Mount Nittany

Mount Nittany is the most prominent natural landmark of the Centre Region and Penn State, gently rising above Happy Valley. Mount Nittany's unforgettable slope rises against the sky as both a welcoming beacon and silent sentinel for Penn Staters, townspeople, and visitors alike. *Nit-A-Nee*, an American Indian word meaning "single mountain" or "windbreak," became the namesake of Penn State and is today familiar to Americans everywhere.

The Mountain is a symbol of our pride and a place of activity and daily pilgrimage. A classic hike for Central Pennsylvanians, Mount Nittany offers more than 8 miles of Blue and White Trails across more than 800 pristine acres and many scenic views, including the popular Mike Lynch Overlook.

The ascent is a healthy challenge, the trails are beautiful, and the Mountain's trees, flowers, and ground cover are inspiring. A secret valley on top of Mount Nittany is also a nature preserve. Deer, turtles, and creatures of all kinds make this a special and quiet wilderness. As you make your pilgrimage to Mount Nittany, consider all those in whose footsteps you follow. But please, leave no trace.

MOUNT NITTANY: A PUBLIC GOOD, PRIVATELY OWNED

Penn Staters and Pennsylvanians of goodwill have worked together for generations conserve Mount Nittany, protecting it from development and maintaining it in its natural state for the benefit of the public. In 1945, Lion's Paw Alumni Association saved 525 acres from the threat of lumbering. Over time, threats grew. In 1981, the Mount Nittany Conservancy was formed to acquire, conserve, and maintain all possible acreage in its natural state. Today, we conserve more than 800 acres and actively protect the Mountain from human and environmental threats through the support of friends like you.

HIKING BY THE SEASON

A hike through the Mount Nittany forest is rewarding in any season. Trails lead up to seven major scenic overlooks, most popularly the Mike Lynch Overlook and its views of Penn State and State College. To conserve the Mountain, please avoid departing from the Blue and White Trails and leave no trace. Scan the code below to learn more.

At the start of the climb, rich soils and gentle slopes support a diverse assortment of trees, including oaks, white ash, sugar and red maples, shagbark hickories, basswoods, and several others. As you climb, chestnut oaks are the major tree, with a scattering of red and black oaks, pignut hickories, and white, pitch and table mountain pines.

Near the top, numerous American chestnuts continue to sprout from old roots, and dense growths of black birch and some paper birch and sassafras are found. Thickets of the fast-growing-but-scrubby striped maple or moosewood and bracken fern are troublesome along some of the trails. The forest floor is covered everywhere with low-bush blueberries and shrubs.

In spring, Mother's Day is an ideal time to hike. Spicy fragrant pink azaleas have burst forth on the upper areas, with occasional pink lady slipper orchids appearing underneath. Pink trailing arbutus line some trails. Mountain laurels peak a month later. Serviceberries bloom ahead of them, their white flowers presaging red/purple fruits in June. May also sees the return of Migratory birds.

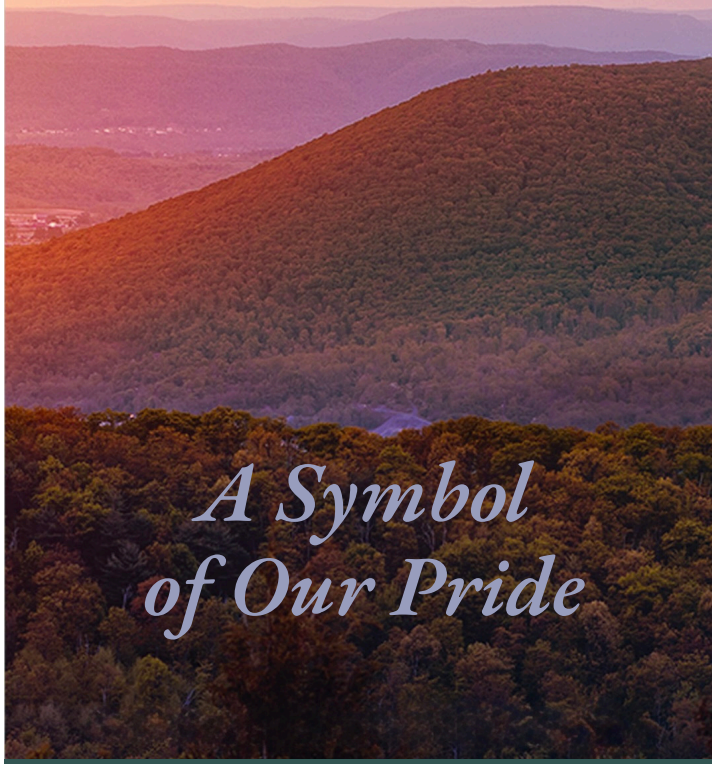
In summer, yellow false foxgloves and loosestrifes are common along some trails. On the Boalsburg/Penns Valley side, blackberries and black raspberries flourish. Wintergreen or teaberry, with its small red berries, is almost everywhere. In some damper areas, mushrooms and saprophytic white Indian pipes and red and yellow pine saps sprout.

