



2013 PROWL THE SPROUL HIKE SCHEDULE

Note: Schedule is subject to change. Pre-registration for your chosen hike(s) is highly encouraged. All hikes are limited to 20 participants. Contact Shanna Klucar, KTA Program Administrator, at ктаadmin@verizon.net or 717.238.7017 to pre-register for the hikes of your choice! Include your full name, the day(s), hike #(s), and hike name(s) of your preference. Pre-registrations are welcome between now and July 15. Hikes without any registrants by 6 PM on Friday, July 19 may be eliminated from the weekend schedule.

Friday, July 19: Hikes depart at 12:30 PM from the WCSA

Hike #1: **COOL HIKE!** Pat Reeder's Loop Hike (AKA "The Bar Hike") - 6 miles

Description: Back by popular demand! Hike starts and ends at historic Pat Reeder's Tavern. A nice hike in cool hollows, with an optional Tavern stop at the end. This has been a Prowl the Sproul favorite for many years! **Highlights:** Reeder's Trail, Boyer Trail, Benson Trail, snowmobile trail, and a gas well pad.

Hiking Distance: 6 miles, 3-4 hours

Difficulty: Moderate terrain; moderate pace. One short climb.

Driving Time: Loop Hike, 7 miles, 20 minutes (all paved road)

Suggested: Camera, trekking poles, hat, water

Hike Leader: Jim Bratton

Hike #2: Donut Hole Trail – Trout Nursery – 7 miles

Description: Fairly short climb up Seven Mile, a few short steep descents in Laurelly, hike along scenic Laurelly Fork. End with a tour at one of the oldest trout nurseries in Pennsylvania (it has been modernized)! (Note: This hike can be turned into a loop, if preferred, by walking on 1 mile of hard road). **Highlights:** cool Laurelly Fork, Six Mile Road, First Purchase Monument (first purchase of state forest land in Pennsylvania), bridge over Seven Mile (steel I-beams), and wildflowers along cool Seven Mile Hollow.

Hiking Distance: 8 miles, 4-5 hours

Difficulty: Rugged terrain, brisk pace, Moderate/Moderately strenuous hike due to climb, short/steep descents, and brisk pace.

Driving distance: Shuttle Hike (fast/ easy to set up!), 8 miles, 10 minutes (paved road)

Suggested: camera, trekking poles, water

Hike Leader: Todd Myers, Wildflower Expert

Saturday, July 20: Hikes depart at 8:30 AM from the WCSA

Hike #1: NEW HIKE! Sproul Adventure Loop Hike – 6.4 miles

Description: Explore some exciting new country only seen during Prowl the Sproul! Hike includes Sled Road Hollow and Chuck Keiper Trail. **Highlights:** “Snake compressor” (station’s warmth attracts rattlesnakes), gas well, vista, rock vista. Bring a camera!

Hiking Distance: 6.4 miles, 4-4.5 hours

Difficulty: Moderately Strenuous

Driving distance: 15 miles/ 20 minutes

Hike Leader: Mike Davis

Hike #2: NEW HIKE! COOL HIKE! Paddy’s Run to Lunger’s Camp Shuttle Hike – 5.5 miles

Description: One of our new “cool” hike options! Start at Paddy’s Run Trailhead (Hensel/Pfoutz Valley Rd). Proceed down to Paddy’s Falls—the coolest spot in the District (at least 20 degrees cooler than anywhere else)! Finish by hiking the Dark Hollow Trail, to Lunger’s Camp. Beat the heat with this hike!

Hiking Distance: 5.5 miles, 3-4 hours

Difficulty: Moderate/ Rugged terrain, Moderate pace, with a 300’ descent and climb out of Paddy’s Falls.

Driving Time: Shuttle Hike, 21.5 miles, 35 minutes

Suggested: camera, water, trekking poles, sturdy/ waterproof boots (some stream crossings in Dark Hollow)

Hike Leader: Randy Louie

Hike #3: Chuck Keiper Trail – Little Beaver Loop Hike – 4.0 miles

Description: The hike starts at Fish Dam Vista. Proceed down to wildlife refuge monument and Swamp Branch Vista. Then hike on a KTA relocated trail to Little Beaver Trail around East Branch Swamp, then on Chuck Keiper Trail back to Fish Dam Vista. A good family-friendly hike. **Highlights:** Stop off at two short trails to observe plants in the swamp, possible bear sightings.

