

Day: Sunday	Start Time: 8:30 am	End Time: 4:30 pm
Co-Leader:	Co-Leader:	Limit: 12 people
Transportation: Personal Cars	Driver:	Radios: 4 First Aid Kits: 1
Fees: \$14 Transportation Fee Boat Rentals on Site	Travel Distance: 52 Miles Round Trip	Travel Time: 60 Minutes Round Trip

A Day at Promised Land State Park

- Choose a morning activity:
 - Rent a boat to tour [Promised Land Lake](#) (422 acres lake). Types of boats include rowboats, canoes, one and two-person kayaks, and paddleboats.
 - Enjoy a swim and relax at a large beach area with a concession stand nearby for refreshments.
 - Bike the 6.5-mile paved road around Promised Land Lake, Lower Lake Road, and the park's six campgrounds (must provide own bike and bike transportation).
- Choose an afternoon activity:
 - Hike to Little Falls.
 - Practice Shinrin-Yoku ([Forest Bathing](#))
 - Learn about the Civilian Conservation Corps (CCC) at the Masker Museum at Promised Land State Park. This museum is one of the largest in the Commonwealth and features interactive stories, displays, and artifacts that tell the story of the CCC in Promised Land. Then hike at Conservation Island (1.4-mile flat Hike)
 - Bike the 6.5-mile paved road around Promised Land Lake, Lower Lake Road, and the park's six campgrounds (must provide own bike and bike transportation).
- Bring Swimming gear if you plan to swim or paddle, closed-toe water shoes for paddling, hiking gear and shoes, a hat, water, and food.
- Pack lunch at breakfast to bring with you
- Cost: \$14 Transportation Fee
- Boat Rental: Click [HERE](#) for fees (paid directly to the vendor on-site)
- Time: 8:30 am ~ 4:30 pm
- Limit: 12 People
- Vehicle: Passenger Van or Personal Cars (TBD)
- Round Trip Driving: 52 Miles / 60 Min

Overall Plan:

1. Drive directly to the park office to obtain park maps and speak with the rangers (you will pass through most of the park, including the lake area). Pick up the park newsletter to find out about programs running that day and to check trail conditions. The Rangers will be a useful source to get a feel of the area. There are bathrooms available at both the office and the lake.
2. Once you have completed the Park office visit, return north to the lake to the boat concession as early as possible. This will ensure that boats are available. The group goes boating simultaneously, with each person paying for their boat (or ½ a boat for a tandem).
3. Lunch: Food can be purchased at the beach and a few sandwich shops in the town in the middle of the park by vehicle, or you can pack your lunch at breakfast before leaving camp.
4. Swimming, Hiking, Museum, and other options are listed below.

Logistics

- 8:30 am Depart Cedar Lake Camp
- 8:30 am – 9:00 am Travel from Camp Nah-Jee-Wah To Promise Land Park Office
- 9:00 am – 9:30 am Talk with Park Ranger/Bathroom
- 9:30 am – 9:45 am Travel to Lake Front Area
- 9:45 am – 10:15 am Arrange Boat Rental/depart for biking
- 10:15 am – 12:30 pm Paddle Boats on the lake
- 12:30 pm – 1:00 pm Lunch
- 1:00 pm – 3:45 pm- Hike to Little Falls/Museum Tour and Hike Conservation Island/Biking/Forest Bathing
- 1:00 pm – 3:00 pm [Shinrin Yoku](#) (Forest Bathing)
- 3:45 pm -4:00 pm Regroup to get ready for a return to camp at the lakefront parking lot
- 4:00 pm -4:30 pm Travel back to camp

Discuss activity options at the Meet Your Leader meeting:

Swimming: Two sand beaches are open daily from late May to mid-September, 8 a.m. to sunset. The main beach is in the Day Use Picnic Area, and the Pickerel Point Beach is at the end of Pickerel Point. Swim at your own risk. Please read and follow the posted swimming rules. There are no lifeguards. Explore [swimming](#) for more information.

