

# HIKING TRAILS FOR WELLNESS



GET OUTSIDE  
GET HEALTHY



# LACAWAC

Sanctuary Field Station  
AND ENVIRONMENTAL EDUCATION CENTER





# *Unplug and reconnect with nature's power*

Our lives are filled with hours parked in front of televisions or using electronic devices. Prolonged sitting can lead to increased weight and reduced circulation, which may lead to all sorts of health issues. Unplug from the fast pace of technology and enjoy the healing and rejuvenating power of nature.

Reconnecting with nature is a great time to reconnect with friends and family. Invite a friend to join you on a stroll or take your kids for a bike ride.

The Get Outside, Get Healthy! Field Guide, organized by Lacawac Sanctuary, is available to help everyone achieve better health through activity in local parks, trails and green spaces. Participants can connect with nature through various hiking trails and facilities throughout Wayne and Pike Counties. Get Outside, Get Healthy connects individuals with healthy outdoor play in their communities.

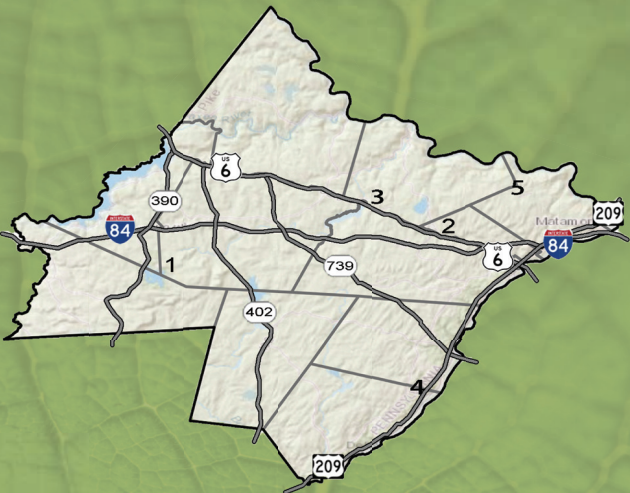
Explore parks, trails, lakes, rivers and more right in your community!



## NEPA Counties



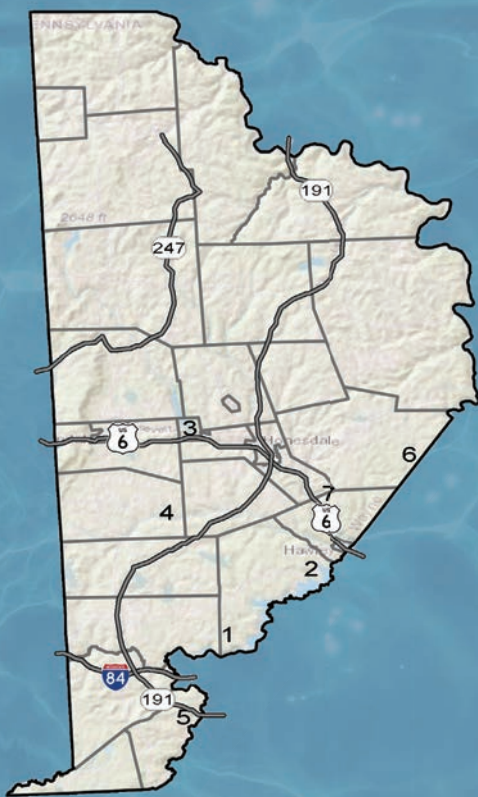
## Pike County



1. Promised Land State Park
2. Cornelia and Florence Bridge Preserve
3. Shohola Falls Trails
4. Pocono Environmental Education Center
5. Stairway Lake Wild Area



## Wayne County



1. Lacawac Sanctuary
2. Shuman Point
3. Prompton State Park
4. Varden Conservation Area
5. Carlton Drake Memorial Park
6. Cobey Pond Trail
7. Dorflinger-Suydam Wildlife Sanctuary





