ALLEGHENY
NATIONAL RECREATION AREA

**DESCRIPTION**
The Allegheny National Recreation Area (NRA) is located in northwest Pennsylvania on the border of New York State in the Allegheny National Forest, which is the only national forest in Pennsylvania. It is based around the Allegheny Reservoir, which is 27 miles long with 90 miles of shoreline at summer levels. The recreation area is comprised of three sections. Two of the three sections are situated around the Allegheny Reservoir: the Cornplanter section lies west of the reservoir from the state line south to the northern short of the Branch Run Bay, and the Tracy Ridge section lies east of the reservoir from Willow Bay to Sugar Bay. The third section, Allegheny Front, borders the eastern side of the Allegheny River and is the most primitive of the sections.

The area around the reservoir is generally heavily forested with a mix of hardwoods including black cherry, maples, birch, beech, and oak species, with some hemlock and white pine often mixed in. Some parts of the NRA have steep hillsides, with rock ledges and large boulders. The area hosts white-tailed deer and black bear, as well as many types of birds, amphibians and reptiles, and both sport and non-sport fish.

**BACKGROUND**
The Allegheny Reservoir was created in the 1960s when the U.S. Army Corps of Engineers constructed the Kinzua Dam on the upper Allegheny River. In 1984, the Allegheny NRA was designated by Congress under the Pennsylvania Wilderness Act in an effort to meet the urgent need to protect natural areas to meet the recreational needs of Americans. Although there are developed campgrounds, trails, and boat launches in some areas of the NRA, the designation language specifically highlights the importance of the area for undeveloped recreational opportunities. The Allegheny Reservoir shoreline, as well as some forested sections of the NRA, remain relatively undeveloped and primarily roadless.
**Region 1:** Northern
**Region 2:** Rocky Mountain
**Region 4:** Intermountain
**Region 5:** Pacific Southwest
**Region 6:** Pacific Northwest
**Region 3:** Southwest
**Region 8:** Southern
**Region 9:** Eastern
**Region 10:** Alaska

---

**Allegheny National Forest**

---

GRAND ISLAND NATIONAL RECREATION AREA

DESCRIPTION
The Grand Island National Recreation Area (NRA) is located in Lake Superior, about one half-mile offshore from the town of Munising, Michigan. The island is 8 miles long from north to south. It is accessible by private watercraft, over the ice in winter, or a short passenger ferry ride across the West Channel of Munising Bay. Once on the island, visitors can explore the exhibits displayed on Williams Landing, take a bus tour around the southern part of the island, and explore the island by hike, mountain bike, paddle board, or sea kayak. Scenery is varied, with white sand beaches, sheltered bays, inland lakes, dense forests, and 300-foot cliffs. There are two lighthouses on the island and numerous shipwrecks can be observed in the waters surrounding the island.

BACKGROUND
Grand Island has a rich history, with archaeological evidence for occupation going back at least 3,300 years when Native Americans used its rich fisheries. The first European settlers traded furs from the island and settled the island in 1840. During the early 1900's, the island was purchased by the Cleveland Cliffs Iron Company (CCIC) who began to developing the island into a vacation resort and selectively logging between 1953 and 1990. A group of citizens in the late 1980s urged the government to buy Grand Island; on May 17th, 1990, the Forest Service became authorized to purchase the island from CCIC, buying it for less than $5 million, further extending the boundaries of the Hiawatha National Forest.

At a glance:
Grand Island NRA quick facts

- Date established: May 17, 1990
- Established by: Congressional designation, Public Law 101-292
- Forest Service region: 9, Eastern
- State: Michigan
- Associated national forest: Hiawatha
- Total Forest Service acres: 13,335
- Reasons designated: “to preserve and protect for present and future generations the outstanding resources and values of Grand Island in Lake Superior, Michigan, and for the purposes of providing for the conservation, protection, and enhancement of its scenery, recreation, fish and wildlife, vegetation and historical and cultural resources.” (U.S. Congress, 1990)

