



Baker Trail/North Country National Scenic Trail: 12 miles in the park
More difficult hiking | Point-to-point trail | Yellow and blue blazes
Trailhead Amenities: backpacking shelter, picnic tables, modern restrooms at Log Cabin Environmental Learning Classroom (ELC)

The 140-mile Baker Trail (blazed yellow) runs from Freeport through the Allegheny National Forest. The North Country Trail (blazed blue) stretches 4,600 miles from New York to North Dakota. The two trails overlap and run through the Forest Cathedral, passing Seneca Point and meandering by the Clarion River past the bracket dam waterfall across from Hemlock Island.

Black Bear Trail: 1.1 miles
Easiest hiking | Loop trail | Yellow blazes
Trailhead Amenities: picnic tables
This flat loop trail begins and ends at the Sawmill Center for the Arts. Look for black bear claw marks on trees.

Browns Run Trail: 2.0 miles
More difficult hiking | Out-and-back trail | Yellow blazes
This trail parallels Browns Run from Toms Run Road to Forest Road. Due to its low usage, it is a wonderful trail for wilderness hiking, hunting, and birding, particularly for the flute-like songster thrushes.

Camp Trail: 2.0 miles
Most difficult hiking | Out-and-back trail | Yellow blazes
The most travelled section of this steep trail links the Ridge Campground to Breezemont Drive near the Log Cabin ELC. Pay particular attention at trail intersections as this trail splits near the campground.

Cook Trail: 2.0 miles
More difficult hiking | Loop trail | Yellow blazes
Trailhead Amenities: modern restrooms, picnic tables
From the Henry Run Day Use Area, this lightly-used loop trail winds through a magnificent stand of old growth forest. Keep watch for tall white pines, large hemlocks, oaks, black gums, relict American chestnut snags from the early 1920s, and a 1930s dynamite shack built by the Civilian Conservation Corps.

Corduroy Trail: 1.2 miles
More difficult hiking | Connector trail | Yellow blazes
This trail connects the Ridge Campground and the Liggett Trail along Toms Run. This pleasant hike crosses over Breezemont Drive, passing large American beech and Eastern hemlock. Pay attention at intersections as this trail connects with the Camp Trail.

Deer Meadow Trail: 1.5 miles
More difficult hiking | Connector trail | Yellow blazes
This trail unites the Browns Run Trail with the multi-use Heffron Run Trail. Sections of this trail go through old growth oak hemlock forest and prime wildlife areas.

Deer Park Trail: 1.1 miles
More difficult hiking | Connector trail | Yellow blazes
This trail segment connects PA 36 and the Seneca Trail, also linking with the Mohawk Trail. Hikers pass through the heart of the 1976 tornado-damaged area.

Hemlock Trail: 0.3 mile
More difficult hiking | Connector trail | Yellow blazes
This short trail connector joins the Longfellow Trail near Forest Road with the Deer Park Trail at PA 36. One of the finest old growth hemlock forests in the Eastern U.S. is located along this trail. Some hemlocks surpass 140 feet tall; many are more than 300 years old.

Liggett Trail: 1.5 miles
Easiest hiking | Connector trail | Yellow blazes
This trail begins at Breezemont Road across from the Log Cabin ELC and travels a portion of the NCT/Baker Trail along Toms Run, terminating on Toms Run Road. The trail passes through a wonderful stand of hemlocks, some of which is an old growth forested wetland. Listen to the elusive winter wren along this trail. Turning right onto Toms Run Road brings you back to the Log Cabin ELC.

Mohawk Trail: 1.4 miles
More difficult hiking | Connector trail | Yellow blazes
This trail runs from the PA 36/Forest Road intersection near the park office to the exit of Fire Tower Road and winds through a magnificent old growth forest. Walk among some of the tallest, largest, and oldest hemlocks found in the park. Many hemlocks, white oaks, and chestnut oaks surpass 300 years old here.

Paved Sensory Trail: 0.2 mile
Easiest hiking | Loop trail | Yellow blazes
Trailhead Amenities: picnic tables, benches
This ADA-accessible trail guides users with a wayfinding cable through mature hardwood forest. Braille and raised letter signs along its length interpret forest lore. It can be reached via a gravel road near the entrance of the Sawmill Center for the Arts.

Ridge Trail: 0.7 mile
Most difficult hiking | Out-and-back trail | Yellow blazes
This steep trail connects the Ridge Campground near Site 32 to Forest Road by Shelter 1. Large oak and black cherry trees are found near this path. Several black cherries reach three feet across and 140 feet high, some of the tallest known in the entire Eastern U.S.

