

Trail Notes for the Mid-State Trail-Old tram Trail Loop

Description: Bald Eagle (Named after a native American who lived there.) State Forest stretches across Pennsylvania with Rothrock State Forest as its southern boundary and Tiadaghton State Forest as its northern boundary. Together they form the longest stretch of continuous protected forest in Penn's woods. Nearly two thirds of the Mid-State Trail (MST) courses through them. While the MST was constructed primarily as a linear trail loops can be formed with sections of it, especially near and around state parks.

Described here is a moderate 8.63 mile trek with 1000 feet of elevation gain starting at Raymond B. Winter S.P. that can be done as either a day hike or a quick overnighter. (Note the location of campsites and water sources.) It can also be added to the Fallen Timber-MST Loop for a multi-day backpacking trip. If backpacking the park requests that you park at Park Headquarters and complete the registration form found in the vestibule.

The hike starts on Rt192 at the dam parking area.

Trail Notes: From the parking area walk down the road crossing Rapid Run on a bridge below the dam. Turn left at the end of the guard rail following a wide gravel trail a short distance before turning left onto the orange blazed MST/Bake Oven Trail. The climb is steep as you soon cross a road. While the forest is mostly hardwood you will pass through dark copses of Hemlock and Pine. In 0.70 miles pass the junction with the Old Boundary Trail. Here the climb lessens dramatically. Pass a nice power line vista. In 1.47 miles from the Old Boundary trail cross Boyer Gap Road and begin climbing, less steeply this time, again. Pass the signed and blazed junction of the now invisible Buffalo Path on the right in 0.54 more miles. In another 0.81 miles the MST makes a hard left turn to cross Sand Mountain Road. Pass closely to its left an old lookout tower enclosed with razor wire. The trail descends steeply for the next 0.56 miles to the intersection with the red blazed Old Tram Trail. The trail soon forks with the left branch climbing back to Sand Mountain Road. You want to bear right to continue. In 0.68 miles arrive at the junction of the overgrown blue blazed Cracker Bridge trail. There might not be a sign. If you wish to camp out turn right onto it and cross Spruce run to find a nice campsite.

Continuing up the Old Tram trail soon cross the run on a couple bridges. Keep and eye out on the left for a small campsite and a large grassy area in the trees on the right. In another 0.69 miles you will realize where this trail got its name as you will traverse a 0.31 mile stretch containing the old railroad ballast used to support the ties and tracks of this narrow gauge lumber railroad. Pass the intersection with the blue blazed Rocky Corner Trail 0.59 miles further. The trail ends abruptly in 0.44 miles at another red blazed trail that parallels the power line you crossed earlier. This is the only confusing part of the hike. This old haul road is not signed but has a few red blazes on it. It is the Boiling Spring Tr and can be used to shorten the hike. To do the hike in its entirety turn left onto the road but in a few steps turn right following the cross country ski blazes out to the power line. Turn left onto it. In a few yards the trail will turn right back into the woods. This is the Overlook Trail. In 0.53 miles reach McCall Dam Road. Turn left and soon arrive at a nice view of R.B. Winter SP. The continuation of the Overlook Trail (now blazed yellow) is to the left of the fence. Descend quickly along switchbacks for 0.40 miles. Cross a road, following the signs for the Nature trail and Beach through a dense Hemlock grove. In 0.20 miles turn right towards the beach and in a few steps reach the terminus of the Boiling

Spring trail on the left. (In season there are showers and rest rooms as well as fresh water and a concession stand at the beach.) Turn right to stay on the nature trail. After crossing a bridge or two watch for a narrow footpath that climbs up to RT192. The Park Headquarters is across the the road. If you parked near the dam turn left and walk back to your vehicle.