Refreshment Stand: The stand offers food and beverages in the Day Use Picnic Area near the main beach. It is open each season from Memorial Day through Labor Day. The Concession is open from 11:00 a.m. to 7:00 p.m. daily. 570-676-0311

Boat Rental: Located off PA 390, south of the Day Use Area, the boat concession offers rentals by the hour, day, overnight, or week. Types of boats include rowboats, canoes, one and two-person kayaks, and paddleboats. The Boat Concession operates daily from 10 a.m. to 6 p.m. Monday through Friday, and 8 a.m. to 7 p.m. Saturday, Sunday, and holidays.

Rowboat/ Canoe Rental Rates can be found by going to:

- 1 Boat Rental Road, Greentown, PA 18426 ([41.316846, -75.209138](tel:41.316846,-75.209138))
- Sat-Sun 9 AM - 6 PM
- Call or Text (570) 503-6444
- Go to <https://promisedlandboat.com/> for prices

The Masker Museum: The Masker Museum at Promised Land State Park is one of the largest Civilian Conservation Corps (CCC) museums in the commonwealth. It features Interactive stories, Displays, and Artifacts that tell the story of the CCC in Promised Land. The museum is located off Pickerel Point Road, near the amphitheater and Pickerel Point Campground. Admission to the museum is free. <https://maps.app.goo.gl/CVsrlLfifcKmLGCy8>

- A section of the Masker Museum has natural history displays, including Mounted animals, Interactive displays of natural features found in the area, Children's books, Field guides, and a Bird observation area.
- The museum also has a native plant garden and bird feeding stations.
- The museum is off Pickerel Point Road by the amphitheater and Pickerel Point Campground. Admission to the museum is free. This activity or structure is ADA accessible.
- Corner of Museum Rd and Deerfield Rd, Greentown, PA (41.301515, -75.194657)

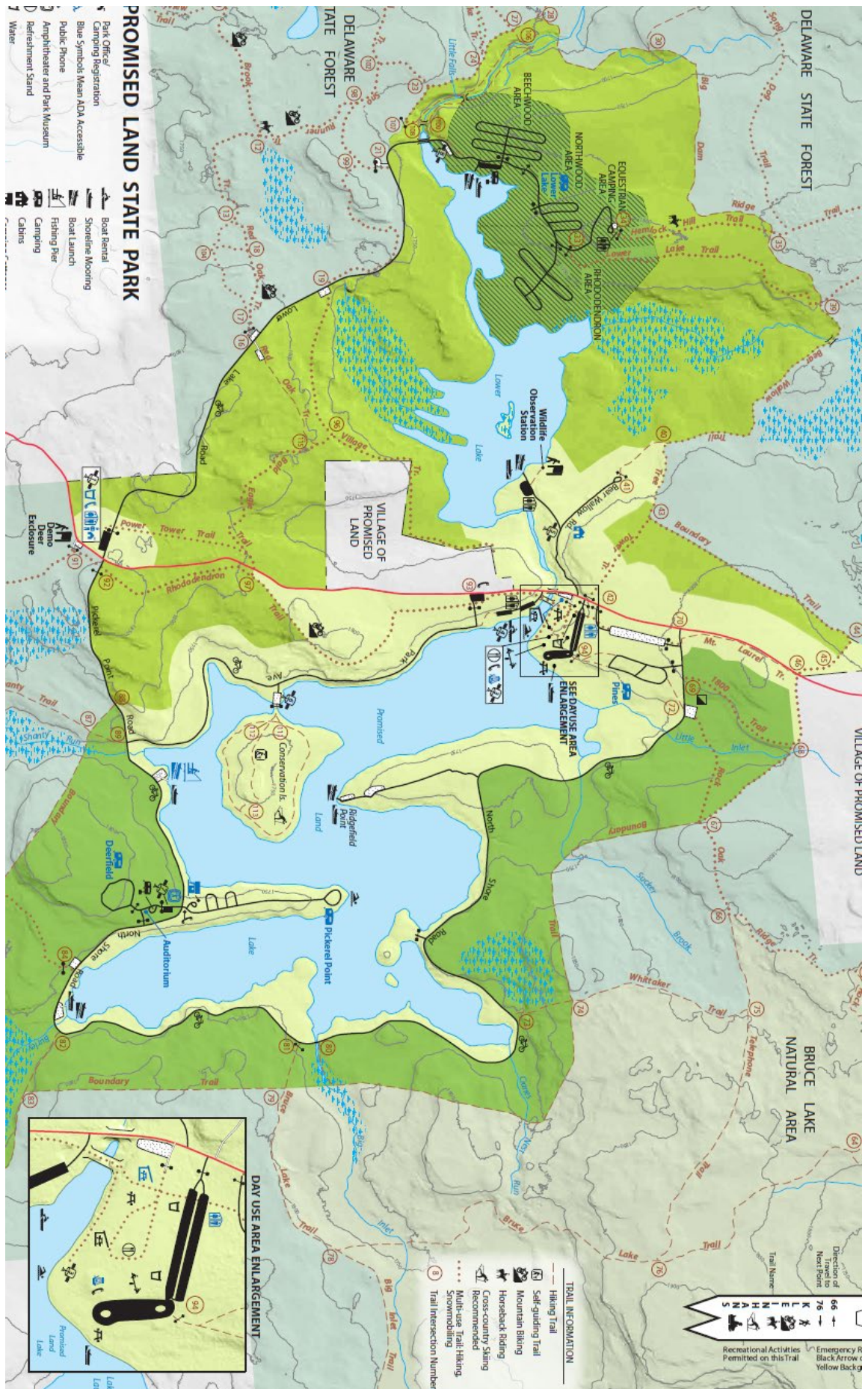
Hiking: Hike the small waterfalls along Little Falls Trail or walk a loop around Conservation Island. A self-guided trail guide to Conservation Island is available for purchase at the park office.