# *Promised Land State Park*



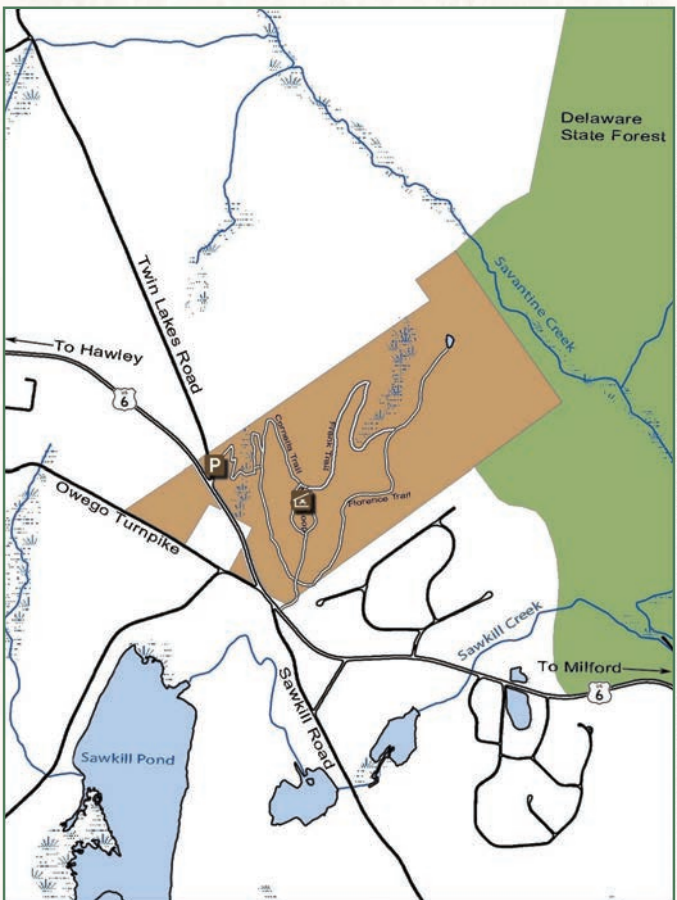
100 LOWER LAKE RD  
GREENTOWN, PA 18426  
(570) 676-3428

[WWW.DCNR.PA.GOV/STATEPARKS/FINDAPARK](http://WWW.DCNR.PA.GOV/STATEPARKS/FINDAPARK)  
[PROMISEDLANDSP@PA.GOV](mailto:PROMISEDLANDSP@PA.GOV)

About 3,000 acres in size, Promised Land State Park is on the Pocono Plateau, 1,800 feet above sea level, and is surrounded by 12,464 acres of the Delaware State Forest, including natural areas. Visitors can enjoy: fishing and boating in two lakes, rustic cabins, camping, miles of hiking trails, and exploring the forests. Environmental Education programming is offered from April through October. From Memorial Day through Labor Day, interpretive and recreational programming is offered on Fridays and Saturdays. From late June through early September, the park offers a weekly nature arts and crafts program for children of all ages that is organized by conservation volunteers.



# *The Cornelia and Florence Bridge Preserve*



Cornelia Trail - .64 miles (stone dust)  
May Loop - .28 miles (grass)  
Florence Trail - 1.19 miles (earth)

983 TWIN LAKES RD  
MILFORD, PA 18337

[WWW.DINGMANTOWNSHIP.ORG/  
PARKRELATED/BRIDGEPARK.HTML](http://WWW.DINGMANTOWNSHIP.ORG/PARKRELATED/BRIDGEPARK.HTML)



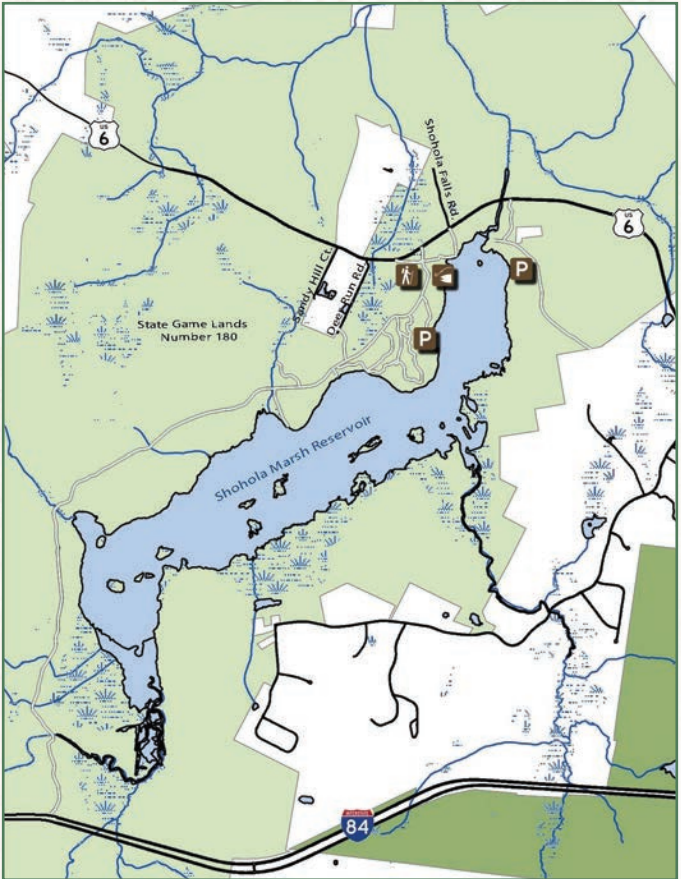
Through donation, Dingman Township became the current owner of the 317-acre Bridge Preserve in 2007. Historic Route 6 bisects the preserve and essentially splits the property into two parcels – a 250-acre parcel north of Route 6 in western Milford Township and a 67-acre parcel south of Route 6 in northeastern Dingman Township. A small 0.3 acre pond was built in the northern parcel and an old single-room schoolhouse is present along Route 6.







