



HIKING THE POCONOS

The ultimate guide to the best trails
in Northeastern Pennsylvania and beyond

HIKE YOUR OWN HIKE

At Shawnee, we believe hiking can transform you. In fact, it is our vision to offer unique experiences that can only be found at Shawnee. Through these unique experiences, memories can be made, relationships strengthened and relaxation achieved, in a word, transformation.

The Shawnee Inn and Golf Resort shares a property line with the 70,000+ acre Delaware Water Gap National Recreation Area and the Appalachian Trail. There is no better home-base for your hiking vacation. Instead of retreating home or sleeping with a stick in your back, stay with us. Enjoy a hot meal, an ice cold beer from our brewery, and a comfortable bed.

Daily guided hikes are included with every stay at no additional cost. Private hikes are available for guests desiring a more exclusive experience. Private hikes access some of our areas most hidden gems, not found on any maps. We encourage our guests to get outdoors. Breathe the fresh air, hike, golf, kayak, raft, or just enjoy the peaceful flow of the Delaware River. Reconnecting with nature, family, friends, or yourself.

WHAT THE EXPERTS SAY:

"Don't rush! Enjoy the trail, take in the views. You don't need to prove yourself to anyone."

-Meredith L.

Throughout this booklet, we included these testimonials & tips from past Shawnee guests who wanted to share their experiences with you.

To make a reservation, please visit shawneeinn.com or call: 800-SHAWNEE (800-742-9633)

If you'd like to speak with our hiking experts prior to your arrival, please call the number above and ask for our outdoor recreation team. Or e-mail activities@shawneeinn.com.

TAG US! All the photos in this booklet were shared with Shawnee via social media. We'd love to see & share your beautiful photography. Please use the hashtag **#shawneeinn** and we will show off your art!

@xxtina_marie

HIKING FOR BEGINNERS

WHAT THE EXPERTS SAY:

"Never underestimate the trail/hike. Always have water and always have a map (or take a pic of the map at the trailhead). Proper footwear is crucial. Be smart and enjoy the hike."

-Mike R.

If you are new to hiking, or have never had the opportunity to try hiking, The Shawnee Inn and Golf Resort is the best place to go. The Shawnee Inn and Golf Resort offers guided hikes every day to our overnight guests. Our experienced guides will take you to one of many local trails, and will guide you through the trail, while pointing out flora, fauna, and fantastic photo opportunities.

How does one set themselves up to be a successful hiker? For starters choosing the right footwear will jumpstart your success. If your feet hurt after every hike (or attempt at one) you are less likely to stick with the hobby. We recommend hiking shoes (versus boots). Why? For one they are lightweight, softer, and more flexible. They are easier to fit and do not need to be "broken in" prior to your first hike with them. We would also recommend a shoe with some ankle support.

Next, you will want to choose a distance for your hike. Don't be too ambitious, know your limits and respect them. Try hiking at a local park before attempting a longer more strenuous one. We encourage everyone to hike as a group or at least with one other person. And lastly, leave no trace. What do we mean by that? It means that

whatever you take into the woods with you, needs to come back with you. Do not leave your trash in the woods or along the trail. Carry it back with you and dispose of it at home or in a designated trash/recycling bin.



@141katpski

WHAT THE EXPERTS SAY:

"I carry a lightweight backpack and always have in there a waterproof blanket so I can stop to enjoy a view, take in the quiet of my surroundings or enjoy a snack I brought along. Hike more, stress less!"

-Robin S.



@jasonrmacey



@reka_travels



@tomaphotogallery

GUIDE'S PICKS TO HIKING THE POCONOS

DEFINITION OF CLASS TRAILS

Class I: A low-risk hike on a well-marked trail.

Class II: Has sections that are not clearly marked. It is considered easy or moderate. May have to climb over some jagged rocks.

Class III: Has sections with rugged terrain where you will need to use your hands to scramble across extreme terrain. Do not need technical climbing gear, but some people use ropes for added safety.

Class IV: Considered to be more of a climbing or mountaineering route than a hiking trail.

Class V: Considered technical free-climbing and requires the whole rock-climbing getup.



