Pine Mountain is a 125-mile overthrust fault created by mountain building forces that occurred here roughly 230 million years ago. The sandstone and limestone bedrock that form this unique feature dip 30-45 degrees from the crest to the southeast. The average height from the valley floor to the crest on this map is 1000 feet. Numerous hiking trails and motor routes provide access to stunning rock outcrops and erosional features afforded only in this unique tilted bedrock geologic environment.