Welcome to the D&L Trail!

Use this guide to explore the 71-mile Anthracite Region of the D&L Trail as it transitions from the City of Wilkes-Barre through the Pocono Mountains to Jim Thorpe and Lehigh Gap. The D&L Trail is a multi-use path that follows the routes of three historic transportation systems: the Lehigh Navigation Canal, the D&L Canal, and the Lehigh Valley Railroad. Stretching about 365 miles through eastern Pennsylvania from Wilkes-Barre to Batsto, the D&L Trail is the spine of the Delaware & Lehigh National Heritage Corridor, one of 49 National Heritage Areas in the United States.

The Anthracite Region is the most industrialized of the three D&L regions with hundreds of natural areas to explore. In this region alone, users can access 33,000 acres of State Park, 120,000 acres of State Game Lands, 25,000 acres of State Forest, and countless lakes and streams. Along the D&L Trail are many quaint towns where trail users can stop to explore history, culture, food, and more. From the riverfront of Wilkes-Barre and the concluding potential of Seven Tubs Nature Area, to the magnificent views of the Lehigh Gorge and 60-foot downtowen of Jim Thorpe, the Anthracite Region tells the story of America’s industrial past in a beautiful natural setting.

For more adventure and history, pick up our other two maps and visit the vibrant downtown of Jim Thorpe, the Anthracite Region of Wilkes-Barre and the cascading waterfalls of Seven Tubs Trail are many quaint towns where trail users can stop to explore as the region’s way of transportation. Along the shore, cyclists, runners, bikers, cross-country skiers, and even snowmobilers can access the remains of the railroad and canal locks. Both Jim Thorpe and White Haven are home to professional outfitters that can provide the best equipment to enjoy a trip by bike or boat through the Lehigh Gorge, complete with shuttle service.

Visit the Glen Onoko access point of Lehigh Gorge State Park to see an abandoned railroad tunnel where coal-carrying cars once passed through the mountain. This access point marks the trailhead for beautiful Glen Onoko Falls.

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Mile Marker Trailhead Access

Lehigh Gorge State Park
Lehigh Gorge State Park runs south along the river from White Haven to Jim Thorpe. This 26-mile stretch of near-wilderness home to breathtaking mountain and river views as the Lehigh River courses its way southeast. Along the shore, cyclists, runners, bikers, cross-country skiers, and even snowmobilers can access the remains of the railroad and canal locks. Both Jim Thorpe and White Haven are home to professional outfitters that can provide the best equipment to enjoy a trip by bike or boat through the Lehigh Gorge, complete with shuttle service.

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