State Game Lands (SGL) 230 consists of 1,073 acres in two separate tracts in North Middleton and Middlesex townships, northcentral Cumberland County and Carroll Township southcentral Perry County near the village of Carlisle Springs (Cumberland County). The initial acquisition occurred in 1957 when the US government deeded approximately 748.6 acres to the PGC. This property was originally a U.S. military reservation known as the Carlisle Barracks Mountain Area.

The surrounding landscape is characterized by Blue Mountain, low wooded ridges, adjacent fertile agricultural lands, and developed areas. Elevations range from 460 feet above mean sea level along the drainage that feeds Wertz Run to approximately 1,470 feet at the summit of Blue Mountain. SGL 230 is dominated by deciduous forests, coniferous forests, and herbaceous openings. Of the total acreage, 87.6% (939 acres) is forested.

Access to the larger tract of SGL 230 is excellent. State Route 944 (Enola Road) traverses the southern end of the gamelands and provides public access to 8 parking areas. PGC service roads provide pedestrian access to the interior of the tract. The smaller tract located on Blue Mountain is only accessible by foot. The Tuscarora Trail passes through this part of the SGL along the mountain summit and may be used for pedestrian access.

Located entirely within WMU 4B, SGL 230 receives considerable numbers of deer, turkey, and small-game hunters. Fields are stocked with pheasants during the regular seasons for put-and-take hunting and youth hunting programs that have been in effect for several decades. Rabbit hunting also is popular. Trapping opportunities are afforded, but there is little participation. Although not used as such recently, SGL 230 was used for dog training and dog trials.

SGL 230 has a shooting range complex that includes shooting benches, target holders and backstops, and parking areas. The facilities accommodate rifles at 100, 200, and 300 yards, and handguns at 10, 25, and 50 yards. A separate 50-yard range is used for law enforcement training. This range is in such demand that use is by reservation only, which is handled at the Southcentral Region Office.

SGL 230 is located in an area of abundant horse stables and farms. All three gravel roads in the southern parcel have been designated as trails open to horse and bike travel. In addition, the Tuscarora Trail, a hiking trail restricted to foot travel, bisects the northern parcel along the ridge of the Blue Mountain. The Tuscarora Trail is blazed with orange paint; its route is approximately 220 miles long through Pennsylvania, Maryland, West Virginia, and Virginia and connects with the Appalachian Trail at both ends.