

MOVE YOUR WAY FRANKLIN COUNTY

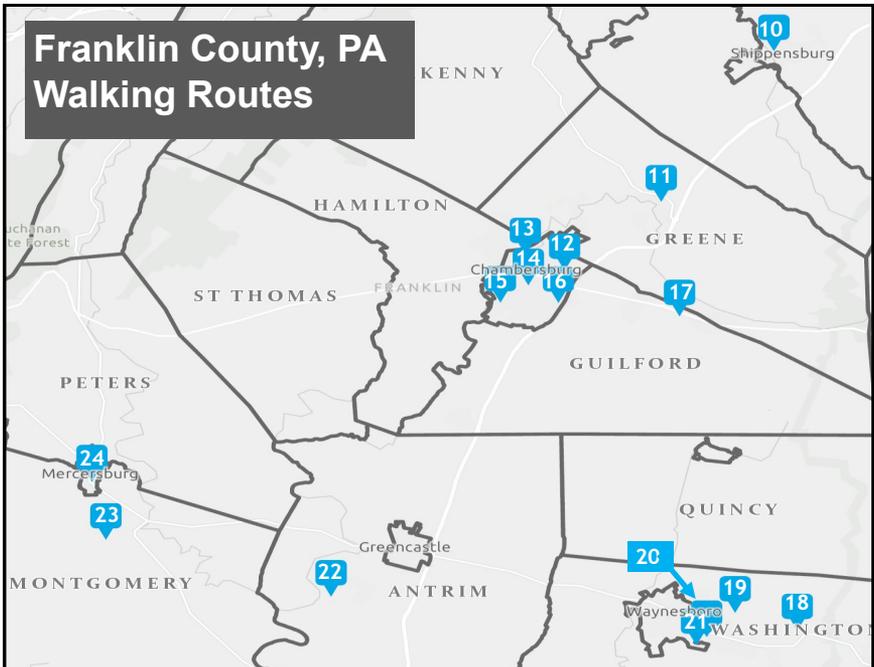


Local walking routes and tips to help
improve your health and well-being.

TABLE OF CONTENTS

Introduction.....	3
Project Background.....	4-5
Get Moving!.....	6-7
Wellness Tips.....	8-9
Walking Routes	10-24
More Resources.....	25
Community Supports.....	26-27
Acknowledgements.....	28

Each walking route is indicated on the map below with its corresponding page number



INTRODUCTION

Healthy Franklin County

Healthy Franklin County (HFC) is a community-based initiative composed of partners from the areas of education, health, faith, business, non-profit and local government sectors who work together to improve the health and well-being of Franklin County residents. Using data collected by the WellSpan Health Community Health Needs Assessment (CHNA), we implement practices and strategies to help improve health outcomes over time. HFC works with community-based organizations who collaborate to address the community's top health priorities through a health equity lens. Priority areas include physical activity and nutrition, access to care, behavioral health, health disparities, food security, and early childhood education.

To learn more, visit healthyfranklincounty.org.



PROJECT BACKGROUND

Inactivity on the Rise

Today, about half of all American adults—117 million people—have one or more preventable chronic diseases. Seven of the ten most common chronic diseases are positively affected by regular physical activity. However, most Americans are not meeting the key guidelines for activity.



If you consider yourself to be an inactive person, you're not alone.

According to the 2019 Community Health Needs Assessment, only 20% of Franklin County's residents reported exercising for 30 minutes, 5 days per week. A possible reason for this relatively high level of inactivity is that a quarter of adults aged 20 years and older in the County self-report no leisure time for physical activity according to the CHNA. To learn how you can incorporate more movement into your day, we invite you to explore the trails, resources, and community programs included in this guide.

PROJECT BACKGROUND

Why Is Movement So Important?

You may know the commonly mentioned benefits of movement—that it can help to maintain or lose weight, reduce risk for disease, and help develop lean muscle. But did you know that moving more throughout the day can:

Improve quality
of sleep

Help lower
cholesterol and
blood pressure

Decrease risk
of an early
death

Help ward off
viruses

Boost mood
and enhance
creativity

Reduce risk of
dementia

Ease symptoms
of anxiety and
depression

Sharpen
memory and
concentration

Help lower
health care
costs

Move More & Sit Less!

