

## Trail Mix



# Cook Forest State Park

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This week we are looking at the beautiful trails of [Cook Forest](#), featuring the North Country Trail. Home to one of the nation's biggest old growth forests, the state park won't disappoint with 450-year-old hemlock trees and winding stretches of the Clarion River.



### Trail of the Week: Ancient Forest Trail

- **Difficulty:** 3/5
- **Distance:** 12.2 miles
- **Activities:** Hiking, running, snowshoeing
- **Incline:** 617 ft

Description: The highest concentration of towering old growth white pines in the Northeastern US.



Recreational Corner: Stop by [Cooksburg Dry Goods](#) to rent snowshoes, XC skis and ice skates for great family fun in the snow.

