

GET ACTIVE IN THE PARK!

A healthy lifestyle includes a combination of eating right and staying active. It is recommended that children get 60 minutes of physical activity daily, while adults should aim for 30 minutes per day.

HIKE AT OHIOPYLE

79 total miles of trails | Level of Difficulty: Easy - Difficult

Throughout Ohiopyle State Park there are 79 miles of trails, ranging from light hikes to challenging backpack excursions. For a short and easy adventure try Oakwoods Trail (0.5 miles), Fernwood Trail (0.5 miles), or Ferncliff Trail (1.7 miles). For a more challenging hike, try Sugar Run Trail (1.6 miles), Old Mitchell Trail Loop (2.9 miles), or Great Gorge Trail (2.6 miles). Find other trail options and more information online at www.dcnr.pa.gov.

Activities for kids

Walking • Spotting Wildlife
Nature Projects • Biking • Outdoor Sports

Activities for teens

Walking • Jogging • Biking Sightseeing
Outdoor Sports • Water Activities

Activities for adults

Walking • Camping • Biking
Sightseeing • Outdoor Sports • Water Activities

This park is a Pennsylvania Department of Health recognized Young Lungs at Play tobacco-free site.