Trail Signing System: Designated recreational trails are all marked with vertical blue blazes. A sign designates the trail name, intersection number, trail uses, emergency route, distances, directions, and other pertinent information at each trail intersection. International symbols designate permitted trail usage. Any other markings are NOT relevant to this trail system. Additional trail information and descriptions are available at the park office.

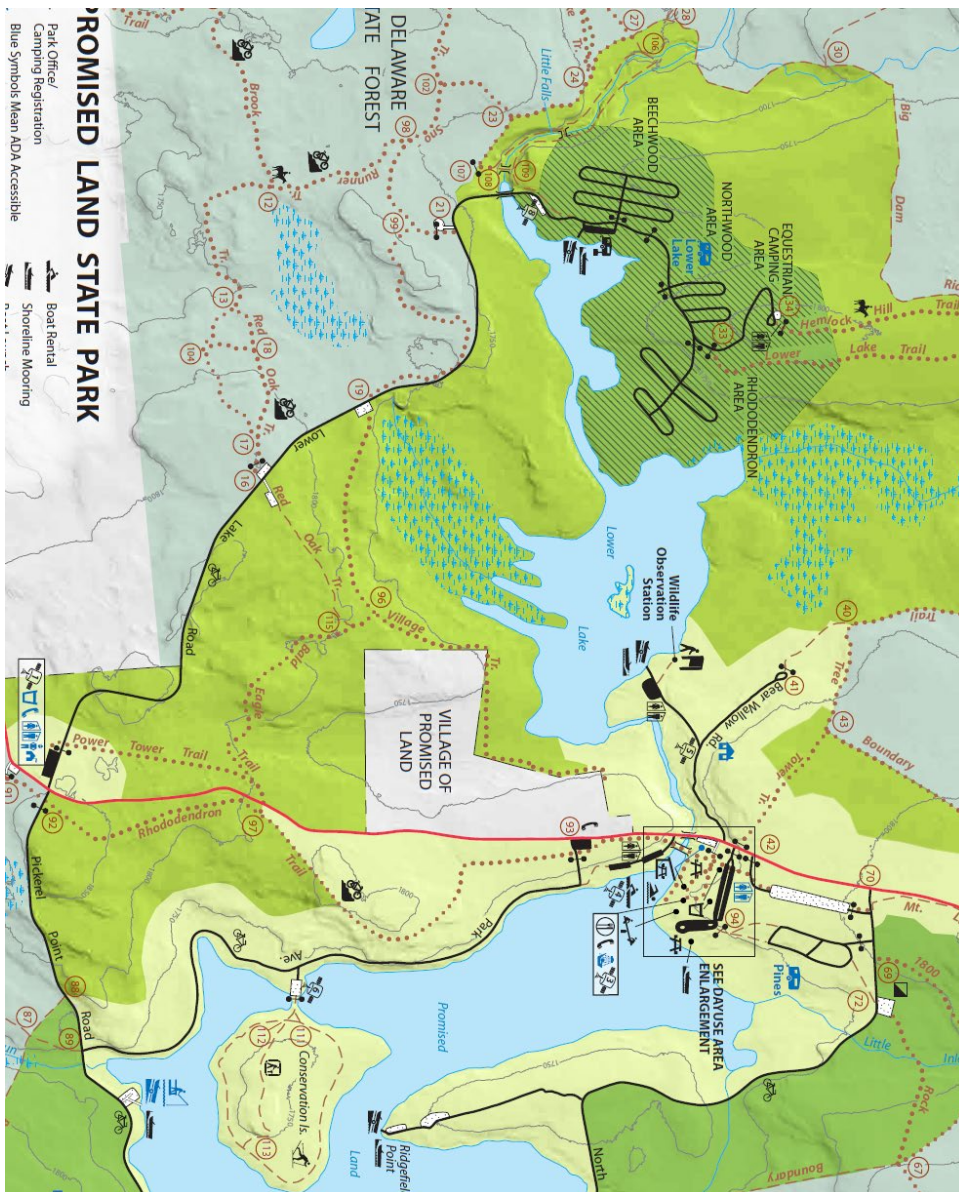
Biking: Riders share the 6.5-mile paved road around Promised Land Lake, Lower Lake Road, and the park's six campgrounds. Mosaic requires all bikers to wear a helmet while riding a bike. Please ride a single file on all park roads. All Pennsylvania Vehicle Code Statutes apply when riding on state park roads. Please avoid riding PA 390 when possible; use Rhododendron Trail instead. There is no place to rent a bike. You must bring your bike in your vehicle.

