




OMNI RESORTS
bedford springs | pennsylvania

TRAIL
MAP & GUIDE

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LEISURE TRAIL

The Leisure Trail begins by the herb garden and leads up the hill and around the back of the resort. This trail was used quite heavily by turn of the century guests. One can still see the old flower planters and even the concrete foundations of the bridges that connected the rear of the hotel to these gardens.

GOURMET PICNICS

Out on the trails during a meal? Our new, backpack inspired lunch by Chef Pineda makes it easy to transport a gourmet meal on the go. The souvenir backpack, complete with reusable plates, wine glasses and utensils, is yours to keep and enjoy. Two hour advanced notice is required; please call Che Sara Sara at 814-624-5633. Che Sara Sara also carries a variety of grab and go items to take with you on your journey.

SEGWAYS, UTVS AND FAT TIRE BIKES

Already conquered our trails on foot? Try a different mode of transportation, available daily on our trails. For more information, contact Tally Ho at 814-624-5685.

SPRINGS ETERNAL SPA SERVICES

Find rest and relaxation with a trip to our spa to feel rejuvenated after your nature adventure. To make your spa appointment, please call 814-624-5633.

HIKER'S DELIGHT

Tired toes will delight in this heavenly treatment focused on the feet. Sensitive, trained hands detect imbalances and work out stress points and tension, while restoring vitality and circulation.

SMARTPHONE DETOX

Allow your hands the luxury of a text-free moment of therapy. This hand treatment begins with a gentle salt exfoliation, followed by a massage with moisturizing body butter.

HIKE AT YOUR OWN PACE OR ASK OUR CONCIERGE ABOUT OUR GUIDED HIKE OFFERINGS. PLEASE CALL 814-624-5642 FOR MORE INFORMATION. THIS GUIDE OUTLINES SOME OF THE INDICATIVE SIGHTS, SOUNDS AND AROMAS YOU'LL EXPERIENCE HIKING THE TRAILS.



BLACK SPRING

One of the most scenic springs on property, Black Spring was once used as the drinking water source for the hotel and surrounding community.



HEMLOCK

Hemlock, *Tsuga canadensis*, is the state tree of Pennsylvania, and flourishes across Shober's Run from the resort.



RED OAK LAKE

Stocked with trout and bass, Red Oak Lake is also loaded with bluegill sunfish. This is a catch and release lake, fed from the Black Spring.



BLACK COHOSH

Black cohosh appears in a variety of places throughout the hiking trails. Flowering in late spring/early summer, it is a beautiful plant to discover in the woods, standing upwards of 6 feet high.



THE MILL

One of the first buildings erected on property. This historical site has served as a general store, bank and grist mill throughout the years. Guests will pass it on their way to the Bedford County Heritage Trail.



FERN

Found in nearly every part of the resort's wooded areas, ferns add a wealth of beauty. A wide variety of types, including Christmas fern, Sensitive fern and New York fern, grow along the trails.



SHOBER'S RUN

Omni Bedford Springs Resort keeps Shober's Run, a spring-fed creek, stocked with large trout for guests, making this a catch and release stream.



WITCH-HAZEL

Witch-hazel, *Hamamelis virginiana*, flowers in November and December, making it one of the latest blooming plants in Pennsylvania. Witch-hazel has long been used for a variety of medicinal purposes.



NATURAL SPRINGS

Magnesia Spring, Limestone Spring, Iron Spring and Black Spring are all found on our wooded trails. Crystal Spring is across the street from the green of the first hole on the Old Course. Sulfur Spring is located near the herb garden and entrance to the Leisure Trail. All of these springs are identified on this map should you wish to visit them. If you decide to visit our beautiful natural springs, be sure to read the signs posted at each water source, highlighting their historic background.

