

# Earn a Geocoin on the Tuna Valley Trails

Join us in the sport of geocaching! This "treasure hunting" segment was added to last year's trek as an introduction to geocaching for rookie cachers, and to challenge those seasoned geo-veterans. With a handheld GPS and the coordinates listed below, you are ready to go. These are temporary caches placed specifically for this event and are not registered at geocaching.com. When you find the cache, please log your name, date, and any comments you may have about your adventure. Inside each cache, you will also find a special Tuna Trekker stamp featuring "Albie" our special trekking tuna. Each stamp has a different number and each cache has a different stamp. Inside your log book, on each trail page, there is a spot to stamp that you found that trail's geocache.



There are 9 trails and 9 geocaches. Plus there is a special #10 geocache that can be found when you are ready to turn in your log book. Anyone who finds all 10 caches,

- |                          |                            |  |
|--------------------------|----------------------------|--|
| 1. Marilla Bridges Trail | N 41° 57.182 W 078° 44.668 | Hint: Opposite the first of the 4 Horsemen |
| 2. Marilla Rocks Trail   | N 41° 57.737 W 078° 45.787 | Hint: Rooting the Rock                     |
| 3. White Pine Loop       | N 41° 57.011 W 078° 45.507 | Hint: Two for One                          |
| 4. Marilla Springs Trail | N 41° 56.761 W 078° 45.448 | Hint: Close to Dumbo's Foot                |
| 5. McDowell Trail        | N 41° 56.471 W 078° 40.388 | Hint: Forgotten by the Woodpeckers         |
| 6. Crook Farm Loop       | N 41° 59.560 W 078° 37.560 | Hint: An old Jack sits by the Drum         |
| 7. Blaisdell-Emery Trail | N 41° 54.674 W 078° 38.997 | Hint: In the nook of the three             |
| 8. Indian Pipe Trail     | N 41° 59.599 W 078° 43.402 | Hint: Half-broken dead wood                |
| 9. Hidden Valley Loop    | N 41° 57.489 W 078° 44.717 | Hint: Look for "Y" in the stream           |
| 10. Final Cache          | N 41° 56.727 W 078° 39.081 | Hint: Don't bump your head!                |



# Trekking the Tuna Trails

## May 15 - August 15, 2011



**American Red Cross**  
in McKean-Potter Counties

to benefit the  
**McKean-Potter Counties American Red Cross**

## Be a Tuna Trekker!

The **Tuna Valley Trail Association (TVTA)** is once again coordinating a fund raising effort to assist our **McKean-Potter Counties American Red Cross**. Help us help the Red Cross - and help yourself! All money raised by Tuna Trekkers stays in our community.

- ◆ Sign up sponsors to support your TVTA trail treks. On the "Pledges" page of the **Trails Log**, record names and pledge amounts. Pledges can be by the mile or a lump sum. Sponsors may be added any time before the **August 15** finish date.
- ◆ Maps and info for each trail is included in this **Log**. Additional info available at: [tunavalleytrail.com](http://tunavalleytrail.com)
- ◆ Note: For simplicity, miles have been rounded up. The total length of all nine trails is 31 miles, not including distance to trail heads.
- ◆ Hike or bike as many trails as you want between **May 15 and August 15, 2011**, but anyone who finishes each of the TVTA developed trails, raises a minimum of \$30, and submits the Trails Log will earn the title of "**Tuna Trekker**". Note: Anyone physically unable to complete the more challenging trails but completes at least 31 miles on more accessible trails, submits a minimum of \$30 and a Trails Log will, also earn "**Tuna Trekker**" status.
- ◆ Use pictures or the signature of a witness in this **Log** to show your sponsors that you trekked each trail.
- ◆ For geocachers this year, a cache is concealed on each trail. Details on the back cover of this **Trails Log**.
- ◆ All checks should be made payable to the "**McKean-Potter Counties American Red Cross**". Trail logs and collected pledges should be either dropped off at Red Cross headquarters or mailed to: **American Red Cross, 302 Congress St., Bradford, PA 16701** Note: All **Trail Logs** must be submitted to the Red Cross by Friday, August 19, 2011.
- ◆ **Tuna Trekkers** who collect and submit the most donations, take the best pictures, participate as teams, trek with canine partners, or otherwise distinguish themselves will be awarded gifts from our generous, local business sponsors during our October recognition dinner.

