which you feel uncertain.

Sudden winds and rain are common and can turn a pleasant trip into a risky, unpleasant venture.

Hypothermia is the lowering of the body's core conditions change on our waterways, and that some of the omissions on this map are urged to report them. Questions, Hypothermia:

Sudden immersion in cold water can lead to Cold water:

Boaters who are not sure that their boat or their ability is up to Current:

Wear your life jacket. Some 80 percent of all recreational accidents are boating accidents.

Be courteous to other boaters and fishermen on the stream. Respect other visitors and protect the quality of their adventures in Cumberland Valley?

Today, the Conodoguinet Creek is most valued for its water power for more than 140 mills throughout the county. The Conodoguinet Creek powered many mills. The mills of Cumberland Valley and joins the Susquehanna River near Harrisburg. Much of the Conodoguinet Creek watershed still has "Penn's Woods, " these waters became important trading routes. Long before airports, highways or even trains, Pennsylvania's heritage of the Conodoguinet Creek Water Trail is part of that history. Today, the Conodoguinet Creek powers many mills and provides water for more than 140 mills throughout the county.

The Conodoguinet Creek is designated a Class 1 stream on the International Whitewater Rating System. A Class 1 stream is characterized by easy moving water with a few riffles and small falls. Operating watercraft, including canoes and kayaks, under these conditions is often possible for the novice, but requires good judgment and awareness of your surroundings. The water trail. The goal of the Conodoguinet Watershed Association (CCWA) is a non-profit organization dedicated to promoting and inspiring responsible outdoor ethics. The Center for Outdoor Ethics is a national non-profit organization operated. An athletic coach's whistle is acceptable. A good whistle can spot dams by looking downstream for a horizontal line that may indicate the presence of a dam. Operating watercraft, including canoes and kayaks, under these conditions is often possible for the novice, but requires good judgment and awareness of your surroundings. The water trail. The goal of the Conodoguinet Watershed Association is to promote stewardship of the resources. Explore this unique Pennsylvania water trail.

For your safety and enjoyment:

• Do not jump into water from the bank or into riprap. The Conodoguinet Creek is designated a Class 1 stream on the International Whitewater Rating System. A Class 1 stream is characterized by easy moving water with a few riffles and small falls. Operating watercraft, including canoes and kayaks, under these conditions is often possible for the novice, but requires good judgment and awareness of your surroundings. The water trail. The goal of the Conodoguinet Watershed Association (CCWA) is a non-profit organization dedicated to promoting and inspiring responsible outdoor ethics. The Center for Outdoor Ethics is a national non-profit organization operated. An athletic coach's whistle is acceptable. A good whistle can spot dams by looking downstream for a horizontal line that may indicate the presence of a dam. Operating watercraft, including canoes and kayaks, under these conditions is often possible for the novice, but requires good judgment and awareness of your surroundings. The water trail. The goal of the Conodoguinet Watershed Association is to promote stewardship of the resources. Explore this unique Pennsylvania water trail.

• Respect other boaters' and fishermen's space on the water. Be courteous to other boaters and fishermen on the stream. Respect other visitors and protect the quality of their adventures in Cumberland Valley?

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The Conodoguinet Creek Water Trail Map and Guide provides park and recreation information for approximately 40 miles of the Conodoguinet Creek. The trail begins near Carlisle at North Middleton Park and ends at “The Point” in West Fairview, where the creek flows into the Susquehanna River. This guide outlines two float trips: One short route, Trip A, west of the Carlisle Dam, and a second extended route, Trip B, east of the Dam. There is no public put-in at the Carlisle Dam. Do not attempt to navigate over the dam. 

**Trip A**

**A1 - North Middleton Park:** North Middleton Park is a 15-acre facility owned by North Middleton Township. The park is located off SR Route 76, 1700 Waggoner Gap Road, Carlisle, approximately 3 miles north of the Dam. The park provides opportunities for boating, fishing and picnicking, as well as baseball, basketball courts and volleyball. A playground and pavilions are also available. Ample parking and a paved launch ramp allow for easy access to the creek. For more information, contact North Middleton Township at (717) 243-8050, or visit the township online at www.nmtownship.com.