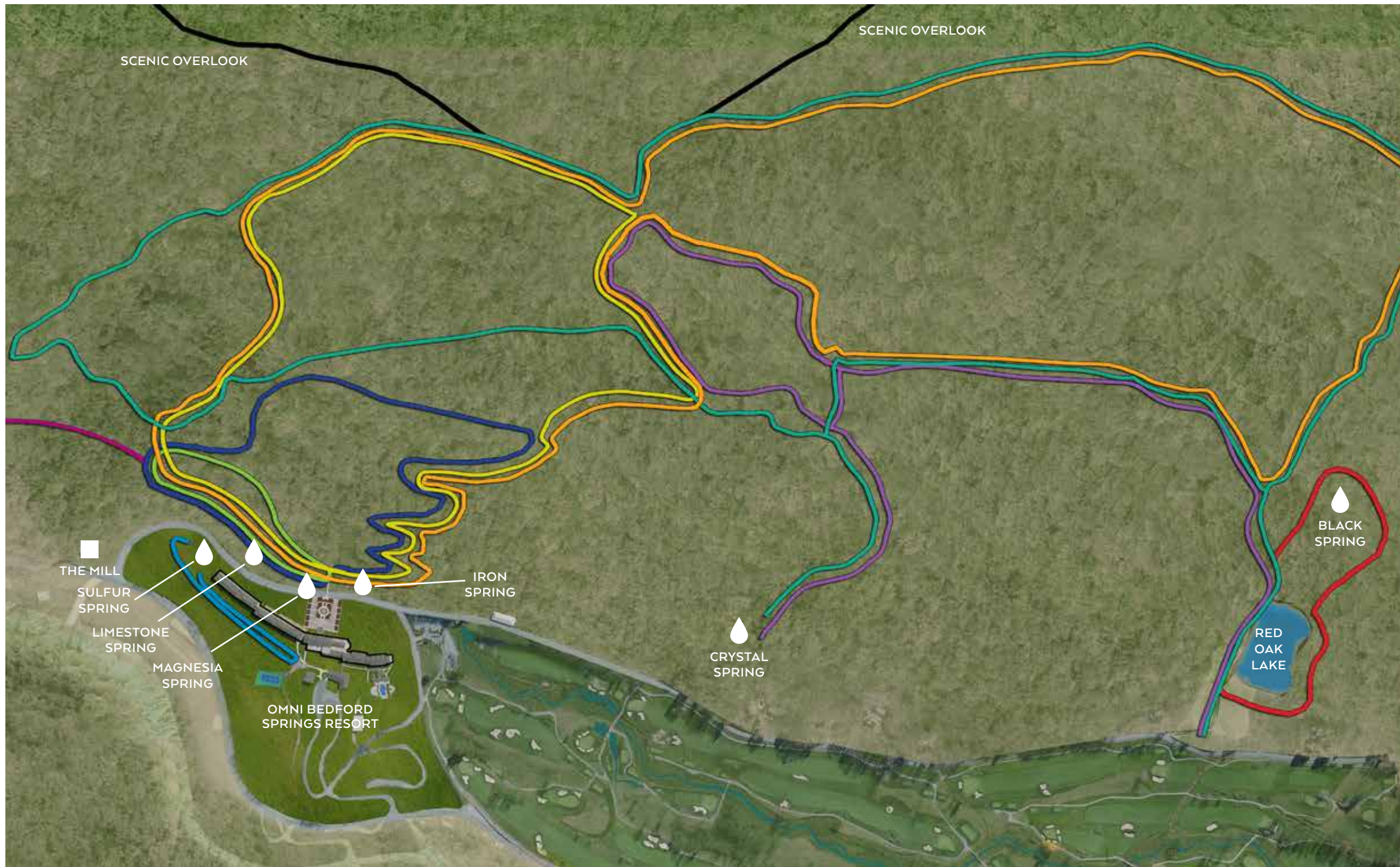
The discovery of the celebrated springs is steeped in Native American legend. The curative powers of the waters were known to many Native American tribes on the East Coast. Their legends describe a “Medicine Spring” shaded by majestic oak, giant pine and graceful maple trees. Tuscarora, Iroquois and Shawnee Tribes held powwows here, a four-week journey from the coast westward to the springs. The gathering of Native Americans first caught the attention of early settlers and resulted in their own discovery of the healing springs.

TRAILS

Please be advised that all of our trails are multi-use. They are used by hikers, joggers, bikers, guests on Segway tours and UTV machines. Please be cautious while utilizing our trail system. We recommend your activity remains on marked trails. Be aware of the weather and your location at all times. Severe weather approaches quickly and it is important that you know where you are and how to get back quickly.

HIKING TIPS

- Wear appropriate footwear (i.e. hiking boots, athletic shoes)
- Watch for trail markers
- Alert someone of your hiking plans
- Watch for wildlife
- Keep track of the time for your safety
- Stay hydrated — take plenty of water with you
- Wear an orange vest in the fall



RUNNING/JOGGING

Go fast enough to get there, but slow enough to see. For those looking for a 3.1 mile running route, begin at our main entrance and continue to the Heritage Trail, follow Richard Street instead of following the trail signage in town, make a right at Grove Lane, a right on Bedford Street, another right on Simpson Street and then a left back on to Richard Street and follow the Heritage Trail back to the resort. There is also a 5.3 mile roundtrip run from the resort in to Downtown Bedford on the Heritage Trail, following the signage.

NAME	SYMBOL	DIFFICULTY	LENGTH	ELEVATION CHANGE
LEISURE TRAIL		EASY	0.46 MI.	100 FT.
LAKE SPRING	◆	EASY	0.75 MI.	100 FT.
LIMESTONE	◆	EASY	0.6 MI.	100 FT.
HERITAGE		EASY	1.75 MI.	100 FT.
NAUGLE'S MILL	●	MODERATE	1.5 MI.	300 FT.
SPRING	■	MODERATE	2.3 MI.	300 FT.
EVITT	▲	DIFFICULT	4.6 MI.	300 FT.
NOVICE BIKE	🚲	MODERATE	3.8 MI.	200 FT.
EXPERT BIKE	🚲	DIFFICULT	5.9 MI.	300 FT.

