

# IU5 NOREBT Trust Recreational Resources

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
<b>ATV/Motorcycling</b>						
Allegheny National Forest	Motorcycles and ATVs are permitted on trails constructed specifically for motorized riding. The trails may close quickly due to deteriorating trail conditions. A use permit is required for all motorbike and ATVs. Users are also required to carry proof-of-liability insurance.		Check Web site for updates	Riding fee depends on trail you choose	(814) 723-5150	<a href="http://www.dcnr.state.pa.us">www.dcnr.state.pa.us</a> or <a href="http://www.fs.fed.us">www.fs.fed.us</a>
<b>Bicycling</b>						
Allegheny National Forest	125 miles of available results.	Marienville, Rocky Gap, Bradford	Year round	None	(814) 723-5150	<a href="http://www.dcnr.state.pa.us">www.dcnr.state.pa.us</a> or <a href="http://www.fs.fed.us/r9/forests/allegheny/recreation/biking">www.fs.fed.us/r9/forests/allegheny/recreation/biking</a>
Allegheny National Forest	Mountain biking has increased in popularity so much in the Allegheny National Forest that it's not uncommon to see bikers during all seasons. Mountain bikes can be ridden when the ATV trails are open, but expect to frequently encounter ATVs on the trails.	Allegheny National Forest	Year round	None	(814) 723-5150	<a href="http://www.dcnr.state.pa.us">www.dcnr.state.pa.us</a> or <a href="http://www.fs.fed.us/r9/forests/allegheny/recreation/biking">www.fs.fed.us/r9/forests/allegheny/recreation/biking</a>
Bike Route A	This route runs north – south. Starting in Erie County, take PA 98 to its intersection with US 6/322 and continue south on US 19 to the Mercer County line.	Crawford County	All year	None		No Website Available
Chapman Dam State Park	All roads in the park and in the adjacent state game lands and Allegheny National Forest are open to bicycles.	Clarendon		None	(814) 723-0250	<a href="http://www.dcnr.state.pa.us">www.dcnr.state.pa.us</a>
Cook Forest State Park	The Bicycle Route is 11.5 miles long. A description of the Bicycle Route is available at the park office.	Cook Forest State Park	Spring, Summer, Fall	None	(814) 744-8407	<a href="http://www.dcnr.state.pa.us">www.dcnr.state.pa.us</a>
East Branch Trail	7.5 miles open and 11 miles proposed on improved gravel.	Spartansburg	Spring, Summer, Fall	None	(814) 664-7303	<a href="http://www.gis.dcnr.state.pa.us/raitrails/oneTrail.aspx?name=East+Branch+Trail&amp;RegID=1">http://www.gis.dcnr.state.pa.us/raitrails/oneTrail.aspx?name=East+Branch+Trail&amp;RegID=1</a>

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
Family Services of Warren County (Sponsor)	60 mile bike race double loop to benefit Family Services of Warren	Kinzua Beach Parking lot, Allegheny National Forest, Warren			(814) 723-1330	www.kinzuaclassic.com or www.dcnr.state.pa.us
Oil Creek State Park	A 9.7-mile paved bicycle trail through scenic Oil Creek Gorge is a major park attraction. Trailheads are at Petroleum Centre in the south and Drake Well Museum in the north. Trail users may rent bicycles at the park office.	Oil City	Spring, Summer, Fall	None		www.dcnr.state.pa.us/stateparks/parks/oilcreek.aspx
Presque Isle Cycling Club	Club-sponsored local events and rides to improve riding skills and fitness level.	Erie	Various	\$15 individual, \$20 family membership		www.picycling.org or Email: piccwebmaster@picycling.org
Presque Isle State Park	This guided ride highlights park nature, culture and history. Bring your own bike or rent from Yellow Bike concession. Meet at the Cookhouse parking lot (across from Yellow Bike concession.)	Presque Isle State Park	Before Memorial Day: 5 am to 9 pm Memorial Day until Labor Day: 5 am to 11 pm	None	(814) 833-7424	www.dcnr.state.pa.us/stateparks/calendar/park.aspx www.presqueisle.org
Presque Isle State Park	The paved Karl Boyes Multi-purpose National Recreation Trail provides nearly 14 miles of scenic trail along Presque Isle Bay and Lake Erie for walkers, joggers, bicyclists, and in-line skaters.	Presque Isle State Park	Year round	None	(814) 833-7424	www.dcnr.state.pa.us
Rails to Trails	Five mile long recreational trail on the abandoned bed of the former Bessemer-Lake Erie railroad.	Meadville	Spring, Summer, Fall	None	(814) 333-7070	http://www.gis.dcnr.state.pa.us/railtrails/NorthWest.aspx?RegID=1
Samuel Justice Recreational Trail	Samuel Justice Trail is located in Venango County and consists of 5.8 miles of asphalt surfaced trail along the Allegheny River.	Between Oil City and Franklin	Year round	None		http://www.gis.dcnr.state.pa.us/railtrails/oneTrail.aspx?name=Samuel+Justus+Recreational+Trail&RegID=1
Sandy Creek Trail	9 miles open, 13.14 miles proposed, and 10.36 under construction.	Franklin	Year round	None	(814) 226-6455	http://www.gis.dcnr.state.pa.us/railtrails/oneTrail.aspx?name=Sandy+Creek+Trail&RegID=1
Scenic Route 6/Route Y (Bike Route)	A 41.7 mile bike route through Crawford County.	Crawford County	All year	None		No Website Available

