

SUGGESTED ROUTES

RT 1: BEGINNER / 5 MI. / 530 ELE.

Shitaka (south) > Pines > Flat Rd. > Sass-X > Shitaka

Short and simple ripper, fast and flowy.

RT 2: INTERMEDIATE / 10.5 MI. / ~1000 ELE.

Shitaka (north) > Sand Hole > Beautiful Trail > Chicken Peter > Coopers Gap Rd. > Chestnut Spring > Dutch Alvin (bail out at the second Dutch Alvin split) > Coopers Gap Rd. > Peep Connector > Coopers Gap Rd. > Shitaka

Starts off with a bigger climb on Sand Hole, otherwise, a flowy ride around Coopers Gap with some tech mixed in. Want to make the initial climb easier and have a warmup before you get on the trail? Ride Coopers Gap Road to Chicken Peter and take it from there. Feeling good and want to keep riding? Ride all of Dutch Alvin instead of heading to the road at the second split, then pop back on Dutch Alvin and ride it back to Chestnut Spring.

RT 3: INTERMEDIATE / 9.29 MI. / ~1000 ELE.

Shitaka (south) > Chicken Peter Connector > Chicken Peter > Coopers Gap Rd. > Chestnut Spring > Lingle Valley > Conklin Rd. > Beautiful Trail > Deer Tick > Shitaka

A great example of what Coopers Gap is all about; big fast flowing fun on Lingle Valley (watch the initial descent—it's steep and loose!) with endless rock gardens on Beautiful & Deer Tick, but still with plenty of speed.

RT 4: HARD / 14.5 MI. / ~1500 ELE.

Shitaka (north) > Sand Hole > Beautiful Trail > Chicken Peter > Coopers Gap Rd. > Chestnut Spring > Brush Ridge Trail > Shale Pit Trail > Brush Ridge Extended > Coopers Gap Road > Dutch Alvin > Chestnut Spring > Coopers Gap Rd. > Chicken Peter > Coopers Gap Rd. > Shitaka

Keeping the party with trails like Brush Ridge, Shitaka and Shale Pit (some of the best views in the mountain!) while making you grind it out climbing Brush Ridge Extension, Sand Hole and Dutch Alvin – this is a great challenge while still keeping it fun!

RT 5 HARD / 13.5 MI. / ~1700 ELE.

Shitaka (north) > Deer Tick > Beautiful Trail > Chicken Peter > Peep Connector > Peep > Kettle Rd. > Sassafras Connector > Sassafras Lower > Bigelow Connector > Bigelow > Pigpile > Sassafras > Sass-X > Coopers Gap Rd. > Shitaka

This one is for the folks that like to climb in the chunk; Deer Tick and Peep are the hard but rewarding ways up the mountain with lots of chunk to blow through on Pigpile and Sassafras—watch out for the descent on Sassafras! It is extremely steep and loose, proceed with caution!

TIPS FOR A GREAT RIDE

- **Choose your climb wisely.** Climbing in Coopers Gap can be demanding. If sustained trail climbs aren't your thing, take advantage of the forest roads—nearly every trail connects to one.
 - Skip the climb on Shitaka and spin up Coopers Gap Rd instead.
 - Bypass the climbs on Sandhole/Beautiful and Deer Tick/Beautiful by using Coopers Gap Rd.
 - Swap the climb on Peep for a steady ride up Kettle Rd.
 - Instead of climbing Brush Ridge Extension, head up Coopers Gap Rd.
- **Ride it your way.** All trails can be ridden in either direction, making it easy to build your own adventure. For inspiration, check popular routes on TrailForks or Strava.
- **Come prepared.** Cell service is limited, and there are no stores or amenities in Coopers Gap. Pack plenty of food, more water than you think you'll need, basic bike tools, and appropriate safety gear.
- **Plan around hunting seasons.** Coopers Gap is popular with hunters, especially during deer rifle season. Avoid the first two weeks following Thanksgiving, if possible, and wear blaze orange during all other hunting seasons, including archery and muzzleloader.
- **Respect the wild.** This is true backcountry riding—stay alert for snakes, porcupines, turkeys, deer, bears, and ticks. Bug spray is highly recommended.
- **Protect the trails.** Ride responsibly, avoid muddy conditions, and never alter the trails.
- **Know the rules.** Always follow Pennsylvania state forest regulations to help keep Coopers Gap wild and rideable for everyone.



