## Allegheny Portage Railroad

National Park Service
U.S. Department of the Interior

Allegheny Portage Railroad National Historic Site





We all know that biking, hiking, and other forms of outdoor recreation are good for our health. A National Park Service (NPS) study found that people who exercise regularly spend 30 percent fewer days in the hospital than people who do not. But did you know that biking and hiking are also good for the health of our national parks?

Bicycling, hiking, and walking are effective and pleasurable alternatives to motor vehicle travel. NPS is exploring the use of these and other transportation alternatives to accommodate more park visitors while alleviating congestion, protecting park resources, and improving the visitor experience.

## Regulations



- -Trails are for pedestrian use only.
- -NO motorized equipment is permitted. This includes ATV (All Terrain Vehicles) of any description, snowmobiles, and 4 x 4 off road vehicles.
- -Bicycles are <u>not</u> permitted on the Summit area trails. Bicycles are permitted on part of the Incline 6 to 10 trail, please read the map carefully.
- -Cross country ski use is welcome.
- -Pets must be on a 6 foot (max) leash at all times. Pet owners are required to clean up after their pet.
- -Hunting is NOT permitted on National Park Service owned land.

## **Trail Markings**

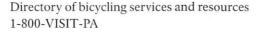


Most trails at the Summit area are not marked. Some intersections are indicated by a post with a hiking symbol.

The Incline 6 to 10 Trail is marked as are the 'spur trails' off the main trail. Ask for a topographic trail map for details.



## **Bicycling Alternatives**



Pennsylvania State Parks - Mountain Biking 1-888-PA PARKS



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Rails-to-Trails Conservancy 2133 Market Street, Suite 222 Camp Hill, PA 17011 (717) 238-1717 www.railstrails.org

Cycle the Southern Alleghenies Allegheny Mountain Convention/Visitors Bureau (800) 842-5866