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Welch's, Lake Country Bike, and Presque Isle Cycling Club	About the Race - Bill Ransom, a long time Welch's employee and avid bicyclist, passed away in the Spring of 1998. In his memory, Lake Country Bike is pleased to announce the eleventh Annual Wine Country Classic. This is a United States Cycling Federation sanctioned event that takes place in and around the village and rural roads of North East Pennsylvania.	Heard School Park, North East	August 15 & 16, 2009 @ 9 am	\$25.00 registration fee	(814) 725-1338	www.lakecountrybike.com

## Canoeing

Allegheny River and Reservoir, Tionesta Creek and Reservoir, Pinecrest, Cook Forest, and Clarion River	There are numerous campsites and campgrounds along the waterways. In early spring, the Clarion River has four rapids.	Tionesta, Clarington, Warren Counties		Check Web site	(814) 723-5150	www.dcnr.state.pa.us or www.fs.fed.us/r9/forests/allegheny/recreation/water_activities
Cook Forest State Park	The Clarion River offers a very scenic trip and is classed as a beginner's river under normal conditions.	Cook Forest State Park			(814) 744-8407	www.dcnr.state.pa.us/stateparks

## Fishing

Allegheny and Ridgway Reservoir, Chapman Dam State Park, Tionesta, and East Branch Lake	Ice fishing is best done in the colder months when bodies of water are frozen.	Allegheny and Ridgway Reservoir, Chapman Dam State Park, Tionesta, and East Branch Lake	Check fishing regulations	Cost of license		www.dcnr.state.pa.us
Waterways of Pennsylvania	Fishing can be done in rivers, lakes, ponds, and streams.		Check calendar and fishing regulations	Cost of license		www.dcnr.state.pa.us

## Fitness

Active Aging, Inc.	Educational program, health and fitness programs, and socialization and recreation programs.	Meadville			(814) 336-1792	www.p4a.org/craw.htm
American Heart Association	Online health promotion program includes awareness, education, and behavior change activities. Includes step-by-step guidelines for conducting events, challenges, assessments, quizzes, and seminars. See Web site for more details.	Online access	24/7	Check Web site		http://www.americanheart.org/presenter.jhtml?identifier=1200000 Email: heartatwork@heart.org

<b>Provider</b>	<b>Description</b>	<b>City/Town</b>	<b>Dates/Days</b>	<b>Fee</b>	<b>Phone Number</b>	<b>Web site</b>
Curves for Women	Fitness and weight loss facility--strength and cardiovascular training along with diet and nutritional guidance.	Locations nationwide		Varies		<a href="http://www.curvesinformation.com">www.curvesinformation.com</a>
Family First Fitness Center	Over 20 group fitness classes are offered weekly at Family First and Nautilus Fitness and Racquet Club.	8155 Oliver Rd. Erie	Call for times	Varies	(814) 866-5425	<a href="http://www.familyfirstsportspark.com">www.familyfirstsportspark.com</a>
Hamot Health Connection	Comprehensive resource and referral center for the entire family. Includes health counseling, education, health checks and screenings, and forty something menopause service.	3030 Peach St. Erie	Mon-Thur 9am-8pm **Times can vary**	Free	(814) 877-6145	<a href="http://www.hamot.org">www.hamot.org</a>
Health South	Worksite health and disability management services providing occupational health, fitness, wellness, physical therapy, case management, and ergonomic services to create a health-enhancing corporate culture. This is an employer-sponsored program.	Erie		Call for fees	(814) 878-1200	<a href="http://www.healthsouth.com">www.healthsouth.com</a>
Highmark BC/BS	Four week lifestyle improvement program promoting wellness and long-term weight management through balanced nutrition. Participants obtain the knowledge necessary to make healthful food choices and will be encouraged to adopt the nutrition practices.	YMCA of Erie, Hamot Health Connection, and Hamot Wellness Center		Highmark \$15, YMCA \$30, Non members \$50		<a href="http://www.highmarkbcbs.com">www.highmarkbcbs.com</a>
Highmark BC/BS	A registered dietician and/or licensed nutritionist is available for individual nutrition counseling related to weight management, heart health, and diabetes. Goal is to provide an individualized plan that can be easily integrated into your lifestyle.	YMCA of Erie, Hamot Health Connection, and Hamot Wellness Center		Highmark \$10, YMCA \$40, Non members \$55		<a href="http://www.highmarkbcbs.com">www.highmarkbcbs.com</a>
Highmark BC/BS	Lifestyle improvement program designed to identify and reduce individual stressors through specific relaxation techniques. This is a four week program.	YMCA of Erie, Hamot Health Connection, and Hamot Wellness Center		Highmark \$15, YMCA \$35, Non members \$50		<a href="http://www.highmarkbcbs.com">www.highmarkbcbs.com</a>
Highmark BC/BS	One-session smoking cessation program that gives you the tools you need to get prepared, take action, and quit for good.	YMCA of Erie, Hamot Health Connection, and Hamot Wellness Center		No fee for Highmark members		<a href="http://www.highmarkbcbs.com">www.highmarkbcbs.com</a>

