

<https://onthegomap.com/s/aqhhfvc6>

Musser Gap Trail Run	
Musser Gap Trail, State College, PA 16801	
Course	To the bridge and trail loop through Lion's Valley Vista
Terrain	Up to the mountain top and back
Surface	trail (some technical) / gravel
Total distance	3.1 miles
Total time	<45 min
Difficulty	<div><div></div><div>Easy</div><div>Moderate</div><div>Hard</div><div>Extra Hard</div></div>

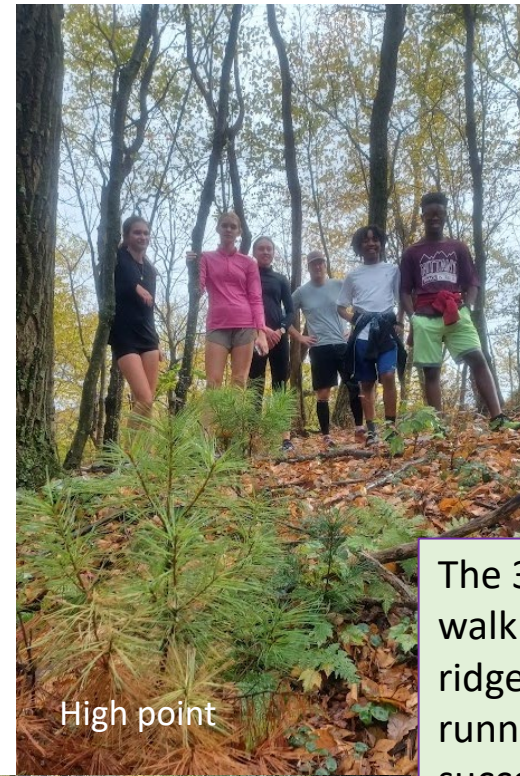
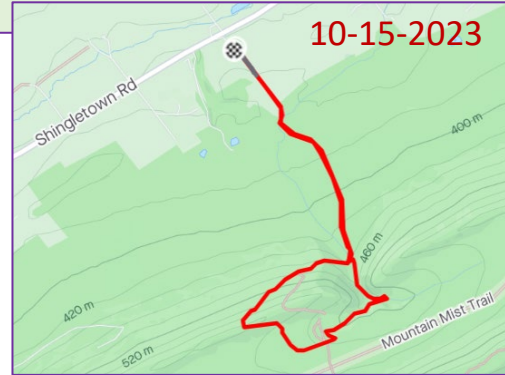
**Run description:**

This run is recommended for advanced runners. It starts from the Musser Gap trail parking off Route 45 and climbs for almost a mile to the bridge over the Musser Run creek. It is about 10-12 min of relentless uphill running, which gets you effectively out of breath. Take a break and enjoy the scenery at the bridge.

Cross the bridge and go on to climb to the Lion's Valley Vista point. This trail is runnable but steep, and you may need to walk some of it. Take another break at the Vista. From this point the trail is descending gently crossing the creek once again before you complete the loop at the bridge. Runners need to watch their steps on the trail to avoid tripping. The last mile is enjoyable downhill cruise to the park.

# Musser Gap Trail Run

We had a small group of NTF runners to check out the Musser Gap trail loop this Sunday. It was nice and cool with blue skies mixed with occasional sprinkles. Pretty leaf colors made it a very special run in the woods.



High point



The 3-mile loop is challenging, and we had to walk parts of the trail going to the top of the ridge, but it was worth the view. Some trail running skills came in handy, and we successfully made it back to the bridge with only one light tumble by Kristina.



Musser Run crossing



Climbing up Frog Hollow trail