Forest Bathing: 1:00 pm – 3:00 pm: Lead by Promised Land State Park (ask a park ranger for more info): Also known as Shinrin Yoku, which translates to Forest Bathing in English. This practice involves immersing oneself in nature. Research indicates that spending quiet time in nature offers numerous health benefits. Join us on this short and slow walk through our beautiful forest. We will meet at the Bear Wallow parking lot. Click [HERE](#) for more info

JOE 2025 Information Packet for A Day at Promised Land State Park



Areas of interest:



1. The day-use area features a lovely beach.
2. Boat rentals are available by the hour near the day-use area. It is along the road just before entering the beach parking lot.
3. A pull-off is at the other end of the lower lake just before the Beachwood Campgrounds. There is a nice short hike to Little Falls.
 - a. Take the road south until you see signs for the park office.
 - b. Stop in the park office to get a map of Little Falls.
 - c. Continue down Lower Lake Road until you reach the bridge over the dam.
 - d. There will be a small parking area on the right.
4. Conservation Island is a lovely place to walk and explore.
5. Ridgefield Point features some interesting summer houses that are worth driving around the lake to check out.

Conservation Island



DIRECTIONS: GPS Coordinates: 41.306599, -75.204756

HIKE DISTANCE: 1.4 miles

HIKE SUMMARY:

[0.00] From the parking cross bridge

[0.10] Turn right at the kiosk; keep right at the trail intersection a few steps ahead

[0.30] The Wide woods road becomes a narrower footpath.