# Shohola Falls Trails

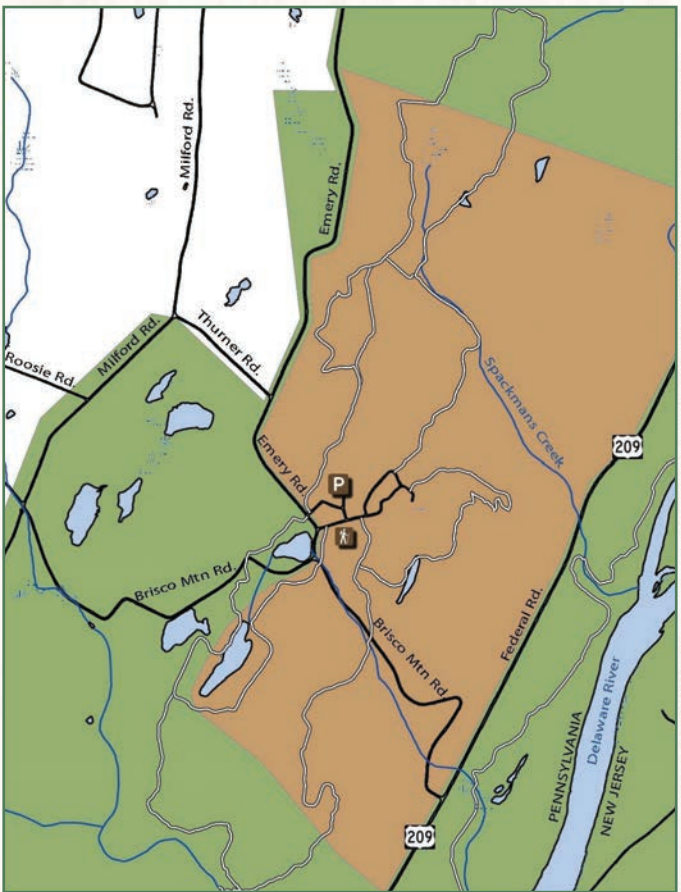


**BROOKS RD, ROUTE 6  
SHOHOLA, PA 18458**

Shohola Falls Trail is a moderately trafficked loop trail that features a lake and is good for all skill levels. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on leash. Along Shohola Creek there are numerous cascades, deep holes and steep ledges where water rushes over a final set of falls onto the flatland.

