

Resupply Spot or Service Location	Section	km from trail	Notes
Flintstone, MD	-1	Within 3 of MD line	North side of I-68: Alpine Pantry (homemade subs, fresh baked goods, bulk food) closed Sundays South side of I-68: PO (21530); Helmick's Grocery (small with beer); convenience store (beer); Stone Age Café
Just N of MD line on Black Valley Rd	1	0.1	Golden Rule Produce, farm stand, seasonal availability
Everett	3	On or visible	Everett Foodliner, full grocery; Carolyn Court Motel & Marteen's restaurant; Sheetz convenience store
		Within 0.7	PO (15537); Rite Aid pharmacy; coin laundry 0.7 km E on E Main St; Tenley Park (hiker camping by permit); 2 hardware stores; bars
		US 30 W w/in 5	Walmart; UPMC Bedford Hospital
Loysburg	3	On (unless you cross the decrepit Swinging Bridge)	PO (16659)
Trail-N of Loysburg on PA 36	4	0.2 E	New Frontier Restaurant
Martinsburg & Roaring Spring	4-5	Within 10 - hitch W on PA 164	Nason Hospital; Ritchey's Ice Cream; groceries; no bars (dry area)
Williamsburg	5	On or visible	PO (16693); Blue Lantern B&B (327 High St); coin laundry; Williamsburg Hometown Market, full grocery; Dollar General
Alexandria	6-7	2.5 E on Old 22	PO (16111); Main St Café
		2.5 E on US 22	Dollar General; Paesano's Italian
Huntingdon	6-7	10 E on US 22	Rothrock Outfitters (small); Walmart; JC Blair Memorial Hospital; numerous other shops/services (college town); MSTA does not have a staffed office, the PO box 885 is opened once a week
Pine Grove Mills	7-8	2 W on PA 26 N	Bus stop to State College (see below); PO (16868)
State College	8	2 W then hitch or bus	Closest approach is to head downhill from just trail-S of Tom Thwaites Monument on Spruce Gap Trail, then downhill on Bear Meadows Rd past Galbraith Gap parking (possible hitch) to Tussey Mountain resort (bus); or downhill past the Roman Tower to Shingletown Gap parking (hitch). Large town with full services including Appalachian Outdoors (large outfitter, 123 S Allen St downtown); Mount Nittany Medical Center hospital (northeast edge of town near Beaver Stadium). If you feel lucky at reading a map you might be able to walk from Shingletown Gap to the Hills Plaza (Business US 322 East/South Atherton St) with Weis chain grocery, Rite Aid pharmacy, and catty-corner from the excellent Home Delivery Pizza Pub sit-down restaurant. Or ride the bus out to Wegmans grocery store with anything restricted-diet, ethnic, or organic you could possibly want. Many folks visiting town don't leave without a stop at the Berkey Creamery on-campus for experimentally flavored ice cream, or the old stand-by, Peachy Paterno.
Greenwood Furnace State Park	A	On trail (Greenwood Spur/GET east route)	Park has staffed office and tiny gift shop that does sell the MST Map & Guide Set. Contact before sending to inquire about maildrop. 15795 Greenwood Road, Huntingdon PA 16652-5831, 814 667-1800
Milroy (not recommended)	9	0.5 W then hitch out with trucker (not recommended)	Dollar General; Dairy Queen; and Tom's convenience store at US 322 interchange far southeast end of "town." Can NOT hitch from where MST crosses under US 322. Best approach would be to walk out Ben Jacobs Trail to top of Seven Mountains Hill where trucks stop to check brakes, however you might be looked on as a lot lizard. Walking the shoulder of this high speed expressway as it careens downhill through tight curves is recommended only for those who have survived a trip over Niagara in a barrel.
	10	8+ E (not recommended either)	The other way to get to Milroy is to walk out abandoned Stillhouse Hollow Rd down to Old US 322 then you have to walk all the way through town to where the services are. By now you might realize that going to Milroy is a bad idea, it just looks promising on some maps.
State College	10	0.5 W then hitch out	The southbounder or GET east route traveler might want to hitch into State College from US 322. Can NOT hitch from the actual crossing point. Take 1 of the 2 side trails to Seven Mountains Roadside Rest (seasonal) and hitch out with a passing car. Much more scenic even if you're on the east route to traverse the portion of Section 8 from Detweiler junction to Tom Thwaites Monument and hitch/bus out as noted in Section 8 above.