[0.55] Turn right on the blue-blazed trail when it crosses over

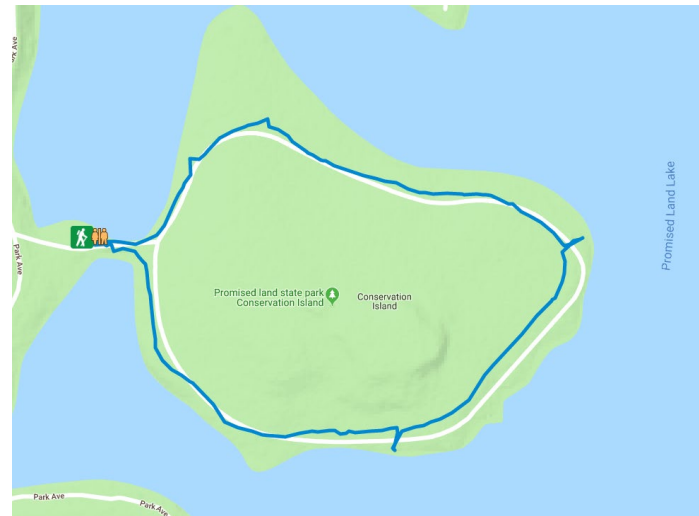
[0.85] Trail makes a sharp left turn (unmarked) where straight dead ends in rhododendron thicket; in a few steps, turn right as blue trail joins woods road coming in from left

[1.05] Keep right on blue when the woods road leaves to the left.

[1.30] Turn right when the blue joins the woods road.

[1.35] Keep right when the trail forks to the left at intersection post 111; turn right at the kiosk to the bridge.

[1.40] Back at the parking lot



<http://gonehikin.blogspot.com/2012/06/promised-land-state-park-conservation.html>

Little Falls Hike

https://youtu.be/4U-dkDI_12Y

<https://youtu.be/0Yn3nSRvu3c>

https://youtu.be/xVpWEL92L_g?t=68

DIRECTIONS: GPS Coordinates: 41.314442, -75.234646

Little Falls by itself is a short 1.4-mile hike. You can extend this hike to the other trails. See the map inserted below.

Miles: 1.0 or more. Level, but rocky with many exposed roots.

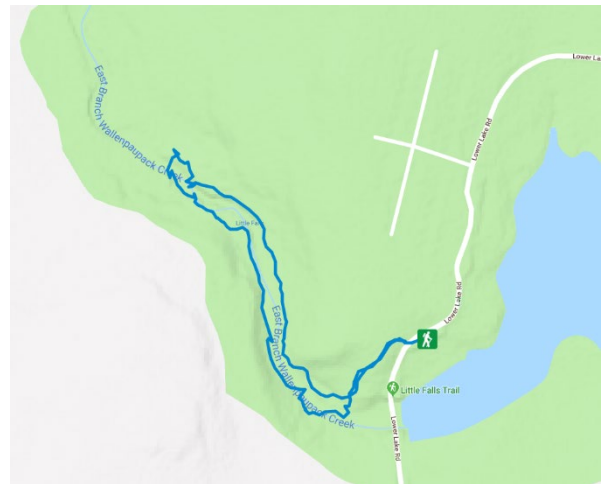
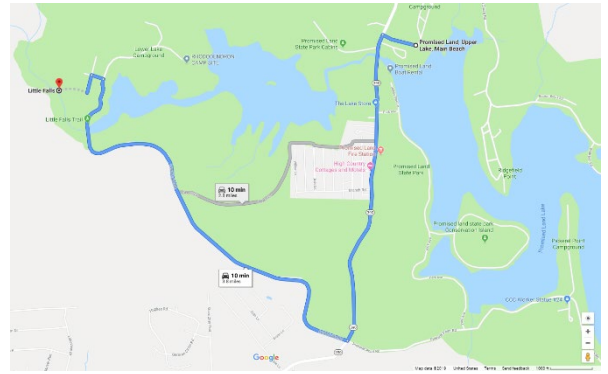
Lot: N41.31442° W75.23489° – on Lower Lake Road