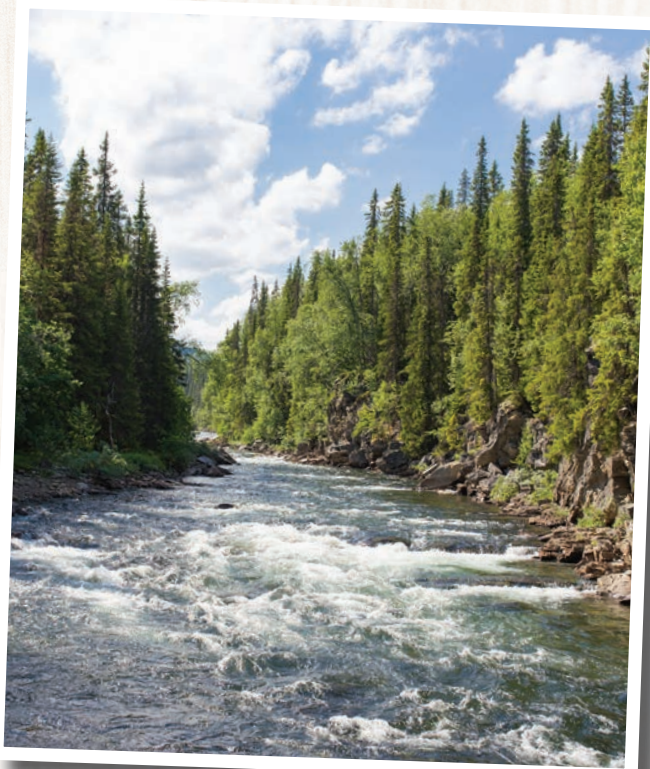


# Pocono Environmental Education Center



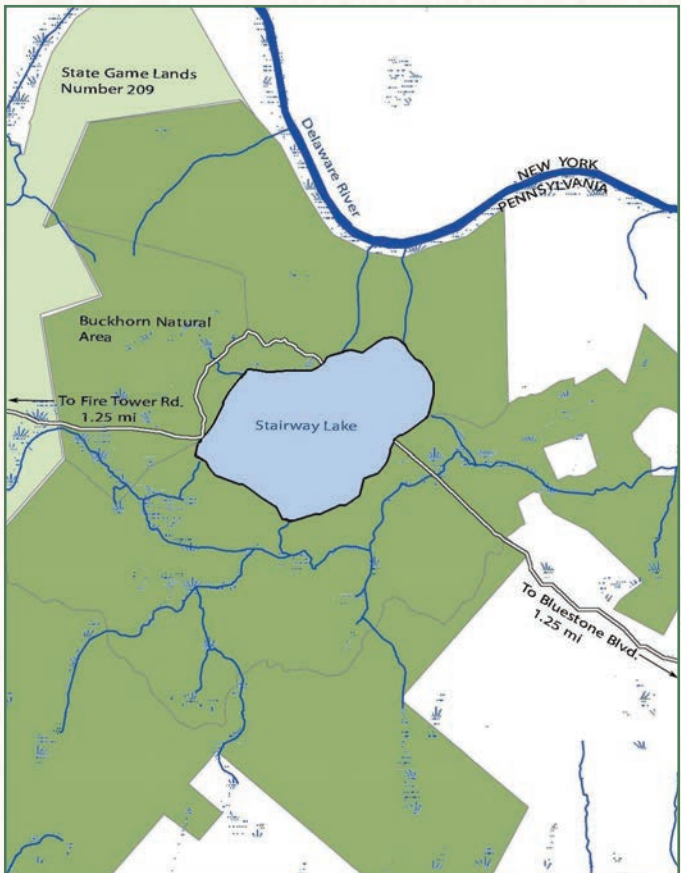
538 EMERY RD  
DINGMANS FERRY, PA 18328  
(570) 828-2319  
WWW.PEEC.ORG

PEEC is a private 501(c)(3) non-profit organization and is the education partner of the National Park Service in the Delaware Water Gap National Recreation Area. This unique public/private partnership has served the education community for over forty years. The enjoyment and study of nature and natural systems is a focal point at PEEC. PEEC's proximity to 200,000 acres of public lands, including the Delaware Water Gap National Recreation Area (DWGNRA), numerous state parks, forests, and game lands offers a world of opportunities for visitors to explore, such as: shady hemlock gorges, the scenic Delaware River, diverse lowland and upland forests, fields, ponds, streams, and waterfalls, the unique flora and fauna found in boreal bogs, a quarry containing 400 million year-old fossils.





# *Stairway Lake Wild Area*



**WESTFALL TOWNSHIP, PA 18337**  
**GPS - 41.40053 - 74.77994**

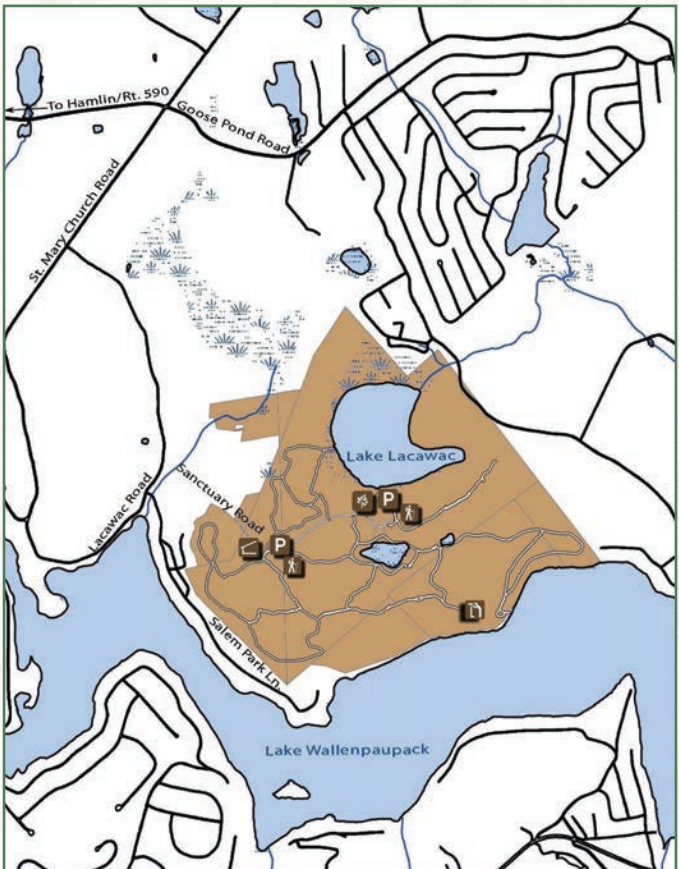
Stairway Wild Area encompasses 2,882 acres in Pike County, Pennsylvania and is managed by the Department of Conservation and Natural Resources – Bureau of Forestry. Stairway Wild Area is bordered on the west by State Game Lands 209 and Buckhorn Natural Area. The Delaware River forms the northern border of Stairway Wild Area and the border between Pennsylvania and New York.