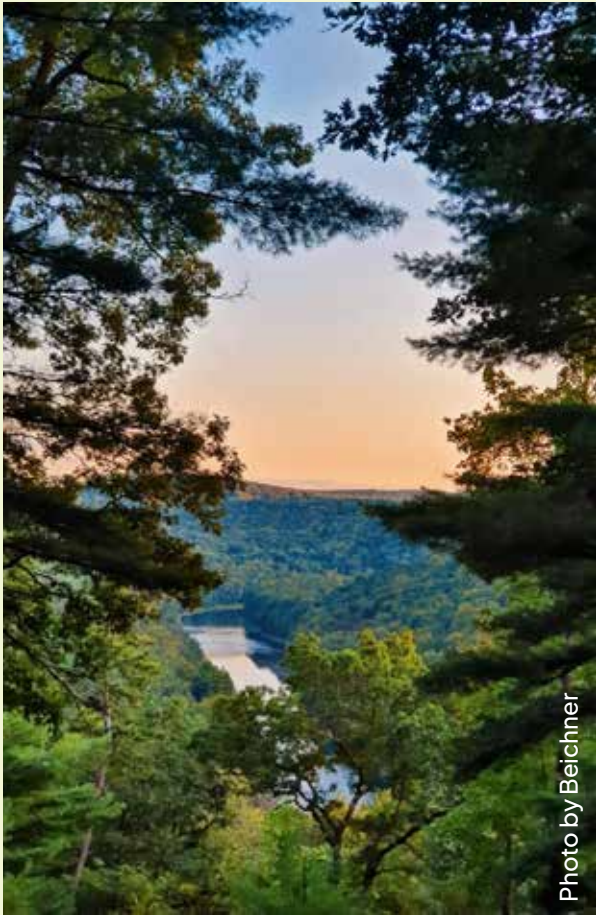
River Trail: 1.2 miles
Most difficult hiking | Out-and-back trail | Yellow blazes
Trailhead Amenities: non-flush restrooms, picnic tables
This steep trail runs along the Clarion River from the Fire Tower to Fire Tower Road. This is a beautiful hike in early summer when the mountain laurel and rhododendron bloom.

Seneca Trail: 0.9 mile
Most difficult hiking | Out-and-back trail | Yellow blazes
Trailhead Amenities: modern restroom, benches

This trail climbs from PA 36 to the junction with the Deer Park Trail, where a left turn will continue to the Fire Tower-Seneca Point Area. It offers an excellent view of the Clarion River and passes through old growth forest including a section of 1976 tornado-downed logs. The greatest concentration of tall hemlocks in the Northeastern U.S. can be found here. The tallest known Eastern hemlock in the Northeastern U.S., at 145 feet high, is located here.

Tobacco Trail: 7.5 miles in the park, 11 miles total
More difficult hiking | Point-to-point trail | Yellow blazes

This connecting trail between Cook Forest and Clear Creek state parks runs along the Wild and Scenic Clarion River from PA 899 to the Gateway Lodge on PA 36. Most of the trail is located near the riverbank in a mix of pine, hemlock, rhododendron, and mountain laurel. However, the trail does ascend to the ridge tops in two locations where visitors can enjoy open hardwood forests of oak, cherry, and maple. From PA 899, it is 2.5 miles to the Clear Creek State Park Campground. There are four trailhead parking lots. The Gateway Lodge parking lot is available on the western end of the trail. Route 36 Connector parking area connects to a gated service road 0.5 mile west of 899. PA 899 parking lot is marked by an information kiosk within Clear Creek State Park. The eastern end of the trail is in the Clear Creek State Park Campground.



FOREST CATHEDRAL TRAILS
The Forest Cathedral Natural Area is a registered National Natural Landmark. Numbers below correspond to the map on the reverse side.

1. Joyce Kilmer Trail: 1.1 miles
More difficult hiking | Connector trail | Yellow blazes
This trail runs from Cemetery Road to the Indian Trail. Note the rock formations nestled among the 3 to 4-foot diameter hemlocks and white pines.

2. Rhododendron Trail: 1.2 miles
More difficult hiking | Connector trail | Yellow blazes
A favorite hike for many, this trail joins Indian Cabins 6 and 7 to Forest Drive via the Forest Cathedral. Ancient hemlocks and white pines are common along its length.

3. Longfellow Trail: 1.2 miles
More difficult hiking | Out-and-back trail | Yellow blazes
Trailhead Amenities: picnic tables, modern restrooms
The most well-known trail in the park runs through the finest stand of old growth white pine forest in the northeastern U.S. The trail runs from the Log Cabin ELC to Forest Road. Along the way, hike past the Memorial Fountain and the tallest white pines in Pennsylvania, at 170-feet tall.

