





HIKING TRAILS

-  **BEGINNER**
-  **INTERMEDIATE**
-  **ADVANCED**

 **Village Trail: 2.5 Miles, Beginner**

Winding up from the Main Lodge, this trail is one of the best ways to hike to the top of the mountain.

- Hike time approximately 45-minutes

 **Cortina Tahoe Connector: .5 Mile, Beginner**


After a scenic ride up Cortina Chairlift, follow this paved trail to the Tahoe Lake Lodge for fun water activities or continue to walk around the lake and enjoy the mountaintop views.

- Hike time approximately 15-minutes

 **Tahoe Lake Trail: .5 Mile, Beginner**

Take a walk around the lake and enjoy the scenic mountaintop views. Please note that the trail directly around the Tahoe Lake can accommodate guests in wheelchairs.

- Hike time approximately 10-minutes

 **Helen's Woods: .5 Mile, Intermediate**

Start your journey to the top of the mountain by walking through Helen's Woods. When you reach the top of the Alpine Slope, there are spectacular views to the east.

- Hike time approximately 15-minutes

 **Skyline Trail: 1.3 Miles, Intermediate/Advanced**

Did you know you can see Pittsburgh from Seven Springs? This trail takes you to a great vantage point to see the city skyline, on clear days, that is nearly 60 miles away! This route may be challenging for beginners with its 685 feet in elevation gain.

- Hike time approximately 40-minutes

 **Scenic Connector: 5 miles, Beginner-Advanced**

A great way to enjoy the views across Seven Springs! Follow Helen's Woods to the Skyline Trail. Continue your hike around Tahoe Lake to the Cortina Tahoe Connector and Village Trail, bringing you back to the Main Lodge.

- Hike time approximately 90-minutes

 **Meadowoods Trail: .5 Miles, Beginner**

This trail starts across the parking lot from the conference center entrance and goes to our Meadowoods wedding venue. Enjoy hiking around this tranquil wooded trail that takes you past our 50-foot Alpine Tower. On weekends, please be respectful of our wedding ceremonies in this area.

- Hike time approximately 30-minutes

**IN CASE OF EMERGENCY DIAL
582-682-7911 OR 911**



-  **FIRST AID**
-  **Paved Trail**
-  **PARKING**
-  **LAUREL HIGHLANDS HIKING TRAIL**
-  **RESTROOMS**
-  **ROCKSTAR STAR BAR AT THE FOGGY GOGGLE**
-  **PICNIC AREA**
-  **SCENIC VIEW**
-  **DINING**

OFFICIAL PARTNERS OF SEVEN SPRINGS MOUNTAIN RESORT

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HIKING RULES & ETIQUETTE

BEGINNER INTERMEDIATE ADVANCED

Hikers should be advised that green circle, blue square and black diamond trail designations at Seven Springs is not necessarily the same as a similarly rated trail at another area. The system is a relative system and is only valid at this area. Hikers should work their way up, beginning with the easiest trails, no matter what their ability level may be, until they are familiar with the trails at Seven Springs.

Be advised that all poles and/or flags, fencing, signage and padding on equipment or objects or other forms of marking devices are used by Seven Springs to inform you of the presence or location of a potential obstacle or hazard. These markers are no guarantee of your safety and will not protect you from injury. It is part of your responsibility to avoid all obstacles or hazards, including those that are so marked.

IN CASE OF EMERGENCY DIAL 582-682-7911 OR 911

Hiking is one of the best ways to spend time in the great outdoors. Whether you're hiking alone or in a group, be sure to follow the written and unwritten rules of the trail. Proper hiking etiquette helps instill respect for other trail users, and it promotes stewardship of the land.

- **Know your right of way.** Check signage for the trail you are hiking, and follow the correct right of way yields.
- **Hikers coming uphill have the right of way.** If you're descending the trail, step aside and give space to the people climbing up.
- **Hikers yield to horses.** Slowly and calmly step off to the downhill side of a trail. Horses can frighten easily. Avoid sudden movements or loud noises.
- **Make yourself known.** When you encounter other hikers and trail users, offer a friendly "hello" or a simple head nod. This helps create a friendly atmosphere on the trail.
- **Stay on the trail.** Going off trail can damage or kill certain plant or animal species, and can hurt the ecosystems that surround the trail. Always practice Leave No Trace principles: Leave rocks, vegetation, and artifacts where you find them for others to enjoy.
- **Do not disturb wildlife.** They need their space, and you need yours, too. Keep your distance from the wildlife you encounter.
- **Be mindful of trail conditions.** If a trail is too wet and muddy, turn back and save the hike for another day. Using a muddy trail can be dangerous, damage the trail's condition.
- **Take time to listen.** When hiking in the great outdoors, let nature do all the talking. Be respectful of both nature and the other users, and keep the noise from electronic devices at bay.
- **Be aware of your surroundings.** Always be aware of your surroundings when hiking. It will help keep you and any members of your group safe, and it will help keep wildlife and their habitats safe and healthy.

NEARBY HIKING & BIKING TRAILS



LAUREL HIGHLANDS HIKING TRAIL (LHHT)

Accessible at Tahoe Lake and the North Gate Parking Lot.

