



TRAIL DESCRIPTIONS

- Bear Brook Trail:** This is a beautiful trail that follows the inspiration for the Park's name, Bear Brook. The trail is well shaded and stays relatively cool even in the heat of the summer. If you enjoy the sounds of running water and the occasional brook trout, this is an excellent trail. **Difficulty: moderate**
- Bear Hill Trail:** The relatively short and steep Bear Hill Trail leads the hiker to one of the higher points within the park. This is a fun trail to mountain bike; it is not quite as difficult as Catamount Trail. **Difficulty: moderate to difficult**
- Beaver Pond Trail:** This trail is a mile and a half loop that starts in the campground and returns to the campground. The trail has a recently built bridge equipped with a bench that provides an excellent viewing area for observing sunsets and the local birds that congregate around the lake. In late summer, wild high-bush blueberries can be enjoyed while basking in the open air of the bridge. (Parking at the campground is for campers only. Day-use hikers can use the hiker/biker lot) **Difficulty: easy to moderate**
- Black Hall Road:** This little known trail provides access to a truly diverse area of the park. The land accessed by Black Hall Road has been managed through controlled burns to provide diversified habitat for various animals. The area consists of pitch pine forests, low-bush blueberry meadows, stands of aspen, and an early succession meadow that will eventually develop into a full forest. **Difficulty: easy**
- Bobcat Trail:** This is a narrow trail that is excellent for hiking, biking, and cross-country skiing in the wintertime. However, after rainy periods, the trail can get quite muddy in areas. Bobcat also provides access to a red pine stand that was planted as a tree plantation during the 1930's by the Civilian Conservation Corps. The red pine stand is notable for its incredibly open understory. **Difficulty: moderate**
- Broken Boulder Trail:** This trail is divided by Spruce Pond Road. The southern part of the trail is fairly wide and can become rather muddy. This side of the trail does provide access to the foundation of an old mill and a few brook crossings. The northern side of the trail leads to Smith Pond. This is a beautiful area with access to a lean-to. Camping is prohibited at the lean-to. The trail north of campground road is a bit narrower. A great trail for cross-country skiing in the winter. **Difficulty: moderate**
- Carr Ridge Trail:** A somewhat narrow and rocky trail. This trail does provide winter, late fall, and early spring vistas, but the summer foliage does tend to obscure them. Starting from east to west, this trail is a fun but difficult bike ride. It becomes even harder if you head from the west to the east. **Difficulty: moderate to difficult**
- Cascade Trail:** Coming from One-Mile Road, Cascade begins with a short wooden staircase and then becomes a narrow trail running parallel with Catamount Brook. This is a beautiful section of trail but mountain bikers and equestrians should avoid this section to help reduce erosion. After crossing the brook, Cascade becomes a rocky trail moving up and down various hills. **Difficulty: moderate to difficult**
- Catamount Trail:** Catamount provides access to one of the best open lookouts in the entire park. This vista is just before the actual peak. Catamount is a fairly steep trail and can be quite rocky at times. The peak is an open outcrop of granite but is not above tree line. **Difficulty: difficult**
- Chipmunk Trail:** Chipmunk is divided by Spruce Pond Road. The northern section is a great trail, with multiple stream crossings and opportunities to view some historic aspects of the park. The Leavitt Cemetery is located on Chipmunk Trail. This cemetery, once owned by the Leavitt family, highlights how the town of Allentown was once located within the boundaries of the present park. There is also an old forest demonstration area sign on Chipmunk. The southern section of the trail was lost during a logging operation and can be difficult to follow. **Difficulty: moderate**
- Lane Trail:** This old woods road is a great trail to take large groups out on since it is fairly wide and provides a decent walking surface. Lane Trail travels through two meadows (great areas for bird watching) and then travels down into a lowland forest area near Bear Brook. **There are some steep sections of this trail but overall it is fairly moderate.**
- Little Bear Trail:** A short, steep trail, excellent for the advanced mountain biker or the serious hiker. This short trail is relatively rocky and has some decent roots to navigate. **Difficulty: difficult**



