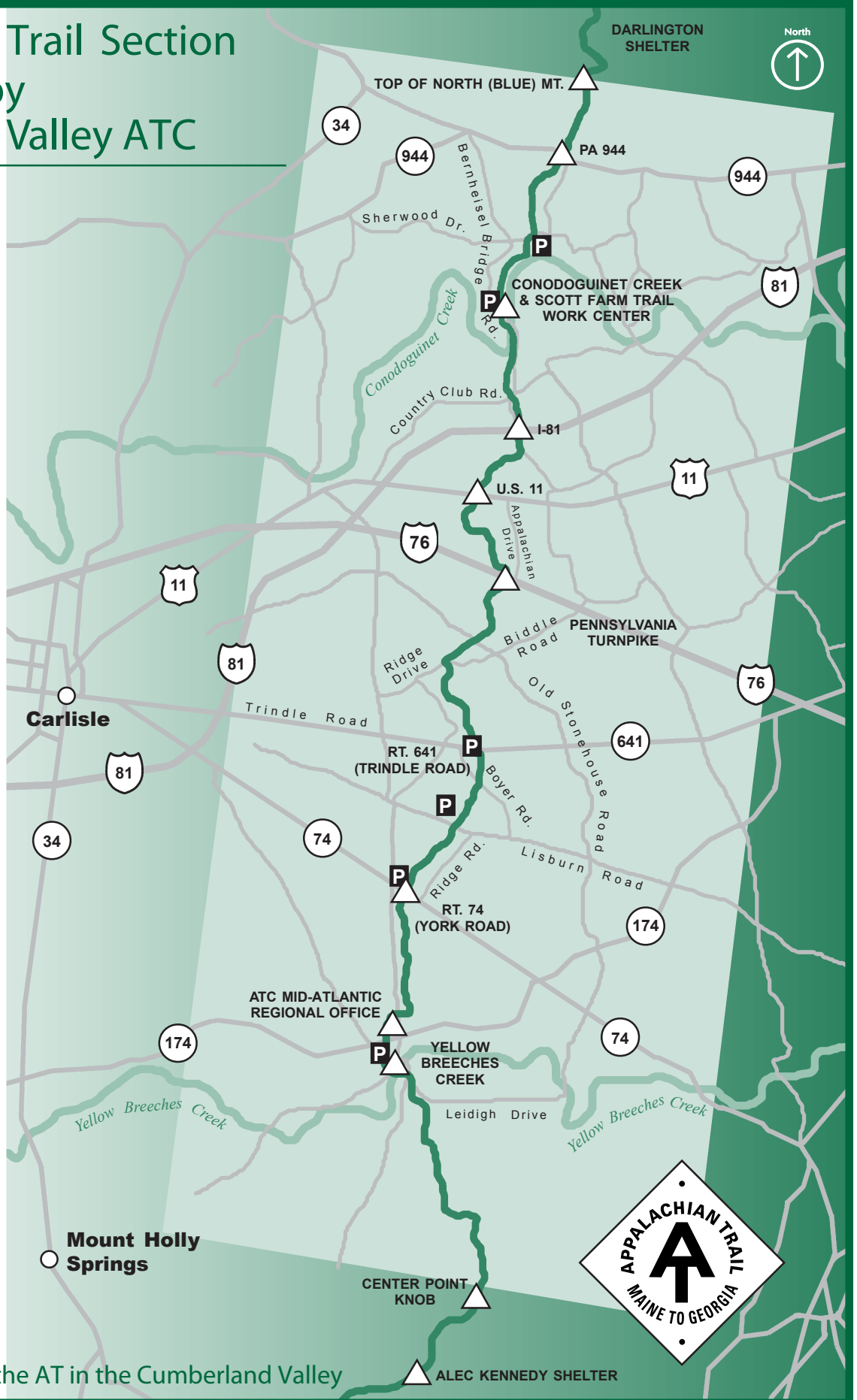
POINTS OF REFERENCE

- Darlington Shelter**
mileage: 17.3
- Top of North (Blue) Mountain**
mileage: 17.2
- PA 944**
mileage: 15.3
- Conodoguinet Creek & Scott Farm Trail Work Center**
mileage: 13.3
- I-81**
mileage: 11.9
- U.S. 11**
mileage: 11.0
- Pennsylvania Turnpike**
mileage: 9.8
- PA Rt. 641 (Trindle Road)**
mileage: 7.1
- Rt. 74 (York Road)**
mileage: 5.0
- ATC Mid-Atlantic Regional Office**
mileage: 3.0
- Yellow Breeches Creek**
mileage: 2.7
- Center Point Knob**
mileage: 0.0
- Alec Kennedy Shelter**
mileage: 0.9

MAP KEY

-  = Appalachian Trail
-  = Points of Reference
-  = Primary Roadways
-  = Secondary Roadways
-  = Waterways
-  = Towns
-  = Parking Area

There are 46 miles of the AT in the Cumberland Valley



credit MATT ROBINSON

Come and join us for hikes, trail maintenance and information.