In the fall, birches, ashes, hickories, and some maples turn yellow. Oaks follow from bronze to dark red. A sampling of wildflowers are held in check by dense forest cover. In low damp areas, witch hazel bushes yield yellow, stringy flowers.

In winter, leafless trees along ridge trails offer additional valley views. Snow shows deer, fox, turkey, and bear tracks. Pileated and downy wood peckers abound.

MOUNT
Nittany
CONSERVANCY

TRAIL MAP



A Symbol of Our Pride

NITTANY.ORG

Mission

We conserve Mount Nittany as a natural treasure for all generations.

CONNECT & SUPPORT

(814) 264-4646 | hello@nittany.org | volunteer@nittany.org

Consider a one-time, monthly, or annual tax-deductible gift to conserve Mount Nittany. Scan the code to make a gift today.

MOUNT NITTANY SQUARE INCH LIFE ESTATE MARKERS

Every square inch counts when it comes to conserving Mount Nittany! Make a special gift and receive your framed or unframed Square Inch Life Estate Marker, with calligraphy attesting to your support for the Mountain. On your hike, you can visit the site of your very own square inch of the Mountain. Order for yourself or as a gift for someone special.

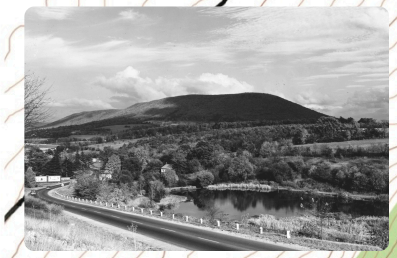
HIKING SAFETY NOTES

1. The Mountain is posted for foot travel only. The use of any sort of off-road motorized vehicles is prohibited.
2. To protect Mount Nittany from erosion and destruction, and for your safety, please do not remove rocks from trails or overlooks. Be virtuous and please do not throw logs, rocks, or other debris.
3. Fires are a risk to Mount Nittany and are never permissible.
4. You may continue to hike on the Mountain during hunting season. Be aware, however, that hunting is permitted.
5. It is unlawful to hunt on Sundays, except for crows, foxes, and coyotes as provided by federal and state regulations.

MOUNT NITTANY CONSERVANCY TRAILS

Mount Nittany Trailhead: 500 Mount Nittany Rd., Lemont, PA 16851
Mount Nittany Trailhead Parking: 421 Mount Nittany Rd, Lemont, PA

When entering Lemont, locate Pike Street. Turn onto Mount Nittany Road toward the Mountain. Drive one mile up the ascending road. At the top to your right there is a parking lot that accommodates roughly 60 vehicles. Park and then walk down the stone drive to the Mount Nittany Trailhead. A leisurely hike to the Mike Lynch Overlook takes about one hour. An entire day could easily be spent along the Blue and White Trails.



Blue blazed trail
White blazed trail
Overlook

GPS COORDINATES

P N 40° 48.691´ W 77° 48.411´	6 N 40° 48.657´ W 77° 47.309´
1 N 40° 48.688´ W 77° 48.340´	7 N 40° 48.460´ W 77° 47.159´
2 N 40° 48.533´ W 77° 48.052´	8 N 40° 48.603´ W 77° 46.819´
3 N 40° 48.493´ W 77° 48.145´	9 N 40° 49.167´ W 77° 47.137´
4 N 40° 48.440´ W 77° 47.788´	10 N 40° 49.086´ W 77° 47.424´
5 N 40° 48.605´ W 77° 47.606´	11 N 40° 48.757´ W 77° 47.841´

TRAIL DISTANCES

To Mike Lynch Overlook.....0.7 miles
White Trail, view of Penn State

To Boalsburg Overlook.....1.1 miles
Blue Trail

White Trail Loop.....3.7 miles
Up and down on White

Blue Trail Loop.....4.8 miles
Up White, down Blue or vise versa

The trail to the Mike Lynch Overlook (points 1 to 2) is only 0.7 miles, but the ascent is 600 vertical feet up the western slope of the Mountain. The trails on the top of the Mountain are more gentle and follow the contours of the terrain, fluctuating between 1,840 and 2,040 feet.

Consider picking up a book from Nittany Valley Press, our publishing imprint.

HEAR THE STORY

Hear the voices of hikers, experts, friends, and key figures from our history. Hear the story and become a part of it yourself.

GET THE BOOK

Get "Conserving Mount Nittany: A Dynamic Environmentalism" on Amazon in print, Kindle, or audiobook.