

Free sample hike:

at Pine Creek Gorge  
**Bohen Run Falls**  
**Grand Canyon of PA**

In Tioga State Forest. Shown on MST Map #211

Distance: 12.9 km (8 miles)

Time: about 6 hours

Vertical Rise: 335 meters

Highlights: waterfalls, views

The trailhead is the canoe access parking lot on PA 414 in Blackwell. Cross the highway bridge over Pine Creek, climb over guide rail and turn right on orange-blazed Mid State Trail. Trail is cut into the side of a steep slope so watch your step. The first half km of Trail is dangerous if icy. Turn back. In Pine Creek Gorge ice can last long into spring.

Bear left on an old grade at 0.9 km Continue on old grades to the falls of Jerry Run. Best view is from a ledge below the trail. Next cross Jerry Run and continue.

Bear left on an old road at 2.0 km where a blue-blazed side trail leads to campsites along Pine Creek. At around 2.5 km, reach Bohem Run Falls, best seen from blue-blazed side trail to right. Then follow main MST up Bohem Run to junction with orange-blazed West Rim Trail at 3.9 km.

Turn left and slab up the side of Pine Creek Gorge, reaching a view south to Blackwell, Gillespie Point and Oregon Hill. Follow West Rim Trail past a hunting camp to a crossing of West Rim Road at 6.3 km. (Hike can be shortened by turning left on road. It is 3 km down to PA 414.)

Continue on gated jeep road. Then pass between an old clear-cut and a white pine plantation. Ignore jeep trail to left and follow West Rim Trail down Lloyd Run.

Cross PA 414 and turn left on Pine Creek Hiking and Biking Trail. Follow this rail trail about 3 km back to Blackwell, crossing Pine Creek on the former railroad bridge.

### Maps and Guide Information

The retail price of the 10<sup>th</sup> Edition, "Guide to Mid State Trail in the Seven Mountains of Pennsylvania", 2001, **Guide with full Map Set** is \$20. Add \$1.20 sales tax

and \$1.40 postage. **Total = \$22.60 ppd.**

Set: ISBN 1-931496-01-3 The Set includes 11 items: the 216-page guidebook, and 10 map sheets as listed below. Maps are printed back to back for a total of 19 maps. The set covers all of the currently open 435 kilometers of MST from the Maryland border to Tioga County, PA, plus side trails.

Buy the whole Set (recommended) from many mid-Atlantic outing stores, directly from MSTA, or at Amazon.com. Order separate updates or replacement parts from MSTA using the order form.

### MSTA MAPS from south to north are:

- Maps 213/215 --Maryland border to PA 326 (map 213) and PA Turnpike to PA 36 (map 215)
- Maps 214/216 --PA 326 to PA Turnpike near Everett (map 214), and PA 36 to near Martinsburg (map 216)
- Maps 217/218 --near Martinsburg to Williamsburg, PA, plus Lower Trail to US 22.
- Maps 201/203 and
- Maps 202/204 --US 22 near Alexandria to US 322 near 7 Mountains roadside rest, to M/S Pike. (Map 203 includes Greenwood Spur, from Link Trail at Greenwood Furnace SP thru Alan Seeger NA to Detweiler Run.)
- Maps 205/206 --M/S Pike near Poe Valley SP to Hairy Johns picnic area on PA 45, and almost to PA 192 at R.B. Winter SP.
- Maps 207/208 --PA192 near R.B. Winter SP across I-80 to Ravensburg SP on PA 880, to US 220 at West Branch crossing, to Woolrich.
- Maps 209/210 --Woolrich to Pine Creek crossing at Ramsey on PA44, to Little Pine SP, to Oregon Hill and Brown Fork
- Maps 211/212 -- Oregon Hill to PA 414 at Blackwell, to PA Grand Canyon (Map 211). Map 212 shows Reeds Gap Spur from Reeds Gap SP to Poe Paddy SP.
- Map 2XX -- Hills Creek SP to Ives Run Rec. Area in Tioga County. Not yet connected to the rest of MST. Guide on reverse side of map.

### MEMBERSHIP and ORDER FORM



Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

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**Check here if interested in overseeing a portion of Mid State Trail.**

\$ \_\_\_\_\_ **Enclosed with my order for:**

Qty: \_\_\_ Complete Maps & Guide Sets  
at retail \$20 plus PA sales tax and postage.  
**\$22.60 ppd.**

**Or separate updates or replacements:**

\_\_\_\_\_ Map(s) at \$2.00 each  
\_\_\_\_\_ 10<sup>th</sup> ed. Guidebooks at \$6.00 each  
\_\_\_\_\_ MSTA Trail Patches at \$2.00 ea

**1-year Membership Dues**

\_\_\_\_\_ \$10.00 / person, or \_\_\_\_\_ \$10.00 / family

Checks should be made out to:

**Mid State Trail Association**

**P.O. Box 167**

**Boalsburg, PA 16827**

MSTA February, 2005

## COMMON QUESTIONS

### What is the Mid State Trail?

A long-distance hiking trail in Pennsylvania.

### How long is it?

From the Maryland border to PA's Grand Canyon, MST is the longest continuous footpath in PA, at 420.2 km (260.6 mi). Another 14.8 km (9 mi) is now open in Tioga County lake country. 4 major side trails add another 54.8 km (34.2 mi). Hikes of any length can be planned, from a day hike of a few hours to a backpack of several days or weeks.

### How can I find it?

The MST now stretches from Green Ridge Forest in Maryland to the PA Grand Canyon, shown on PA's Official Transportation Map. Work continues in Tioga County to extend the MST to New York State. The final footway may always be subject to change as we improve the route.

### Where can I get more detailed information?

MST Maps and Guide Sets are sold at outing supply or book stores, or by mail from Mid State Trail Association. See order form on this brochure. Questions may be e-mailed to [shorthiker@aol.com](mailto:shorthiker@aol.com). Find online Mid State Trail news at website: <http://phoenix.goucher.edu/MSTA> or Keystone Trails Association: [www.kta-hike.org/](http://www.kta-hike.org/)

### What are its best features?

Spectacular vistas from mountain tops, remote wild forests, occasional cultural remnants, and streams.

### Whose trail is it?

MST is on public and private land, but is built, mapped & maintained by volunteers. It is open to all hikers. It is your trail, too.

### Can I help?

Yes. Buy a map set, hike the trail, join the Mid State Trail Association, and / or become an overseer.

### Keep hiking!



Old bridge/ new bridge at Detweiler Run



Compliments of:

**MID STATE TRAIL ASSOCIATION**  
P.O. Box 167  
Boalsburg, PA 16827



FREE SAMPLE HIKE  
INSIDE



## MID STATE TRAIL

### A Wild Foot Path



VISTAS AROUND ON THE MID STATE TRAIL.

This view to the southeast from Tussey Mountain at Indian Wells on Big Flat, takes in Thickhead Mountain and Bear Meadows.

**The MST is a wild hiking trail built and maintained by volunteers. This brochure will get you started. For more information please see the order form located on the last page.**