## Pledge Form

| Sponsor Name | Phone # | Pledge per mile or Flat Rate | Total Miles | Total Donation |
|--------------|---------|------------------------------|-------------|----------------|
|              |         |                              |             |                |
|              |         |                              |             |                |
|              |         |                              |             |                |
|              |         |                              |             |                |
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|              |         |                              |             |                |
|              |         |                              |             |                |
|              |         |                              |             |                |
|              |         |                              |             |                |

Return your Trail Log and donations to the McKean-Potter Counties American Red Cross, 302 Congress St., Bradford, PA 16701. Additional Pledge Forms can be found at: [www.mparc.org](http://www.mparc.org).

## Tuna Trekker Incentive Sponsors:

The McKean-Potter Counties American Red Cross and the Tuna Valley Trail Association express our appreciation to the following Tuna Trekker sponsors.

These sponsors provide the prizes for Trekkers. Their support for community projects helps make the Tuna Valley a better place for us all.

**Allegheny Recreational Rentals**  
**Ameriprise Financial—Bill Chapman**  
**Beefeaters**  
**Bisett Building Center**  
**Cavallaro Custom Framing**  
**Curves**  
**The Fran Charles Shop**  
**Dr. Steven Cohen**  
**Dr. David Godfrey**

**Grandma's House**  
**The Grocery Stretcher**  
**Heritage Suites**  
**Just Riding Along**  
**Kelly's Restaurant**  
**Mary Kay**  
**The Mountain Laurel Inn**  
**Sportsman's Outlet**

*Support our sponsors by shopping locally!*

The **McKean-Potter Counties American Red Cross**, a United Way agency, is an essential part of our community. Through blood drives, disaster relief, CPR & First Aid trainings, service to armed forces, and many other community programs, your local American Red Cross makes a difference in our lives. Donations of time, money, and blood allow the Red Cross to continue to meet the needs of those in McKean and Potter Counties. Your support and participation can help "Change a Life" - starting with your own. To learn more about your local Red Cross, go to [www.mparg.org](http://www.mparg.org)

## Trekker Contact Information

Name: \_\_\_\_\_ Ph (Optional): (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ ZIP: \_\_\_\_\_ Total Collected Pledges: \$ \_\_\_\_\_

Tuna Trekker T-shirt (circle one): Small Medium Large X-Large Other \_\_\_\_\_

Suggestions for TVTA: \_\_\_\_\_

The **Tuna Valley Trail Association** is now in its 13th year. The goal of the TVTA is to develop multi-use trails throughout the scenic Tuna Valley, and to provide accessible recreational opportunities to residents and visitors. For more information, including printable trail maps, check the web site: [www.tunavalleytrail.com](http://www.tunavalleytrail.com)

## Hidden Valley Passage

4 miles (loop)

The Hidden Valley loop features an 1880's historic railroad grade. The condition of the grade is a tribute to the quality of construction "back in the day". Depressions in the earth show where long-gone timber trestles bridged the rails over small valleys and gorges.

When the trail leaves the railroad grade to the north, follow the blue trail markers to the Indian Pipe Trail and loop back to Marilla Reservoir.

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_ (Trekker)

**Completed the Hidden Valley Trail on:**

\_\_\_\_\_ (Date)

\_\_\_\_\_ (Witness signature)



"Walk Right In" Cache:  
 Geocache Coordinates: N 41° 57.489 W 078° 44.717

## Marilla Rocks Trail

2 miles (point to point)

Probably the least traveled TVTA path, most who hike the Marilla Rocks Trail agree it is worth the effort. A short walk leads to a surprising rock formation – mammoth balancing boulders and rock shelters bordered by hemlocks and diverse hardwoods.