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Lilac Springs	A spa located in a renovated 19th century farmhouse surrounded by walking trails. The spa offers massages, manicures and pedicures, hypnotherapy, and group psychotherapy.	Meadville	Call for appointment	Vary	(814) 425-1295	<a href="http://lilacspringspa.com">lilacspringspa.com</a>
Meadville Medical Center	Offers programs and courses that integrate the following: physical therapy, recreational music-making, pain management, massage, counseling, stress reduction, biofeedback, guided imagery, nutritional counseling, weight loss programs, eating disorders programs, smoking cessation, Tai Chi, and Yoga.	Meadville			(814) 333-5060	<a href="http://www.mind-body.org">www.mind-body.org</a>
Mercy Center on Aging	Tennis, aerobics, line dancing, total fitness, healthy back, arthritis class, and golf classes.	444 E. Grandview, Erie	Call for schedule of events	Check Web site	(814) 824-2214	<a href="http://www.mercycenteronaging.com">www.mercycenteronaging.com</a>
Millcreek Township	List of classes and fees available on Web site. Includes aerobics, water aerobics, dance, and self defense.	Millcreek Township	Schedule on Web site	Check Web site	(814) 833-1111	<a href="http://www.millcreektownship.com">www.millcreektownship.com</a>
Nautilus Fitness & Racquet Club	Aquatics, Group Exercise, Cardio Kickboxing, Pilates, Yoga Classes, Body Pump, Spinning, Step Classes, Swim Classes, Martial Arts.	2312 West 15th St. Erie	Schedule on Web site	Varies	(814) 459-3033	<a href="http://www.nautilusfitness.com">www.nautilusfitness.com</a>
New-U-Fitness Center	Exercise classes, 20 piece circuit of gym equipment, massage therapy, tanning.	Titusville	Check Web site or call	Varies	(814) 827-1988	<a href="http://www.titusvillepa.com/Ser/Neuwu.htm">http://www.titusvillepa.com/Ser/Neuwu.htm</a>
Oil City YMCA	Weightlifting, fitness center, swimming pool, track, and racquetball.	Oil City	Varies depending on season	Check Web site or call	(814) 677-3000	<a href="http://www.oilcityymca.org">www.oilcityymca.org</a>
YMCA - Contact: Lori Lewis, Office Manager	Fitness center with strength and cardio machines, weight room, aerobics, two indoor pools, sauna and steam room, whirlpool, racquetball/handball, indoor walking/running track, Pilates, yoga, weight management class, discover relaxation within, eat well for life, and personal nutrition counseling.	3727 Cherry St, Erie	Varies depending on time of year	Call about fees	(814) 868-0867	<a href="http://www.ymcaerie.org">www.ymcaerie.org</a>

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
YMCA - Contact: Robyn McBryde, Membership Services or Laura Snider, Office Manager	Fitness center with strength and cardio machines, weight room, aerobics, indoor pool, sauna and steam room, whirlpool, racquetball/handball, indoor walking/running track, Pilates, yoga, boxing, full figure step, and body pump.	31 West 10th Street, Erie	Mon-Fri, 5 am to 10 pm Sat, 8 am to 10 pm ***Times may vary depending on time of year***	Call for fees	(814) 452-3261	www.ymcaerie.org
YMCA - Contact: Tonya Makusi, Office Manager	Aerobics, cardiovascular/strength training, saunas, basketball, volleyball, kickboxing, step, Y-pump, Pilates, yoga, resist-a-ball, weights, wellness program, and child care.	Edinboro	Mon-Thur, 5:30 am to 10 pm Fri 5:30 am to 9 pm Sat 7 am to 5 pm **Times may vary**	Call about fees	(814) 734-5700	www.ymcaerie.org
YMCA - Corry	Swimming, aqua aerobics, cardio sculpt, basketball, self defense course, volleyball, personal fitness program, weight room, aerobic exercise equipment, whirlpool, and sauna.	Corry	Mon-Fri 5:15 am -10:00 pm Sat 8:00 am - 8:00 pm **Call for class information**	Varies	(814) 664-7757	http://ymca-corry.org/
YMCA - Eastside	Fitness center, indoor pool and waterslide, saunas, racquetball, strength training, aerobics, three outdoor pools and water slides, whirlpool, and indoor walking/jogging track.	2101 Nagle Road, Erie	Varies depending on time of year	Call about fees	(814) 899-9622	www.ymcaerie.org
YMCA - Titusville	Water aerobics, water toning, water walking, Y-start, freestyle body sculpting, step-n-tone, and cardiac rehab.	Titusville	Call for schedule of events	Call about fees	(814) 827-3931	www.titusvilleyymca.org
YMCA - Warren County	The Warren YMCA provides a vast assortment of activities to choose from. The following are just a few of the services provided by the YMCA-- babysitting services, before and after school daycare, a preschool program, water fitness, swimming classes, gymnastics, and Tae Kwon Do.	Warren	Call for schedule of events	Call about fees	(814) 726-0110	www.warrenymca.org or email: info@warrenymca.org
YWCA - Titusville	Physical fitness, nautilus, weight training, personal exercise, workshops, nutrition, craft projects, etc.	Titusville	Call for schedule information	Call about fees	(814) 824-2746	No Website Available