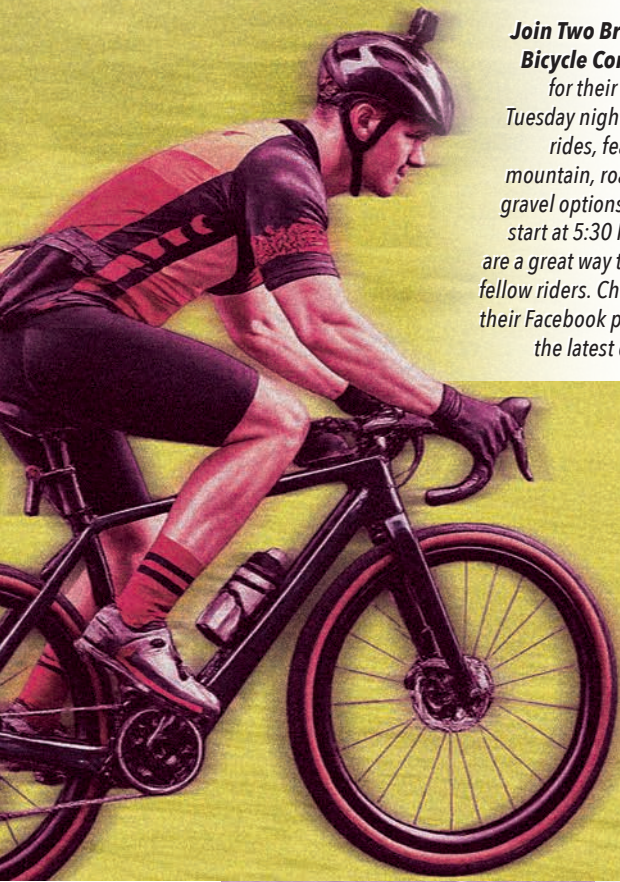
Scan the QR code to check out these routes, and to get more information about the trails, on TrailForks!



WELCOME TO COOPERS GAP

Drop into the heart of Rothrock State Forest and discover why Coopers Gap is often hailed as Pennsylvania's ultimate singletrack playground. Near Reedsville, these legendary trails deliver mile after mile of nonstop flow, where buttery-smooth stretches blend seamlessly with just enough rock and technical challenge to keep skilled riders grinning all day long. With minimal road miles, endless loop options, and climbs that are tough but fair, Coopers Gap is perfectly tuned for confident intermediate riders looking for an all-day adventure. Add in easy navigation, nearby forest roads for peace of mind, and a vibrant mix of speed, rhythm, and rugged beauty—and you've got a mountain biking experience that feels both wild and wonderfully rideable.

Join Two Brothers Bicycle Company for their weekly Tuesday night group rides, featuring mountain, road, and gravel options. Rides start at 5:30 PM and are a great way to meet fellow riders. Check out their Facebook page for the latest details.



RIDE REFUEL EXPLORE

GEAR UP

Two Brothers Bicycle Company

bikes, rentals, service, components, accessories, and trail advice.

Two locations

309 S. Logan Blvd., Burnham • 1245 Benner Pike, State College

REFUEL

Logan's Tavern - burgers, wings, beer, and wine

6 N. Main St., Reedsville

Hostetler's Country Market - deli

7345 Route 655, Reedsville

Sheetz - made-to-order food and drinks

10 Sheetz Drive, Reedsville

Corner Vault - pub fare

1 N. Main St., Reedsville

Stone House Market - hoagies and deli

33 S. Main St., Reedsville

Downtown OIP Reedsville - pizzeria

100 S. Main St., Reedsville

REFRESH

The Reedsville Creamery - homemade ice cream and burgers

19 S. Main St., Reedsville

East End Coffee Co. - coffee, breakfast, pastries

13 S. Main St., Reedsville

Dunkin' Donuts - coffee, donuts

15 Gateway Dr., Reedsville

KEEP RIDING

SteelWorx Pump Track

Near intersection of Oak Street and 5th Avenue, Burnham.
Fast-paced outdoor riding course with rolling berms and smooth jumps.



Juniata River Valley

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MIFFLIN COUNTY PA COOPERS GAP

