



2026

TrailLink Unlimited 

Guides



Bear Hole Trail

Pennsylvania



Bear Hole Trail

Pennsylvania

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



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Bear Hole Trail

Pennsylvania

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:

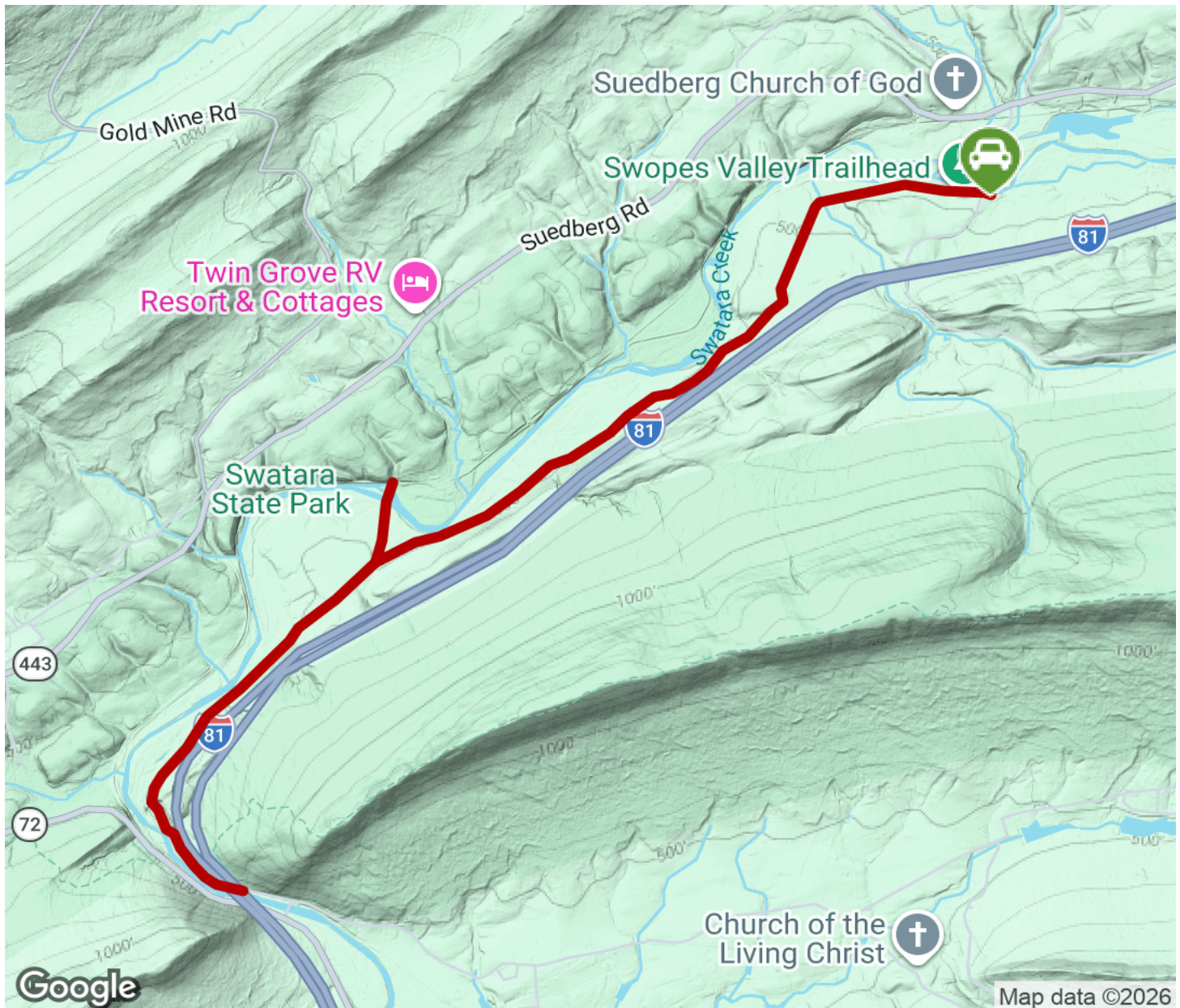
- Trout Run Trailhead
- State Park Lane Trailhead
- Sand Siding Road parking lot
- Swopes Valley Trailhead

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



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Map data ©2026



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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