Hiking Distance: 4.0 miles, 4-5 hours

Difficulty: Easy to Moderate; fairly level terrain.

Driving Time: 12 miles (just off Route 144 close to I-80), 20 minutes (all paved road)

Hike Leader: Lin Greenaway, Wetland Plant & Wildflower Expert

Hike #4: NEW HIKE! COOL HIKE! Kettle Creek Railroad – Young Woman’s Creek Loop Hike – 8.5 miles

Description: Start at the old Kettle Creek railroad site, travel up Greenlick and Little Greenlick, Bobsled Hollow, Long Hollow, Morgan Hollow, Patchel Trail grade to Young Woman’s Creek. Highlights include an old CCC camp and the bridge over Young Woman’s Creek. Most of the hike is in cool areas. Hike finishes with a stream crossing—you may get wet feet!

Hiking Distance: 8.5 miles, 4-5 hours

Difficulty: Rugged/Strenuous terrain (several short steep climbs), Brisk pace; overall a strenuous hike

Driving Time: Loop Hike, 12 miles, 25 minutes

Suggested: Waterproof shoes, camera, trekking poles

Hike Leader: Eric Probert

Hike #5: NEW HIKE! COOL HIKE! Rattlesnake Run Hike – 5.0 miles

Description: Out and back to waterfalls, through large rhododendron patches! A cool place to be on a hot summer’s day.

Highlights: This is in “bear country” – bring a camera, you may see a bear or a rattlesnake!

Hiking Distance: 5 miles, 3-4 hours

Difficulty: Easy to Moderate

Driving distance: 10 miles/ 15 minutes

Suggested: Waterproof shoes, camera

Hike Leader: Tim Fenton

Hike #6: COOL HIKE! Baker's Run Loop Hike - 5.5 miles

Description: Baker’s Run --Shoemaker--Clendenin Loop. Hike along "cool" Baker's Run and Clendenin Run – perfect for a hot summer’s day! **Highlights:** 9 stream crossings (water level is typically low this time of year), 2 vistas, unique rock formations in Baker's Run, Clendenin railroad grade, unique wildlife.

Hiking Distance: 5.5 miles, 3.5-4.5 hours

Difficulty: Moderate/Moderately Strenuous .

Driving distance: 17 miles/ 30 minutes.

Suggested: Waterproof shoes, camera

Hike Leader: Sam Werts

Hike #7: Chuck Keiper Trail Loop Hike - 9 miles

Description: See four KTA-built bridges (three on the cross-connector), hike through parts of East Branch Swamp, Swamp Branch trail, Monument Trail. **Highlights:** Swamp Branch Vista, Fish Dam Vista

Hiking Distance: 9 miles, 4-5 hours

Difficulty: Moderately strenuous/Strenuous.

Driving distance: 10 miles/ 20 minutes (all paved road)

Suggested: trekking poles

Hike Leader: Ted Ligenza

Hike #8: Round Island Falls Loop Hike - 6 miles

Highlights: Explore country only seen on Prowl the Sproul. Hike on Round Island Run Trail (the perfect place to be on a hot summer's day!), Jacob's Hollow Trail, and Cut Off Trail. **Highlights:** Round Island Falls, County Line Vista. Bring a camera – a picture of the falls is featured in the Clinton County Tourism Program.

Hiking Distance: 6 miles, 4-5 hours

Difficulty: Moderately strenuous.

Driving distance: 33 miles/ 45 minutes (dirt roads have been greatly improved in this area)

Suggested: trekking poles

Hike Leader: Jason Bratton

Hike #9: Eagleton Mine Camp Trail Shuttle Hike - 3.9-5.5-8.9 miles (hiker's choice!)

Highlights: Gentle Ridge Top Trail, Huckleberry Trail, gypsy moth salvage sale, deer exclosures, Marcellus gas well, Smokehouse hollow, hike near large timber salvage cut.

Hiking Distance: 3.9-5.5-8.9 miles, 3-6 hours (hiker's choice!)

Difficulty: Easy/ Moderate/ Moderately Strenuous (depending on length of hike chosen)

Driving distance: 16.3 miles (3 miles of dirt road)/ 20 minutes

Hike Leader: Bill Hamilton

Hike #10: Kettle Creek Day Loop Trail - 6.8 miles

Highlights: Kettle Creek Vista (one of the most popular vistas in the area!), Alice's Trail, Honey Run Bridge, Birch's Rocks, Pines in Butler Hollow, Nature Trail, Bush Dam Overlook. This trail was chronicled in the Williamsport Sun Gazette.

