

# Starter Hike... the Cumberland Valley

Trailhead - Trindle Road/Route 641

([appalachiantrail.rohland.org](http://appalachiantrail.rohland.org) - click on Pennsylvania, then Section 10, then scroll down to see detailed Trailhead information)

Parking - According to the Interactive Map, there are about eight spaces ([appalachiantrail.org/interactivemap](http://appalachiantrail.org/interactivemap)). On a beautiful day, this might fill up quickly so gather information on the next closest trailheads too in case the lot is full. Having a map along with you can really come in handy when you need to flex your plans. Also, many trailheads can be located through GPS coordinates that can be typed into the mapping or navigation apps on your phone. Just type the decimal degree coordinates into the address block and off you go.

Terrain - PA Map 1 shows the terrain as relatively flat. (official A.T. maps, including this one, are available at ATC Visitor Centers, online at [www.appalachiantrail.org](http://www.appalachiantrail.org) and even at local outfitters)

Distance - The next road crossing heading north (away from the road) is about one mile according to the map and then another half mile to the next crossing. Remember to double that distance for the round trip back to the car.

Weather - There are plenty of great options for this from apps to good old fashioned newspapers. Pick your favorite, but be sure to check so you can be prepared.

What to bring? - Comfortable shoes, plenty of water, a snack or two, sunscreen, bug spray, band-aids, a camera, a journal and anything else you think you might need and don't mind carrying. Remember to dress appropriately for the weather.

Time to Go - Leave word with a friend about your hike and off you go. Be sure to check in again once you finish up.



This project was financed in part by a grant from the Cumberland Valley Visitors Bureau. For more things to do visit [CumberlandValley.com](http://CumberlandValley.com).

# Hiking

# 101

## Getting started on the right foot on the Appalachian Trail



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# 1. Plan Ahead

Spending time planning your hike will help to make it an experience you will enjoy. And if you enjoy it, we sure hope you venture out and repeat it again and again.

- Check the weather and dress accordingly. There's an old saying that still holds true - There's no such thing as bad weather, just inappropriate clothing.
- Know your route. Be aware of the rules of the landowner regarding hiking, camping, parking, etc.
- Pack a snack, and water too! Bodies need fuel so bring along your favorite treat and be sure to always bring plenty of water. Remember to "pack out" your trash and take all wrappers and bottles with you to dispose of/recycle at home.
- Look at a map or guidebook. Better yet, take one along with you so you can better understand the terrain, local landscape and what lies ahead. Official A.T. maps are available at ATC Visitor Centers and at [appalachiantrail.org](http://appalachiantrail.org).

# 2. Start Small

Start small and be flexible. Make each hike your own and take care to go at your own pace for a distance that's right for you. You may go further or wrap up a little sooner than expected - there's simply no wrong way to do it.

- Have a "rubber band plan" - map out a great hike, but keep it flexible so you end wanting more.
- Try a short, easy hike first - perhaps two miles or so - to test out your hiking legs and make sure your shoes are comfortable. On average people hike about 2-3 miles per hour so you can use that as a guide if you'd rather hike for a certain amount of time.
- Bring along a guidebook for flowers, trees, birds or whatever interests you. It's a great way to learn and get more familiar with the environment.

# 3. Choose a Trailhead

Now that you've made your plan, it's time to get going. A trailhead is an access point where you can get onto a trail. The Appalachian Trail has hundreds to choose from which makes it a terrific choice for beginners.

- Trailheads can often be found at road crossings or where the Trail meets a park or town.
- Parking varies widely and there is a great resource to help you find a parking area that meets your needs at [appalachiantrail.rohland.org](http://appalachiantrail.rohland.org).

# 4. Out & Back or Loop?

There are three ways to plan the actual walking part of your hike and it's entirely up to you to decide which one suits you best.

- Out & Back - For this type of hike, you'll walk out to a certain point and then turn around and retrace your steps back to your starting point.
- Loop - Depending on the location, you may be able to take advantage of side trails that connect to the Appalachian Trail. By looking at a map and connecting with some of these trails you can link them together to create a loop hike where you end up at your starting point by hiking in a circle or something loosely resembling a circle.
- Out - Alternatively, you can opt to place a car at the beginning of your hike and another at the end to avoid having to double back. Or, you can look into hiring a shuttle driver to pick you up or drop you off. For a full list of Appalachian Trail shuttlers, take a look at [www.appalachiantrail.org/shuttles](http://www.appalachiantrail.org/shuttles).

# 5. Follow the Blazes

Trails are typically marked by colored blazes, painted markings, to help hikers find their way. Blazes can be a variety of colors, sizes and shapes. The Appalachian Trail is marked by 6"x2" white blazes. While usually painted at eye level on trees, they may also be found on rocks, posts, telephone poles, bridges, and more.

- Single Blaze - keep going in the same direction
- Inline Double Blaze (one on top of the other) - an upcoming turn, a junction or something that might be a little confusing
- Offset Double Blaze - turn in the direction of the top blaze

# 6. Off You Go

Just a few more things and then you're ready to go.

- Leave word with someone, along with your itinerary, so they know where you'll be and when to expect you back.
- Remember to leave the Trail exactly as you found it by following the seven Leave No Trace principles. Learn more at [www.appalachiantrail.org/lnt](http://www.appalachiantrail.org/lnt)
- HAVE FUN AND ENJOY THE TRAIL!