

# One Horse Gap / The Promised Land Loop

Shawnee National Forest

2020

## Trail Markings:

General Forest Trails marked by white diamonds with trail numbers written onto them.



River to River Trail (R2R) features white diamonds with a blue "i" displayed.



areas along the trail but numerous ideal trailside camping areas. Use existing campsites, don't create new ones. Use portable camp stove for cooking. If a campfire is needed, keep it small and use existing fire rings. Protect water quality by washing and camping 200 feet from any water sources. Leave the campsite cleaner than you found it.

**Trail Ethics:** "Please practice Leave No Trace principles" Pack It In, Pack It Out. Some rare and endangered species of plants are located in the area so please stay on the designated trails and leave the rocks and plants for others to enjoy. Equestrians frequent this trail system: hikers should yield to horses.

**Facilities:** There are no facilities along this entire trail. Bury human waste and toilet tissue in a 6 inch deep "cat hole" at least 200 feet from water.

**Avenza:** The map included with this brochure is available in the Avenza Map Store for downloading to your smart phone. The Avenza App can be downloaded by searching the app store on your phone for this:



Once the app is downloaded access the map store and search for the following map:

Shawnee NF Multi-Day Hikes

This brochure will still be a helpful handy reference to know what the points of interest might be.

**Surface Type:** Dirt and rock.

**Safety:** Personal safety-make sure someone knows your route and establish a check in time. Wear appropriate clothing and footwear depending on the weather and terrain. Carry plenty of water, food, compass and a first aid kit. This hike is remote. Cell phone coverage could be spotty. Extra caution should be used where the trail is near the bluffs and when traveling on wet slippery rocks.

Environmental safety-Be aware of poison ivy and stinging nettle. Various insects including ticks and mosquitoes are present here during spring, summer and fall. Venomous snakes are also present here including timber rattlesnakes and copperheads.

At times, this hike can be remote, but it does pass several vehicle assessable areas if troubles occur. Precautions should be taken for long hikes (water, food, first-aid kit, etc.).

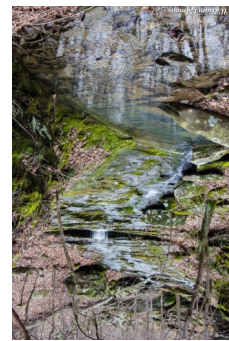
**Emergencies:** The nearest hospital is Harrisburg Medical Center. Cell phone service along the trail can be spotty so be prepared and know where your closest outlet is when dialing 911.

In the event you become lost or injured stay put and call 911. If there is no cell phone coverage, make your way back to Benham Ridge Road because the higher elevation has more reliable service.

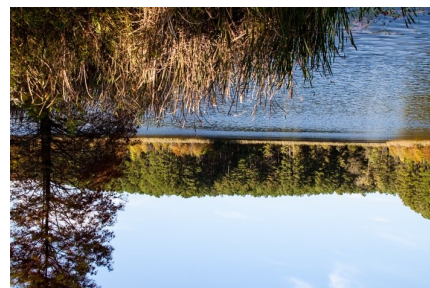
**Camping:** There are no designated camping



