

Center Point Knob

Trailhead & Parking: Appalachian Trail Conservancy office (40.15005, -77.12712) or the Fisherman's Lot on Bucher Hill Road (40.14785, -77.12454)

Difficulty: Moderate

Terrain: Flat and mostly open for the first two miles, then a gradual climb under tree cover (PA Map 1)

Distance: 6 miles

Type: Out & Back

Elevation Change: 600'

Directions: Follow the white blazes along Children's Lake, walk along the edge of the fisherman's parking lot, cross the footbridge over the creek, follow blazes through the woods and to a road, turn left and cross the Yellow Breeches Creek on the humpback bridge, then turn left into farmlands and follow blazes to woods. Trail heads uphill to Center Point Knob.

Special Notes: Center Point Knob was the original halfway point of the Appalachian Trail when it was completed in 1937. Look for the replica of the original plaque when you reach the top.

Whiskey Spring Rock Maze

Trailhead & Parking: Whiskey Spring Road - shoulder parking areas are located on both sides of the road about 2/10 of a mile apart. (40.09810, -77.12868)

Difficulty: Moderate to Strenuous

Terrain: Heading north, there is a moderate climb through the softer side of the rock maze. Heading south, expect a steep climb into the rock maze followed by more climbing and a little bit of rock scrambling. (PA Map 1)

Distance: 4 miles (north) or 2.5 miles (south)

Type: Out & Back

Elevation Change: 400' - 600'

Directions: Heading north, follow the Trail north and through the rock maze and continue through the wooded canopy until descending to Little Dogwood Run. Heading south, hike up and into the rock maze following the white blazes through the boulders and eventually descending to Old Town Road.



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Appalachian Trail Day Hikes

Cumberland Valley & Central PA



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Pole Steeple Vista

Trailhead & Parking: Pine Grove Furnace State Park, Fuller Lake Day Use parking area (40.03155, -77.30011)

Difficulty: Moderate

Terrain: Paved surface through the park, followed by smooth terrain treadway with limited rocks (PA Map 2-3)

Distance: 4.3 miles

Type: Out & Back

Elevation Change: 600'

Directions: Follow the Appalachian Trail north through the park and past Fuller Lake. Ascend Piney Mountain with a soft climb that is spread out over roughly two miles. Take the blue blazed Pole Steeple side trail and make the short 1/10 of a mile climb up to the Pole Steeple Vista.

Special Notes: The Appalachian Trail Museum is located within Pine Grove Furnace State Park, between the park's Visitor Center and the Ironmaster's Mansion. Visit www.atmuseum.org for hours, events and more information.

The Rock Bench

Trailhead & Parking: Scott Farm Appalachian Trail Work Center (40.25967, -77.10395) or Sherwood Drive (40.27391, -77.09950)

Difficulty: Moderate to Strenuous

Terrain: Flat wooded path until moderately steep ascent up North Mountain after passing through the 944 underpass. (PA Map 1)

Distance: 5-7 miles

Type: Out & Back

Elevation Change: 800'

Directions: Follow the Trail north from the Scott Farm by crossing under Bernheisel Bridge Road and along the Conodoguinet Creek. Alternatively, shorten the hike by two miles by starting at Sherwood Drive. The Trail meanders through the woods and under Route 944 before beginning to climb North Mountain. At the top of the climb, take a rest on the rock bench that is built into the side of the mountain.

Special Notes: Parking areas fill up quickly, especially in good weather. Park only in marked spaces and have an alternate starting point in case parking is unavailable at your preferred location.

White Rocks Trail

Trailhead & Parking: Kuhn Road parking area (40.09810, -77.12868)

Difficulty: Moderate to Strenuous

Terrain: The trail is initially flat before turning up a steep incline with plenty of rocks and some opportunities for rock scrambling (PA Map 1)

Distance: 2.5 miles to connect to the Appalachian Trail; add another quarter mile to reach Center Point Knob on the Appalachian Trail

Type: Out & Back

Elevation Change: 600'

Directions: Follow blue blazed trail through woods and then uphill through a variety of rock formations until trail connects with the Appalachian Trail and blazes change to white. To reach Center Point Knob, turn right at the junction of the two trails and follow the Appalachian Trail north about 1/10 of a mile.

Special Notes: Like much of Pennsylvania, this trail is home to native species of snakes including Copperheads and care should be taken to avoid disturbing them. Avoid placing your hands or feet in rock crevices and give a wide berth to snakes visible along the trail.