

Northeastern Pennsylvania boasts some of the most breathtaking scenes, from majestic mountainsides to serene lakes and rivers. There is an abundance of things to do when the weather is warm, and hiking still remains one of the favorite hobbies and summer pleasures.

By Allison Mowatt

Paul Mang, Excursion Director at Northeast Wilderness Experience in Beach Lake, said hiking at Prompton State Park/Prompton Lake Project is a great experience and a lot of fun for people who love the outdoors and enjoy being active. It also gives nature lovers the perfect opportunity to view beautiful, scenic landscapes and natural wildlife, which Prompton State Park has in spades.

“Hiking is a great way to explore a state park, and the beauty of hiking this park is that it’s right in our own backyard,” said Mr. Mang. With its close proximity to Honesdale, Hawley, and Scranton, hiking here is suggested for anyone visiting the area and local residents. “The park is very primitive, and people love to hike and bike along the trails,” said Mr. Mang.

Prompton State Park is approximately 1,000 acres and is governed by state and federal agencies. It has been a public state park for about thirty years and is “unimproved,” meaning that there is not the hustle and bustle found at other state parks (especially parks with beaches and swimming pools), but there is a lot of peace and quiet and natural beauty that add to the experience of hiking in Northeastern Pennsylvania.

Prompton State Park offers outdoor enthusiasts many things to do all year long. There is access to the 2-1/2 mile lake that is perfect for paddling and fishing. There is also over twenty miles of marked hiking trails, two picnic areas including a pavilion, a disc golf course, a scenic waterfall at the northern end of the trail system, and abundant wildlife; people may even see nesting eagles. In addition, there is a climbing site with seventy-foot ledges and a cave area where numerous climbing trips are run every year. Mr. Mang said this is not suggested for novices but for people who are experienced climbers.

The trail system is a multi-use system that was developed about eight years ago and can be utilized all year round. It can be used for cross country skiing and snowshoeing in the winter and hiking, mountain biking, and jogging in the spring, summer and fall. The trails are beautiful and very well marked, giving hikers and mountain bikers the perfect outdoor experience. “There is a variety of terrain here from the rolling terrain that is perfect for recreational hikers to aggressive single track terrain

for intermediate to aggressive mountain bikers,” said Mr. Mang. In addition, there are also entry level trails for mountain bikers.

If you are interested in obtaining a map of Prompton State Park, send an email to newwildernessexperience.com. For more information about hiking our local parks, call (570) 729-1700. For more information about Northeast Wilderness Experience, visit www.newwildernessexperience.com.

Paul Mang's Safe Hiking Tips:

- 1 Keep our parks clean and do not litter. What you pack in with you, make sure you pack it out with you when you leave.
- 2 Make sure you bring either water or an energy drink with you to keep hydrated.
- 3 Wear rugged terrain shoes.
- 4 Bring rainwear in case the weather begins to get stormy while you are out.
- 5 Bring a basic first aid kit.
- 6 Bring energy bars or other light nutritional snacks to keep you energized so you can hike all day.
- 7 Get a map of the area and bring it with you.
- 8 Have a trip/float plan. Tell people where you are going and when you plan to be back.
- 9 It's helpful to bring a compass or some form of a GPS unit to help you find your way.

hike a park

With Paul Mang