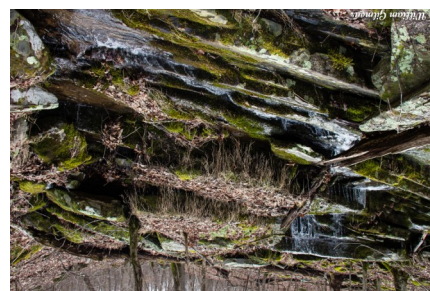
Miles	#	Directions (The numbers show on the map)
0.0	1	Start at Benham Ridge Road trailhead along the River to River Trail.
0.6	2	Walk east down the road and turn right on the trail 175B heading south to the R2R trail. Trail 175B goes downhill 250 feet.
1.25	3	Turn left on the R2R trail and immediately look for trail 175 turning left. Trail 175 goes uphill and turns to parallel a bluff. Trail 175 is above the bluff; alternatively a hiker could turn right on trail 175A to follow the base of the bluff.
1.9	4	Once at One Horse Gap turn right off 175 going through the Gap to the R2R trail. Turn left and continue North along the R2R trail.
5.6	5	Continue along the R2R trail for 3.7 miles and turn right when the R2R turns left on an old forest road.
6.6	6	Follow the forest road for 1 mile until it ends. At this point the loop turns right onto trail 120. A side trip can be taken at this point by following the road left for 0.3 miles to Brooks Bluff.
7.8	7	Continue along trail 120 through the Promised Land until it ends at an old forest road. Turn left and immediately turn right onto trail 169.
8.6	8	Continue along trail 169 at the base of a bluff below the R2R trail. The trail dead ends into an old road where the loop turns left.
10.2	9	The old forest road turns into trail 136 which will be followed past Bill Hill till it forks at trail 126 and 178C.
11	10	Veer left on trail 126 and follow it to Blackman's Cemetery Road where you turn right and then look for trail 179 on the left.
12.4	11	Continue along trail 179 to old forest road 458A. Turn left on 458C hiking downhill to trail 179A which follows Big Grand Pierre Creek. Take a right onto trail 179 and then a left onto trail 171.
13.1	12	Trail 171 climbs steeply uphill 150 feet and dead ends into an old forest road 458. Turn right and then turn left onto old forest road 458B heading west. After a short distance turn left onto trail 172 which goes around One Horse Gap Lake.
14.5	13	Turn left onto trail 172D which shortly intersects Lusk Road. To the left and across the road look for trail 106A and follow it back up to One Horse Gap.
16	4	Trail 106A dead ends at the R2R trail near one horse gap. Turn left onto the R2R and follow it southwest.
20	1	After 4 miles and a couple switchbacks on the R2R trail you will be back at the trailhead.



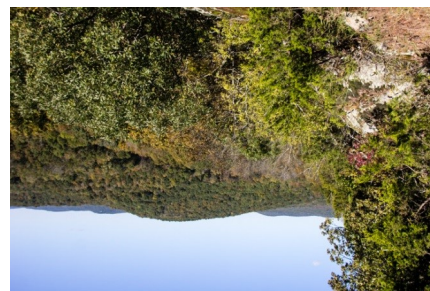
- The Promise Land fireplace and waterfall



- One Horse Gap Lake



- Trail 169 Waterfall



- One Horse Gap (Left)



- Story Cemetery



- Rocky Top



- One Horse Gap (Right)

## Points of Interest:

**Description:** This loop is a total hike of approximately 20 miles and would be ideal for a 2-3 day weekend hike. The hike is designed to start from the new Benham Ridge trailhead, and the information in this brochure is based on hiking clockwise from this point. The trailhead is designed to accommodate horse trailers, please park cars along the edge so that you do not impede large rig turnaround space.

The trail starts by heading east up Benham Ridge Road and turning right onto trail 175B which leads down to the River to River Trail (R2R). Continues above a bluff along trail 175 over to One Horse Gap and the R2R. A great alternative would be to take trail 175A below the same bluff to the R2R.

The trail continues along the R2R past a great overlook at Rocky Top. An interesting side trip would be to travel down trail 178 for about a mile to Story Cemetery which is a civil war cemetery.

The R2R continues along the top of the ridge and bluffs. You will leave the R2R just before it turns and heads down to Raum Road: turn right and follow the north end of Benham Ridge Road past Baxter Cemetery to the old Rose home. Just before the old Rose home a short side trip is recommended to visit Brooks Bluff.

Returning to the Rose Home, you will follow trail 120 through the Promised Land past numerous bluffs, a waterfall and down to an old road. Trail 169 picks up across this road and follows the base of the bluffs hiked earlier on the R2R. A couple of waterfalls may be seen here depending on the season.

After trail 169 ends, trails 136 and 126 will take you down to trail 179 along Big Grand Pierre Creek. After following the creek for a while, the loop picks up trail 171 and heads uphill along old roads to One Horse Gap Lake.

