

**Directions from the intersection of US 30 and PA 233:**

- 1. Turn North onto PA Rt233 and almost immediately turn left into Main gate of park.**
- 2. Park in the second parking lot on the left after passing park office. Trailhead is at the rest rooms.**

**Trail Notes:** The white blazes of the AT are on the trees to the right of the rest rooms. Proceed south along the AT, passing the yellow-blazed Ramble Trail on the right and crossing a bridge over Conococheague Creek.

**Bear right and begin walking on the berm of the old Rolling Mill Race. You will be surrounded by Hemlocks and Rhododendron during this segment of the hike. US 30 will be to your left.**

**At 0.45 miles the AT will turn left and cross the mill race on a narrow bridge. Continue straight along the mill race on now yellow-blazed Ramble Trail.**

**Cross the old Mill Ruins (probably the location of the water wheel). Descend through a swampy area on boardwalks and re-cross Conococheague Creek on another well-constructed bridge.**

**In another 0.68 miles, come to an intersection with an un-named blue-blazed trail. Turn left on this trail and soon cross a dirt road. Take a few steps to your left to regain the blue blazes. This is the beginning of the short but steep climb mentioned in the description. Climb to the top in 0.38 miles. An un-blazed trail comes in from your left. Turn right staying on the blue Trail.**

**The AT will come in at an angle from your right in another 0.28 miles. Continue straight on the white-blazed AT.**

**In 0.63 miles join Locust Grove Trail (a dirt road). Turn right. In a short distance (0.16 miles) the AT will turn left onto a footpath. This is part of your return route. (The segment you just walked between here and the last blue-blazed trail will be retraced on your return.) Continue straight down the hill. To your right is Quarry Gap Rd. Bear left, passing a yellow forest gate and crossing a stream filled in with gravel. This is Locust Gap Tr.**

**You will gradually ascend, passing some fenced in areas on either side. These are deer management study areas to see how a timbered area recovers without deer (They can't get in.) vs. when deer are able to feed on the new growth (the area you're walking through). Can you tell the difference?**

**Descend slightly. There will be a trail with blue blazes and a sign post sans sign on your left at about 0.68 miles from the forest gate(Hosack Run Trail). Turn left here, walking through a tunnel in the Rhododendron. (Note a drop in temperature.) Cross the stream. This is the best spot in the circuit for lunch.**

**After your break continue up the hollow, re-crossing Hosack Run. Climb steeply via switchbacks to the crest of the hill and a junction with the AT (white) at 1.13 miles from the last junction. Turn left on the AT. Cross a stream and a rock field before coming to the PATC Quarry Gap shelter in another 0.64 miles.**

**Proceed steeply for 0.60 miles and rejoin Locust Grove Trail (dirt road). Turn right and soon pick up the AT on your left. Follow it past the blue-blazed trail on your right that you came up on earlier. Descend steeply for another 0.5 miles to the park road. Turn left and follow it back to your cars.**