

Bikers and hikers should be advised that green circle, blue square, and black diamond trail designation 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. Bikers and 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 under Your Responsibility code to avoid all obstacles or hazards, including those that are so marked.

Heads Up-Know the Code, It's Your Responsibility

Rules of the Trail

Seven Springs is committed to promoting trail safety. Share the trails and be courteous to others. Be aware that there are elements of risk in biking and hiking that common sense and personal awareness can help reduce. Observe Your Responsibility Code and share it with others on the trails for a great experience.

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting or merging into a trail, look both ways and yield to others.
5. All bike riders must wear helmets.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Do not cut switchbacks.
8. Prior to using any lift, you must have knowledge and ability to load, ride and unload safely.

Freeride and Downhill Terrain

Freeride and Downhill Areas may contain jumps, hits, ramps, banks, drops, skinnys, rollers, tables and other constructed or natural terrain features. Prior to using Freeride or Downhill Terrain, you are responsible for familiarizing yourself with Freeride and Downhill terrain and obeying all instructions, warnings and signs. Freeride and Downhill skills require maintaining control on the ground and in the air. Use of Freeride and Downhill Terrain exposes you to the risk of serious injury or death. You assume the risk.

Bike Rentals are available.

Reservations required for tours. Call ext. 7645.



Green = Hike and Bike
Brown = Hike only



TRAIL GUIDE



SEVEN SPRINGS A SPECIAL PLACE FOR NATURE LOVERS

Seven Springs Mountain Resort has recently announced its Go Green program. The program integrates green initiatives and sustainable business practices. Go Green demonstrates Seven Springs' commitment to preserving the environment and natural setting that has made the resort a popular destination for more than 75 years. Together with the Western Pennsylvania Conservancy, we will raise awareness of the importance of protecting the world in which we live.

SEVEN SPRINGS AND THE WESTERN PENNSYLVANIA CONSERVANCY

Seven Springs is committed to being a good steward of this remarkable landscape. That's why we've teamed with the Western Pennsylvania Conservancy (WPC), a leading nonprofit organization dedicated to conserving the water land and wildlife of this spectacular area. With the Conservancy's help, we have begun to identify rare plants and animals on our lands and we are taking steps to protect them. Plus, a new trail-interpretation system we're designing in collaboration with WPC scientists will give hikers the opportunity to learn more about the treasures of this area.



Seven Springs Mountain Resort fosters environmental stewardship in all resort operations and facilities through a carefully planned program of sound resource management and environmental protection. The resort is committed to developing sustainable forward-thinking practices, and promoting personal responsibility in recycling and conserving natural resources.

PLACES TO EAT

BAVARIAN BEACH BAR ext. 7471

Have a refreshing cocktail outdoors while enjoying the summer weather. Also serving sandwiches and light food. Located beside the outdoor pool, featuring a large lagoon-like heated pool, firepits, and a kids' area.

BAVARIAN LOUNGE ext. 7021

Relax, have a mountain-sized sandwich, grab an ale and catch the game on one of our eight flat screen televisions or enjoy some acoustical entertainment.

GINGERBREAD DREAMS ext. 7486

The tantalizing aroma of freshly baked cookies, cakes and candies wafting through the lodge will guide you to our gingerbread house! Here you can peruse the glass cases in search of that special treat including fudge, tortes, brownies and pies.

THE GRILLE AT SPORTING CLAYS ext. 7899

After a day of fun on the mountain stop by the Sporting Clays Lodge for a cold beverage or a bite to eat. Sit, back relax and enjoy the lodges' expansive dining area, stone fireplace and vaulted ceilings, or sit out on the deck and enjoy the views overlooking Pigeon Pond.

HELEN'S RESTAURANT ext. 7691 or 7827

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.

MOUNTAIN PERK ext. 7533

Proudly brewing Starbucks® coffee products for your caffeine fix and delectable grab and go muffins, pastries and bagels for that quick morning bite. Not to mention – hand-rolled ice cream creations!

THE PIZZA PLACE ext. 7635

Perfect for that late night snack, the menu at the Pizza Place boasts a variety of gourmet pizzas, Italian paninis and plenty of other snacks to curb your appetite.

SLOPESIDE DINING ROOM ext. 7585

Slopeside Dining Room features amazing views of the slopes, gracious service, comfortable family dining, great all-American selections, and incredible buffets like the Seafood Buffet every Friday, the Grand Buffet on Saturdays, and brunch on Sundays.

THINGS TO DO

ALPINE SLIDE ext. 7200

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 downhill thrills on a two-wheeled sled equipped with a handle break for speed control.

ALPINE TOWER ext. 7645

Challenge your ingenuity and agility as you scale the 50-foot Alpine Tower, perfect for team building!

DISC GOLF ext. 7645

Disc golf shares the same joys and frustrations of a traditional game of golf – fresh air in a beautiful landscape, the camaraderie of friends, the challenge of sinking a long putt or hitting a tree halfway down the fairway.

PAINTBALL ext. 7645

If you haven't experienced the adrenaline-pumping thrill of a chase, then you've never tried paintball! Whether you're a beginner or seasoned vet, a round of paintball will provide fantastic fun while giving you the ultimate test in skill, courage and cunning.

ROCK WALL ext. 7645

Ever thought about trying the challenges of rock climbing but just didn't know where to start? Look no further. You and your friends can experience the thrill of climbing in a controlled environment on the 24-foot Rock Wall.

SCENIC CHAIRLIFT RIDE ext. 7629

Take a scenic ride overlooking the scenic slopes of Seven Springs Mountain Resort, providing you with a beautiful, natural view and a relaxing ride.

UTV TOURS ext. 7932

Another heart-pounding adventure has arrived at Seven Springs with the addition of our geared-up, souped-up UTV fleet.



BECOME A PRIORITY 7 MEMBER TODAY!

Be the first to know. Sign up for our Priority 7 email program delivering special events and discounts right to your inbox.

www.7springs.com

facebook

BECOME A FAN OF SEVEN SPRINGS TODAY!
Win great prizes!
Meet new people! Join today!

twitter

FOLLOW SEVEN SPRINGS TODAY!