4. Toms Run Trail: 0.8 mile
Easiest hiking | Out-and-back trail | Yellow blazes
Trailhead Amenities: modern restrooms, picnic tables
This flat trail begins near the Log Cabin ELC and ends near the Swinging Bridge through the picturesque Toms Run Valley. Keep a lookout for remnants of bracket dams once used to move logs downstream during the 1800s logging boom.

5. Birch Trail: 0.9 mile
Easiest hiking | Out-and-back trail | Yellow blazes
Trailhead Amenities: modern restrooms, picnic tables
This trail passes beside the Swinging Bridge and through ancient birches, hemlocks, and white pines overlooking the picturesque Toms Run Valley.

6. Indian Trail: 1.0 mile
Most difficult hiking | Out-and-back trail | Yellow blazes
Trailhead Amenities: modern restrooms, potable water, picnic tables
This steep trail starts at the Children's Fishing Pond and leads into the Forest Cathedral before joining the Longfellow Trail. Near the pond, observe the incredible stand of second growth Eastern white pine, logged in the 1800s. As the trail levels off, look for the transition from second growth to old growth forest.

7. Red Eft Trail: 0.2 mile
Most difficult hiking | Connector trail | Yellow blazes
Connecting the Longfellow Trail to the Toms Run Trail, this steep trail traverses an old growth forested wetland.

8. Ancient Forest Trail: 0.3 mile
More difficult hiking | Connector trail | Yellow blazes
This trail bisects the Longfellow Trail through the heart of the Forest Cathedral. Gaze above to see the greatest concentration of tall, old growth white pines in Pennsylvania.



Multi-use Trails

Multi-use trails are open to hiking, mountain biking, and horseback riding as designated.

Bridle Trail: 1.1 miles
Easiest hiking | Connector trail | Red blazes
Recreations Permitted: hiking, equestrian
Starting 0.8 miles from the beginning of Forest Drive, this fairly flat trail weaves hikers and equestrian users through a 1930s Civilian Conservation Corps (CCC) red pine plantation and then terminates at the Old Logging Road Trail within the Forest Cathedral. Some select Eastern hemlocks, white oaks, and American beeches surpass 300 years old. Continue onto the Old Logging Road to return to Forest Drive.

Equestrian Trail: 1.5 miles
Easiest hiking | Loop trail | Yellow/red blazes
Recreations permitted: hiking, equestrian
Starting 0.2 miles from the beginning of Forest Drive, this fairly flat, multi-use trail a 1930s CCC red pine plantation and then loops back onto Forest Drive. Look for hawks hunting along the trail.

Heffron Run Trail: 1.1 miles
More difficult hiking | Connector trail | Red blazes
Recreations Permitted: hiking, biking, equestrian
This multi-use trail connects Toms Run Road with Forest Road. Look for evidence of old bracket dams within the serene Heffron Run Valley, used to flood water to move logs downstream in the 1800s.

Old Logging Road Trail: 0.6 mile
Easiest hiking | Out-and-back trail | Yellow/red blazes
Recreations Permitted: hiking, equestrian (northern section only)
This flat trail proceeds between Forest Drive and the Joyce Kilmer Trail. Watch for red and white pine orchards planted by the CCC from 1933-1937.