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<b>Hiking/Running/Walking</b>						
Allegheny National Forest	Access the Web site to see the number of trails available for hiking.	Tionesta, Tidioute, St. Mary's, Benezete, Warren, Allegheny National Forest, Elk, Clearfield, Cameron, and McKean Counties, PA.; Olean, Cattaraugus, Panama, Jamestown and Chautauqua Counties in NY	Year round	None	(814) 723-5150	www.dcnr.state.pa.us or www.fs.fed.us/r9/forests/allegheny/recreation/hiking
American Heart Association	Heart walk promotes the importance of exercise as part of a heart-healthy lifestyle, while raising funds to continue research, and promote educational programs.	Liberty Park, 726 W. Bayfront Pkwy, Erie	September 19, 2009 registration @ 9 am start @ 10 am	Collect pledges	(814) 836-0013	http://heartwalk.kintera.org/faf/home/default.asp?ievent=301837
Asbury Woods	Located in Millcreek Township in Erie County, PA, Asbury Woods is a 200-acre tract of wetlands, trails, forests, streams, fields, and historic properties.	Millcreek Township			(814) 835-5356	http://www.mtsd.org/asburywoods/
Beers Park Fitness Trail	This fitness trail, within Meadville's Bicentennial Park--home to the David Mead Log Cabin--lies on the banks of French Creek. There are three exercise stations along this crushed limestone surfaced trail.	Meadville		None		www.visitcrawford.org
Chapman Dam State Park	Hiking on 12 miles of trails.	Clarendon		None	(814) 723-0250	www.dcnr.state.pa.us/stateparks/parks/chapman.aspx
Cook Forest State Park	Enjoy the beauty of Cook Forest by hiking on one of 27 marked trails. The terrain is of rolling hills and cool valley streams. 29 miles of trails.	Cook Forest State Park	Year round	None	(814) 744-8407	www.dcnr.state.pa.us/stateparks/parks/cookforest.aspx
Crohns and Colitis Foundation of America	Enjoy the beautiful landscape of Presque Isle at our Annual Guts and Glory Walk/Run in Erie.	Presque Isle in Erie *Check Web site for more information*			(800) 627-6467	www.ccfa.org/chapters/wpawv
Erie County Historical Society	Join us for a tour of Erie's ghostly side. Hear the legend of "Mad" Anthony Wayne, stand at the site of Erie's first and last execution, and walk the path of the city's deadliest natural disaster.	Erie	Fridays, from June-September at 8 pm	\$8/adult and \$4/child	(814) 454-1813	www.eriecountyhistory.org

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Erie National Wildlife Refuge	Beaver Run Trail in the heart of the Erie National Wildlife Refuge is a one mile loop with a spur trail at its eastern end. The trail takes the visitor through woods, along cultivated fields, and past beaver ponds with their rich aquatic habitat. As with all areas of the refuge, nature abounds in all seasons. The naturalist will be pleasantly rewarded on a stroll through this unique and "lively" setting.	Guys Mills	Year round, sunrise to sunset	None	(814) 789-3585	<a href="http://www.fws.gov/northeast/erie">www.fws.gov/northeast/erie</a>
Erie Runners Club	Marathon, half marathon, and 5K fun run/walk. **See Web site for more information**	Rotary Pavilion, Presque Isle State Park	September 13, 2009 @ 7:00 am	Check Web site	(814) 898-4472	<a href="http://www.erie-runnersclub.org/marathon/info_2009.php">http://www.erie-runnersclub.org/marathon/info_2009.php</a>
French Creek Recreation Trails--Rails to Trails	An approximately five mile long trail that runs along French Creek and through marshlands, wildflower meadows, and beautiful countryside.	Meadville		None	(814) 724-6073	<a href="http://www.ernstrail.org">www.ernstrail.org</a>
Hamot Health Foundation and Erie Runner's Club	Events include a competitive 10K run and a non-competitive three mile Fitness walk/run.	Downtown Erie 2nd and State	August 16, 2009 @ 8 am		(814) 452-1023	<a href="http://www.erie-runnersclub.org/RaceInfo/upcoming_events_view_detail.php?eventID=36">http://www.erie-runnersclub.org/RaceInfo/upcoming_events_view_detail.php?eventID=36</a>
Juvenile Diabetes Research Foundation	Three mile walk for donations for individuals and teams to raise money for diabetes research and education to find a cure for diabetes.	Waldameer Park and Presque Isle	October 4, 2009 registration @ 8 am walk @ 9 am	Donations	(814) 452-0635	<a href="http://www.walk.jdrf.org">www.walk.jdrf.org</a>
Oil Creek State Park	52 miles of trails The hiking and interpretive trails lead visitors through areas rich in historic and scenic interest. Trail maps and information are available at the park office.	Oil City		None	(814) 676-5915	<a href="http://www.dcnr.state.pa.us/stateparks/parks/oilcreek.aspx">www.dcnr.state.pa.us/stateparks/parks/oilcreek.aspx</a>
PA Game Commission	1/4 mile self-guided nature trail. Guided nature walks.	Linesville	April - September, Thurs -Sun 9:00 am - 4:45 pm	None	(814) 683-5545	<a href="http://www.pgc.state.pa.us">www.pgc.state.pa.us</a>
Presque Isle Audubon Society	Check Web site for upcoming events.	Presque Isle in Erie *Check Web site for more information*	Check Web site			<a href="http://www.presqueisleaudubon.org/">http://www.presqueisleaudubon.org/</a>
Presque Isle Partnership	Annual Walk to benefit the Presque Isle Partnership and Presque Isle State Park.	Presque Isle State Park		Call for details	(814) 833-7424	<a href="http://www.presqueisle.org">www.presqueisle.org</a>