Park along Rt.346 (W. Wash. St.), walk around the gate, and hike the logging road. Blue diamonds on trees to the right lead to the rocks. Continue following the blue diamonds for a loop back to the logging road.

Note: A fold-out insert in the middle of this booklet includes a map for **all** TVTA Marilla trails.

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_ (Trekker)

**Completed the Marilla Rocks Trail on:**

\_\_\_\_\_ (Date)

\_\_\_\_\_ (Witness signature)



"Walk Like a Man" Cache:  
 Geocache Coordinates: N 41° 57.737 W 078° 45.787

# Marilla Bridges Trail

If this is your first trip to the Marilla Bridges Trail, you will be happily surprised. This limestone loop circles the scenic Marilla Reservoir. Bridges, benches, and even a gazebo add to the natural surroundings.

Note: A fold-out insert in the middle of this booklet includes a map for all TVTA Marilla trails.

Over this text paste a picture of yourself near the gazebo or have a friend sign the box to the right to document the completion of the Bridges Trail.

Do the same for each of the other trails. Estimate a halfway point for your pictures.

Comments: \_\_\_\_\_  
\_\_\_\_\_

“Walk a Mile in My Shoes” Cache:

Geocache Coordinates: N 41° 57.182 W 078° 44.668

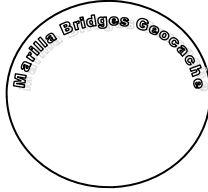
1 mile (loop)

\_\_\_\_\_  
(Trekker)

**Completed the Marilla  
Bridges trail on:**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness signature)



# A Step in the Right Direction

*The health benefits of hiking and trails:*

- Hiking is an excellent way to lose excess pounds and improve health. In December of 2001 the US surgeon general called the increased rate of obesity in the United States an *epidemic*.
- The results of 43 separate studies by Centers for Disease Control showed that by exercising, individuals significantly reduce their chances for heart problems, while those who do not exercise are twice as likely to have coronary heart disease.
- Hiking can also decrease cholesterol levels, a common cause of heart disease. More specifically, it increases high-density lipoprotein (HDL), considered to be the “good” cholesterol, which helps move bad cholesterol from the artery walls.
- Hypertension, more commonly known as high blood pressure, plagues millions of Americans. Research has shown that regular exercise such as walking lowers systolic and diastolic blood pressure by a mean of 10 mmHg.
- Depression and stress are common medical problems in today’s world. Thanks to research on the benefits of walking, however, many people who suffer from these ailments have found a simpler and much less expensive way to feel better: walking every day. Walking causes the release of calming brain chemicals called endorphins, which are natural tranquilizers. Also, walking releases adrenaline, produced by the body to cope with real or perceived danger. If the adrenaline isn’t released from the body, it accumulates, causing muscle tension and feelings of anxiety.
- Diabetes, a common chronic metabolic disorder, changes the way a body breaks down and uses starches and sugars (glucose). Regular exercise, including hiking, can help prevent diabetes and can protect the body from the degenerative effects of diabetes.

This fact sheet was originally created by American Hiking Society

# White Pine Loop Trail

The most challenging TVTA trail, the White Pine Trail shows the way to a stand of rare, old growth white pines. After a half mile hike on the Marilla Bridges Trail, the climbing loop begins near the gazebo. Pace yourself!

**Interested in geocaching?** Geocaching combines hiking, GPS technology, and the rewards of treasure hunting. It is a popular family pursuit. McKean County has over 500 caches to discover! The Marilla area has more than 30 caches. Learn more @ [www.geocaching.com](http://www.geocaching.com)

Each TVTA trail has a special Tuna Trekker cache waiting for you. Find out more on the back cover of this Trails Log.

