

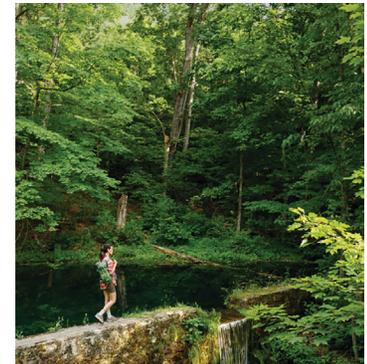
TRAILS

Please be advised that many sections of our trails are multi-use. They are used by hikers, joggers, bikers, guests on Segway tours, horseback and UTV machines. 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.

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 instead of following the trail signage in 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.





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*

Part of a mammoth was found many years ago while cleaning out this spring and was once compared to the Carlsbad of Europe.

BLACK SPRING

One of the most scenic springs on property, Black Spring was once used as the drinking water source for the hotel and surrounding community.

SWEET SPRING*

Pure water that is clear and colorless, this used to be the main source for cooking and washing. Marked by a beautiful lion's head sculpture.

* = SPRING HAS BEEN CAPPED



MOUNTAIN BIKING

Looking for adventure? We have mountain bike trails available on separate trails behind the resort, please see our mountain bike trail map. Rentals are available daily in the Tally Ho Sport Shop.

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.

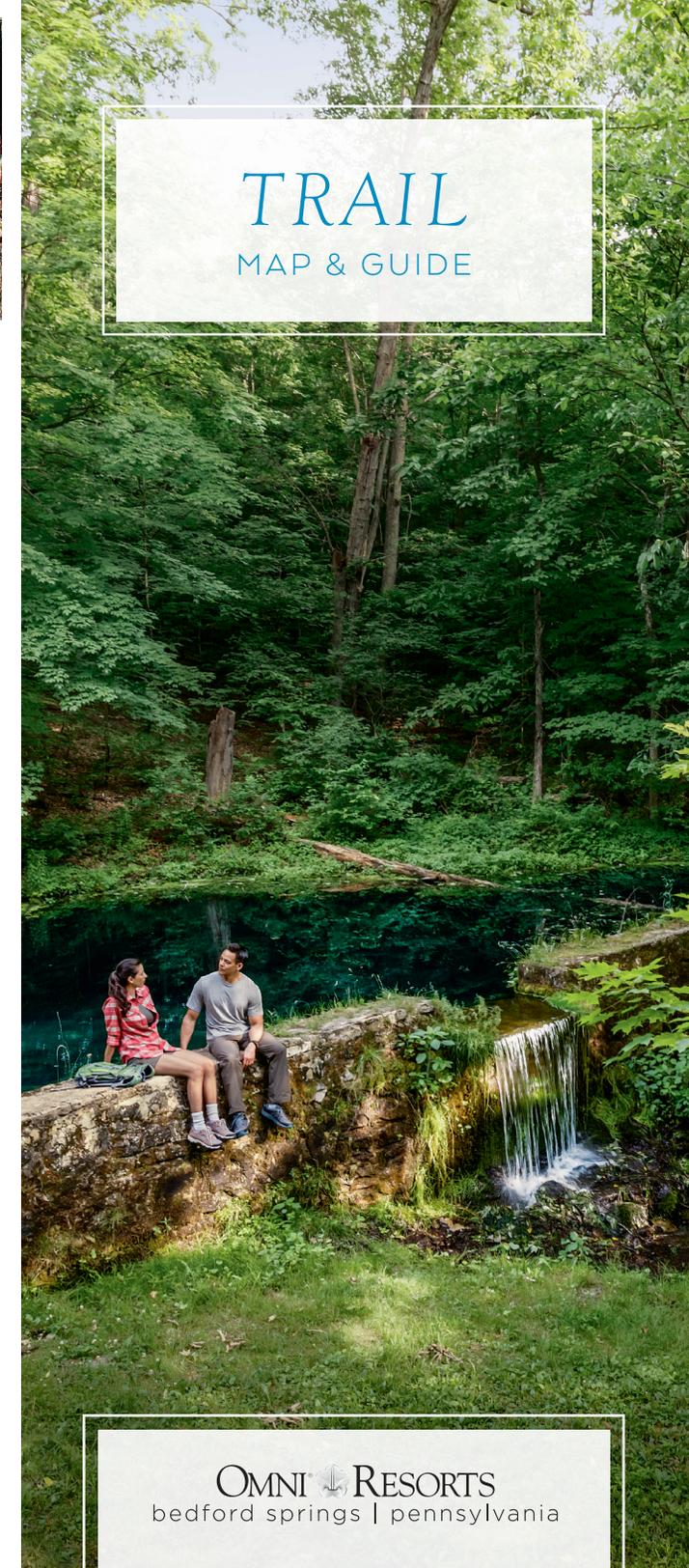
SMARTPHONE DETOX

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 moisturizing body butter.

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TRAIL
MAP & GUIDE



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