

Sulphur Spring*

Formerly known as Yellow Spring, these waters contain sulphuretted hydrogen, minerals similar to mercury, which has laxative qualities and aided in moderate bleeding.

Limestone Spring

View this spring while enjoying a hike along Limestone Trail on Constitution Hill. Formerly known as Lower Spring, this hard water issues from 2-3 fissures of limestone rock.

Magnesia Spring

A curative for chronic liver disease, malaria, stomach and kidney diseases, this spring is said to leave a feeling of cheerfulness and exhilaration in the body.

Iron Spring

Formerly known as Upper Spring, includes properties such as iron and common salts, with effervescent content which was used for blood and bone disorders.

Crystal Spring*

Once used as the drinking water source for the hotel and surrounding community. Part of a mammoth was found here years ago when the spring was being cleaned out.

Black Spring

The most copious spring - the Black Spring produces 600,000 gallons of water per day, which waters the golf course. It was the site of the first iron foundry in Pennsylvania.

Eternal Spring

Discovered during recent renovation and located under the spa front desk. Containing magnesia and the same healing properties as the Magnesia Spring.

Sweet Spring*

Previously located behind the hotel. Pure water that is clear and colorless, used to be the main source for cooking and washing.

* = spring has been capped



Resort Experiences

Mountain Biking

Looking for adventure? Separate from our hiking trails, there are single track mountain bike trails located behind the resort. Rentals are available daily in Tally Ho Outfitters.

Off-Road Vehicles

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.

Archery

Visit your primitive roots and take a step back in time with our On-Target Archery Program for adults and children alike! This activity is great for beginners and advanced archers - explore the use of recurve bows without the use of modern sites. Guests can engage in friendly competition or test their aim at 10-20 yard distances. Please call 814-624-5685 to make your reservation.

Golf on the Old Course

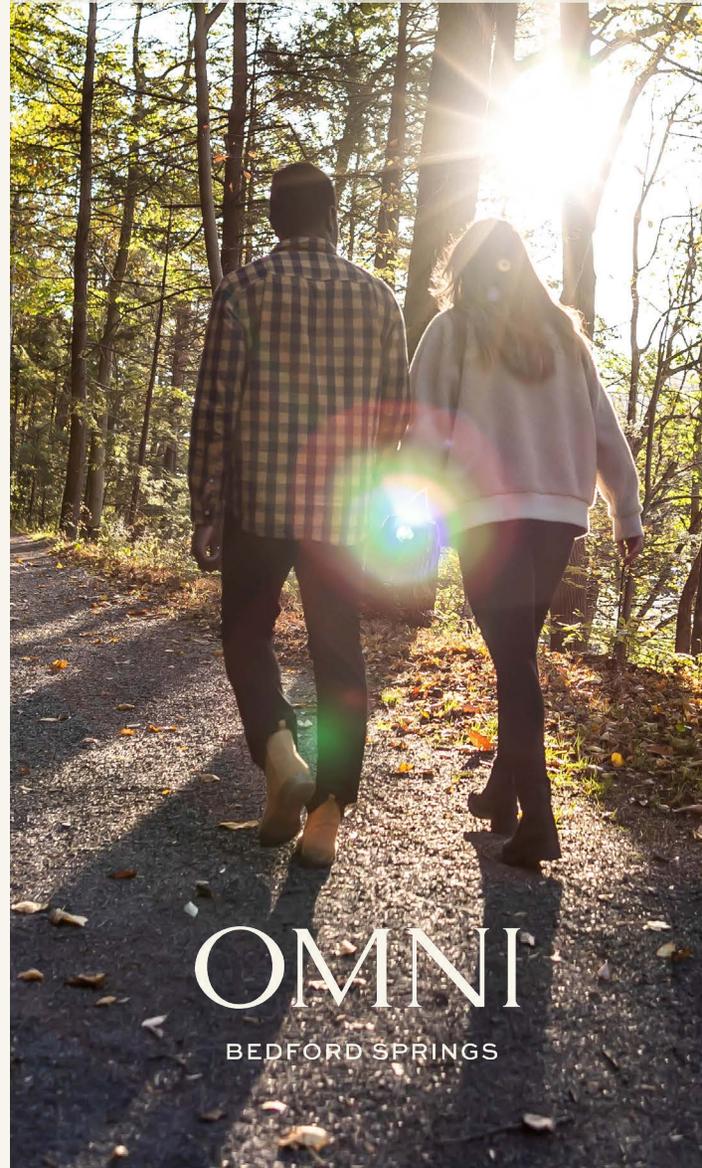
Perfect your game on one of the best golf courses in Pennsylvania and one of the first in America.