“Walking in the Rain” Cache:

Geocache Coordinates: N 41° 57.011 W 078° 45.507

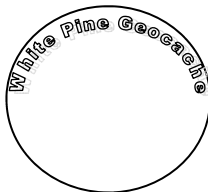
3 miles (loop)

\_\_\_\_\_  
(Trekker)

**Completed the White  
Pine trail on:**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness signature)



# Indian Pipe Trail 8 miles (point to point)

Indian Pipe is the longest TVTA Trail. The route follows oil and gas access roads through Bradford City Water Authority land ([www.bradfordwater.com](http://www.bradfordwater.com)).

Trail markers are white arrows on red diamonds.

Since the trail is not a loop, most who complete this trail leave a vehicle at Marilla Reservoir and shuttle to the Interstate Pkwy trailhead.

For Tuna Trekkers, another option is to hike to the **new halfway marker** and retrace your steps back to your vehicle.

For shuttles to Interstate Pkwy, call 362-2323 in advance or email [tunatrekker@mparc.org](mailto:tunatrekker@mparc.org).

Comments: \_\_\_\_\_

“I’m Walking” Cache:

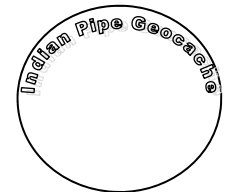
Geocache Coordinates: N 41° 59.599 W 078° 43.402

\_\_\_\_\_  
(Trekker)

**Completed the Indian  
Pipe trail on:**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness signature)



# Richard E. McDowell Community Trail

This is the most trekked TVTA trail. It has it all:

- ⇒ Location, location, location
- ⇒ Easy access
- ⇒ Scenery
- ⇒ History
- ⇒ Smooth paved surface

All Tuna Trekkers who submit photos either in your Trails Log or emailed to [tunatrekker@mparc.org](mailto:tunatrekker@mparc.org), are eligible for awards in our Photo Contest. Take'em & Paste'em! We love to see'em!

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

“Walking on Sunshine” Cache:

Geocache Coordinates: N 41° 56.471 W 078° 40.388

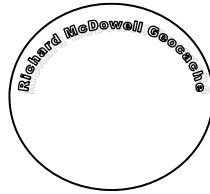
2 miles (point to point)

\_\_\_\_\_  
(Trekker)

**Completed the  
McDowell trail on:**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness signature)



# Crook Farm Loop Trail

3 miles (loop)

This flat, accessible trail along both banks of Tuna Creek is an easy hike. Parking is available at three points along the loop: the Bolivar Drive trailhead, near the Tuna Cross Roads bridge, or at Crook Farm.

Beginning in 1847, four generations of the Crook family lived on the 80 acres that give the Crook Farm Trail its name. The property was purchased by the Bradford Landmark Society in 1974.

([www.bradfordlandmark.org](http://www.bradfordlandmark.org))

The preserved buildings and grounds memorialize the legacy of the first white settlers in our Tuna Valley. A short path connects Crook Farm to the Crook Farm Trail.

Comments: \_\_\_\_\_  
 \_\_\_\_\_

“Walk on By” Cache:

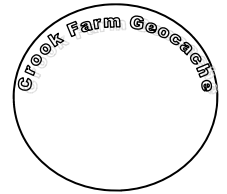
Geocache Coordinates: N 41° 59.560 W 078° 37.560

\_\_\_\_\_  
(Trekker)

**Completed the Crook  
Farm Loop on:**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness signature)



# Blaisdell-Emery Trail

4 miles (point to point)

Following an abandoned railroad bed and topped with crushed sandstone, the Blaisdell-Emery Trail (The B&E) is great for boots or bikes. Parking is on the northern trailhead off Owens Way or at the southern trailhead in Lewis Run near the Keystone Powdered Metal gate.

The B&E has a short side trail to one of our area's unique attractions – the Penn-Brad Oil Museum. Packed with artifacts from the beginnings of the oil industry, the museum is a must for history buffs. Trail parking is, also, available at the museum.