Poe Valley State Park	10	0.9 W	Follow Hunters Path downhill from MST. Has camping cottages and sites with hot showers and flush toilets, but no store, and office has limited hours (no maildrops)

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Poe Paddy State Park	10	On trail	Campsites with vault toilets, no office, no store.
Coburn	10	8 W (along fisherman's path, old railbed thru 2nd tunnel, and narrow dead end road, upstream on Penns Creek)	Tiny general store not open every day, and tiny PO (16832) not on 2011 closure list but probably ripe for the next one. May be able to hitch or walk on further to Millheim (see below)
Millheim	10	11 W (keep going past Coburn, see above)	Full grocery, and Elk Creek Café & Aleworks, brewers of the (alas, temporary and sold out) Mid State Trail Ale.
Woodward	10	2.5 W	PO (16882) on 2011 closure list
Laurelton	10-11	9 E (PA 45 E to PA 235 S)	Full grocery; PO (17845). May be able to hitch from Hairy John's Picnic Area.
R.B. Winter State Park	11-12	On trail (but park office is 0.5 W)	Modern campsites. Seasonal concession stand at beach. Maildrop here is practically mandatory for a thru-hiker as there are no other services anywhere near MST on this stretch. Contact before sending. 17215 Buffalo Road, Mifflinburg PA 17844-9656, 570 966-1455
I-80	12	2.5 W	Illegal jump over fences to reach either EB or WB rest areas with flush toilets and vending machines and illegal hitch out.
Carroll	12	5 W	Tiny convenience store past an abandoned store/restaurant on White Deer Pike which is the same road MST uses to cross I-80. No PO. Pronounced "kuh-ROLL" if you really had to know.
Ravensburg State Park	12	On trail	Campsites with showers and flush toilets. Office has limited hours, does not accept maildrops. May be able to hitch into Jersey Shore.
McElhattan	13	0.9 to 1.2 W	Convenience store/small truckstop; McDonald's; and Restless Oaks restaurant around US 220 interchange area. Actually a sidewalk much of the way from the S end of West Branch Susquehanna River bridge, past industrial park and landfill entrances.
Avis	13-14	3 to 5 E (start on PA 150 then continue on Old 150)	Convenience store; small grocery; Dairy Queen. If hitching, try harder to get to Jersey Shore.
Jersey Shore	13-14	8.5 to 11 E (start on PA 150 then continue on Old 150)	Weis Market (full chain grocery); CVS pharmacy at west end of town just past rail-trail terminus. Jersey Shore Hospital. Wine & Spirits store; Dollar General; Santino's Italian restaurant downtown. Several bars.
	14	10 to 12 E (on Pine Creek Rail Trail from Bonnell Flats/Camp Kline)	
Woolrich	14	On trail	PO (17779); Woolrich Original #1 Store (outfitter, more clothing than hard goods, now stocking MST Map & Guide Set); Village Café (breakfast and lunch only); J. Woods Rich shelter in Woolrich Park just S of store. No grocery or dinner restaurant. McElhattan is better bet for limited ordinary resupply, or hitch to Jersey Shore.
Bonnell Flats/Camp Kline	14	On trail	3 shelters, and various other permit campsites with vault toilets. Abandoned Boy Scout camp. Along rail trail that leads E to Jersey Shore (see above) or W to Waterville (see below)
Ramsey	14-15	On trail	No services. Very limited parking along PA 44 shoulder compass-S trail-E, leave the tiny rail-trail parking to bikers. Maybe hitch to Jersey Shore or Waterville.
Waterville	14-15	7 W (on Pine Creek Rail Trail)	Tiny crossroads village. PO (17776); Waterville Tavern; general store/café. Happy Acres at Little Pine State Park is probably better bet for resupply due to proximity.
