



LEGEND

- TRAIL RATINGS**
- EASIER
 - MORE DIFFICULT
 - ◆ MOST DIFFICULT
 - ◆◆ PROVIDES A MUCH HIGHER LEVEL OF CHALLENGE AND RISK AND THEREFORE MUST BE APPROACHED WITH GREATER CAUTION AND FORETHOUGHT.
- FREESTYLE TERRAIN**
- XS EXTRA SMALL
 - SM SMALL
 - MD MEDIUM
 - LRG LARGE
 - SLOW SKIING ZONE
- CHAIRLIFTS**
- Six Passenger Chairlift
 - Quad Chairlift
 - Triple Chairlift
 - Santa's Beard Rope Tow
 - Stowe Beginner Conveyor
 - Tyrol Conveyor
 - Easy Rider Conveyor
- BEGINNER AREAS**
- 1 STOWE BEGINNER AREA & CONVEYOR
 - 2 TYROL BEGINNER AREA & CONVEYOR
 - 3 EASY RIDER BEGINNER AREA & CONVEYOR
- MAP KEY**
- TICKETS / GUEST SERVICE
 - DINING
 - SPA
 - RESTROOMS
 - ROCKSTAR BAR AT THE FOGGY GOGGLE
 - RETAIL
 - FIRST AID / SKI PATROL
 - SHUTTLE STOP
 - PARKING
 - HANDICAP PARKING
 - EPIC MOUNTAIN REWARDS AVAILABLE HERE

FIRST AID SERVICES

For immediate assistance and to report all accidents, please call the Ski Patrol at 814-352-2035. Emergency Phones are available with all lift operators. All parties involved in a collision must exchange information and contact the Ski Patrol.

SLOW ZONES

Certain areas (indicated on the map in yellow) are designated as SLOW ZONES. Please observe the posted slow zone areas by maintaining a speed no faster than the general flow of traffic. Space and speed are especially important in these areas. Fast and aggressive skiing will not be tolerated and may result in termination of your resort privileges.

SNOWCATS & SNOWMOBILES

CAUTION – snowcats, snowmobiles and snowmaking may be encountered at any time.

SUN PROTECTION

We recommend sun screen and eye protection to ensure protection from UV rays.

NIGHT SKIING MAP



OFFICIAL PARTNERS OF SEVEN SPRINGS MOUNTAIN RESORT



SMOKING & VAPING IN THE LIFT LINE IS PROHIBITED

PENNSYLVANIA STATUTE
42 PA.C.S § 7102
COMPARATIVE NEGLIGENCE

(a) **General rule.** -- In all actions brought to recover damages for negligence resulting in death or injury to person or property, the fact that the plaintiff may have been guilty of contributory negligence shall not bar a recovery by the plaintiff or his legal representative where such negligence was not greater than the causal negligence of the defendant or defendants against whom recovery is sought, but any damages sustained by the plaintiff shall be diminished in proportion to the amount of negligence attributed to the plaintiff.

(c) **Downhill skiing.**--

(1) The General Assembly finds that the sport of downhill skiing is practiced by a large number of citizens of this Commonwealth and also attracts to this Commonwealth large numbers of nonresidents significantly contributing to the economy of this Commonwealth. It is recognized that as in some other sports, there are inherent risks in the sport of downhill skiing.

(2) The doctrine of voluntary assumption of risk as it applies to downhill skiing injuries and damages is not modified by subsections (a) and (a.1).

Please Note: It is unlawful to access Seven Springs Mountain Resort lifts without a valid lift access card or season pass under Pennsylvania's Theft of Services Laws, § 3926. Skiing or riding without a lift access card or pass or with a fraudulent lift access card or pass will result in prosecution. Lift access cards are non-refundable.

BACKCOUNTRY WARNING

Skiing and Riding off Open and Designated Trails: The ski area assumes no responsibility for skiers and riders going beyond the open and designated trails at Seven Springs Mountain Resort. Areas beyond the open and designated trails are not patrolled or maintained. Unmarked obstacles and other natural hazards exist.