Comments: \_\_\_\_\_  
 \_\_\_\_\_

“I Walk the Line” Cache:

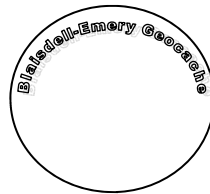
Geocache Coordinates: N 41° 54.674 W 078° 38.997

\_\_\_\_\_  
(Trekker)

**Completed the  
Blaisdell—Emery trail on:**

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness signature)



# Marilla Springs Trail

4 miles (point to point)

The Springs Trail is a wonderful woods walk.

The path follows Marilla Brook from its source and winds down to Marilla Reservoir. The upper trailhead is an easy half-mile walk from Forestry Road 173, known locally as “Stickney Road”.

For shuttles to the upper trailhead, call 362-2323 in advance or email [tunatrekker@mparc.org](mailto:tunatrekker@mparc.org).

Comments: \_\_\_\_\_  
 \_\_\_\_\_

“Baby Elephant Walk” Cache:

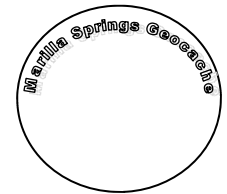
Geocache Coordinates: N 41° 56.761 W 078° 45.448

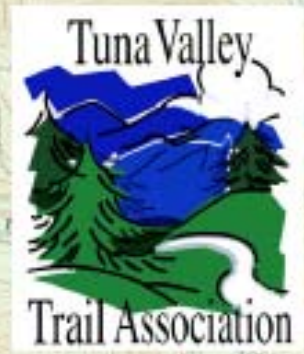
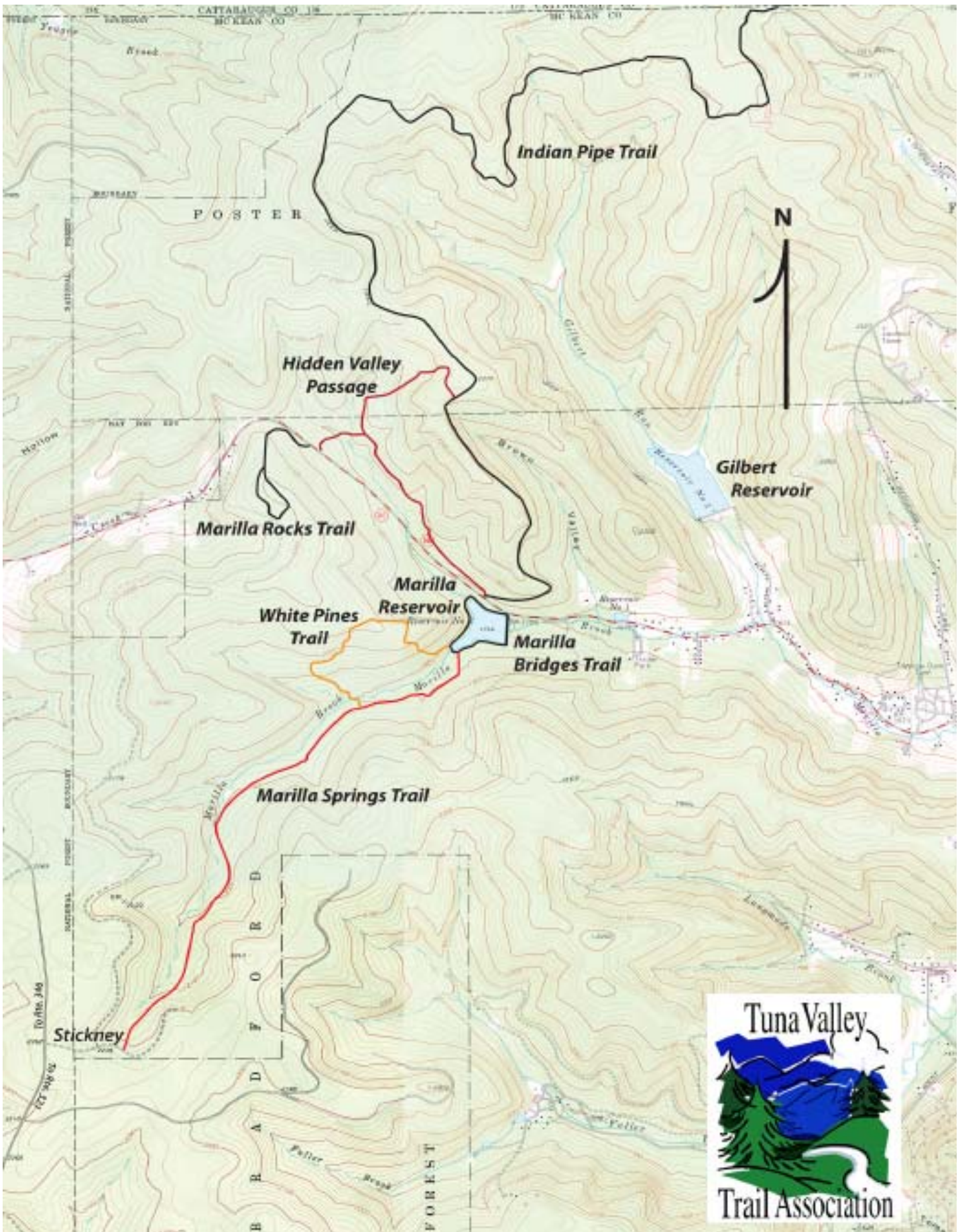
\_\_\_\_\_  
(Trekker)