Stairway Wild Area is diverse with extensive dry oak ridge tops, pine and mountain laurel and also the blueberry, hemlock wetlands that provide excellent habitat for wetland species such as snowshoe hare and black bear. The ridge tops are dotted with large bluestone outcroppings.





# *Lacawac Sanctuary*



94 SANCTUARY ROAD  
LAKE ARIEL, PA 18436  
(570) 689-9494  
[WWW.LACAWAC.ORG](http://WWW.LACAWAC.ORG)  
[INFO@LACAWAC.ORG](mailto:INFO@LACAWAC.ORG)



Lacawac's mission is to preserve the natural beauty of Lake Lacawac, its watershed and surrounding lands, to conduct long-term research on natural systems as part of a global effort to understand and protect the Earth's biodiversity, and to increase appreciation of this effort through innovative, field-based educational programs for students, teachers, and the community. Nestled on five hundred fifty acres near the shores of Lake Wallenpaupack in the Northern Poconos, Lacawac Sanctuary is an environmental education center, biological field station and historic landmark.

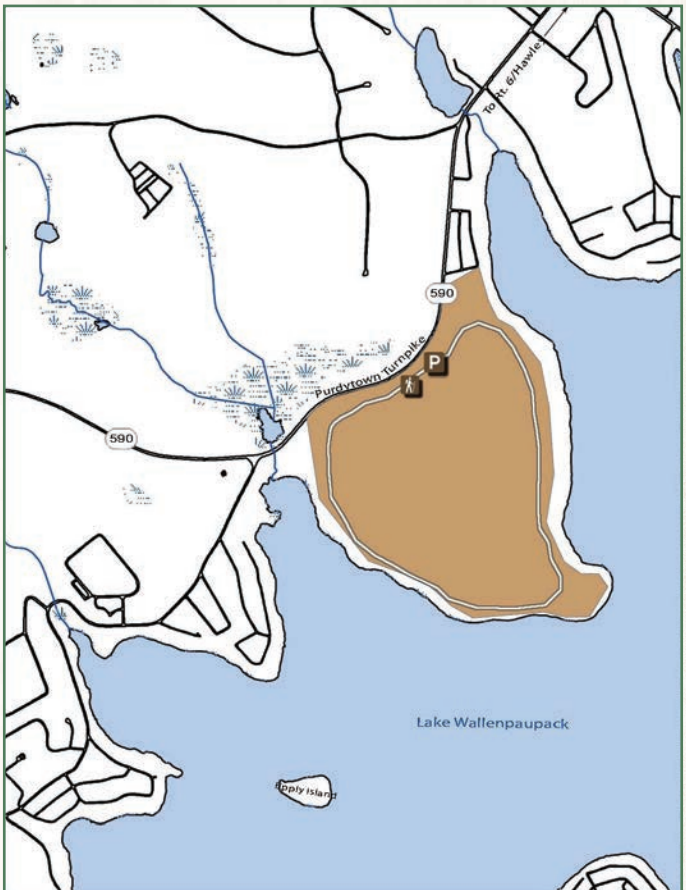
Visitors have the opportunity to enjoy a rich outdoor education and exposure to a blend of diverse habitats including wetlands, open fields, forests, and Lake Lacawac which is a National Natural Landmark. To fulfill our mission of Research, Education and Preservation, Lacawac offers environmental education and public programs to the community by communicating the core values of environmental responsibility, citizenship, inclusiveness, and the pursuit of knowledge.

Lacawac also provides 9 miles of hiking trails open to the public, free of charge, from dawn to dusk year-round.