Hiking Distance: 6.8 miles, 4-5 hours

Difficulty: Moderately Strenuous/Strenuous

Driving distance: 18 miles (all paved road)/ 30 minutes.

Suggested: trekking poles, camera (for Kettle Creek Vista!), snacks, water.

Hike Leader: Ray Johnson

Hike #11: Baker's Run Loop Hike - 12 miles – GUT-BUSTER!

Highlights: Start at Baker's Run, hike up Teats Trail, to McCloskey, then to the PPL power line. Pass Bucktail Park Natural Area, hike down cool Eagleton Run and Baker's Run.

Hiking Distance: 12 miles, 5-6 hours

Difficulty: Rugged terrain, moderate pace, overall a moderately strenuous/strenuous hike due to 1,000-feet of climbing

Driving Time: 7 miles/ 10 minutes

Suggested: Water, camera, trekking poles, sturdy footwear, lunch

Hike Leader: Butch Davey

Hike #12: Hammersley Hike – Beach Bottom Natural Area - 10 miles .

Description: Hike the Hammersley Wild Area. This hike will take you on four separate trails through the Hammersley. You will walk a large flat on Trout Run Ridge Trail, descend into Beech Bottom on Beech Bottom Trail and enjoy a cool walk up Nelson Branch and McDonald Hollow Trails. **Highlights:** 158-acre stand of old growth timber along Beech Bottom Trail.

Hiking Distance: 10 miles, 6-7 hours

Difficulty: Difficult/ Strenuous

Driving Time: 20 miles/ 35 minutes

Suggested: trekking poles, water, sturdy footwear, lunch, long pants, insect repellent, camera

Hike Leader: Nate Confer

Sunday, July 21: Hikes depart at 8:30 AM from the WCSA

Hike #1: NEW HIKE! COOL HIKE! Mudlick-Stout Loop - 6 miles

Description: You will hike up and down through a cool hollow; this is a neat, new country to explore! **Highlights:** Large white pines in Mudlick; possible wildlife sightings

Hiking Distance: 6 miles, 4-5 hours

Difficulty: Moderately strenuous because of climb

Driving distance: 12 miles/ 15 minutes

Leader: Shaun Hamburger

Hike #2: NEW HIKE! COOL HIKE! Donut Hole Trail Hike – 6 miles

Highlights: Small black locust grove, rare butternut tree, possible bear sightings, white oak forest, cool Ferney Hollow, Fibbers Vista. Perfect Sunday hike for those heading home towards Lock Haven.

Hiking Distance: 6 miles, 3-4 hours

Difficulty: Moderate

Driving distance: 20 miles/ 30 minutes

Hike Leader: Steve Melman

Hike #3: Chuck Keiper Shuttle Hike - 5 miles

Description: Hike from Wildlife Monument to Drake's Hollow (all downhill!). A good Sunday hike with easy access to Rt. 144.

Highlights: Drake's Falls, Big Rock Vista, Fish Dam Vista, Swamp Branch Vista.

Hiking Distance: 5 miles, 3-4 hours

Difficulty: Moderately Strenuous/Strenuous

Driving distance: 8.5-15.5 miles (all paved road) driving/ 25 minutes

Hike Leader: Jeff Simcisko

Hike #4: COOL HIKE! Paddy's Run Falls Out & Back - 4 miles

Description: An easy hike on Paddy's Run Trail then a short steep descent to Paddy's Falls. The Trail has recently been improved to Paddy's Falls. Quite the temperature change, especially on a hot summer day. See a hidden jewel of the Sproul.

Hiking Distance: 4 miles, 2-3 hours

Difficulty: Easy/Moderate. Linear/ Out-and-back hike.

Driving distance: 21.5 miles/ 35 minutes

Hike Leader: Bob Fitterling

Hike #5: Western Clinton Sportsman's to Hyner View Loop Trail - 6 miles

Description: Hike up Huff Run to Hyner View, and back to Western Clinton Sportsman's Association. **Highlights:** Beautiful wildflower specimens along trail; hike sections of the Hyner View Challenge. Bring a camera – the views from Hyner View are incredible!

Hiking Distance: 6 miles, 3.5-4.5 hours

Difficulty: Strenuous because of climb up Huff Run

Driving distance: None – starts and ends at the WSCA!

Leader: Brad Myers