People and visitors

- Nearest metropolitan area: Green Bay, WI; 142 miles
- Population within 25 miles: 13,104
- Population within 100 miles: 263,745
- Annual visitors estimate and geography: Hiawatha National Forest: 489,843 estimated annual visits (2017, NVUM)
- Main recreational uses: Beachcombing, swimming, bicycling, camping, hiking, nature viewing, outdoor learning, motorized and non-motorized boating
The USDA Forest Service manages various regions across the United States, each with its own distinctive characteristics and iconic places. Here is a summary of the regions:

- **Region 1: Northern**
- **Region 2: Rocky Mountain**
- **Region 4: Intermountain**
- **Region 5: Pacific Southwest**
- **Region 6: Pacific Northwest**
- **Region 3: Southwest**
- **Region 8: Southern**
- **Region 9: Eastern**
- **Region 10: Alaska**

Each region includes various national forests and recreation areas, such as the Hiawatha National Forest and Grand Island National Recreation Area. These areas are significant for their natural beauty and recreational opportunities.

MOOSALAMOO
NATIONAL RECREATION AREA

At a glance:
Moosalamoo NRA quick facts

Date established: December 1, 2006
Established by: Congressional designation, Public Law 109-382
Forest Service region: 9, Eastern
State: Vermont
Associated national forest: Green Mountain
Total Forest Service acres: 15,913
Reasons designated: In recognition of the “recreational appeal of the area surrounding Mount Moosalamoo in the northern half of the [Green Mountain National] forest” (U.S. Senate, 2006).

DESCRIPTION
The Moosalamoo National Recreation Area (NRA) is located east of Middlebury, Vermont on the western slopes of the Green Mountains. The area is bound to the north by Vermont Route 125 (Middlebury Gap) and Ripton, and to the south by Route 73 and Lake Dunmore. Moosalamoo contains over 70 miles of trails, including a segment of the Vermont Long Trail (a long-distance trail that traverses Vermont’s Green Mountains), and 37 miles of mountain biking trails. Robert Frost, who spent much time in the northern area of the NRA, is commemorated along the Robert Frost Interpretive Trail, where hikers can view his poetry mounted along the 1.2-mile loop trail traveling through woods and fields. The area includes 2,643-foot Mount Moosalamoo, a popular hiking destination with panoramic views of the surrounding area. Scenery includes waterfalls, secluded lakes and streams, softwood and hardwood forests, and sprawling mountain vistas.

BACKGROUND
The Moosalamoo Association was established to bring attention to the Moosalamoo Area and promote the idea of its formal designation as a recreational area. As a result of their efforts, the Moosalamoo NRA was signed into law on December 1st, 2006 as part of the New England Wilderness Act. The organization continues to collaborate with the Green Mountain National Forest to steward the area and stimulate tourism.

People and visitors

Nearest metropolitan area: Burlington, VT; 30 miles
Population within 25 miles: 142,149
Population within 100 miles: 2,820,030
Annual visitors estimate and geography: Green Mountain National Forest: 2,139,185 estimated annual visits (2015, NVUM)
Main recreational uses: Bicycling, camping, hiking, horse riding, outdoor learning, picnicking, skiing, snowmobiling

Sources used and cited for this text are listed by location starting on page 90
Photo: Lake Dunmore and Fern Lake from Rattlesnake Cliffs in the Moosalamoo NRA. Public domain. Available at: https://www.flickr.com/photos/usfs_eastern_region/36287025761/in/photolist-LiQvjQ-Xhyuxc.
ROBERT T. STAFFORD WHITE ROCKS
NATIONAL RECREATION AREA

At a glance:
Robert T. Stafford White Rocks NRA quick facts

Date established: June 19, 1984
Established by: Congressional designation, Public Law 98–322
Forest Service region: 9, Eastern Region
State: Vermont
Associated national forest: Green Mountain
Total Forest Service acres: 36,563
Reasons designated: “to preserve and protect [the area’s] existing wilderness and wild values and to promote wild forest and aquatic habitat for wildlife, watershed protection, opportunities for primitive and semi-primitive recreation, and scenic, ecological, and scientific values.” (U.S. Congress, 1984).