# *Shuman Point Hiking Trail*



**1237 PURDYTOWN TURNPIKE  
LAKEVILLE, PA 18438**

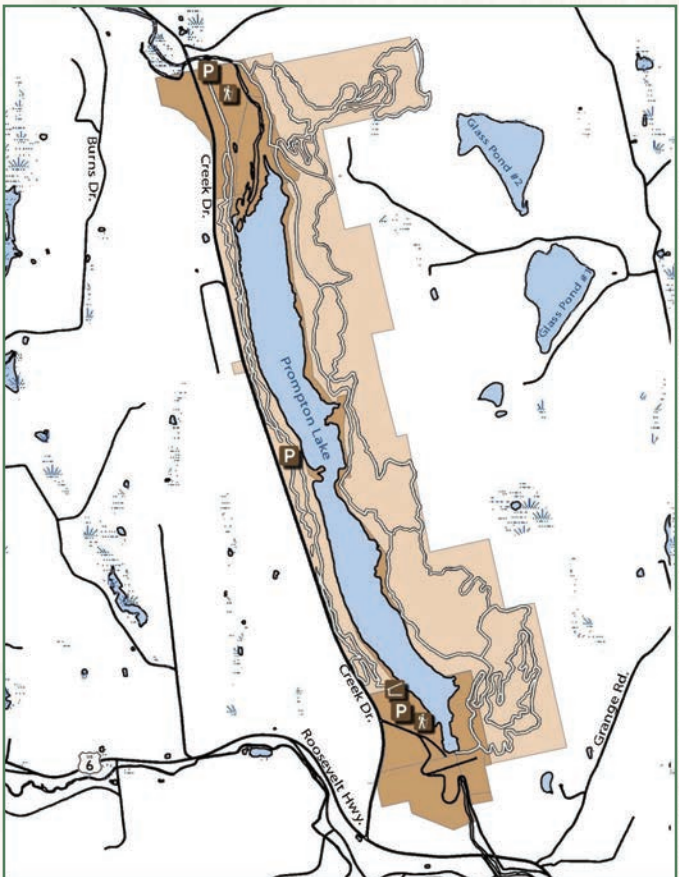
The Shuman Point Natural Area is a 250-acre piece of land located right on the shores of Lake Wallenpaupack. This slice of natural Poconos paradise is one of the last areas on the lake that has not been developed, meaning you'll be able to reconnect with the beauty of uninterrupted nature during your visit.

Also known as the Wallenpaupack Lake Trail, the 3-mile Shuman Point Hiking Trail is considered an easy hike (and it's dog-friendly). You'll find the trailhead in the large parking area on Purdytown Turnpike. From this point, the trail branches in two separate directions, but most find it easier to begin in the counterclockwise direction towards the right on the parking lot. The trail will continue through the dense forests for about 10-15 minutes until you reach the shores of the lake. For the remainder of the hike, you'll enjoy spectacular views of Lake Wallenpaupack's shimmering blue waters, stone walls from an old farming field, and a lush roadbed. Don't forget to bring your cameras for this journey!





# Prompton State Park



PA-170

PROMPTON, PA 18742

(570) 945-3239

[WWW.FRIENDSOFPROMPTON.COM](http://WWW.FRIENDSOFPROMPTON.COM)

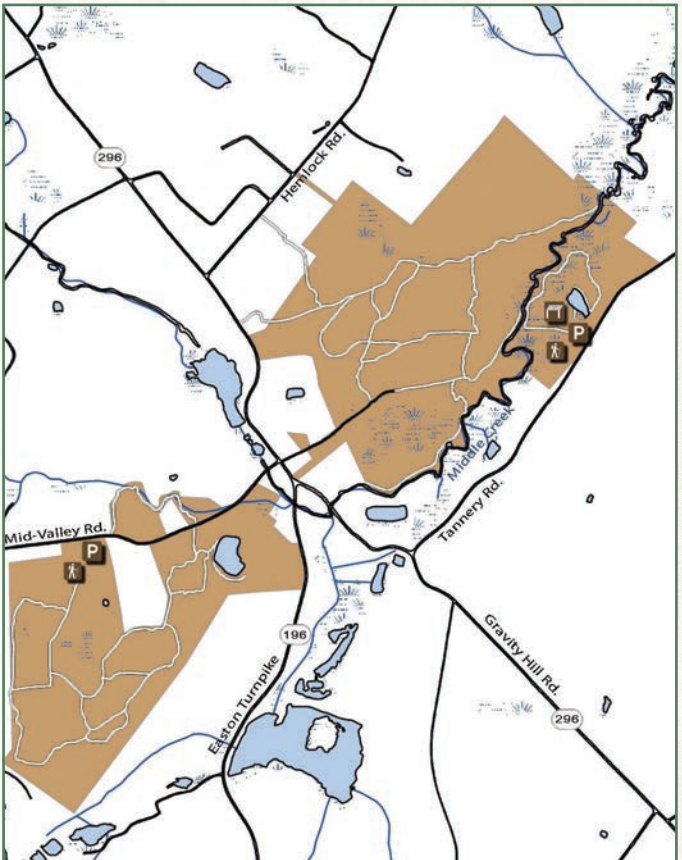
[WWW.DCNR.PA.GOV/STATEPARKS/FINDAPARK](http://WWW.DCNR.PA.GOV/STATEPARKS/FINDAPARK)

Prompton State Park is a 1500 acre tract of land shared by the Pa. Department of Conservation and Natural Resources and the U.S. Army Corp. of Engineers. It contains a 280-acre lake. The entire park is available to the public for various activities that include: hiking, mountain biking, snowshoeing, back country skiing, paddling, fishing, hunting, geo-caching, and disc golf. The park includes: 1,500 acres of public land with 22.9 miles of multi-use trails; 280 acre lake with 6.25 miles of shoreline for paddling, fishing, and birding; Picnic facilities and pavilion; and Public Boat Launch.





