

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.



**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.

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 accessible areas if troubles occur. The trail passes vehicle access points at Jackson Falls, Millstone Lake Dam, forest road 432C where trail 32 crosses and at Sand Cave. 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.

**Camping:** There are no designated camping areas along the trail but numerous ideal trail side camping areas. Note camping is prohibited within Natural Areas. Use exist-

ing 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. Sand Cave would be a good half way point. 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 handy reference to know what the points of interest might be.



Trigg Tower, Jackson Hollow, Millstone Lake and Sand Cave Loop

**Description:** This loop is a total hike of approximately 23 miles and would be ideal for a 2-3 day weekend hike. The hike is designed to start from the East Trigg Tower trailhead and the information in this brochure is based on this.

The trail starts by heading down the River to River Trail (R2R) to the tin whistle culvert under the railroad tracks. After crossing under the tracks, the hike turns left onto trail 49 which follows Little Bay Creek about 1.5 miles north until reaching the bluffs. This section of trail features small rock outcrops, one waterfall and nice creek views. At the bluffs, the trail turns and follows the bluff back south for 3.5 miles to reach the R2R at Millstone Lake Dam. This section of trail follows bluffs most of the way, 2-3 waterfalls and the very popular Jackson Hollow climbing area.

Upon reaching the dam, the hike turns left along the R2R for about 1.3 miles until trail 32 is reached. Turn right on 32 and follow it for about 2.75 miles to where it intersects the R2R again. This section of trail features a long walk in the woods with occasional rock outcrops and passes close to Bay Creek Equestrian Campground. Once back at the R2R trail turn right and follow it for about 1.5 miles until reaching trail 30 where the loop hike turns left and follows the trail for 3.5 miles all the way back to trail 32.



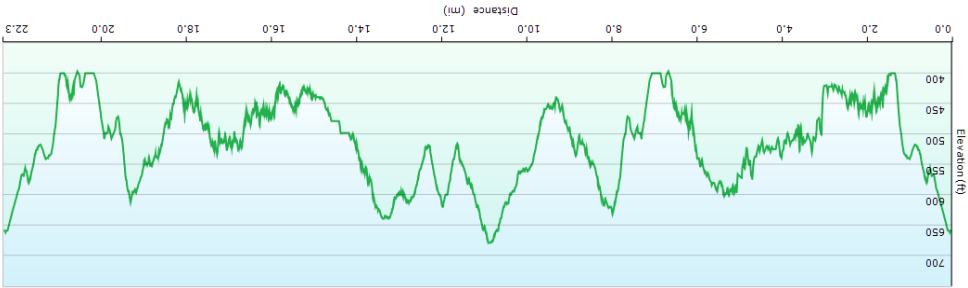
This section features numerous small bluffs, creeks and views of the upper reaches of Millstone Lake. It also intersects with trail 35 where a quick side trip can be taken to see Sand Cave.

Once back at trail 32, turn right and proceed 2.5 miles along the north side of the loop along hillside above Millstone Lake. It features numerous lake views and rock outcrops. Once back at the R2R trail, turn right and follow it back down past Millstone Lake Dam and proceed through the tin whistle back to the beginning.

An alternate finish would be to turn right onto trail 001T right after going through the tin whistle and follow its entire length back to the R2R. Trail 001T features a lengthy section of scenic bluffs to explore along with a waterfall. This alternate adds 1.5 miles to the loop.

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

**Surface Type:** Dirt and rock



#	Directions (The numbers show on the map)	Mile
1	Hike the R2R trail east and down through the Tin Whistle to trail 49	0.0
2	Turn left / north on trail 49 through Jackson Hollow and back to R2R at Millstone Dam	1.4
3	Turn left and hike the R2R east to trail 32	6.6
4	Turn right and hike 32 to R2R	7.8
5	Turn right and take R2R east to trail 30	11.6
	At this intersection staying on trail 32 shortens the loop by 5 miles	11.6
6	Turn left / north on trail 30 and follow it around to trail 32	13.1
7	At mile 14.2 turn right on trail 35 to visit sand cave (0.3 miles one way) and return	14.2
8	Turn right on trail 32 and head west back to R2R trail	16.7
4	Turn right on the R2R trail and head west back to Trigg Tower Trailhead	19.4
9	Hike trail 001T around Cove Hollow to add 1.2 miles to trip	21.1
1	Continue on R2R trail back to Trigg Trailhead	22.3

Trigg Tower, Jackson Hollow, Millstone Lake and Sand Cave Loop



- Cove Hollow Falls



- Hippie Bus



- Sand Cave

- Small Arch at Sand Cave



- Jackson Hollow—South Falls



- Jackson Hollow - Keyhole Access



- Jackson Hollow - Dog Trot Falls



- Jackson Falls

- Jackson Hollow - North Falls



- Tin Whistle

Points of Interest:



Shawnee National Forest Multi Day Hike  
Trigg Tower - Sand EA Loop



Legend

- ★ Point of Interest
- [H] Hiker/Equestrian Trailhead
- [H] Hiker Only Trailhead
- == Road
- Road (Seasonally Closed)
- == Road (Closed to Motorized Use)
- - - Forest Service River to River Trail
- - - Non-Forest Service River to River Trail
- - - Forest Service Hiker/Equestrian Trail
- - - Forest Service Hiker Only Trail
- - - Non-Forest Service Trail
- Multi Day Hike (22.6 Miles)
- Stream
- Waterbody
- Natural Area
- National Forest Land
- Non-National Forest Land

The Forest Service uses the most current and complete data available. GIS data and product accuracy may vary. They may be developed from sources of differing accuracy, accurate only at certain scales, based on modeling or interpretation, incomplete while being created or revised, etc. Using GIS products for purposes other than those for which they were created, may yield inaccurate or misleading results. The Forest Service reserves the right to correct, update, modify, or replace GIS products without notification. The Forest Service will not be liable for any activity involving this information.

USDA is an equal opportunity provider and employer.

