COWANS GAP STATE PARK

Cowan Gap State Park is in Allens Valley, near the southern end of the Tuscarora Mountains, south of Newville in Franklin County. The 75,000-acre Cowans Gap State Park, a National Recreation Area for the past 40 years, is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visiters, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visitors, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visitors, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visitors, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visitors, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visitors, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visitors, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.

The park offers a wide variety of environmental education and interpretive programs for school groups and individual visitors, guided and indexed, and educational programs, parks and trails that are open to all ages.

WILDLIFE WATCHING

Cowan Gap State Park is in Allens Valley, a narrow, highland valley between Tuscarora Mountain and the Burnt Cabins area. The park is located 15 miles north of Chambersburg and 6 miles south of Newville.
GEYER TRAIL: 0.5 mile, most difficult hiking
This very steep, boundary trail passes through areas of mountain laurel. The trail starts at the intersection of Tuscarora Trail below the park dam and climbs to the top of Cove Mountain ending on Knobsville Road. Experienced hikers only! Not suitable for equestrians or bicycle use.

KNOBsville ROAD TRAIL: 1.3 miles, more difficult hiking
This old logging road can be walked from one end of the park to the other and is a good trail to use to make long hikes with other trails on the side of Cove Mountain.

HORSESHOE TRAIL: 0.5 mile, most difficult hiking
This very steep and very rugged trail passes over loose stones on steep slopes. The trail starts at the intersection of Tuscarora Trail below the park dam and climbs to the top of Cove Mountain ending on Knobsville Road Trail. Experienced hikers only! Not suitable for equestrians or bicycle use.

TUScarora TRAIL: 1.1 miles, moderate hiking
This trail begins along Aughwick Road across from the upper end of Camping Area A. The trail wanders through mountain laurel on both sides of Tuscarora Mountain and is a nice trail to walk in June when the mountain laurel is in bloom. Be aware, there is a short, 200-foot section of very steep trail.

ONE MILE TRAIL: 0.4 mile, easiest hiking
This short spur trail connects Parking Lot #7 with Aughwick Road Trail above Camping Area B. The trail starts at the intersection of Tuscarora Trail below the park dam and climbs to the top of Cove Mountain to the junction with Geyer Trail. This is the most popular trail in the park.

THREE MILE TRAIL: 1.5 miles, more difficult hiking
This trail begins along Aughwick Road across from the upper end of Camping Area A. The trail wanders through mountain laurel on the side of Tuscarora Mountain and is a nice trail to walk in June when the mountain laurel is in bloom. The areas, there is a short, 200-foot section of very steep trail.

PLESSINGER TRAIL: 1.3 miles, more difficult hiking
This rocky, streamside trail meanders alongside Aughwick Creek and offers a great access trail for anglers and a pleasant walk for butterfly watchers.

KNOBsville ROAD TRAIL: 1.3 miles, more difficult hiking
This trail begins along Aughwick Road just above the park office, then climbs to the top of Tuscarora Mountain to join Three Mile Trail. Hikers can then follow Aughwick Road across from Parking Lot #3, then follow Aughwick Road Trail back to the beginning of One Mile Trail, having walked about one mile.

ONE MILE TRAIL: 1.1 miles, more difficult hiking
This trail begins along Aughwick Road across from the upper end of Camping Area A. The trail starts at the intersection of Tuscarora Trail below the park dam and climbs to the top of Cove Mountain to the junction with Geyer Trail. Once at the junction with Geyer Trail, hikers have several options to continue their hike. They can start in the day or by returning their steps by following Geyer Trail to Cameron Trail then to Plessinger Trail. They can also take Tuscarora Trail another 2.4 miles south to the top of Big Mountain and a spectacular overlook of the Park Valley and Franklin County. From the Big Mountain Overlook, hikers will have a 3-hour return hike back to the park. The Cameron Gap section of the trail is renowned for its unusual rock outcroppings and rock fields.

STANDING STONE HIKING TRAIL: 76 miles (2.4 miles in the park) blue blazes, most difficult hiking
Starting at the Cowans Gap Lake spillway, this trail goes north to join Greenwood Furnace State Park. Part of the Great Eastern Trail system, Standing Stone Trail offers beautiful views and a challenging experience to the seasoned hiker. This trail connects to the Mid-State Trail, Tuscarora Trail, and the Appalachian Trail.

These guidelines will help ensure a safe and enjoyable hiking experience while in the park:

• Always wear sturdy boots. Wearing sneakers, sandals, “water shoes,” or “street shoes” can lead to serious accidents in this park.
• Give yourself plenty of time for your hike. The weather changes quickly in the park. Plan to be off the trails well before dark.
• Hikers should be in good physical condition, wear sturdy shoes, and use caution due to slippery/wet conditions and steep trail sections.

Tell us about your hike at: ExplorePAtrails.com
powered by you.