

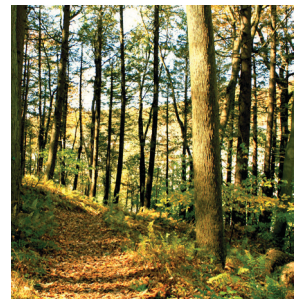
## BIKE TRAILS

Please be cautious while utilizing our trail system. We recommend your activity remains on marked trails. Be aware of the weather and your location at all times. For the benefit of all our guests and visitors, please keep dogs on leash at all times

## BIKING SAFETY TIPS

1. Always wear a helmet.
2. Get the right gear.
3. Know your limits.
4. Never ride alone.
5. Maintain your bike.
6. Use common sense.
7. Know basic first aid.

NAME	DIFFICULTY	LENGTH	ELEVATION CHANGE
ENTRANCE	BEGINNER	0.75 MI.	50 FT.
LOWER FEDERAL HILL	INTERMEDIATE	1 MI.	150 FT.
UPPER FEDERAL HILL	INTERMEDIATE	0.5 MI.	50 FT.
DAVEY LEWIS RUN	INTERMEDIATE	2 MI.	125 FT.
FUTURE EXPANSION	TBD	TBD	TBD







### HEMLOCK

Hemlock, *Tsuga canadensis*, is the state tree of Pennsylvania, and flourishes across Shober's Run from the resort.



### BLACK COHOSH

Black cohosh appears in a variety of places throughout the hiking trails. Flowering in late spring/early summer, it is a beautiful plant to discover in the woods, standing upwards of 6 feet high.



### FERN

Found in nearly every part of the resort's wooded areas, ferns add a wealth of beauty. A wide variety of types, including Christmas fern, Sensitive fern and New York fern, grow along the trails.



### WITCH-HAZEL

Witch-hazel, *Hamamelis virginiana*, flowers in November and December, making it one of the latest blooming plants in Pennsylvania. Witch-hazel has long been used for a variety of medicinal purposes.



### WHITE OAK TREES

Although called a white oak, it is unusual to find white bark; the name comes from the color of the finished wood. In the forest it can reach a magnificent height. Many of the beams under the hotel are from white oak trees, found locally.



### HORSEBACK RIDING

Enjoy great horses and beautiful mountain scenery in the fresh air that only the Allegheny Mountains can provide. Ride includes a combination of country roads and forested trails through scenic forest lands. Offsite and onsite options are available, please call 814-624-5633 to make your reservation.

### GOURMET PICNICS

Our backpack inspired lunch makes it easy to transport a gourmet meal on the go. The souvenir backpack, complete with reusable plates, wine glasses and utensils, is yours to keep. Two hour advanced notice is required; please call Che Sara Sara at 814-624-5633. Che Sara Sara also carries a variety of grab and go items to take with you on your journey.

### SEGWAYS AND UTVS

Already conquered our trails on foot? Try a different mode of transportation, available daily on our trails. For more information, contact Tally Ho at 814-624-5685.

### SPRINGS ETERNAL SPA SERVICES

Find rest and relaxation with a trip to our spa to feel rejuvenated after your nature adventure. To make your spa appointment, please call 814-624-5633.

### HIKER'S DELIGHT

Tired toes will delight in this heavenly treatment focused on the feet. Trained hands detect imbalances and work out stress points and tension, while restoring vitality and circulation.

### SMARTPHONE DETOX

Allow your hands the luxury of a text-free moment of therapy. This hand treatment begins with a gentle salt exfoliation, followed by a massage with moisturising body butter.



# BIKE TRAIL

## MAP & GUIDE

OMNI RESORTS  
bedford springs | pennsylvania

2138 BUSINESS 220 • BEDFORD, PA 15522  
1-800-THE-OMNI • OMNIHOTELS.COM/BEDFORD

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