

Hike the Highlands

The Great Outdoors, Close To Home –
The Pennsylvania Highlands

The **Pennsylvania (PA) Highlands** region extends from the Delaware River at the New Jersey border to the Maryland border in south-central PA. This 1.9 million-acre landscape makes up 48% of the greater 3.5 million-acre four-state Highlands spanning Pennsylvania, New Jersey, New York and Connecticut. The PA Highlands includes thirteen counties: Northampton, Lehigh, Bucks, Montgomery, Chester, Berks, Lancaster, Lebanon, York, Dauphin, Cumberland, Franklin and Adams, and over 200 municipalities. The 95 miles of Class A Trout Streams, 520 miles of Fish & Boat Commission streams, 12 state parks, two state forests and 100 miles of trails provide abundant recreational opportunities.

The PA Highlands encompasses some of the most beautiful forests, rivers, and farmland. One of the best ways to explore the region is on foot. The Appalachian Mountain Club and Wildlands Conservancy have created this series of 22 pocket-sized hiking cards highlighting scenic trails in 13

counties of southeastern PA. The cards have directions, descriptions, maps, and contact information. To order additional Hike the Highlands cards, learn about upcoming events, and help protect this region, visit: www.outdoors.org/hikethehighlands.

Support for this project was provided by the William Penn Foundation and the National Park Service Rivers & Trails Program. ©2009 Appalachian Mountain Club

Ensuring a Safe Hiking Experience

You are responsible for yourself, so be prepared:

- * **Know your gear.** Become self reliant by learning about the terrain, conditions, local weather, and your equipment before you start.
- * **Leave your plans.** Tell someone where you are going, the trails you are hiking, when you will return, and your emergency plans.
- * **Stay together.** When you start as a group, hike as a group and end as a group. Pace your hike to the speed of the slowest person.
- * **Don't be afraid to turn back.** Weather conditions and the time of nightfall can change. Fatigue and unexpected conditions can arise. Know your limitations and when to postpone your hike. The trails will be there another day.
- * **Plan for emergencies.** Even if you are headed out for only an hour, an injury, severe weather, or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.

Leave No Trace



The AMC is a national educational partner of Leave No Trace (LNT). LNT seeks to develop wildland ethics—ways in which people think and act in the outdoors to minimize the impact they have on the areas they visit and to protect our natural resources for the future. The LNT ethic is guided by these seven principles:

- * Plan ahead and prepare
- * Travel and camp on durable surfaces
- * Dispose of waste properly
- * Leave what you find
- * Minimize campfire impacts
- * Respect wildlife
- * Be considerate of other visitors

www.lnt.org



The Appalachian Mountain Club promotes the protection, enjoyment, and wise use of the mountains, rivers, and trails of the Appalachian region.

Wildlands Conservancy has been preserving, protecting, restoring, and enhancing the land, water, ecological, and recreational resources of the Lehigh Valley and the Lehigh River valley since 1973.



THE PENNSYLVANIA HIGHLANDS

greenway vision

The Pennsylvania Highlands Greenway Map highlights core natural areas in the Pennsylvania Highlands, called **Hubs**, with potential connectors between them, called **Corridors**. Hubs are areas that have a high natural resource value such as large intact forests or abundant wildlife and little fragmentation such as forests or farmland broken up by large developments. Hubs are both undisturbed natural lands and adjacent protected lands such as state parks, forests or game lands. Corridors are the best potential lands to connect the Hubs. While Corridors are not necessarily natural or protected lands they are important as they connect Hubs and often provide the most practical routes for animals to travel between core habitat areas.

A **Critical Treasure** is a recognized priority area for additional land conservation efforts in the Highlands that has significant value for open space preservation, watershed protection, habitats for plants or wildlife, or outdoor recreation. **Natural Lands** are landscapes that are not densely developed urban areas, while **Developed Areas** are landscapes that do fall within an intensely developed urban setting. For more information on AMC's Pennsylvania Highlands Greenway project, please visit www.outdoors.org/Susquehanna.

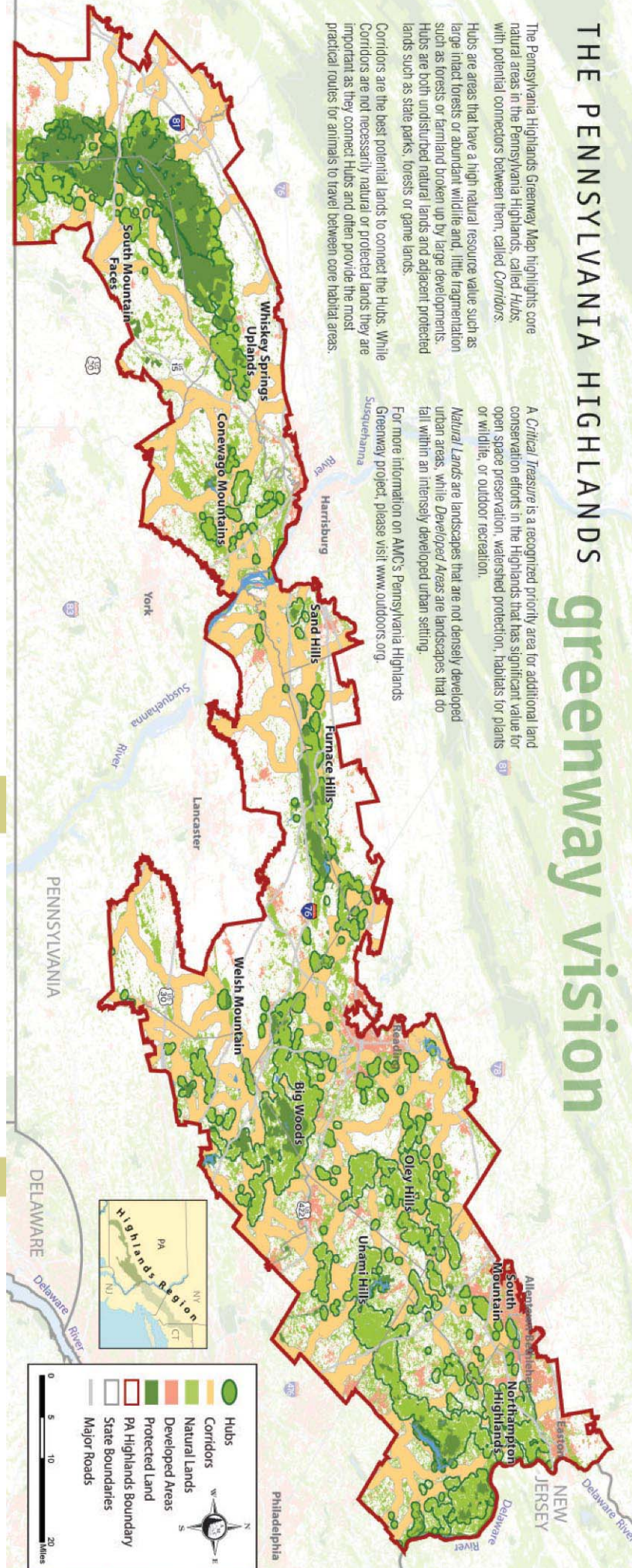


Photo: Tom Gettings, Wildlands Conservancy