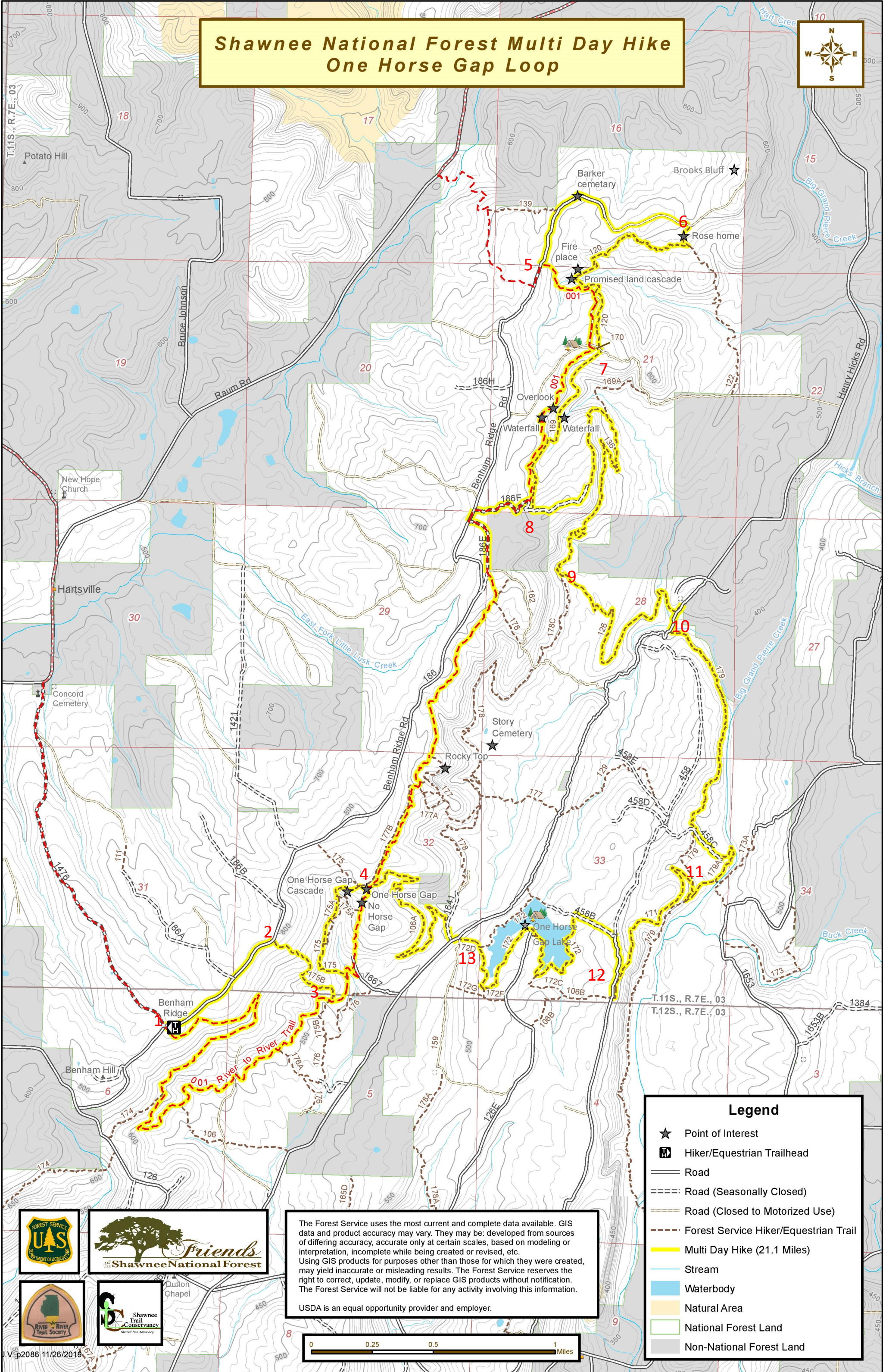
Trail 172 will take you most of the way around One Horse Gap Lake. After the lake, trail 172D heads over to Lusk Road where trail 106A can be found across the road. Trail 106A goes uphill back to One Horse Gap.

Once back at One Horse Gap, the loop follows the R2R trail 4 miles back to the trailhead. This section of the R2R trail features a steep hill down to the bottom of the valley and then a long switch back that slowly climbs back up the hill to the trailhead. This section is mostly a walk in the woods with no bluffs.

**Travel Time:** This depends entirely on how fast you hike and how much exploring you do but is recommended as a 2-3 days.

## One Horse Gap / The Promise Land Loop

# Shawnee National Forest Multi Day Hike One Horse Gap Loop



### Legend

- ★ Point of Interest
- 📍 Hiker/Equestrian Trailhead
- Road
- - - Road (Seasonally Closed)
- Road (Closed to Motorized Use)
- - - Forest Service Hiker/Equestrian Trail
- Multi Day Hike (21.1 Miles)
- Stream
- Waterbody
- Natural Area
- National Forest Land
- Non-National Forest Land

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