# *Varden Conservation Area*



1062 MID VALLEY RD  
MID VALLEY RD & TANNERY RD  
LAKE ARIEL, PA 18436  
(570) 676-3428

[WWW.VARDENCONSERVATIONAREA.COM](http://WWW.VARDENCONSERVATIONAREA.COM)  
[VARDENCONSERVATIONAREA@GMAIL.COM](mailto:VARDENCONSERVATIONAREA@GMAIL.COM)

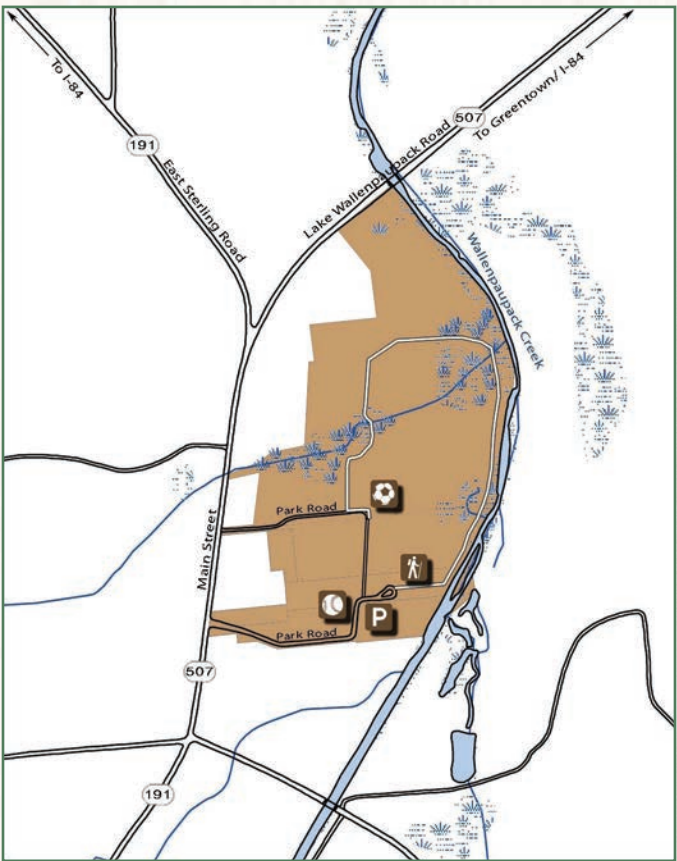
The Varden Conservation Area lends itself to walking, hiking, cross-country skiing, picnicking (carry-in, carry-out), berry-picking, and ice-skating. Varden Conservation Area is a 2.4 mile moderately trafficked loop trail located near Varden, Pennsylvania that features a lake and is good for all skill levels. The trail offers a number of activity options and is best used from March until October. There is no bicycling, no camping, no swimming, no motorized vehicles, no alcohol, and no equestrian activities permitted. Dogs must be leashed at all times.

Presently the park is divided into two areas, VCA East (Tannery Road Access) and VCA West (Mid Valley Road Access). VCA West is approximately 192 acres, and VCA East is approximately 242 acres.





# *Carlton Drake Memorial Park*



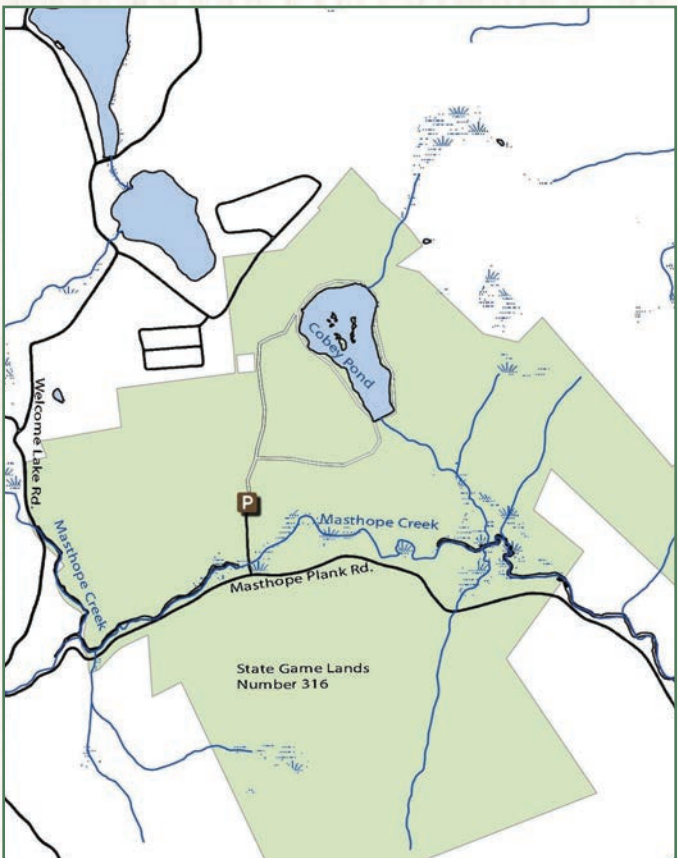
**PARK RD (OFF OF ROUTE 191)  
NEWFOUNDLAND, PA 18445**

