



Safety In All Seasons

"There's no such thing as bad weather, only inappropriate clothing." So goes an old Scandinavian saying and it rings true along every section of the Appalachian Trail.

No matter the season, be sure to take changing conditions into account when planning your hike. Weather can change drastically, hikes can take longer than anticipated and even the best laid plans can require hikers to be nimble and adapt appropriately. We recommend embracing the philosophy of onions and think in layers.

Layer your clothing and bring along extras, even if you're not sure you'll need them. This will help you to stay dry, comfortable and safe.

Layer your snack and water options - pack extra so you can make adjustments to your hiking plan and stay out for a sunset or travel an extra mile.

Layer your safety nets- make family or friends aware of your itinerary, carry a cell phone, bring along a map and compass...and know how to use them!

Make a good plan and you'll be able to enjoy everything the Appalachian Trail has to offer from season to season.



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APPALACHIAN TRAIL
CONSERVANCY®

A Trail for All Seasons



A Trail for All Seasons

The Appalachian National Scenic Trail

"You never climb the same mountain twice, not even in memory. Memory rebuilds the mountain, changes the weather, retells the jokes, remakes all the moves."

~ Lito Tejada-Flores



Spring Beauty

Springtime hiking offers a plethora of things to see and explore, including early wildflowers like Dutchman's Breeches and Virginia Bluebells.

Wildflower Extravaganza Hike:

The Cumberland Valley in springtime is full of a variety of wildflowers and for nearly two months, from April through May, every hike spotlights something new coming into bloom. Start at the Scott Farm (40.25967, -77.10395) or Sherwood Drive (40.27391, -77.09950) and hike north as far as you like.

Fall Splendor

Cooler temperatures and phenomenally beautiful scenery await during the months of autumn when the world comes alive with nature's vibrant last stand before the starkness of oncoming winter.

Technicolor Overlook Hike:

Pick up the Trail in Boiling Springs or Leidigh Drive and follow it south to Center Point Knob. Just over the knob, look for the blue blazes of the White Rocks Trail and turn left onto it. Follow the blue blazes about 1/4 mile to the overlook, atop the massive rocks, and look out over the autumn patchwork below.



Summer Charm

The lush greens of summer, combined with intoxicating scents, launch summertime hikers into a tapestry of nature and long summer days give you time to enjoy it all.



Moonlight Hike:

Hiking the Cumberland Valley at twilight and beneath the moon has a magical quality all its own. Leave a car at the Scott Farm, drive to Boiling Springs (40.15005, -77.12712) and hike back. Or, hike with friends. Start from opposite ends of the hike and swap car keys in the middle and catch up together afterward.

Winter Tranquility

Winter lays a quiet, tranquil backdrop for solitude and introspection, away from the throngs of fair weather hikers and the warm weather bugs. Get a whole new perspective on familiar terrain.

Smell the Pines Hike:

Take a walk along the A.T. as it passes through Pine Grove Furnace State Park (40.03155, -77.30011). It's a lovely and relatively flat hike through the park, bookended by soft climbs on either side. If the weather and ground cover permit, add on the Pole Steeple hike to get your heart pumping.

