**What is Mountain Biking?**

Mountain biking captures all of the pleasures and health benefits of bicycling but adds a flare of outdoor adventure that surpasses the casual bike ride. At its core, mountain biking is all about experiencing wild places and connecting with nature, with an exhilarating twist. As with hiking, it is rewarding to reach a mountain vista, remote waterfall or other out-of-the-way treasure. The vigorous pace of mountain biking allows riders to cover distance and reach destinations on a grand scale.

The strong, lightweight frame and modified suspension of mountain bikes are specially designed for riding off-road and on narrow trails. They are equipped with fat, knobby tires for traction on dirt surfaces; a low gear range for steep climbs and for maneuvering around natural obstacles; and powerful brakes for navigating bends and descending hills.

Mountain biking is an activity for all ages and abilities. In Pennsylvania, DCNR trail systems open to mountain biking range from broad, fairly smooth forest dirt roads to single-track, highly technical trails specifically created and designated for mountain biking. The degree of difficulty varies considerably. Some trails are ideal for beginners and families while other trails appeal to the seasoned mountain biker, the expert looking for that next challenge.

**Mountain Biking in State Parks**

Mountain biking is permitted in 32 Pennsylvania state parks. Each park offers specific opportunities and restrictions for this activity. State parks are open daily from sunrise to sunset throughout the year. Please check with individual parks for mountain biking opportunities and trail details.
Connecting with other Mountain Bikers

Most mountain bike clubs and organizations promote and preserve mountain biking by hosting local group rides, organizing mountain biking events and building and maintaining trails. Participating in a group ride is a great way to get started and provides the opportunity to get outdoors and spend time with other active people. Organized rides frequently incorporate a mix of distances and skill levels to include a range of abilities.

Mountain Biking Links

International Mountain Biking Association (IMBA) www.imba.com
Mountain Bike Pennsylvania (MTBPA) www.mountainbikepa.com
MTB Project www.mtbproject.com
Pittsburgh Trails Advocacy Group (PTAG) www.ptagtrails.org

Sharing the Trail

Many state park and state forest trails are used for multiple activities. In order to enjoy, preserve and protect this common resource, all trail users must maintain a mutual respect for one another and practice trail etiquette.

State Forests with Mountain Biking

Approximately 3,800 miles of state forest trails are open to mountain biking and of those, 447 miles within 11 state forests are specifically designated and maintained for mountain biking. While most state forest trails and roads are open to this activity, natural areas, designated hiking trails and trails specifically marked closed are not open to mountain biking. Check with state forest offices for details and multi-use trail maps. Some state forests have maps specifically for mountain biking.

<table>
<thead>
<tr>
<th>State Forest</th>
<th>Phone Number</th>
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<tr>
<td>Bald Eagle State Forest</td>
<td>(570) 922-3344</td>
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<tr>
<td>Buchanan State Forest</td>
<td>(717) 485-3148</td>
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<td>Clear Creek State Forest</td>
<td>(814) 226-1901</td>
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<td>Complanter State Forest</td>
<td>(814) 723-0262</td>
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<td>Delaware State Forest</td>
<td>(570) 895-4000</td>
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<td>Elk State Forest</td>
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<td>Forbes State Forest</td>
<td>(724) 238-1200</td>
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<td>Gallitzin State Forest</td>
<td>(814) 472-1862</td>
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<td>Lackawanna State Forest</td>
<td>(570) 945-7133</td>
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<td>(570) 946-4049</td>
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<td>Michaux State Forest</td>
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<td>(814) 765-0821</td>
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<td>Rothrock State Forest</td>
<td>(814) 643-2340</td>
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<td>Susquehannock State Forest</td>
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<td>Tioga State Forest</td>
<td>(570) 724-2868</td>
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<td>Tuscarora State Forest</td>
<td>(717) 536-3191</td>
</tr>
<tr>
<td>Weiser State Forest</td>
<td>(570) 875-6450</td>
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*Forest favorites among mountain bikers

Where to Mountain Bike?

IN THE NORTH:
Black Moshannon State Park
(814) 342-5960
Chapman State Park (814) 723-0250
Kettle Creek State Park (570) 923-6004
Little Pine State Park (570) 753-6000
Ole Bull State Park (814) 435-5000
Parker Dam State Park (814) 765-0630
Patterson State Park (814) 435-5010
Raymond B. Winter State Park
(570) 966-1455

IN THE SOUTH:
*Blue Knob State Park (814) 276-3576
*Codorus State Park (717) 637-2816
Colonel Denning State Park (717) 776-5272
Fowlers Hollow State Park (717) 776-5272
French Creek State Park (610) 582-9680
Gifford Pinchot State Park (717) 432-5011
Prince Gallitzin State Park (814) 674-1000
Shawnee State Park (814) 733-4218
*Swareta State Park (717) 865-6470

IN THE EAST:
Beltzville State Park (610) 377-0045
Big Pocono State Park (570) 894-8336
Evansburg State Park (610) 409-1150
Francis Slocum State Park (570) 696-3525
Gouldsboro State Park (570) 894-8336
Jacobsburg Environmental Education Center (610) 746-2801
Lackawanna State Park (570) 945-3239
*Nockamixon State Park (215) 529-7300
Promised Land State Park (570) 676-3428
Promonton State Park (570) 945-3239
Tobyhanna State Park (570) 894-8336

IN THE WEST:
Laurel Summit State Park (724) 238-6623
*Moraine State Park (724) 368-8811
*Ohiopyle State Park (724) 329-8591
Raccoon Creek State Park (724) 899-2200
Yellow Creek State Park (724) 357-7913
*The designated mountain biking trails at these parks are especially popular.