



2026

TrailLink Unlimited



Guides



# Bear Hole Trail

*Pennsylvania*



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*Swatara Creek runs through the vast woodlands of Swatara State Park in eastern Pennsylvania. Bear Hole Trail traces the eastern*



The [Swatara Rail-Trail](#) runs through the same state park.

Swatara Creek runs through the vast woodlands of Swatara State Park in eastern Pennsylvania. Bear Hole Trail traces the eastern side of the waterway, while the Swatara Rail-Trail runs along the other bank.

### About the Route

Together, these trails span over 15 miles through the state park. Because Bear Hole Trail follows the route of the former Old State Road, it offers a wide pathway and has a few gentle climbs. Along the way, look for remnants of the Union Canal that was built here in 1827; the moss-covered ruins of a few stone canal locks can still be seen from the trail.

### Connections



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**States:** Pennsylvania

**Counties:** Lebanon, Schuylkill

Length: 5.5 miles

**Trail end points:** Old State Rd. (Jonestown) to Swopes Valley Trailhead

**Trail surfaces:** Crushed Stone

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Fishing, Horseback Riding, Walking, Cross Country Skiing

## Parking & Trail Access

The Bear Hole Trail runs between Old State Rd. (Jonestown) and the Swopes Valley Trailhead.

Parking is available at:

- Trout Run Trailhead
- State Park Lane Trailhead
- Sand Siding Road parking lot
- Swopes Valley Trailhead

Please see [TrailLink Map](#) for all parking options and detailed directions.



# Bear Hole Trail

Pennsylvania



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

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