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Presque Isle State Park	There are approximately 10 miles of hiking trails at the park. Most of these trails begin at the trailhead located across the road from the Presque Isle Lighthouse.	Presque Isle State Park	Year round	None	(814) 833-7424	<a href="http://www.goerie.com/presqueisle">http://www.goerie.com/presqueisle</a>
Presque Isle State Park	Especially designed for the over 55 crowd, these leisurely walks will brighten your day and exercise your body and mind. Learn about park history, wildlife, and plant life while traveling one of the many Presque Isle trails.	Presque Isle State Park			(814) 833-7424	<a href="http://www.presqueisle.org">www.presqueisle.org</a>
Presque Isle State Park	Make your way around the park in short, lunch-time sessions, all the while exploring the beautiful flora and fauna of Presque Isle. Locations are announced weekly.	Presque Isle State Park		None	(814) 833-7424	<a href="http://www.presqueisle.org">www.presqueisle.org</a>
Pymatuning State Park	There are trails near Tuttle and Jamestown campgrounds, and the abandoned railroad grade on the Spillway is a flat, wide trail, 7 miles.	Linesville	Spring, Summer, Fall	None	(724) 932-3141	<a href="http://www.dcnr.state.pa.us/stateparks/parks/pymatuning.aspx">www.dcnr.state.pa.us/stateparks/parks/pymatuning.aspx</a>
Pymatuning State Park Spillway Park	One of the top tourist attractions in Pennsylvania Spillway serves as fish propagation waters and a wildlife sanctuary comprising 2,500 acres. The spillway is home to numerous carp and waterfowl, giving the park its notable reputation as "the place where the ducks walk on the backs of fish."	Linesville		None	(724) 932-3141	<a href="http://www.dcnr.state.pa.us/stateparks/parks/pymatuning.aspx">www.dcnr.state.pa.us/stateparks/parks/pymatuning.aspx</a>
Smock River	This woodchip trail runs approximately 1/4 mile along French Creek and can be accessed on Wadsworth Avenue in Meadville. Parking is available at the Lincoln Avenue Sports Complex.	Meadville	All hours	None	(814) 332-2946	<a href="http://naturetourism.allegheny.edu/buslakes.html#2">naturetourism.allegheny.edu/buslakes.html#2</a>
Vernon Township, Crawford County	This paved, handicap accessible exercise trail on Patricia Drive in Vernon Township is one mile long and contains five "workout stations" along its length.	Crawford County		None	(814) 337-8126	<a href="http://www.vernontwp-pa.gov/rochepark.htm">www.vernontwp-pa.gov/rochepark.htm</a>
Woodcock - Colonel Crawford Park	Two self guided nature trails. One is a loop a mile long traversing Bossard Ravine. Children may enjoy playing in Bossard Run. Identifying native trees is the shorter loop's focus. You will find observation blinds on both trails. Both trailheads are located at the parking lot. Foot traffic only.	Woodcock Dam	Year Round	None	(814) 763-4422	<a href="http://www.wildernet.com">www.wildernet.com</a>

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Woodcock - Colonel Crawford Park	The paved surface of Woodcock Dam is one mile long and is one of the more popular sites for walking, running, and in-line skating. Parking is found at the park office. It is also handicap accessible.	Woodcock Dam	Year Round	None	(814) 763-4422	www.wildernet.com
Woodcock - Colonel Crawford Park	One mile long and surfaced with very fine gravel, allowing wheelchair access, this trail is open to non-motor use only. Parking and a trailhead are located near the park office and boat launch. A new extension (.5 miles) leads westward across the lake's spillway to the dam.	Woodcock Dam	Year Round	None	(814) 763-4422	www.wildernet.com

## Horseback Riding

Summer Allegheny Trail Rides	Enjoy the peace and quiet of Forest County, the least populated county in PA. See the landmarks such as Hermits Cave, the waterfalls, or just see the gorgeous views from the mountain tops.	Marienville	Summer and Fall, or camp on your own anytime	Check Web site	(814) 927-8318	www.dcnr.state.pa.us
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## Ice Skating

Presque Isle State Park	The frozen bay and the Waterworks ponds are ideal sites, but this sport is highly dependent on the weather and ice conditions.  Permitted on Presque Isle Bay, Misery Bay, and marina area.	Presque Isle State Park	Winter	None	(814) 833-7424	www.dcnr.state.pa.us
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## Park/Recreation

	Mead Park offers 50 acres of woodlands, picnic areas, athletic fields, a skating rink in the winter, tennis courts, or just a place to take a quiet stroll through the woods.	Corry	Daily	None		www.corrypa.com/recreation.html
	Basketball, baseball, soccer, tennis courts, and lots of other activities. Check list of locations available on Web site.	Erie	Daily	None		http://www.visiteriepa.com/