@calamitychang

COLLEEN'S PICK - DIANA'S BATH (GREEN DOT)

Diana's Bath is in Delaware Water Gap, Pennsylvania, and a mere 7 minutes away from The Shawnee Inn and Golf Resort. It is part of the Delaware Water Gap National Recreation Area on the Appalachian Trail. It has a beautiful, secluded waterfall, and expansive Rhododendron grove. It is a Class I - III trail as it has sheer drop offs near the falls.

It is necessary to have a guide to find the 17-foot waterfall. There are multiple "deer trails" that lead to other trails. This trail is beginner friendly.

GENE'S PICK - SLATEFORD CREEK FALLS

Slateford Creek Falls is in Bangor, Pennsylvania, and is approximately 15 minutes away from The Shawnee Inn. It is a Class II trail (4/10 difficulty), with lots of shaded area. The best times to visit are in the Spring and Fall, and this trail is open year-round, but has limited parking.

Slateford Creek Falls has three successive waterfalls. The first waterfall is 15 feet tall, is on a steep offset towards the beginning of the trail and is partially difficult to get to. The second waterfall is about 10 minutes along the trail and is 40 feet tall. The third waterfall located along the trail is about 30 feet tall. This trail is friendly for both novice and experienced hikers, is shaded, and very picturesque.

WHAT THE EXPERTS SAY:

"George W. Child's Park just past Dingman's Fall off route 209 has several sets of waterfalls and a lovely round trip trail. It also has picnic tables so pack a lunch!"

-Lorena W.



@gowiththegilmours

TYLER'S PICK - DINGMAN'S FALLS

Dingman's Falls is in Dingman's Ferry, which is approximately 45 minutes away from The Shawnee Inn. It is part of the Delaware Water Gap National Recreation Area (DWGNRA). Dingman's Falls has a statewide reputation, features the Discovery Center, and has two waterfalls, Dingman's Falls, and Silver Thread, that you can enjoy the beauty of. In fact, Dingman's Falls is the second largest waterfall in the state at 130 feet.

In terms of conditions, it is a Class I trail, with a Boardwalk that leads to the falls, and has a staircase to the top of Dingman's Falls. This trail closes after the first snowfall. Overall, this trail is "novice hiker friendly", handicap friendly, is shaded from the sun, and best of all picturesque!

@_amsky_

THE RIVER ROOM RESTAURANT Located in the Main Inn, serves an Italian menu with a uniquely American flare. Dine indoors or enjoy veranda seating overlooking our Grand Front Lawn and the gentle-flowing Delaware River.

THE SHAWNEECRAFT BREWERY Few things pair better with a post-hike celebration than cracking open a delicious craft beer. The ShawneeCraft Brewery features beer made here, a Taproom & beautiful outdoor Beer Garden. Imagine catching a life-altering sunset on the Appalachian Trail and then making it back to Shawnee just in time for some live music in an outdoor setting lit with café lights and the warm glow of crackling personal firepits.

SPA SHAWNEE & SALON

Need we say more? The hiking trails near Shawnee vary in difficulty level. You can be exceptionally challenged or simply wander on a flat grade enjoying the Pocono's beautiful scenery. Either way – Spa Shawnee is here to pamper you after your adventure.

RECREATION

The Shawnee Inn and Golf Resort's Recreation Team enhances our guests' experiences with personally crafted and well-thought activities. From nightly campfires to gentle historic walks – our team adds value & fun to your Shawnee hiking vacation.



THE GEM & KEYSTONE TAVERN

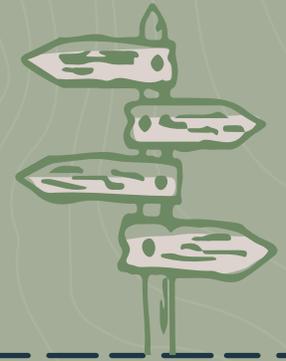
The Gem & Keystone Tavern is the Pocono's only wood-fired grill scratch house. There is no better place for a burger, ribs & steak. Our Cheddar-Ale Cheesesteak will change your life. Several of our ShawneeCraft brews are always on tap to pair with your meal or enjoy at the bar. Guests with special dietary needs are delighted by our robust vegetarian & gluten-free menus.