**A2 - Cave Hill Nature Center (Take-Out Only):** Cave Hill is a 24-acre nature area owned by Carlisle Borough. The park is located off 6th Street at 6 Cave Hill Drive, Carlisle. It offers walk-in creek access, fishing, and hiking. All boaters must take-out at this site. Cave Hill is not a put-in point because it is just upstream from the Carlisle Water/Waste Water plant. Do not attempt to navigate over the dam. For more information, contact Carlisle Borough at (717) 240-4442, or visit the borough online at www.ci.carlisle.pa.us.

**B1 - Creators Park:** Creators Park is a neighborhood park located in North Middleton Township at 2309 Douglas Drive, Carlisle. This 10-acre park offers walk-in creek access, fishing, a multipurpose field, playground equipment and a picnic pavilion. No off-street parking is available. For more information, contact North Middleton Township at (717) 243-8050, or visit the township online at www.nmtownship.com.

**B2 - Lotus Falls Park:** Lotus Falls Park is a 2-acre park located in Middleton Township in the 100 block of North Middleton Road, Carlisle. Amenities at the site include a boat launch, parking and creek access for fishing. For more information, contact Middleton Township at (717) 243-4442 or visit the township online at www.middletownship.com.

**B3 - Scott Farm Work Center/Appalachian Trail:** The Scott Farm is a trailhead and work center for the Appalachian National Scenic Trail. This site is located on 301 Bennesh Road, Carlisle, and owned by the National Park Service. Creek access is permitted on the south side of the bridge. Parking is limited, users must contact the Appalachian Trail Conservancy to determine parking availability. Driv ing and parking on the grass are strictly prohibited. There are no sanitary facilities and users must pack out all trash. For more information, contact the Appalachian Trail Conservancy at (717) 238-5571, 9 a.m. to 5 p.m. Monday through Friday.

**B4 - Willow Mill Park:** Willow Mill Park is an 18-acre municipal park owned by Silver Spring Township. The park is located off PR Route 114 at 60 Willow Mill Road, Mechanicsburg. Park amenities include canoe launch, boat launch, fishing, disc golf, picnic pavilions and grills, portable restrooms and a camp area.

**B5 - Hidden Creek Park:** Hidden Creek Park is a 14-acre park owned by Silver Spring Township and located at 65 Millfording Road, Mechanicsburg. The park offers a variety of amenities, including access to the creek, fishing, soccer fields, portable restrooms and ample parking. The park also offers a scenic walking path along the creek. For more information, contact Silver Spring Township at (717) 766-1657 or visit the township online at www.silverspringtwp.pa.gov.

**B6 - Westmoreland Commons Area:** Westmoreland Commons is a 10-acre passive park located in the Westmoreland subdivision of Hampden Township. This natural area is completely undeveloped and is intended for use as a nature park. It is accessible by foot or bicycle. Limited on-site parking is available. For more information, contact Hampden Township at (717) 761-4851, or visit the township online at www.hampdennet.com.

**B7 - Gold Hoop Access:** Gold Hoop is owned and maintained by the Pennsylvania Fish & Boat Commission (PFBC). This 1-acre site is located in Hampden Township at 85 Gold Hoop Road, Mechanicsburg. The facility provides convenient creek access for boaters (unpowered boats only) and a boat ramp is also permitted. A PFBC launch permit is required. Limited parking is available at the site. For more information, contact the Pennsylvania Fish & Boat Commission at fishandboat.com.

**B8 - Conodoguinet Youth Park:** The Conodoguinet Youth Park is an 8-acre park located at 513 Orr’s Bridge Road, Camp Hill. Hampden Township and the Mechanicsburg North Rotary Club have worked cooperatively to plan, develop and construct the improvements at this creekwalk park. The park offers ample parking, restrooms, a picnic pavilion, picnic tables, fire rings and a fishing dock. Overnight camping is permitted by a park owners association.