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
Allegheny National Forest	There are unlimited year-round activities (i.e. biking, hiking, camping, swimming, horseback riding, fishing, boating, and cross country skiing) that can be done in the Allegheny National Forest.	Warren	Year round activities. Morning till night.	Check Web site	(814) 723-5150	<a href="http://www.fs.fed.us/r9/forests/allegheny">www.fs.fed.us/r9/forests/allegheny</a>
Allegheny National Forest/Cook Forest State Park	Picnics, hiking, swimming, paddleboats, stream/river fishing, canoe rentals/boat launch, bridle path, snowmobile/cross country ski trails, ice skating, sledding, and visitor center	Allegheny National Forest/Cook Forest State Park, Marienville, Tionesta	Year round	Depends on location	(814) 723-5150	<a href="http://www.fs.fed.us/r9/forests/allegheny/recreation/camping/">www.fs.fed.us/r9/forests/allegheny/recreation/camping/</a> <a href="http://www.fs.fed.us/r9/forests/allegheny/recreation/camping/kiasutha/">www.fs.fed.us/r9/forests/allegheny/recreation/camping/kiasutha/</a> <a href="http://www.fs.fed.us/r9/forests/allegheny/recreation/camping/willowbay/">www.fs.fed.us/r9/forests/allegheny/recreation/camping/willowbay/</a>
Asbury Woods	Hiking, jogging, mountain biking, fishing, cross country skiing, snowshoeing, tennis, volleyball, baseball, and ice skating	Millcreek Township	Check Web site	None	(814) 835-5356	<a href="http://www.mtsd.org/asburywoods/">http://www.mtsd.org/asburywoods/</a>
Bendigo State Park	The 100 acre Bendigo State Park is in a small valley surrounded with many picturesque hills. About 20 acres of the park is developed, half of which is a large shaded picnic area. The East Branch of the Clarion River flows through the park. This beautiful stream was once polluted by abandoned mine drainage. It now provided excellent fishing and is stocked with trout by the PA Fish and Boat Commission.	Johnsonburg	Year round	Check Web site	(814) 965-2646	<a href="http://www.dcnr.state.pa.us/stateparks/parks/bendigo.aspx">www.dcnr.state.pa.us/stateparks/parks/bendigo.aspx</a>
Canadohta Lake	Pennsylvania's second largest natural lake; well known for its good fishing, sailing, and outdoor activities.	Union City	Check Web site for special events	Check Web site	(814) 694-9622	<a href="http://www.canadohtalake.org">www.canadohtalake.org</a>
Chapman Dam State Park	Swimming, picnics, bicycling, hiking, backpacking, camping, fishing, hunting, and boating. This park is adjacent to the Allegheny Nation Forest and State Game Lands No. 29. Chapman Dam sits on the banks of the West Branch of Tionesta Creek. The park has a 68 acre lake that provides swimming at the beach and fishing.	Clarendon	Year round	Check Web site	(814) 723-0250	<a href="http://www.dcnr.state.pa.us/stateparks/parks/chapman.aspx">www.dcnr.state.pa.us/stateparks/parks/chapman.aspx</a>
Clear Creek State Park	Clear Creek State Park encompasses 1,676.29 acres in Jefferson County. The park occupies a scenic portion of the Clear Creek Valley from PA 949 to the Clarion River.	Sigel	Year round	Check Web site	(814) 752-2368	<a href="http://www.dcnr.state.pa.us/stateparks/parks/clearcreek.aspx">www.dcnr.state.pa.us/stateparks/parks/clearcreek.aspx</a>

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
Clear Lake Authority	With approximately 8 miles of the abandoned Penn Central railroad, this trail offers diverse sites such as wooded hillsides, Amish farms, East Branch Oil Creek, and wetlands. Walking, horseback riding, snowmobiles, cross country skiing, mountain biking, and off-road vehicles.	Spartansburg or Village of Glynden	Year round	None	(814) 664-7303	<a href="http://www.gis.dcnr.state.pa.us/railtrails/oneTrail.aspx?name=East+Branch+Trail&amp;RegID=1">http://www.gis.dcnr.state.pa.us/railtrails/oneTrail.aspx?name=East+Branch+Trail&amp;RegID=1</a>
Cook Forest State Park	The 7,182 acre Cook Forest State Park lies in scenic Northwestern PA. Once called the "Black Forest," the area is famous for its stands of old growth forest. Cook Forest's "Forest Cathedral" of towering white pines and hemlocks is a National Natural Landmark. The Clarion River is the eastern border of the park and is popular for canoeing and rafting.	Cooksburg	Year round	Check Web site	(814) 744-8407	<a href="http://www.dcnr.state.pa.us/stateparks/parks/cookforest.aspx">www.dcnr.state.pa.us/stateparks/parks/cookforest.aspx</a>
Elk State Park	The 3,192 acre Elk State Park is in the rugged mountains of Northern PA. The 1,160 acre East Branch Lake is large enough for unlimited horsepower boating and is great for water-skiing. The lake and nearby streams are stocked with warm and cold water fish.	Wilcox	Year round	Check Web site	(814) 965-2646	<a href="http://www.dcnr.state.pa.us/stateparks/parks/elk.aspx">www.dcnr.state.pa.us/stateparks/parks/elk.aspx</a>
Erie National Wildlife Refuge Deer Run Trail	A three mile loop trail at the southern part of the Erie National Wildlife Refuge. During the winter Deer Run Trail is a popular cross country ski trail.	Guys Mills	Year round, sunrise to sunset		(814) 789-3585	<a href="http://www.fws.gov/northeast/erie">www.fws.gov/northeast/erie</a>
Erie National Wildlife Refuge Tsuga Trail	A two-loop trail that follows a 1.2 or 1.6 mile routes through a variety of habitats. A boardwalk traverses a beaver pond. Cross country skiing and snowshoeing are permitted during the winter.	Guys Mills	Year round, sunrise to sunset	None	(814) 789-3585	<a href="http://www.fws.gov/northeast/erie">www.fws.gov/northeast/erie</a>
Harborcreek Township Parks	Swimming, baseball, softball, hiking, tennis, basketball, horseshoes, and volleyball. See Web site.	Harborcreek Township	Daily	None, Pavilion rentals only	(814) 899-3171	<a href="http://www.harborcreektownship.org">www.harborcreektownship.org</a>
Kinzua Bridge State Park	The 329 acre Kinzua Bridge State Park is in McKean County and features remnants of the 2,053 foot railroad bridge (viaduct) that was a National Engineering landmark.	Mount Jewett	Year round	None	(814) 965-2646	<a href="http://www.dcnr.state.pa.us/stateparks/parks/kinzuabridge.aspx">www.dcnr.state.pa.us/stateparks/parks/kinzuabridge.aspx</a>
LEAF-Lake Erie Arboretum at Frontier Park	Multi-use trails for walking amid shade, flowering and evergreen trees--the Park is a tree museum.	West 8th Street and Seminole Dr., Erie	Daily	None	(814) 825-1700	<a href="http://www.leaferie.org">www.leaferie.org</a> Email: <a href="mailto:leaf@velocity.net">leaf@velocity.net</a>