DESCRIPTION
The Robert T. Stafford White Rocks National Recreation Area (NRA) is located in southern Vermont’s Green Mountain National Forest, just south of Rutland. The White Rock Cliffs, for which the NRA is named, are made up of Cheshire quartzite that was scoured and exposed by glaciers during the last Ice Age. The cliffs and ice beds are major attractions for visitors to the NRA. The area encompasses Peru Peak and the Big Branch Wilderness areas (declared in the same 1984 act as the National Recreation Area) and is traversed by a 30-mile section of the Appalachian Trail. Peaks in the Peru Peak Wilderness top out at 3,000 feet. The NRA has several lakes and vegetation that is characterized by northern hardwoods such as maple, beech, and birch, with patches of red spruce, balsam fir, and hemlock, depending on the microclimate. The NRA attracts hunters of black bear and white-tailed deer. There are 61 miles of snowmobile trails within the NRA.

BACKGROUND
The White Rocks Cliffs were designated as the “White Rocks National Recreation Area” in the Vermont Wilderness Act of 1984 for their backcountry recreation values and to ensure continuous wildlife habitat. The area was redesignated as the Robert T. Stafford White Rocks National Recreation Area by Public Law 110-1 in 2007 to honor Robert Stafford, a staunch supporter of wilderness and recreational areas on public lands and former Governor, U.S. Representative, and U.S. Senator of Vermont.

People and visitors

Nearest metropolitan area: Glen Falls, NY; 40 miles
Population within 25 miles: 171,400
Population within 100 miles: 6,011,476
Annual visitors estimate and geography: Green Mountain National Forest: 2,139,185 estimated annual visits (2015, NVUM)
Main recreational uses: Hiking, hunting, picnicking, camping, cross country skiing and snowshoeing, snowmobiling

Sources used and cited for this text are listed by location starting on page 90
Photo: Fall foliage on the Green Mountain National Forest. Public domain. Available at: https://www.flickr.com/photos/usfs_eastern_region/22012874961/in/album-72157656058429224/.
SPRUCE KNOB-SENECA ROCKS
NATIONAL RECREATION AREA

At a glance:
Spruce Knob-Seneca Rocks NRA quick facts

Date established: September 28, 1965
Established by: Congressional designation, Public Law 89-207
Forest Service region: 9, Eastern
State: West Virginia
Associated national forest: Monongahela
Total Forest Service acres: 57,511
Reasons designated: “to provide for the public outdoor recreation use and enjoyment thereof by the people of the United States” (U.S. Congress, 1965)

People and visitors

Nearest metropolitan area: Harrisonburg, VA; 36 miles
Population within 25 miles: 98,731
Population within 100 miles: 4,935,069
Annual visitors estimate and geography: Monongahela National Forest: 365,063 estimated annual visits (2014, NVUM)
Main recreational uses: Camping, fishing, hiking, backpacking, nature viewing, caving

DESCRIPTION
Spruce Knob-Seneca Rocks National Recreation Area (NRA) is a popular tourist destination located in northeast West Virginia. Spruce Knob is the highest peak in West Virginia at 4,863-feet; visitors can climb a stone and steel observation tower at the summit for a panoramic view of its forested ridges. A paved road and trail allow visitors to reach its surprisingly alpine summit, named for the dense stand of red spruce growing atop its high, rocky summit. A popular location for rock climbers, Seneca Rocks is a towering rock formation rising nearly 900 feet above the confluence of Seneca Creek and the South Branch of the Potomac River. Smoke Hole Canyon, also located within the NRA, is a half-mile deep gorge with nearly vertical walls for twenty miles carved by the South Branch of the Potomac River. A misty fog that often hangs over the river as it travels through the “hole” is likely the source of the canyon’s name. Wildlife in the Spruce Knob-Seneca Rocks NRA includes bald eagles, peregrine falcons, black bears, and white-tailed deer.

BACKGROUND
The NRA’s landscape was home to several Native American tribes during the Archaic Period. It was first settled by Europeans around 1746 and has been utilized as a rural agricultural area for nearly 200 years. The federal government used Seneca Rocks during World War II as a training area for Tenth Mountain Division soldiers. In 1965, the Spruce Knob-Seneca Rocks became the first NRA designated on a national forest.
The Spruce Knob-Seneca Rocks National Recreation Area in West Virginia. USDA Forest Service Eastern Region. Public domain. Available at: https://www.flickr.com/photos/usfs_eastern_region/33305708492/in/album-72157677987895954/.