**Completed the Marilla  
Springs trail on:**

\_\_\_\_\_  
(Date)

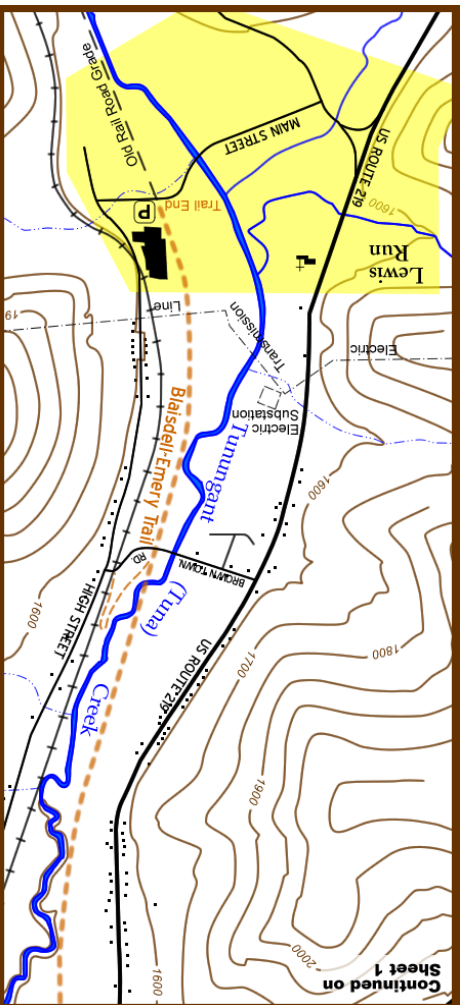
\_\_\_\_\_  
(Witness signature)