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
MARC - Meadville Area Recreation Complex	Enjoy the outdoors at the MARC! The Meadville Area Recreation Complex offers a wide variety of outdoor enjoyment for the entire family. Picnic at the MARC.	Meadville		Varies depending on activity	(814) 724-6006	www.marc4fun.com
Oil Creek State Park	A 9.7 mile asphalt bicycle trail through scenic Oil Creek Gorge. Trailheads are at Petroleum Center in the south and Drake Well Museum in the north. **Boughton Suspension Bridge is closed until further notice ~ Check Web site for updates**	Oil City		None	(814) 676-5915	www.dcnr.state.pa.us/stateparks/parks/oilcreek.aspx
Parker Dam State Park	The 968 acre Parker Dam State Park offers old-fashioned charm and character. A scenic lake, rustic cabins, quaint campground, and unbounded forest make Parker Dam an ideal spot for a relaxing vacation. For wilderness explorers, Parker Dam provides a gateway to the vast expanses of the Moshannon State Forest. Swimming, picnics, camping, canoeing, boating, hiking, backpacking, hunting, and fishing. In the winter months sledding, ice skating, ice fishing, and snowmobiling.	Clearfield County	Check Web site	Check Web site	(814) 765-0630	www.dcnr.state.pa.us/stateparks/parks/parkerdam.aspx
Presque Isle State Park	21 miles of recreational and hiking trails; swimming at beaches.	Erie	Before Memorial Day: 5 am to 9 pm Memorial Day until Labor Day: 5 am to 11 pm	None	(814) 838-5138	www.presqueisle.org
Pymatuning State Park	Grass surfaced four mile trail crosses wetlands, meadows, and beaver dams. A 1/4 mile trail follows the shoreline with viewing stations along the way. The trail is paved and wheelchair accessible. Boating, fishing, hunting, camping, swimming, ice fishing, ice skating, sledding, iceboating, cross country skiing, and snowmobiling.	Linesville	Year round	None	(724) 932-3141	www.dcnr.state.pa.us/stateparks/parks/pymatuning.aspx
S. B. Elliot State Park	There are 318 acres in the S. B. Elliot State Park, in the heart of the Moshannon State Forest. This entirely wooded park offers picturesque areas of forest and swamp meadows and typical second growth mixed hardwood and oak timber.	Clearfield	Check Web site	Check Web site	(814) 765-0630	www.dcnr.state.pa.us/stateparks/parks/sbelliott.aspx

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
The Knapp Farm	Bed and Breakfast, horseback riding, hunting preserve, walking trails, fishing, and swimming.	Titusville	Year round	Check Web site	(814) 827-1092	www.theknappfarm.com
Titusville Recreational Community Center	Year round sports.	Titusville	Call for times		(814) 827-3741	No Website Available
<b>Skiing</b>						
Allegheny National Forest, Chapman Dam State Park, Pennsylvania State Forest, Borough of Tidioute	Gliding along the wintry wonderland of the forests and trails. Miles of trails designated by blue diamond-shaped markers on trees.		Winter	None	(814) 723-5150	www.dcnr.state.pa.us or www.fs.fed.us/r9/forests/allegheny/recreation/skiing
Chapman Dam State Park	4.4 miles of ski trails connect with numerous trails in the adjoining national forest and state game land.	Clarendon	Check Web site	None	(814) 723-0250	www.dcnr.state.pa.us/stateparks/parks/chapman.aspx
Cook Forest State Park	Cross-country ski trails.	Cook Forest State Park	Winter	None	(814) 744-8407	www.dcnr.state.pa.us/stateparks/parks/cookforest.aspx
Oil Creek State Park	A complex of ski trails is between Petroleum Centre and Plumer. Ten miles of trails offer beginner and intermediate skiers a variety of skiing experiences. The area includes a large parking area, warming hut, and restrooms. Track is set on all trails. In addition, the 9.7-mile bicycle trail is open to skiers.	Oil City	Winter	None	(814) 676-5915	http://www.dcnr.state.pa.us/stateparks/parks/oilcreek.aspx
Peek 'n Peak, Holiday Valley, and Ski Denton	Numerous slopes and chair lifts chase away the winter blues. There are also ski lodges, dining, pubs, swimming pools (one indoor-outdoor heated pool) sauna, and exercise rooms. Indoor tennis courts, golf courses, and wooded trails for walking.	Clymer and Ellicottville, NY; Galetton, PA	Winter. Open year round	Check Web site		www.pknpk.com www.holidayvalley.com www.skidenton.com
Presque Isle State Park	Cross Country Skiing  Rent skis at Shelter Two at Waterworks or bring your own. Trails are plentiful starting at Shelter Two.	Presque Isle State Park	Winter	None	(814) 833-7424	www.presqueisle.org
Pymatuning State Park	Most open areas of the park are open to cross-country skiing.	Linesville	Winter	None	(724) 932-3141	www.dcnr.state.pa.us/stateparks/parks/pymatuning.aspx#winter

Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
Samuel Justus Recreational Trail	Eight mile trail.	Cranberry Township between city of Franklin and Oil City along the Allegheny River in Venango County	Winter	None	(814) 676-8812	<a href="http://www.gis.dcnr.state.pa.us/raitrails/oneTrail.aspx?name=Samuel+Justus+Recreational+Trail&amp;RegID=1">http://www.gis.dcnr.state.pa.us/raitrails/oneTrail.aspx?name=Samuel+Justus+Recreational+Trail&amp;RegID=1</a>

## Sledding

Chapman Dam State Park	Seven acre slope on the western side of the park is lighted until 10 pm daily.	Clarendon	Labor Day to Memorial Day	None	(814) 723-0250	<a href="http://www.dcnr.state.pa.us/stateparks/parks/chapman.aspx">www.dcnr.state.pa.us/stateparks/parks/chapman.aspx</a>
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## Snowmobiling

Allegheny National Forest	Snowmobiling can be done on any of the trails used for ATVs, mountain biking, cross country skiing, and hiking.	Warren, Bradford, Marienville	Check Web site	Valid snowmobile registration	(814) 723-5150	<a href="http://www.fs.fed.us/r9/forests/allegheny/recreation/snowmobile_trails">www.fs.fed.us/r9/forests/allegheny/recreation/snowmobile_trails</a>
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## Swimming

Allegheny National Forest	Kinzua Beach is located on State Route 59, 11 miles east of Warren, PA. It has a spacious picnic area, and plenty of room to set up volleyball and other games. A bath house with shower facilities is available.	Warren County	Memorial Day to Labor Day	None	(814) 723-5150	<a href="http://www.fs.fed.us/r9/forests/allegheny/recreation/water_activities">www.fs.fed.us/r9/forests/allegheny/recreation/water_activities</a>
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Chapman Dam State Park	Sand Beach.	Clarendon	Late-May to Mid-September, 8 am to sunset. Lifeguards are on duty from 11 am to 7 pm daily from Memorial Day weekend to Labor Day, **unless otherwise posted**		(814) 723-0250	<a href="http://www.dcnr.state.pa.us/stateparks/parks/chapman.aspx">www.dcnr.state.pa.us/stateparks/parks/chapman.aspx</a>
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Provider	Description	City/Town	Dates/Days	Fee	Phone Number	Web site
Cook Forest State Park	Depths range from 2.5 feet to 5 feet. A circular wading pool is adjacent to the large pool.	Cook Forest State Park	Daily from 11 am to 7 pm from Memorial Day to Labor Day weekend, **unless posted otherwise**	Varies	(814) 744-8407	www.dcnr.state.pa.us/stateparks/parks/cookforest.aspx
Presque Isle State Park	Nine beaches available The sandy beaches, washed by the clear waters of Lake Erie, provide visitors with the only surf swimming within the Commonwealth of Pennsylvania.	Presque Isle State Park	The guarded beaches are open from 10 am to 7:30 pm from Memorial Day weekend to Labor Day **unless otherwise posted**	None	(814) 833-7424	www.presqueisle.org

## Triathlon

Highmark BC/BS	The 8th annual triathlon on Presque Isle State Park will take place Saturday, September 6, 2008, the first Saturday after Labor Day. All segments of the triathlon...the swim, the bike and the run...will start, transition and finish at Beach 6. PI TRI 08 is open to individuals and 2-3 person relay teams and will offer a high- quality, fun, safe and exciting multi-sport experience for all levels of competitors from first-time triathlon entrants to experienced triathletes.	Presque Isle State Park	September 6, 2008 8:00 am - 12:30 pm	Check Web site	(814) 833-7424	www.dcnr.state.pa.us/stateparks/calendar/park.aspx Email: Pat Davis at davis@velocity.net
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## Volleyball

Presque Isle Volleyball Club	The Erie Communications Volleyball League anticipates your participation in this year's summer season, which extends from June 5th to September 4th, 2008. The games are played every Thursday evening in the relaxed atmosphere of the sand courts at Beach 6 on Presque Isle. Starting time is 6:00 P.M.courts. League website is www.ecvl.net. **Check Web site for more information**	Presque Isle State Park	June 4 - September 3, 2009	\$45.00 per team	(814) 833-7424	www.ecvl.net or www.dcnr.state.pa.us/stateparks/calendar/park.aspx
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