

# Moccasin Trail

TIOGA-HAMMOND & COWANESQUE LAKES

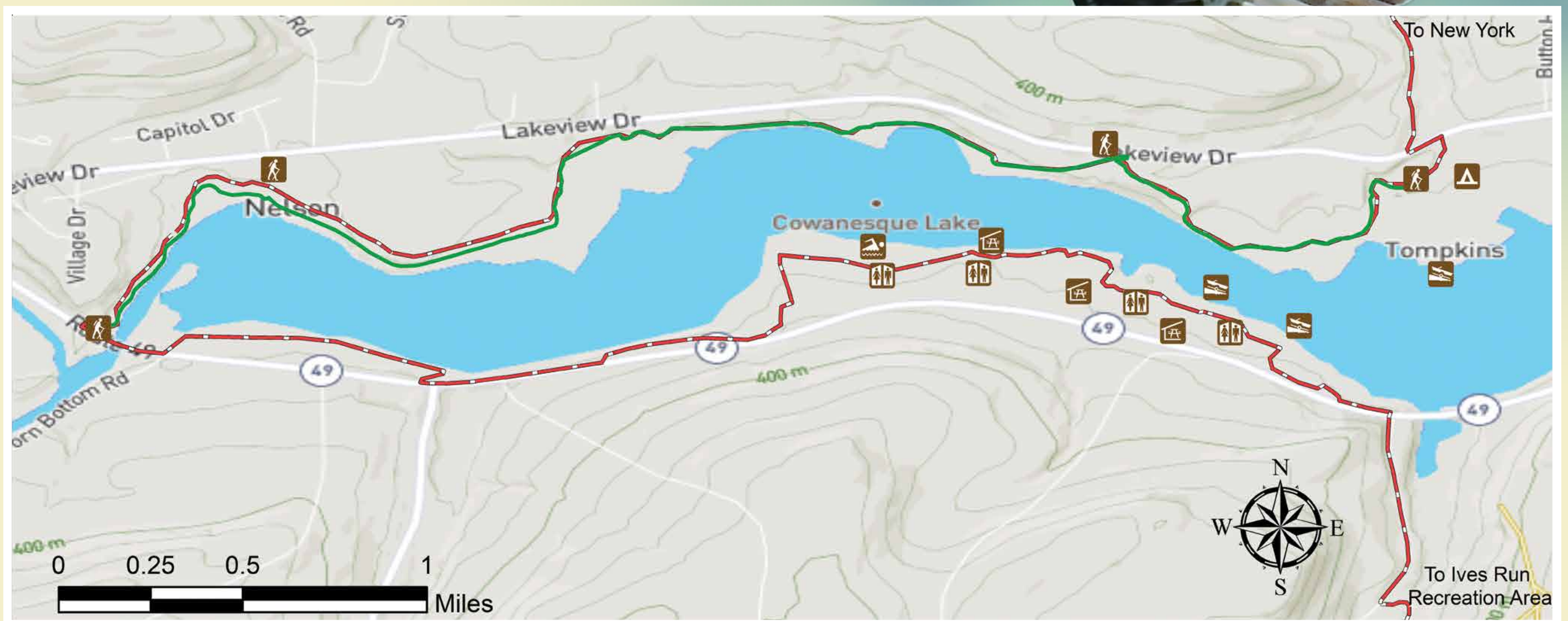
Through forest and open fields, the Moccasin Trail connects Tompkins Campground with Nelson Falls. This easy and fairly level trail is great for walking, running and biking and showcases scenic views of Cowanesque Lake. Watch for wildlife along the way, from eagles and osprey to red foxes and eastern newts.



## Plan Ahead for a Successful Hike

Trip planning helps you to:

- Hike safely and confidently
- Learn about nature
- Leave No Trace and minimize resource damage
- Enjoy a sense of accomplishment



### Legend

- MOCCASIN TRAIL
- MID STATE TRAIL

### Points of Interest

- Bathroom
- Picnic Shelter
- Boat Launch
- Swim Beach
- Campground
- Trailhead
- Information
- Army Corps Boundary

The Moccasin Trail is 4 miles end to end and is not difficult to hike. A majority of the trail is mowed and bikes are allowed on the trail. The trail is part of the Mid State Trail, which traverses the entire state of Pennsylvania from north to south.



## 5 Steps to Take Before the Trip Begins

1. Identify your goals.
2. Consider the skill and ability of participants.
3. Learn about the area you plan to visit.
4. Choose equipment and clothing for comfort, safety and Leave No Trace qualities.
5. Plan activities to match your goals, skills and abilities.

When you return home, evaluate your trip and note changes for next time.

## Remember to Consider:

- Weather
- Terrain
- Regulations/restrictions
- Private land boundaries
- Average hiking speed of group and anticipated food and water consumption
- Group size (Does it meet regulations, trip purpose and Leave No Trace criteria?)