13. **Lynx Trail:** A steep trail with some interesting outcrops of granite as well as an opportunity to see one of the smaller, less-visited marshes in the park. By Podunk Road, Lynx Trail takes you through an area that was once logged and is fairly open. **Difficulty: moderate to difficult**
14. **Hall Mountain Trail:** This is a wide trail that provides access to the highest peak in the park. The top of Hall Mountain is an open, shrubby area with some large, flat, exposed outcrops of granite. An excellent spot to do some bird watching. The trail is used primarily by snowmobiles in the winter. **Difficulty: moderate to difficult**
15. **Hayes Farm Trail:** This wide trail provides access to the biggest accessible marsh in the park. Boating is allowed on the marsh, and the views from Hayes Farm Trail are pretty spectacular. This is an excellent area to catch sight of moose and various birds such as great blue herons and bitterns. **Difficulty: moderate**
16. **Hedgehog Ledge Trail:** This is a trail that is worth checking out as it traverses through a somewhat unique area of the park. The trail passes through an area full of huge boulders and large walls of rocks. These rocks provide excellent habitat for porcupines – the animal that the trail was improperly named after. Hedgehog Ledge Trail also passes by a small brook surrounded by ferns and greenery. **Difficulty: easy to moderate**
17. **Ferret Trail:** This trail provides access for two excellent trails – the Hedgehog Ledge Trail and the Bear Hill Trail. It also provides views of Bear Hill Pond, which is utilized by the 4-H camp during the summer months. Ferret is a wide trail and is in good shape. **Difficulty: easy to moderate**
18. **Lost Trail:** Lost is split into two sections, a southern route that brings you by the Old Reservoir and a more northern section. The Old Reservoir is a scenic area with old rock structures and a pond. If you enjoy adverse conditions and serious mud, then check out the southern route. The northern trail is in much better shape, is less muddy, and is much more maintained. If planning a trip out to the reservoir, I recommend taking the northern trail and then looping down the southern to avoid the section between the reservoir and lowland trail. **Difficulty: moderate (depending on conditions)**
19. **Lowland Trail:** A wide snowmobile trail without many scenic views. Great in the winter. Not much to see in the summer other than some swampy areas between Hedgehog and Hayes Farm Road. **Difficulty: easy to moderate**
20. **Pioneer Trail** (not on map but located within the Museum Complex): This is a self-guided trail located to the south east of the Nature Center. Trail guides can be borrowed from the Nature Center. Pioneer is a short trail with much to offer. It contains an old graveyard, access to Bear Brook, a red pine plantation, and much more. **Difficulty: easy**
21. **Pitch Pine Trail:** A great trail to cross-country ski in the winter. Pitch Pine rolls over small hills and is a relatively narrow trail. This trail will also provide you with access to the archery range and archery pond, a fly-fishing-only pond. **Difficulty: moderate**
22. **One Mile Trail:** This is an old woods road that primarily functions to provide day-users with access to the many trails located in the northwestern area of the park. The trail itself is wide, very accessible, and is well maintained. It eventually turns into Lane Trail. **Difficulty: easy**
23. **Salt Lick Trail:** This meandering trail is excellent for skiing in the winter and for hiking or biking in the summer. It is relatively short but it is a good alternative to traveling along Podunk Road, if you are trying to avoid car traffic. **Difficulty: moderate**
24. **Sentinel Pine Trail:** This trail is very similar to Carr Ridge Trail, although it is a little less rocky and a little easier on the feet. The trail does lead to a scenic quick stop by Catamount Brook. The section of trail between Cascade Trail and One Mile Trail is very steep. **Difficulty: moderate**
25. **Short Cut Trail:** A quick way to return from a jaunt up to Catamount, Short Cut is relatively steep since it covers a lot of elevation gain in a short distance. **Difficulty: moderate**
26. **The Workout Trail:** Located in the Catamount Pond parking lot, this is a fun way to exercise in the woods. This 1¼ mile trail contains 20 different workout stations, ranging from monkey bars to sit-up structures. **Difficulty: however hard you choose to make it!!**

ALWAYS HIKE SAFELY AND REMEMBER THESE TIPS:

- Bring along a map, food, and at least two quarts of water.
- Hike with a friend or tell someone where you plan to go.
- Prepare for the weather.
- Keep your impact on the environment to a minimum by carrying out all trash!