Carlton Drake Memorial Park hosts the Dreher Riparian Trail, a 3,850 foot walking trail through the beauty of the Newfoundland area, featuring signs identifying the location of the trail along with the natural vegetation and wildlife found in the area, an 80 foot boardwalk over a marshland area, two pet clean up areas, and benches throughout.





# Cobey Pond Trail



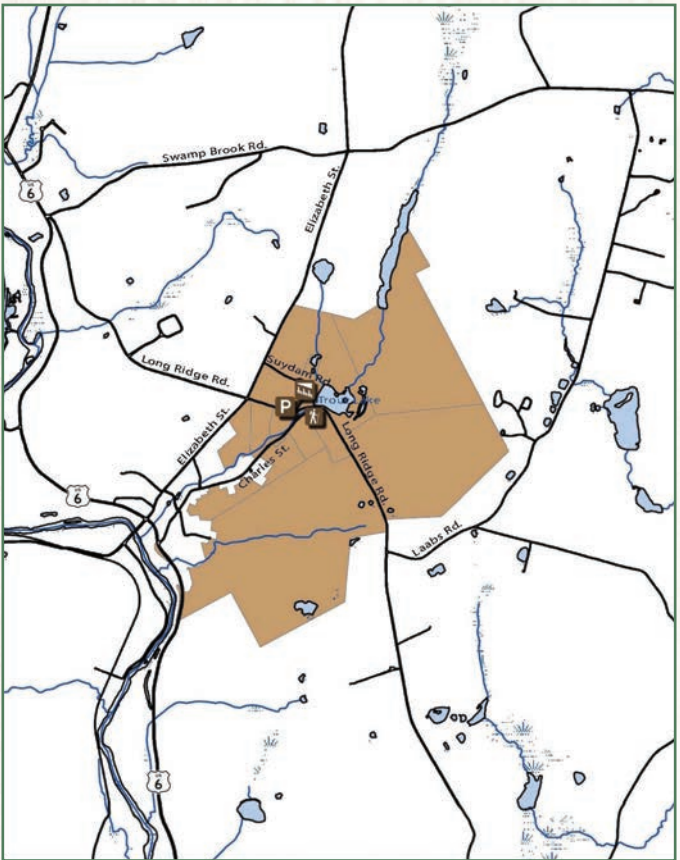
**MASTHOPE PLANK RD  
HAWLEY, PA 18428**

Cobey Pond Trail is a 2.2 mile lightly trafficked loop trail located near Lackawaxen, Pennsylvania that features a lake and is good for all skill levels. The trail offers a number of activity options and is best used from May until October. Dogs are also able to use this trail but must be kept on leash. A leisurely stroll around this moderate loop trail offers hikers ample opportunities for wildlife and waterfowl viewing.





# *Dorflinger-Suydam Wildlife Sanctuary*



**55 SUYDAM DR  
WHITE MILLS, PA 18473  
(570) 253-1185 • DORFLINGER.ORG**

Since 1980, the nearly 600-acre grounds of the Dorflinger-Suydam Wildlife Sanctuary have preserved the natural beauty and wildlife of northeastern Pennsylvania. The Dorflinger-Suydam Wildlife Sanctuary is dedicated to the preservation of woodlands and open spaces...and so much more. Miles of well-maintained walking trails clear the mind and refresh the soul.



94 Sanctuary Road, Lake Ariel, PA 18436

[info@lacawac.org](mailto:info@lacawac.org)

570-689-9494

[www.lacawac.org](http://www.lacawac.org)

Lacawac Sanctuary's Get Outside, Get Healthy Program was financed in part by a grant from the Community Conservation Partnerships Program Environmental Stewardship Fund under the administration of the Pennsylvania Department of Conservation and Natural Resources, Bureau of Recreation and Conservation administered through the Pennsylvania Environmental Council's Pocono Forests and Waters Conservation Landscape Mini Grant Program.



pennsylvania environmental council