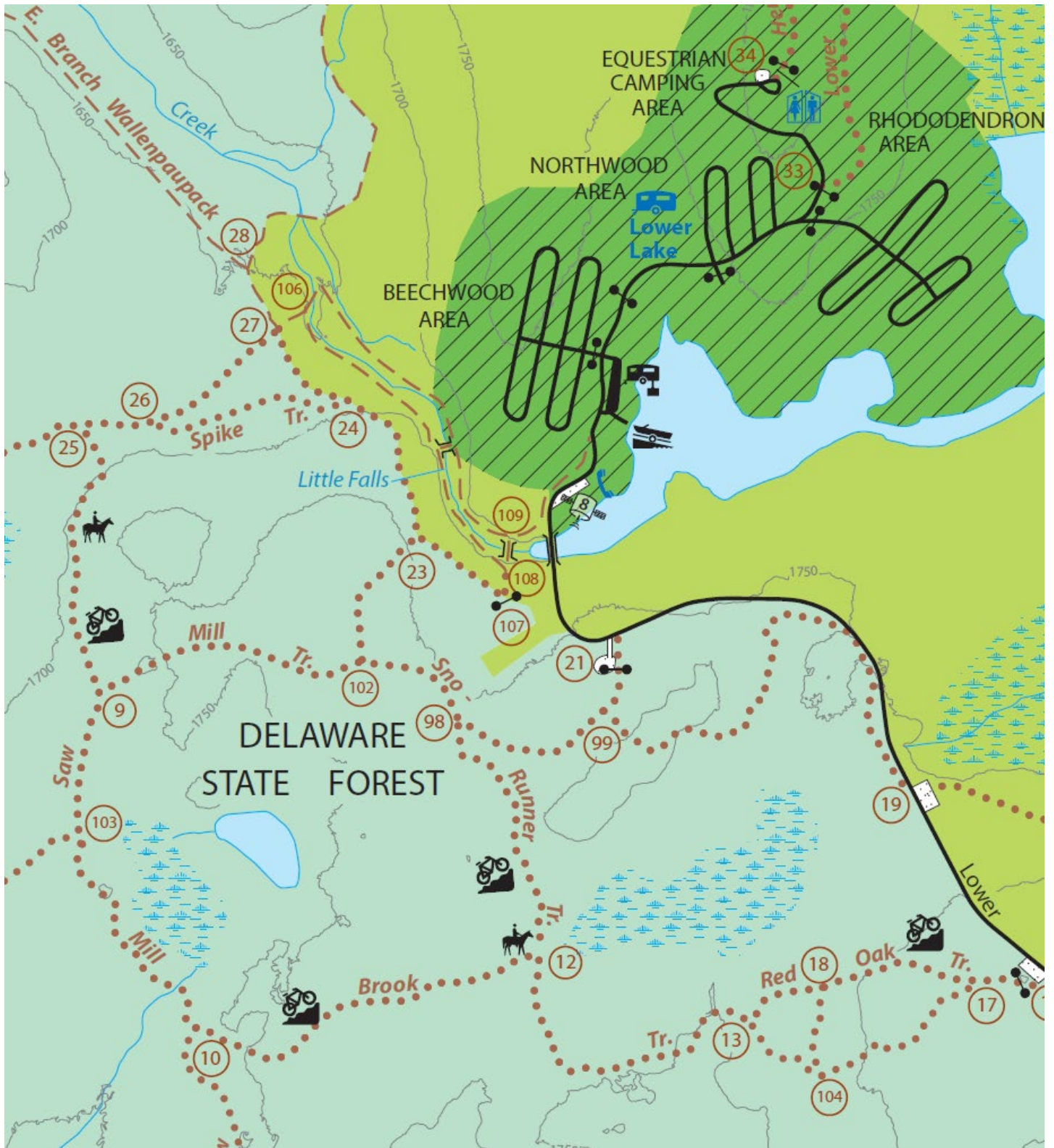
Continue along the road to the park office. The lot is on the right side, just past a dam. The trail starts across from the parking lot. Follow it as it turns to the left, and you will see the dam you just drove over. After crossing the bridge, turn right to follow the trail along the water. There are many cascades as the water washes over the rocky stream. Cross another bridge at the halfway point and follow the trail along the stream. Or continue further on.

Note: In this park, all trails are marked with blue blazes, accompanied by numbered posts at intersections that correspond to the park map.

HIKE SUMMARY:

- [0.00] Walk to the end of the car park closest to the bridge, crossroad, and take the trail to the intersection; turn left at the "Little Falls Trail" sign.
- [0.10] Turn right on the blue-blazed trail before the bridge.
- [0.50] Little Falls; keep straight at the bridge (the trail is supposed to continue another half mile before crossing over the creek)
- [0.70] Trail appears to fizzle out in a swamp; retrace.
- [0.95] Turn right and cross over the bridge; turn left to the other side of the bridge.
- [1.30] Turn left and cross the bridge; keep straight after the bridge.
- [1.40] Turn right at the "Little Falls Trail" sign and cross the road back to the parking lot.