SEVEN SPRINGS
OFF TRAIL POLICY

Wooded areas between designated trails within the ski area boundary are not patrolled and have no skier/snowboarder services. If you ski/ride in wooded areas that are not designated trails, you are solely responsible for yourself. You must enter from and exit onto designated trails that are open to the public for skiing/riding. Failure to do so will result in the loss of your skiing/ riding privileges. Wooded areas are recommended for expert skiers/riders, in groups of three or more. Do not ski/ride alone. Unmarked obstacles exists throughout.

KNOW THE CODE:
PLAY IT SAFE

Skiing and riding, in their various forms, are inherently hazardous sports. Trail and slope conditions change constantly with weather and use. It is your responsibility to avoid natural and manmade objects regardless of the presence of markings or other mitigation, and to avoid and use courtesy with other people. Seven Springs Mountain Resort uses many different types of marking devices to alert you to some hazards.

YOUR RESPONSIBILITY CODE

1. Always stay in control. You must be able to stop or avoid other people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings, and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride, and unload lifts safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

UPHILL ACCESS PROGRAM

Non-lift access to ski area facilities such as uphill hiking or "skinning", may present high danger of personal injury to participants or others. Therefore, we have designated certain trails for uphill access, which may be limited or forbidden based on conditions, on-mountain activity, and/or mountain policy. Before accessing uphill travel slopes, please check in at the Seven Springs Ski Patrol Lodge, located near the base of Avanche Slope. Resort rescue services are not available outside of hours of lift operations. Before you participate in any uphill activities, view our full policy at 7springs.com.

DESIGNATED ROUTES

Uphill travel and descending is limited to designated routes only. Uphill travelers are required to stay on designated routes at all times. Uphill travel is not permitted on the North Face of the mountain.

Designated routes are as follows:

- Uphill Loop 1 – Travel up Boomerang Trail, down Avalanche Slope.
- Uphill Loop 2 – Travel up Boomerang Trail, down Village Trail.

FREESTYLE TERRAIN:
PARK SMART

Freestyle Terrain may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, and other constructed or natural terrain features. Prior to using freestyle terrain, you are responsible for familiarizing yourself with all elements and landings and obeying all instructions, warnings, and signs. Freestyle skills require maintaining control on the ground and in the air. Use of Freestyle Terrain exposes you to the risk of serious injury or death. Inverted aerials are not recommended. You assume the risk. Freestyle Terrain has designations for size. Designations are relative to this ski area.

- Start Small - Work your way up. Build your skills.
- Make a Plan - Every feature. Every time.
- Always Look - Before you drop.
- Respect - The features and other users
- Take it Easy - Know your limits. Land on your feet.



PLACES TO EAT

Scan the QR Code to view all available dining options while at Seven Springs!



Helen's Restaurant

Reservations recommended.

Helen's Restaurant is the perfect place for a truly fine 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 features a 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!

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! 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!

First Tracks Cafe

Located on the main level of the Ski Lodge.

First Tracks is the place to pick up a quick fulfilling bite to eat, featuring our mashed potato meltdown. First Tracks is open daily during ski season.

Book ski and snowboard lessons with a world-class instructor with offerings for all ages and ability levels. Gain new skills and the confidence to explore more terrain this season.
 Reserve now at 7springs.com, at the nearest Ski & Snowboard School location, or call 582-682-7777.



SKI & SNOWBOARD SCHOOL
THE PROS
AND RIDE WITH
LEARN TO SKI



WINTER TRAIL MAP
2023-2024

EXPERIENCE
NIGHT SKIING

Get your night skiing ticket today!

Experience the rush of night skiing and riding. Ride the park at night.



UNLOCK THE
WHOLE MOUNTAIN

With the new My Epic app.



LEARN HOW

epic MOUNTAIN REWARDS

PASS HOLDERS

SAVE 20%

Food ▲ Lodging
Group Lessons ▲ Rentals

Restrictions and exclusions apply, see Epic Mountain Rewards Terms & Conditions for details.