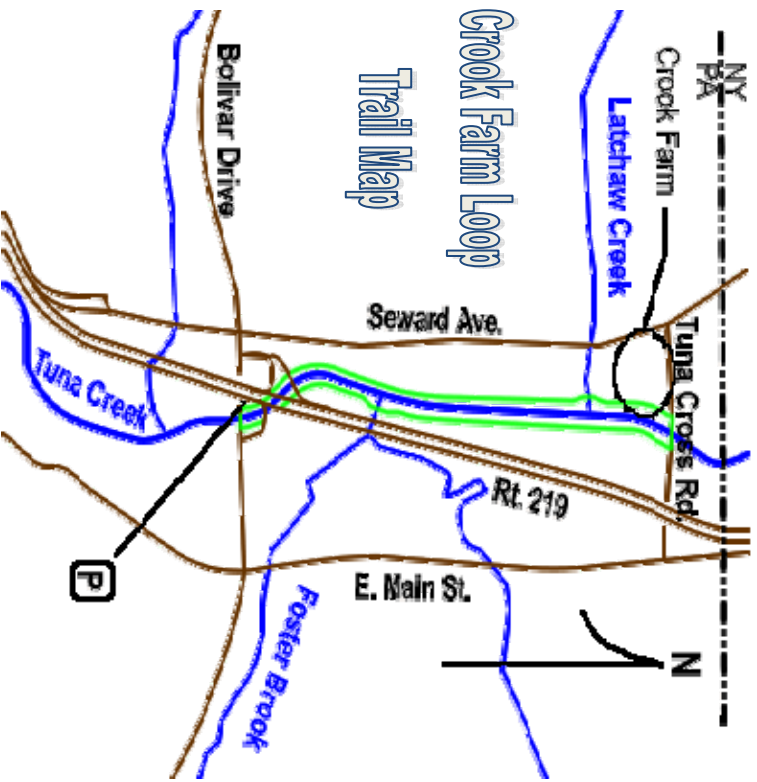
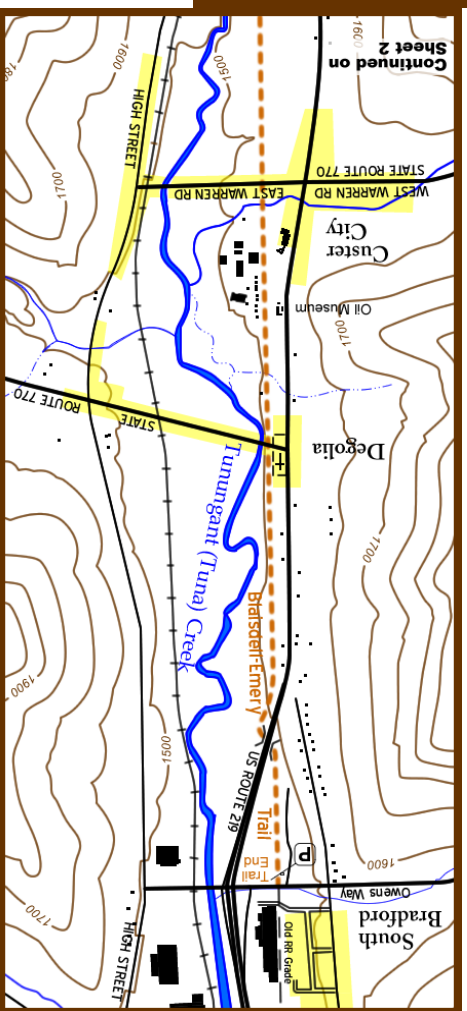


# Marilla Reservoir Area Trails

Other TVTA Trail Maps can be printed from: [www.tunavalleytrail.com](http://www.tunavalleytrail.com)



# Blaisdell-Emery Trail Map



# Richard E. McDowell Trail Map

**Richard E. McDowell Community Trail Tree Guide**

- Black Willow
- Quaking Aspen
- Box Elder / Ashleaf Maple
- Norway Spruce
- Green Ash / Red Ash
- Eastern White Pine
- Red Black Cherry
- Road Maple
- Sugar Maple
- Gray Birch
- Common Apple
- Pin Cherry / Fire Cherry
- Zippo Canada
- Northern Red Oak
- Yellow Birch
- Ironwood
- Hawthorn
- Green Ash / Red Ash
- Serviceberry
- Top-Toothed Elm
- Red Black Cherry
- Beech
- Common Witch-Hazel
- Euodia Dempsey Walkway
- The Hight Family
- Kwenna Club of Bradford Rotary Club of Bradford
- C. Robert Conway Senior Center Memorial Walkway
- UBS Financial USA

Tree listing provided by:  
Allegheny Institute of Natural History  
University of Pittsburgh at Bradford

Don't miss your chance to earn this trackable geocoin!

Details on back cover. Final design may vary from pictured sample.

Geocoin design by Glenn Melvin