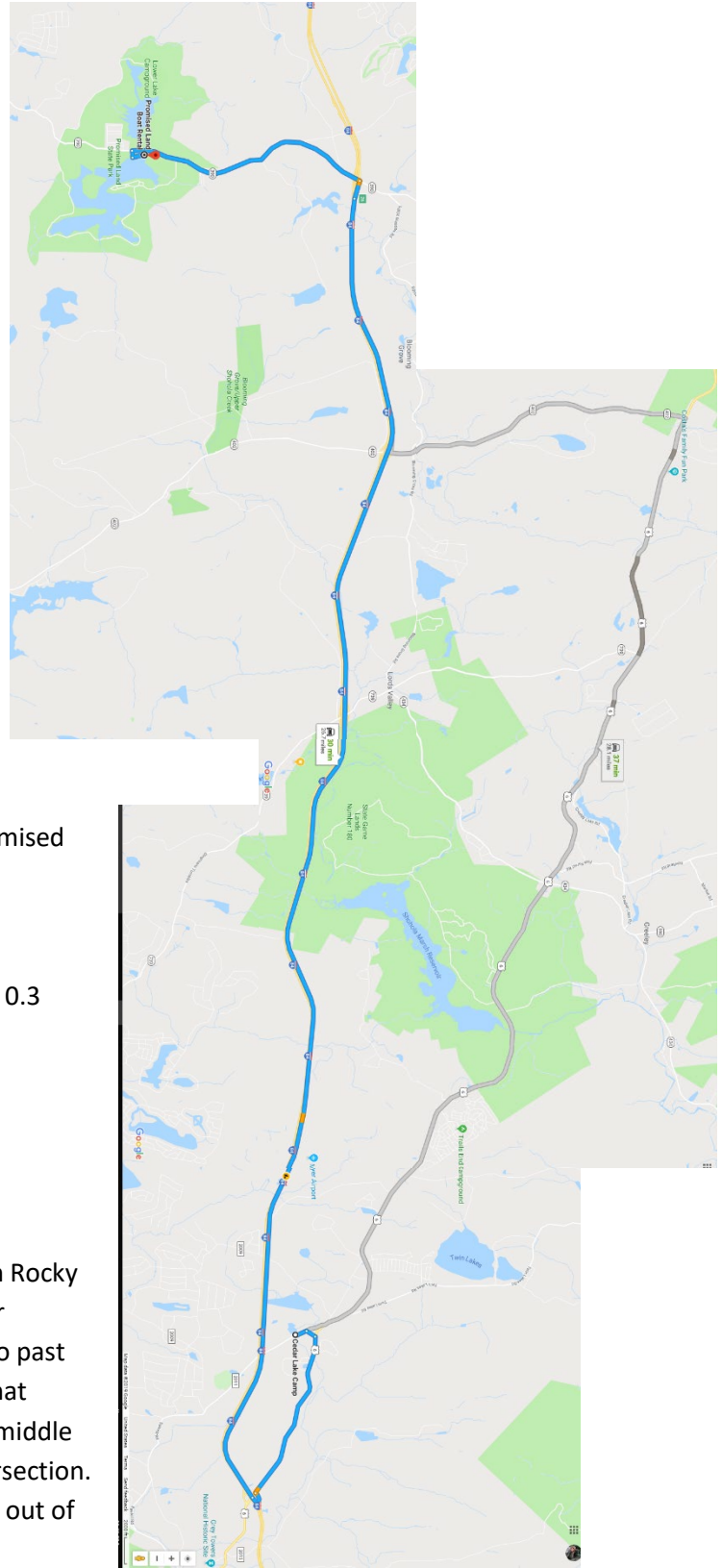
Driving Directions from Camp Nah-Jee-Wah to the Park Office at Promised Land State Park

Promised Land State Park Office is at 100 Lower Lake Road (41.299628, -75.213794) near the intersection of Rt. 390. <https://maps.app.goo.gl/iR8AKXiQANkND7V17>