The Laurel Highlands Hiking Trail has 70 miles of hiking along Laurel Mountain from the picturesque Youghiogheny River at Ohiopyle, PA to the Conemaugh Gorge near Johnstown, PA and it runs straight through Seven Springs. Seasoned backpackers challenge themselves on the steep, rugged areas of the trails staying overnight in shelters along the trail, while casual hikers enjoy areas that are reasonably level and pleasant walking.

PLACES TO EAT

Scan the QR Code, or visit 7springs.com to see where else you can grab a bite to eat while at Seven Springs!



HELEN'S RESTAURANT

Reservations recommended.

Helen's Restaurant is the perfect place for a truly fine dining experience. Helen's continues the tradition of offering an upscale dining experience in a rustic setting with unique food that cannot be found anywhere else on the mountain.

SLOPESIDE RESTAURANT

Located on the fourth floor of the Main Lodge.

With its amazing views, Slopeside Restaurant at Seven Springs features a casual, relaxed, family-friendly atmosphere to dine and enjoy the mountains. Offering breakfast, lunch, dinner, and weekend buffets.

BAVARIAN LOUNGE

Located on the fourth floor of the Main Lodge.

The original barroom at the resort features a new look with the same cozy feel. Grab an ice-cold beer, delectable bar food, devour the nostalgia and watch the game on one of our large screen televisions.

MOUNTAIN PIZZA

Located on the fourth floor of the Main Lodge.

Offering delicious New York-style pizzas, fresh sandwiches and more! Indulge in our fresh, hot-out-of-the-oven pizza with your choice of toppings or try one of our specialties.

THE FOGGY GOGGLE

Located on the top floor of the Ski Lodge.

The Foggy Goggle is the hottest spot at Seven Springs in the winter, and it's the coolest place to be in the summer too! This legendary bar boasts a great location at the base of the slopes, complete with an expansive outdoor deck, live music on the weekends, and a menu featuring wings, sandwiches, and so much more!

GINGERBREAD DREAMS

Located on the fourth floor of the Main Lodge.

Need something sweet after a day of activity? Delectable freshly baked cookies, cakes, fudge, tortes, pastries, candies, ice cream and more are available at the sweetest spot on the mountain, Gingerbread Dreams!

MOUNTAIN PERK

Located on the fourth floor of the Main Lodge and Hotel Center Lobby.

Featuring Lavazza coffee, get your morning pick-me-up with a piping hot espresso, cappuccino, latte and more.



GREAT ALLEGHENY PASSAGE (GAP)

Seven Springs is a short drive to many local trail heads of the GAP.

The Great Allegheny Passage is a 150-mile system of hiking and biking trails that connects Pittsburgh to Cumberland, MD, winding through some of the world's most beautiful terrain. Because of the trail's railroad history, the trail itself is flat and wide, mostly hard dirt - perfect for bikers of all ages, regardless of biking experience.

THINGS TO DO

Scan the QR Code, or visit 7springs.com to learn more about all of the adventure activities offered at Seven Springs!



Tickets for Adventure Activities can be purchased at the Ticket Sales Window, located at the lower level of the Ski Lodge.

Tickets for Tahoe Lake Activities (Paddleboats, Paddleboards, and Disc Golf) cannot be sold at Tahoe Lodge.

Please purchase these activities in advance, at the Ticket Sales Window, before going to Tahoe Lodge.

ALL-DAY ADVENTURE PASS

Your best value with access to 11+ adventures!

The All-Day Adventure Pass is your golden ticket to adventure all over the mountain! Feel the speed of our famous Alpine Slide, push yourself to new heights on the Alpine Tower, climb the Rock Wall and so much more!

ALPINE SLIDE

Located at the Cortina Chairlift.

A leisurely ride on the Cortina Chairlift precedes the pending excitement you'll feel when you place your sled onto the tracks of the Alpine Slide. Once aboard this twisting and turning track built directly into the ski slope, riders zoom down 1,980 feet of thrills on a two-wheeled sled, equipped with a hand-break for speed control.

ALPINE TOWER

Located at the East Parking lot, a short walk from the Main Lodge.

Perfect for team building exercises, you'll challenge your ingenuity and agility as you scale the 50-foot Alpine Tower. Purchase ticket at the Ski Lodge ticket window before going to the Alpine Tower.

ROCK WALL & TRAMPOLINE THING

Located at the Skier Services Circle, near the Ticket Window & Pass Office.

Reach new heights as you climb to the top of our rock wall or bounce and flip on our Trampoline Thing!

TAHOE LAKE ACTIVITIES

Located on top of the mountain. Accessible by chairlift, hike or vehicle.

Pedal and paddle your way to a happy, sunny summer afternoon on our paddleboats or stand-up paddleboards.

DISC GOLF

Located on top of the mountain. Accessible by chairlift, hike or vehicle.

Disc Golf shares the same joys and frustrations of traditional golf. Fresh air in a beautiful landscape, the challenge of sinking a long putt or hitting an obstacle halfway down the fairway, it's all here for you to enjoy!

FOGGY GOGGLE AXE HOUSE

Located inside the Foggy Goggle on the upper level of the Ski Lodge.

Grab your friends and have some serious fun as you launch your axes at a variety of projected targets. Choose from a variety of games and challenges to maximize the fun, all within the legendary Foggy Goggle.

SEVEN SPRINGS STABLES

Reservations are recommended.

Channel your inner cowboy or cowgirl and discover the beauty of the Laurel Highlands on horseback. Our guided mountain trail rides welcome riders of any experience level.