CVATC Membership Form

a Non-profit 501c3 public charity

New Membership Renewal Membership Date _____

Name _____ Phone _____

Address _____ E-mail _____

City _____ State _____ Zip _____

Are you willing to volunteer for club activities? Yes No

- | | | | |
|-------------|----------------------------------|--------------|-----------------------------------|
| Individual | <input type="checkbox"/> \$10.00 | Organization | <input type="checkbox"/> \$35.00 |
| Family | <input type="checkbox"/> \$15.00 | Benefactor | <input type="checkbox"/> \$50.00 |
| Supporting | <input type="checkbox"/> \$25.00 | Lifetime | <input type="checkbox"/> \$250.00 |
| Donation \$ | _____ | | |

Make checks payable to CVATC and mail to:

CVATC
P.O. Box 395
Boiling Springs, PA 17007-0395

Welcome to the Appalachian Trail Through the Cumberland Valley

The Appalachian Trail (AT) is a public footpath winding for 2,180 scenic miles along the Appalachian Mountain ridge lines from Georgia to Maine. Seventeen miles of the AT traverse the Cumberland Valley. The 1968 National Trails System Act protected the AT as a public resource through acquisition of a corridor of lands. The Cumberland Valley Appalachian Trail Club (CVATC) protects and maintains the publicly owned lands to shield the footpath from development. Volunteers from the CVATC perform actual trail maintenance and boundary monitoring.

Of the 46 miles of the AT in the Cumberland Valley, the CVATC maintains the 17-mile (27-km) segment bounded by the South and Blue Mountains. Its gently rolling terrain provides a mildly to moderately strenuous hiking experience, perfect for beginning hikers and leisurely family outings.

Geology and History

The Trail in the Cumberland Valley crosses three different geological settings. The southern end of the segment, South Mountain, is partly underlain by metarhyolite, an 820 million year metamorphosed igneous rock, and is the northern tip of the Blue Ridge which extends to Georgia. The northern end, Blue Mountain (which is underlain mostly by sedimentary rocks), is the southern edge of the Ridge and Valley province which extends through New York State. In the middle is a low ridge of diabase, and is known locally as Ironstone Ridge.

According to archaeologists, prehistoric nomadic people made Cumberland Valley their home, bringing with them tools made from rock within 100 miles of the Valley. In 1720, English and German settlers established farms on the fertile limestone soils. About 1750, the discovery of iron ore changed the character of the area. Iron furnaces consumed as much as an acre of woodland daily. The Trail passes by evidence of old mines and an iron furnace in Boiling Springs.

By the 1780s, the valley was a major gateway for wagon trains heading west. The Valley remained an economic center until the mid-1800s when the Susquehanna River rail/canal route replaced the wagon trail through the Valley.

Cumberland Valley Guidelines in conjunction with Leave No Trace - Outdoor Ethics

- **The Appalachian Trail** was designed as a foot path through natural landscape. Federal law prohibits mechanized vehicles, including bicycles, on the Trail (except where the Trail follows a public road). Federal law also prohibits horses and pack animals on the Trail in most areas, including the Cumberland Valley.
- **No overnight camping** is permitted in the Cumberland Valley sections of the Trail, except for the backpackers camping area just south of Boiling Springs. Shelters are located immediately north and south of the valley on Blue Mountain (Darlington Shelter) and South Mountain (Alec Kennedy Shelter).
- **Group use** is up to 25 people for day hiking and 10 people for overnight. Shelters along the Appalachian Trail normally provide space for no more than six to 12 individuals. As a courtesy to other users, groups whose numbers meet or exceed the capacity of a Trail shelter should make arrangements to camp in accordance with local policies.
- **Fires are prohibited** on the Trail in the valley; please use small backpacking stoves only.
- **Treat or filter all drinking water.**
- **Stay on the Trail.** Shortcuts cause erosion and damage.
- **Please respect private property.** In some locations the trail corridor is as narrow as 100 feet.
- **Plan ahead and prepare.** Know the regulations and special concerns for the area you visit. Prepare for extreme weather, hazards, and

emergencies. Use maps, a leash for your pet, and plastic bags to clean up after your pet. Avoid times of high use.

- **Travel and camp on durable surfaces.** Durable surfaces include established trails, rock, gravel, dry grasses or snow. Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when it is wet or muddy.
- **Dispose of waste properly.** Pack it in; pack it out. Deposit solid human waste in catholes 6 to 8 inches deep and 200 feet from water; cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Use a plastic bag to clean up after your pet.
- **Leave what you find.** Leave historical and cultural artifacts or rocks, plants, and natural objects as you find them. Avoid introducing non-native species.
- **Respect wildlife.** Observe from a distance. Never feed wild animals. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter. Control pets or leave them at home.
- **Be considerate of other visitors.** Be courteous. Let nature's sounds prevail. Avoid loud voices and noises.
- **Wear orange during hunting seasons** which are the end of April thru the end of May and deer season September thru February of the next year.

A condensation; for more information and materials: 800.332.4100 or www.LNT.org



This project was financed in part by a grant from Cumberland Valley Visitors Bureau.

For more things to do, go to
VisitCumberlandValley.com

THE APPALACHIAN TRAIL IN THE CUMBERLAND VALLEY



Cumberland Valley Appalachian Trail Club

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