A Trail Information Guide for Cook Forest State Park

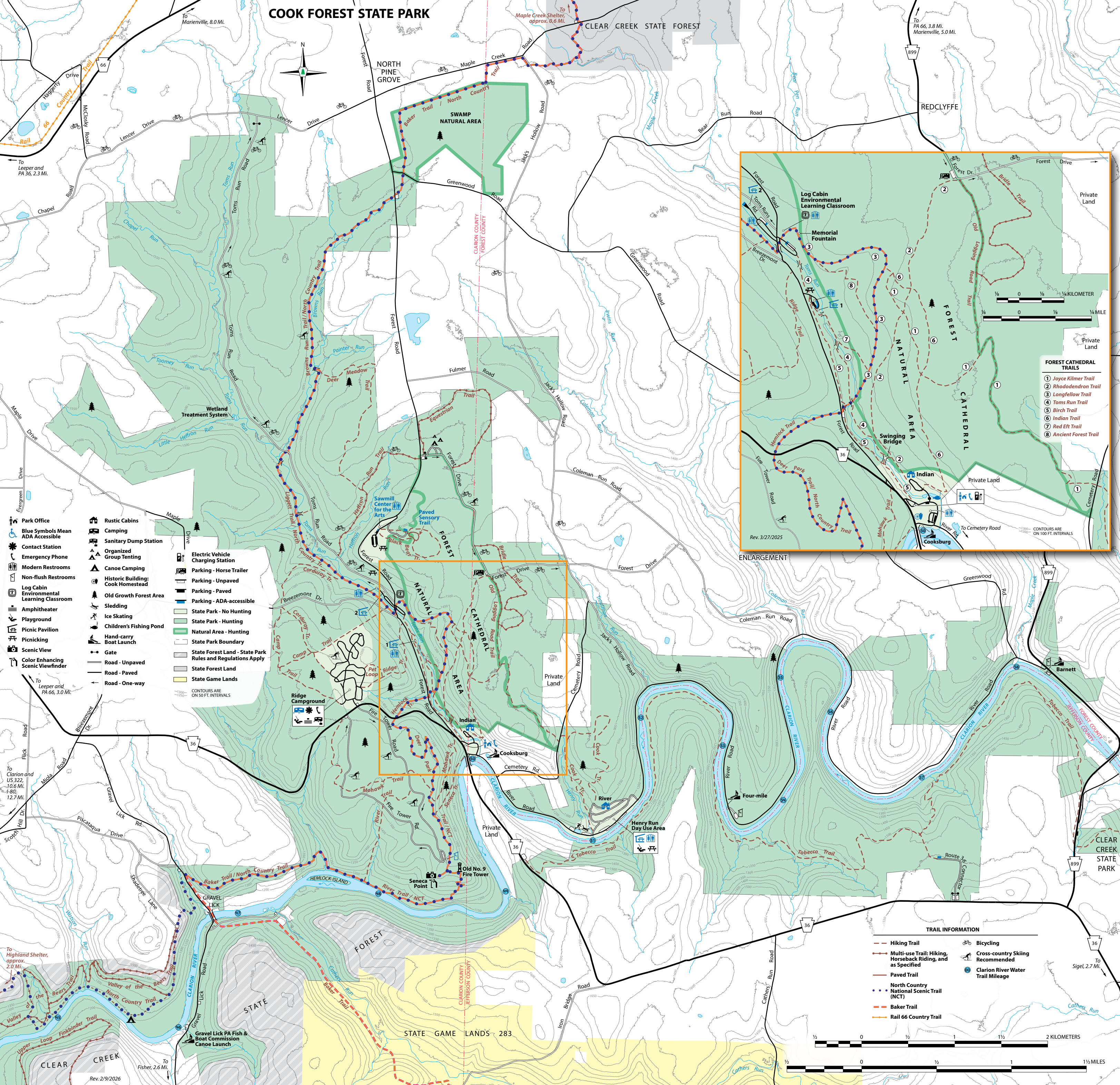


Access for People with Disabilities

This symbol indicates facilities and activities that are Americans with Disabilities Act (ADA) accessible for people with disabilities. This publication text is available in alternative formats.
If you need an accommodation to participate in park activities due to a disability, please contact the park you plan to visit.

In an Emergency

Call 911 and contact a park employee to summon medical, fire, or safety professionals.
Call or text 988 to contact a crisis center counselor during a mental health or substance abuse crisis.
Directions to the nearest hospital are posted on bulletin boards and at the park office.
Nearest Hospital
Clarion Hospital
1 Hospital Drive
Clarion, PA 16214
814-226-9500



Trail Ethics

YIELD

- Right of Way Protocol**
- Bicyclists yield to all users.
 - Hikers yield to horseback riders.
 - Common courtesy should prevail for all users.
 - In flat terrain, move to the right and allow others to pass.
 - In uneven terrain, move to the downhill side and allow others to pass.

- Trail Use**
- Designated trails are marked with red blazes and signs unless otherwise indicated.
 - Stay on the trail; avoid taking shortcuts or making new trails.
 - Stay in single file to avoid damage to vegetation.
 - Wet and muddy trails are more vulnerable to damage, so consider other trail options.

- Safety**
- Control your actions.
 - Travel only at a speed that is safe for the conditions on the trail.
 - Avoid startling other trail users.
 - Show respect when passing other trail users. Slow to a walking pace or stop.
 - Anticipate other trail users around blind corners and in areas of poor visibility.
 - River crossings possess inherent danger. All users are advised to use caution if crossing the river.

- Obey All Park Rules and Regulations**
- Camping and fires are only permitted in designated overnight areas.
 - Extinguish all fires before leaving the area; fires are prohibited when wildfire danger is high.
 - Alcohol is prohibited.
 - Pets must be leashed and under control at all times.