



## Great Web sites Encouraging Family Physical Activity

### **Pennsylvania Trails for Hiking, Biking and More For the Entire Family**

#### **American Trails**

<http://www.americantrails.org/resources/statetrails/PAstate.html#Bicycling>

The world's largest online trails resource links you directly to a listing of hiking, mountain biking, road biking, and snow shoeing trails in Pennsylvania.

#### **TrailLink.com**

<http://www.trailink.com/trailsearch.aspx?tn=&st=PA&ct=&sp=N>

TrailLink.com is a FREE service of [Rails-to-Trails Conservancy](#), a non-profit dedicated to assisting local communities in converting unused railroad corridors into trails. Discover more than 30,000 miles of bike trails, walking trails, equestrian trails, and hiking and running trails including interactive trail maps, trail descriptions, photos, reviews and more. A listing of Pennsylvania hiking trails can be found at their Website.

#### **Trails.com**

<http://www.trails.com/toptrails.aspx?area=10013>

This list represents the most popular hiking, mountain biking, and road biking in Pennsylvania. Use this list to plan your next Pennsylvania trip. Select Pennsylvania and/or the activity to find the top trails in each category.

#### **Rails-to-Trails**

[http://www.railstotrails.us/pa\\_bike\\_trails.htm](http://www.railstotrails.us/pa_bike_trails.htm)

Rails-to-Trails provides a listing of bike trails in Western Pennsylvania.



## **North Country National Scenic Trail**

<http://www.nps.gov/noco/index.htm>

The North Country National Scenic Trail links scenic, natural, historic, and cultural areas in seven states—New York, Pennsylvania, Ohio, Michigan, Wisconsin, Minnesota and North Dakota. The North Country Trail passes through seven, mostly northern states. Winters can be extremely cold with a great deal of snow. Summers are mostly moderate, with occasional periods of hot weather. When completed, through the efforts of many [people](#), the trail will be the longest continuous hiking trail in the United States. The trail allows hikers to experience a variety of northern landscapes.

## **Potomac Heritage Trail**

<http://www.nps.gov/pohe/index.htm>

Experience the Corridor of Commerce First Imagined by George Washington. The Potomac Heritage National Scenic Trail is a network of locally-managed trails between the mouth of the Potomac River and the Allegheny Highlands. Through five geographic regions, the varied Trail segments are a means to explore the origins and continuing evolution of the Nation. To date, 830 miles of existing and planned trails have been recognized as segments of the Trail network in the District of Columbia, Maryland, Pennsylvania and Virginia.

## **Great Allegheny Passage**

<http://www.atatrail.org/>

Welcome to one of America's best bike trails, where you will discover a nearly level trail along winding rivers, shaded valleys, and traditional small towns. The Great Allegheny Passage (GAP) rail-trail offers 135 miles of hiking and biking between Cumberland, MD, and Duquesne, PA, near Pittsburgh. In Cumberland, the GAP joins the C&O Canal Towpath, creating a continuous trail experience, 320 miles long, to Washington, DC. The final few miles from Duquesne to Pittsburgh are still under construction. Check [Trail Status](#) for updates.

## **Hiking in Pennsylvania State Parks**

<http://www.dcnr.state.pa.us/stateparks/recreation/hiking.aspx>

Of all the activities found in Pennsylvania State Parks, hiking climbs to the top of the heap in popularity, versatility and accessibility for visitors of all ages. Hiking trails in state parks lead to beautiful vistas and waterfalls, or by wetlands bubbling with life, or through dark, old growth forests, and to uncountable adventures and chances to see wildlife. Some trails are scenic or leisurely, while others are self guiding educational or rigorous exercise.



## **Hiking in Central Pennsylvania and Around the State**

<http://www.pahikes.com/>

In looking for information on hikes in and around Central Pennsylvania, the creator of this site found that most web sites that had information about hiking did not provide enough details. Most Pennsylvania hiking web sites referred visitors to a book on hiking. On this web site you will find detailed maps for the hikes as well as hiking information such as length, elevation traversed, hiking times, as well as direction and coordinates to the trailhead.

## **Mountain Bike Pennsylvania**

<http://www.mountainbikepa.com/>

Mountain Bike Pennsylvania has a trail guide, photos, and events of interest to mountain bikers in Pennsylvania and surrounding areas. Such events include mountain bike races, club meetings, trail maintenance information, seminars, etc. Also posted here will be a schedule of group rides that you can join.

## **Pennsylvania Turnpike Bicycle Trail**

<http://www.thirdwave-websites.com/bike/PA-turnpike-bike-trail.cfm>

This is a ride along a 8 mile stretch of closed highway, formerly part of the Pennsylvania Turnpike on a stretch of former road including tunnels. Visit the link and read the experiences of one person to get an overview of the experience.

## **Free Wheeling Easy in Western Pennsylvania**

<http://shaw-weil.com/traildesc/desc-top.htm>

*Free Wheeling Easy in Western Pennsylvania* is a guide to easy traffic-free bicycling and walking trails [in Pennsylvania west of US219](#) [20K]. Summaries of a number of trails appear on the Website.