Click [HERE](#) for locations within the park

30MIN 27.7MI

1. Start out going northwest on Sawkill Rd toward Bridge Rd.
 - a. Then 0.21 miles, 0.21 total miles
2. Take the 1st right onto Bridge Rd.
 - a. If you reach Grand Army of the Republic Hwy, you have gone about 0.2 miles too far
 - b. Then 0.16 miles, 0.37 total miles
3. Turn right onto Grand Army of the Republic Hwy/US-6 E. Continue to follow US-6 E.
 - a. Then 2.54 miles, 2.90 total miles
4. Merge onto I-84 W via the ramp on the left.
 - a. Then 19.78 miles, 22.69 total miles
5. Take the PA-390 exit, EXIT 26, toward Tafton/Promised Land State Park.
 - a. Then 0.29 miles, 22.98 total miles
6. Turn left onto Fairview Lake Rd/PA-390.
 - a. If you reach I-84 W, you have gone about 0.3 miles too far
 - b. Then 1.61 miles, 24.59 total miles
7. Keep right at the fork to go on PA-390.
 - a. Then 3.07 miles, 27.66 total miles
8. Turn right onto Lower Lake Rd.
 - a. Lower Lake Rd is 0.6 miles past Cedar Ln
 - b. If you are on Promised Land Rd and reach Rocky Rd, you have gone about 0.2 miles too far
 - c. You will enter the park from the north. Go past the lakefront area and the small village that follows. Once past the small town in the middle of the park, watch for the next main intersection.
 - d. You have gone too far if you find yourself out of the park a second time (permanently).
 - e. Then 0.01 miles, 27.68 total miles
9. The office will be on your left, in a large parking lot.



Nearest Hospital with Wayne Memorial Hospital @ 601 Park Street, Honesdale, PA 18431

<http://www.wmh.org/wayne-memorial-hospital/emergency-department/>

Main: 570-253-8100 / Room: 570-253-8100 /

Emergency Department: 570-253-8141

40MIN 22.6MI

1. Start out going west on N Shore Rd toward Ridgefield Point Rd.
 - a. Then 0.99 miles, 0.99 total miles
2. Turn right onto Fairview Lake Rd/PA-390.
 - a. Then 1.29 miles, 2.28 total miles
3. Keep left at the fork to go on PA-390.
 - a. Then 6.76 miles, 9.04 total miles
4. Turn slightly right onto Lake Wallenpaupack Rd/PA-507. Continue to follow PA-507.
 - a. PA-507 is 0.1 miles past Entrance Rd, then 1.49 miles, 10.53 total miles
5. Turn left onto Route 6/US-6 W.
 - a. Then 1.36 miles, 11.89 total miles
6. Turn left onto Purdytown Turnpike/PA-590.
 - a. Purdytown Turnpike is 0.1 miles past Critter Way. If you are on Welwood Ave and reach Roosevelt Dr, you have gone about 0.1 miles too far
 - b. Then 0.87 miles, 12.75 total miles
7. Turn right onto Owego Turnpike.
 - a. Owego Turnpike is just past Degroat Rd
 - b. If you reach Holland Rd, you have gone a little too far
 - c. Then 5.51 miles, 18.27 total miles
8. Turn right onto Intervale Rd/SR8003.
 - a. Intervale Rd is 0.2 miles past Maplevue Dr
 - b. If you reach Whitetail Pl, you have gone about 0.4 miles too far
 - c. Then 0.13 miles, 18.40 total miles
9. Turn left onto Lake Ariel Hwy/PA-191. Continue to follow PA-191.
 - a. Then 3.44 miles, 21.84 total miles
10. Turn left onto Church St/US-6 W/ W/PA-191.
 - a. Then 0.63 miles, 22.46 total miles
11. Turn left onto Park St/US-6 W/ W/PA-191. Continue to follow Park St/US-6 W.
 - a. Then 0.16 miles, 22.62 total miles
12. Wayne Memorial Hospital, 601 Park St, Honesdale, PA, 601 PARK ST is on the right.
 - a. Your destination is just past West St
 - b. If you reach Maple Ave, you have gone about 0.4 miles too far

