BIKE TRAILS
Please be cautious while utilizing our trail system. We recommend your activity remains on marked trails. Be aware of the weather and your location at all times. For the benefit of all our guests and visitors, please keep dogs on leash at all times.

BIKING SAFETY TIPS
1. Always wear a helmet.
2. Get the right gear.
5. Maintain your bike.
6. Use common sense.
7. Know basic first aid.

<table>
<thead>
<tr>
<th>NAME</th>
<th>DIFFICULTY</th>
<th>LENGTH</th>
<th>ELEVATION CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENTRANCE</td>
<td>BEGINNER</td>
<td>0.75 Mi.</td>
<td>50 FT.</td>
</tr>
<tr>
<td>LOWER FEDERAL HILL</td>
<td>INTERMEDIATE</td>
<td>1 Mi.</td>
<td>150 FT.</td>
</tr>
<tr>
<td>UPPER FEDERAL HILL</td>
<td>INTERMEDIATE</td>
<td>0.5 Mi.</td>
<td>50 FT.</td>
</tr>
<tr>
<td>DAVEY LEWIS RUN</td>
<td>INTERMEDIATE</td>
<td>2 Mi.</td>
<td>125 FT.</td>
</tr>
<tr>
<td>FUTURE EXPANSION</td>
<td>TBD</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
</table>
HORSEBACK RIDING
Enjoy great horses and beautiful mountain scenery in the fresh air that only the Allegheny Mountains can provide. Ride includes a combination of country roads and forested trails through scenic forest lands. Offsite and onsite options are available, please call 814-624-5633 to make your reservation.

GOURMET PICNICS
Our backpack inspired lunch makes it easy to transport a gourmet meal on the go. The souvenir backpack, complete with reusable plates, wine glasses and utensils, is yours to keep. Two hour advanced notice is required; please call Che Sara Sara at 814-624-5633. Che Sara Sara also carries a variety of grab and go items to take with you on your journey.

SEGWAYS AND UTVS
Already conquered our trails on foot? Try a different mode of transportation, available daily on our trails. For more information, contact Tally Ho at 814-624-5685.

SPRINGS ETERNAL SPA SERVICES
Find rest and relaxation with a trip to our spa to feel rejuvenated after your nature adventure. To make your spa appointment, please call 814-624-5633.

HIKER'S DELIGHT
Tired toes will delight in this heavenly treatment focused on the feet. Trained hands detect imbalances and work out stress points and tension, while restoring vitality and circulation.

SMARTPHONE DETOX
Allow your hands the luxury of a text-free moment of therapy. This hand treatment begins with a gentle salt exfoliation, followed by a massage with moisturising body butter.