SHAWNEE RIVER TRIPS Spend enough time hiking in the Poconos and you will soon realize that hiking & river adventures go hand-in-hand. Many of our popular trails feature the most gorgeous panoramic views of the crystal clean Delaware River. It does not take long for hikers to be mesmerized by the gentle lapping currents of the Delaware River. Soon, the desire sets in to get on the river. We know how important it is for our guests to satiate their desire to paddle the Delaware. Our on-property river trip outfitter has exclusive access to the most sought-after boat launch on the Delaware River.

SAFE HIKING

GEAR CHECKLIST

If you are new to hiking, you might not know what gear you should bring with you on a hike. First, we will review the essentials, then we will go over secondary equipment that you might want to bring with you on your hike.



The essentials begin with your hiking shoes. They will help keep your feet warm and dry. They also provide you with good traction and help prevent slips while on a trail.

You should bring a water bottle or canteen.

Preventing dehydration is crucial while hiking. A handsfree water bottle is ideal but not necessary.

You will want to bring a map and compass or GPS. These items will help you find your way back to the trail should you get lost.



You will want to bring something to eat with you. A snack or small meal will help replenish the energy you spent on your hike. When considering your snack, think carbohydrates, protein, fats and electrolytes. Some examples include graham crackers, bread, grapes, raisins, jerky, tuna, nut butter, carrots or dried fruit. Some healthy fats include walnuts, avocado, or hard cheese.

A few more essentials would include extra clothing or rain gear. You will want to avoid cotton and may bring two days' worth of clothes with you.



Make sure you bring a flashlight in case your hike takes longer than you expected.



A first aid kit that is capable of handling minor injuries. It should also include a fire starter or book of matches just in case of an emergency and you need to keep yourself or others warm.



A knife or multi-tool is another essential to keep with you. Both can be used for multiple purposes, such as medical or first-aid needs, equipment repair, or any other emergency you might encounter.

Some secondary equipment that you should consider while on a warm weather hike includes trek poles with sand baskets, a backpack, a whistle, sunblock, and bug spray. When considering bug spray, Picaridin based sprays are a good substitute for DEET-based sprays. DEET is the tried-and-true reigning champion of mosquito repellents, but Picaridin is reported to be just as effective while having several other potential advantages. Picaridin is safe for use on most materials and does not leave your skin feeling greasy nor does it have a strong odor. Avoid aerosol sprays and opt instead for a pump spray or lotion. You might also want to make sure that it repels chiggers as well.

For a cold weather hike consider bringing these items, trek poles with snow baskets, snowshoes, blanket or insulated sleeping bag, and boot gaiters if you do not have proper snow boots or snowshoes. A boot gaiter will prevent snow or water from getting in your boot and will help keep your feet nice and warm.



After years of experience, our guides have found these hiking hacks incredibly useful:

Duck Tape

Use as a moleskin to blister proof your feet, also serves as another multipurpose tool, and it is a very frugal piece of equipment.



Pack a Lint Brush

Use it to pick up ticks hiding on your clothes.

Wear Pantyhose

Helps minimize friction & blisters, it's another layer of warmth, they keep ticks and chiggers at bay, and they can be improvised as a fishing net or water filter.

It may not be necessary to bring all this equipment with you, but instead bring the items that you feel will be most beneficial based on the season in which you are enjoying your hike.

What is unique about hiking in the Poconos? Our guides give you an inside look at the benefits of hiking in the Poconos during each season.

HIKING FOR ALL SEASONS

SPRING HIKING

The Poconos has some beautiful weather during March and May. April tends to be a wet month and is not necessarily ideal conditions for hiking. During the spring months expect a wonderful mix of flowers and trees budding and blooming. With no leaves on the trees yet, you will see unobstructed picturesque views of the mountains, rivers and streams that make up the Poconos.

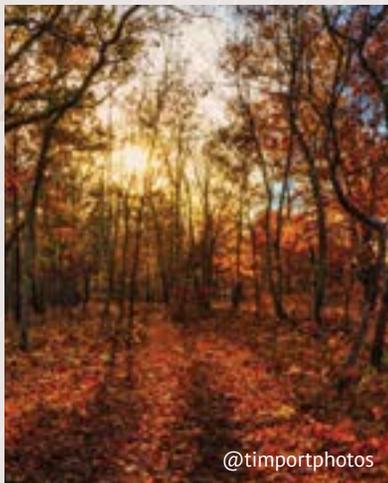
SUMMER HIKING

One of the things that guests love about Shawnee in the summertime is the lush vegetation that surrounds the property. That same vegetation is what surrounds you when you hike any of the local trails in the Poconos during the summer months. Expect to see trees like Tulip Poplar, Birch, Oak and Sassafras, and shrubs like Rhododendron. You will love discovering special hidden waterfalls and swimming holes, perfect for cooling off during a hot day. A bustling variety of wildlife can be found on the trails during the summer months. Be on the look out for deer, birds of prey, reptiles, and various insects as you enjoy your hike.



