

Mountain Bike Trail Guide *to the* Bald Eagle State Forest *Central Region*

for use in conjunction with
the Mountain Bike Map
and the Bald Eagle State
Forest Public Use Map

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This guide features 25 off-road mountain bike trails in the Bald Eagle State Forest. They are all located near R. B. Winter State Park, totaling 48 miles of rideable trails -- with nearly 100 miles of connecting forestry roads.

Each trail is mapped and described according to:

- degree of difficulty
- length
- suggested direction to ride

Simple Rules for Better Rides

Wear a helmet. Always.

Avoid riding alone. If you do ride alone, stick to the dirt roads and easier trails. Tell someone where you are going and when you will return.

Carry a tube, pump and basic tools.

Carry the food, water, and clothing you might need.

Streams and mossy trails are fragile -- tread lightly.

Stay off the Mid State Trail (orange blazes).

Follow the IMBA Rules of the Trail.

Trail Rating System

E - Easy. Trail will be wide, fairly smooth, often grass-covered, well-marked, and relatively level.

M - Moderate. Trail may be narrow, steep, and contain some rocky sections. The less-experienced rider may need to walk parts of the trail.

A - Advanced. Trail may be very narrow, very steep, and/or very rocky. The trail may also be poorly marked and/or poorly maintained. Even the experienced rider may need to walk parts of the trail.

Bake Oven Trail

Difficulty: E

Length: 1.1 mi.

Direction: Either

Notes: Bumpy but not steep.

Ride only east of Boyer Gap Rd.

Bear Gap Trail

Difficulty: A

Length: 1.9 mi.

Direction: Ride north or south from Spring Mt. Tr. only

Notes: Both sides are steep; the north side is much rockier.

Black Gap Trail

Difficulty: A

Length: 3.0 mi.

Direction: Either

Notes: Fairly flat with extremely rocky sections. An old tramway.

Boiling Springs Trail

Difficulty: M

Length: 0.8 mi.

Direction: Either

Notes: Easy trail with one steep section

Cowbell Hollow Trail

Difficulty: M

Length: 2.8 mi.

Direction: W to E

Notes: A local favorite. At the end of the trail, ride behind cabin to find bridge over creek.

Dug Trail

Difficulty: E

Length: 1.1 mi.

Direction: Either

Notes: Easy climb over a small ridge.

Glen Cabin Trail

Difficulty: A

Length: 0.8 mi.

Direction: From Top Mt.

Tr.

Notes: Steep downhill, rocky at bottom.

Grosses Trail

Difficulty: A

Length: 1.4 mi.

Direction: From Spring Mt.

Tr.

Notes: Long, challenging downhill. Rocky at top, then very steep. Trail cuts left at the very end of Spring Mt. Tr. Look for blue blazes. Turn left at bottom to reach Spruce Run Rd.

Heintz Trail

Difficulty: E

Length: 1.6 mi.

Direction: Either

Notes: An old woods road.

Horse Path

Difficulty: M

Length: 0.9 mi.

Direction: Either

Notes: Climbs over a small ridge between Breon Rd. and McCall Dam Rd.

Jamboree Trail

Difficulty: E
Length: 3.4 mi.
Direction: From McCall Field Rd. to Tunis Rd.
Notes: An easy, grassy, gated logging road.

Mags Trail

Difficulty: E/M
Length: 1.2 mi.
Direction: See notes.
Notes: Section north of Heintz Tr. easy in either direction. Southern section is medium and should be ridden from Heintz Tr.

McCall Field Road

Difficulty: E
Length: 2.1 mi.
Direction: Either
Notes: A shaded, varied old woods road.

Negro Hollow Trail

Difficulty: M
Length: 4.5 mi.
Direction: from Old Shingle Rd.
Notes: An old woods road, with a steep, rocky section east of Dug Tr. Can be very muddy.

Old Tram Trail

Difficulty: A
Length: 1.8 mi.
Direction: From Sand Mnt. Rd.
Notes: Rocky, but not very steep.

Round Top Trail

Difficulty: E
Length: 2.1 mi.
Direction: W to E
Notes: Wide, grassy trail. To find trailhead: ride out to radio tower, turn around and begin return same way. Trail bears off to the left fairly soon.

Schade Trail

Difficulty: M
Length: 0.9 mi.
Direction: From Tunis Rd.
Notes: Up and over a small ridge. Not rocky. A thrilling downhill.

Schroyer Trail

Difficulty: A
Length: 1.0 mi.
Direction: From McCall Dam Road.
Notes: Up and over a small ridge. North side steep and barely rideable.

Spring Mountain Trail

Difficulty: E
Length: 3.3 mi.
Direction: Either
Notes: Old woods road. A fun trail to ride out-and-back, if you do not want to try any of the fine side trails.

Stony Gap Trail

Difficulty: A
Length: 1.1 mi.
Direction: From Spring Mnt. Tr.
Notes: Steep and rocky near the bottom.

Stony Hollo

Difficulty: M
Length: 1.5 mi.
Direction: SW to NE
Notes: Follow blue blazes. Unrideable at bottom.

Swenks Gap Trail

Difficulty: A
Length: 0.8 mi.
Direction: From Heintz Tr.
Notes: Heading south from Heintz Tr. climb short distance to very steep, loose downhill; few can ride it. North section easier and shorter.

Top Mountain Trail

Difficulty: E/M/A
Length: 4.8 mi.
Direction: Either
Notes: A unique trail for all abilities: the novice can walk the steep or rocky sections and the expert can try to ride the entire length without putting a foot down!

West Swenks Trail

Difficulty: M
Length: 1.6 mi.
Direction: Either
Notes: Must be ridden out-and-back. Go to end of Swenks Rd. and proceed straight past cabin. Trail crosses stream twice.

White Deer Creek Trail

Difficulty: M
Length: 1.8 mi.
Direction: W to E
Notes: A challenging trail but not too steep. Walk through creek at end of trail.

International Mountain Bike Association

"Rules Of The Trail"

- ***Ride on open trails only***
- ***Never spook animals***
- ***Always yield trail***
- ***Control your bicycle***
- ***Leave no trace***
- ***Plan ahead***