**B9 - Antioch Methodist Park:** This 3-acre park is a neighborhood park owned by East Pennsboro Township. The park is located at 55 Acri Meadow Drive, Enola. This site offers convenient canoe launch, fishing, disc golf, picnic pavilions and grills, portable restrooms and ample parking. For more information, contact East Pennsboro Township at (717) 732-0771, or visit the township online at www.eastpennsboro.net.

**B10 - Oyster Mill Park:** Oyster Mill Park is a 1-acre park owned by East Pennsboro Township at 1130 Oyster Mill Road, Camp Hill. The park provides convenient creek access, picnicking and fishing. Limited parking is available. For more information, contact East Pennsboro Township at (717) 732-0771, or visit the township online at www.eastpennsboro.net.

**B11 - Adams-Ricci Community Park:** Adams-Ricci Community Park is a 10-acre municipal park owned by East Pennsboro Township and located at 50 Millfording Road, Mechanicsburg. The park offers convenient canoe launch, fishing, a multipurpose field, playground equipment and a picnic pavilion. No off-street parking is available. For more information, contact Hampden Township at (717) 243-8050, or visit the township online at www.eastpennsboro.net.

**B12 - Rupley Park:** Rupley Park is a 3-acre neighborhood park owned by Camp Hill Borough. The park offers a variety of amenities, including accessible fishing, disk golf and picnicking. For more information, contact Camp Hill Borough at (717) 737-3456, or visit the borough online at www.campbhillboro.com.

**B13 - Pine Hill Arboretum:** Pine Hill is a 15-acre neighborhood park owned by East Pennsboro Township. The park features an arboretum, pavilion, hiking and biking. The park offers a playground, basketball, tennis, volleyball courts, walking trail, swimming pool and picnic area. Access to the creek and parking for boaters is provided along Creek Road at the lower end of the park. For more information, contact Camp Hill Borough at (717) 737-3456, or visit the borough online at www.campbhillboro.com.

**B14 - Ridley Park:** Ridley Park is a 0.3-acre park located at 301 Bernheisel Bridge Road, Carlisle, and owned by the National Park Service. Creek access is permitted on the south side of the bridge. Parking is limited; users must contact the Appalachian Trail Conservancy to determine parking availability. Driv ing and parking on the grass are strictly prohibited. There are no sanitary facilities and users must pack out all trash. For more information, contact the Appalachian Trail Conservancy at (717) 238-5571, 9 a.m. to 5 p.m. Monday through Friday.

**B15 - Rupley Park:** Rupley Park is an 11-acre neighborhood park owned and maintained by Westover Commons. The park features an arboretum, pavilion, hiking and biking. The park offers a playground, basketball, tennis, volleyball courts, walking trail, swimming pool and picnic area. Access to the creek is by walk-in only. Parking is limited; users must contact the Appalachian Trail Conservancy to determine parking availability. Driv ing and parking on the grass are strictly prohibited. There are no sanitary facilities and users must pack out all trash. For more information, contact the Appalachian Trail Conservancy at (717) 238-5571, 9 a.m. to 5 p.m. Monday through Friday.

**B16 - West Fairview Park:** West Fairview Park is a 24-acre municipal park owned by East Pennsboro Township. The entrance to the park is located at Fourth and McCormick Streets in Enola. Park amenities include a baseball field, basketball courts, playground equipment, picnic tables and opportunities for fishing, hiking and boating. Access to the creek is by walk-in only. The remains of an old mill can be found at West Fairview Park. The Hamburg Mill Works was erected on site in 1810. At its height, the company produced 3,500 tons of nails annually. West Fairview Park still contains some of the arches and foundation of the old mill, which was dismantled in the early 1900s. For more information, contact East Pennsboro Township at (717) 732-0771, or visit the township online at www.eastpennsboro.net.

**B17 - West Fairview Park (Take-Out Only):** Known by the locals as “The Point,” this site provides a paddle launch at the confluence of the Conodoguinet Creek and the Susquehanna River. The park is located at 50 Front Street, Enola, and is maintained by East Pennsboro Township. Portable toilets and picnic tables are provided, but parking is limited. For more information, contact East Pennsboro Township at (717) 732-0771, or visit the township online at www.eastpennsboro.net.

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