WHAT THE EXPERTS SAY:

"Dress in layers depending on the season. Be prepared for sudden adverse weather conditions. I have encountered rain and snow storms. Being prepared is the key to great hiking." -Dean R



AUTUMN HIKING

The Poconos is known for the amazing fall foliage we experience every year. Besides the beautiful foliage, the fall months have near perfect weather for hiking. Cool, brisk mornings turn into warm afternoons. It is no wonder that hiking in Autumn is so popular, the views alone are absolutely breathtaking.

WINTER HIKING

A winter hike in the Poconos is known for its aesthetic beauty, and unobstructed views of the mountains. Truly a winter wonderland with fresh snow and ice on the waterfalls. One will also experience a beautiful silence that brings a feeling of Zen.

There is always something special to see or feel when hiking in the Poconos.

The stunning picturesque views that can only be seen here, especially the view of the Water Gap, the topographical advantage that provides us with such views and overlooks, no matter the season.

SEASONAL GEAR: CLOTHING & ACCESSORIES

If you are not comfortable while hiking, you will not do it again. Our guides have considered each season for hiking in the Poconos to come up with the most complete list of apparel to keep you comfortable while on a hike.

Our guides recommend that you always pack a change of clothes no matter the season. Dress in layers. Remember to check the forecast before heading out on your hike. Weather can change quickly, and it is better to be prepared while on the trail. You do not want to risk hypothermia or dehydration when the right clothing could prevent either scenario.

		SPRING	SUMMER	AUTUMN	WINTER
CLOTHING	Hiking Shoes	X	X	X	X
	Warm Socks	X	X	X	X
	T-shirt (Moisture Wicking)	X	X	X	
	Relaxed Fit Shorts		X	X	
	Sweatshirt	X		X	X
	Lightweight Waterproof Jacket	X	X	X	X
	Long-Sleeve Shirt (Moisture Wicking)	X		X	X
	Cargo Pants or Other Relaxed Pants	X		X	X
	Long Johns or Spandex	X			X
	Fleece or Puffy Jacket			X	X
	Windproof/Waterproof Jacket	X			X
Waterproof Snow Pants				X	
ACCESSORIES	Brimmed Hat	X	X	X	
	Sunglasses	X	X	X	X
	Bandana	X	X	X	X
	Bathing Suit		X		
	Beanie/Ushanka	X		X	X
	Boot Gaitors	X			
	Scarf				X
	Waterproof Gloves	X			X
	Thin Gloves	X		X	X

WHAT THE EXPERTS SAY:

"Always wear comfortable clothes and shoes when venturing out on the trails. Secure all of your valuables in your backpack so they don't run the risk of falling out from your pockets. Be sure to drink plenty of water and take breaks whenever necessary. Be sure to stay on marked paths to reduce the risk of injury and getting lost."
-Alexander H.

"Definitely wear hiking boots if possible or sturdy sneakers. Something that straps to your foot is best. I always bring bandanas for when I inevitably start to sweat."
Taylor L.

"Be sure to bring a first aid kit. You never know if or when you or someone you come across may need basic medical attention."
-Chris B.

"Some things to carry include a knife and duct tape. Don't forget toilet paper if the trail is long and small shovel to bury waste and Ziploc bags to carry out."
Toni L.

"Always carry medication for a bee or wasp sting...you never know."
-James O.

"If you hike alone, always let your friends and/or family know where you're hiking. If your phone doesn't have the best battery life, bring a portable charger."
-Emmy H.



For more information, to make a reservation, or speak to a hiking expert
800-SHAWNEE (800-742-9633) | activities@shawneeinn.com

Design by stephaniemdolph.com | Cover Photo from [@abbyventure](https://www.instagram.com/abbyventure)