OMNI BEDFORD SPRINGS

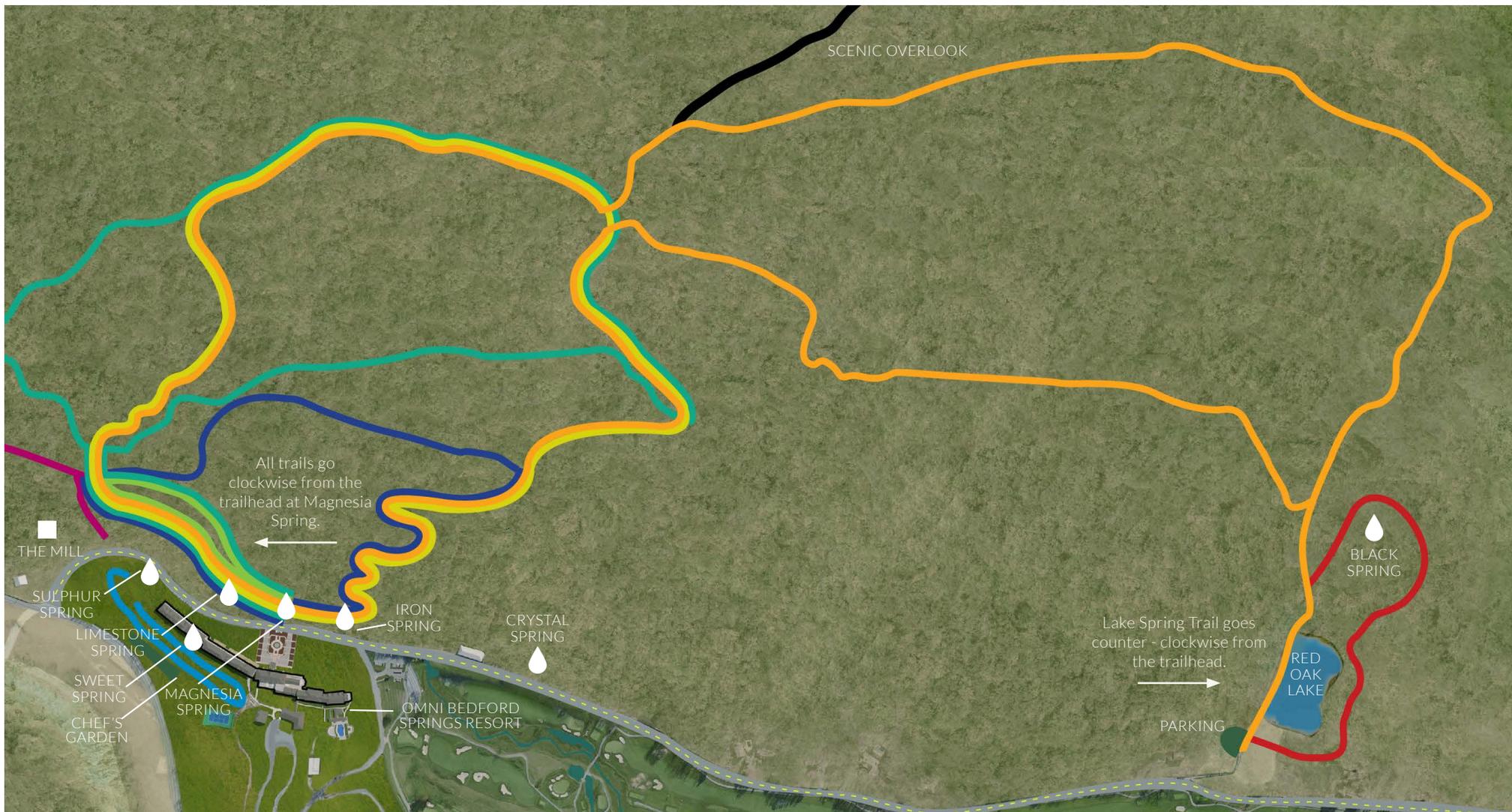
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Trail Map & Guide



OMNI
BEDFORD SPRINGS



Trails

Please enter the trail system clockwise to follow the markers, except the Lake Spring Trail which is marked counter-clockwise. Be advised that many sections of our trails are multi-use. They are used by hikers, joggers, bikers, and off-road vehicles. 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 leashes at all times.

Running/Jogging

For those looking for a 3.1 mile running route, begin at our main entrance and continue to the Heritage Trail, follow Richard Street into town, make a right at Grove Lane, a right on Bedford Street, another right on Simpson Street and then a left back on to Richard Street and follow the Heritage Trail back to the resort.

NAME	SYMBOL	DIFFICULTY	LENGTH	ELEVATION CHANGE
LEISURE TRAIL		EASY	0.46 MI.	100 FT.
LAKE SPRING	◆	EASY	0.75 MI.	100 FT.
LIMESTONE	◆	EASY	0.6 MI.	100 FT.
HERITAGE		EASY	1.75 MI.	100 FT.
NAUGLE'S MILL	●	MODERATE	1.5 MI.	300 FT.
SPRING	■	MODERATE	2.3 MI.	300 FT.
ANDERSON TRAIL	■	MODERATE	2.4 MI.	300 FT.
EVITT	▲	DIFFICULT	4.6 MI.	300 FT.