	15	2.1 W (down Dam Run Rd)	
	15-16	6 W (down Little Pine Creek Rd)	
Little Pine State Park	15-16	On trail (but park office is 1 E)	Happy Acres Resort camp store (seasonal) and restaurant (beer) are right on trail with campsites (full RV amenities) and laundry (for campers), 570 753-8000. If camp store has what you want may be able to avoid maildrop at State Park - note State Park office is 1 km OFF trail. State Park has campsites, yurts, beach but no concession. Contact before sending maildrop: 4205 Little Pine Creek Road, Waterville PA 17776-9705, 570 753-6000

Mid State Trail Resupply List
<http://www.hike-mst.org>

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Blackwell	17	On trail	Seasonal ice cream shop along trail. Blackwell Hotel has closed. No PO, store, or other services. Leave parking for canoeists, long term parking is Rattlesnake Rock 2.5 km W south along Pine Creek Rail Trail, or use a shuttle service such as Pine Creek Outfitters, 570 724-3003.
Morris	17	1.2 to 1.9 E (down yellow blazed Morris Village Spur trail)	Rural crossroads. Twin Streams Campground with small store and laundry; Pierce's General Store; a bar or two depending on which stay open; PO (16938).
Wellsboro	17-18	14 W (following PA 287 north)	Wild Asaph Outfitters; Tops full chain grocery; coin laundry; numerous restaurants; hotels; bars; Soldiers & Sailors Memorial Hospital; hardware store; PO (16901); all in-town compact and walkable.
	18-19	13 W (following US 6 west)	
Antrim	18	1 E	Duncan Tavern, rural bar with food. No store or PO.
Arnot	18	3.5 E	Bergy's Place home cooking restaurant in former church. PO (16911) on 2011 closure list.
Mansfield	18-19	8-10 E	Walmart; several restaurants and hotels. Wellsboro offers more to the hiker, unless you need an intercity bus in case one still stops. http://www.mansfield.org/bus_info.php
Hills Creek State Park	19	On trail (park office is 0.3 E)	Seasonal concession at beach. Modern campsites, cabins, and yurts. Staffed office, contact before sending maildrop: 111 Spillway Road, Wellsboro PA 16901-9676, 570 724-4246
Ives Run Recreation Area, Hammond Lake	19	On trail (park office is 0.4 W)	Seasonal tiny camp store and campsite check-in are on trail, office is west of trail near head of Hammond Lake. Modern campsites. Not sure if maildrops will be accepted at this Army Corps of Engineers facility but could contact them before sending: Tioga-Hammond Lakes Project, 710 Ives Run Lane, Tioga PA 16946-9733, 570 835-5281
Tioga	19-20	7 E	Convenience store, home cooking restaurant, The Pub, and Tioga Pirate Market (basic grocery store) at main intersection, PO (16946) 3 blocks further on 287 north. Hitch from either campground, or it's closer to a hunting season/high water detour using Rt 287 and Elkhorn Rd/SR 4024.
Tioga Heritage Campground	20	On trail	Great view, RV and tent sites, hot showers, tiny store. 283 Scenic View Drive, Tioga PA 16946, 570 835-5700
South Shore Recreation Area, Cowanesque Lake	20	On trail	Cold showers at beach house. Concession not operating in 2011. No staffed office.
Elkland	20	4-6 W	Dollar General on PA 49 4 km W of MST crossing of Cowanesque River at head of lake/possible hitch from Nelson Falls trailhead. In town convenience store; Western Auto; Ridge Runners Café on side street; full grocery west end of town.
Nelson	20	0.8 W	PO (16940) on 2011 closure list. Nothing else but a vending machine by the fire station. Hitch to Elkland or Lawrenceville.
Tompkins Recreation Area, Cowanesque Lake	20	On trail	Modern campsites, short season. Campsite check-in visible from trail, but staffed office is over at Hammond Lake. No store.
Lawrenceville	20	6-7 E	Hitch out from either South Shore (PA 49) or Tompkins (Bliss Rd). Full grocery. At Cowanesque River bridge is Brownies convenience store with pizza, subs, and beer, strategically located just north of the 42nd parallel nominally in Lindley, NY.
Sunflower Acres Campground	CH3	On trail	RV park, tents allowed, next possible camping north of Tompkins Rec Area along Crystal Hills Trail. 1488 Sunflower Blvd, Addison NY 14801, 607 523-7756
Pinnacle State Park (NY)	CH3	On trail	Legal dispersed camping/future lean-to site in adjacent McCarthy Hill State Forest. Golf course with small restaurant.
Addison, NY	CH3	On or within 0.2	Chinese restaurant, convenience store on trail; Dollar General, Webb's Market grocery 1 block off trail. PO (14801)