Regular movement is important for healthy aging as it can help extend years of active, independent life, reduce functional limitations, and reduce the risk of falls. It has been estimated that people who are physically active for approximately **150 minutes a week have a 33% lower risk** of all-cause mortality than those who are not physically active.

GET MOVING!

Walking Into a Healthier Life

No matter the purpose—from walking the dog, to doing yard work or home repairs, to taking a dance class, to playing with your children or grandchildren — all types of activity count toward the 150 minutes per week movement goal. Find something you enjoy and will look forward to doing.

Getting Started

An easy and free way to start and maintain a healthy lifestyle is to simply go for a walk. Walking for improved health may seem too easy, but sometimes the most important things we can do are the easiest and most obvious! Walking is one of the most underrated, corrective, mind-body, fat-burning exercises available to humans.

How you fit your 150 minutes of movement into your week is about what works for YOU!

22
Minute Walk
Once A Day

OR

11 Minute Walk Twice	11 Minute Walk Twice
--------------------------------------	--------------------------------------

Benefits start to accumulate with any amount of movement—any bit helps!

GET MOVING!

Why Go for a Walk? Why Not!?



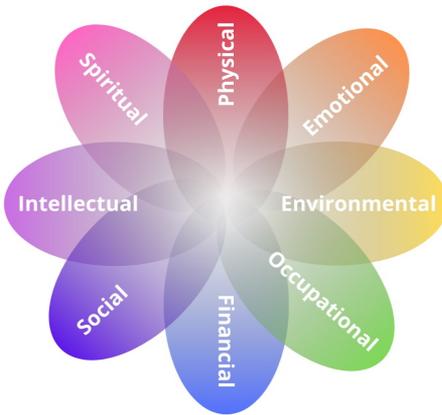
- There are no special skills or membership fees required to go for a walk. The only equipment needed is a good pair of walking shoes!
- Walking is a great way to enjoy nature, get the blood moving, and release feel-good endorphins that serve as natural painkillers.
- You can walk alone or walk with friends. Invite a friend for some company and encouragement or head out solo to do some inner-reflection – just be sure to be safe!
- Walking is a year-round activity that can be done indoors or outdoors.
- You can tailor your walking patterns to fit your time, needs, and abilities. Go as fast or as slow as you like and “level up” when you feel ready!
- Walking has a lower risk of injury than vigorous-intensity activities, such as running.

WELLNESS TIPS

Holistic Health

“Wellness” means being healthy in several dimensions of our lives. All the components are interconnected and important to a balanced lifestyle. We’ve included a “trail tip” from the various health components to accompany each walking route in this guide.

Physical Having energy and healthy nutritional habits, monitoring vital signs.



Emotional Managing emotions and stress. Being able to express feelings and enjoy life.

Environmental Preserving the areas where we live, work, and play, decluttering personal space, spending time outdoors.

Occupational Finding fulfillment from work and study and continuing to expand skills and strengths.

Financial Living within your financial means, planning for future financial health, budgeting, learning to be a good consumer.

Social Experiencing positive connections with family, friends, and the community. Having an interest in and concern for the needs of others.

Intellectual Using creativity, reading, problem-solving, staying current with events you enjoy.

Spiritual Having a sense of purpose, meaning, and appreciation in life.

WELLNESS TIPS

Mindful Movement

Before you head out for a walk, remember to...

- Familiarize yourself with the route before arriving.
- Wear clothing that is loose-fitting, lightweight, and light-colored to protect your skin from the sun and to keep you cool in warm weather. Dress in layers to stay warm in cold temperatures.
- Lather up with sunscreen to keep your skin healthy for years to come. If out during mosquito and tick season, use bug spray.
- Take plenty of water with you and take sips even if you don't feel thirsty. Take extra water and take breaks if it's hot outside!

During your fitness journey, remember to...

- Be flexible with your commitment and rest when you need it. Skipping or missing a workout is not the end of the world. Tomorrow is another day.
- Celebrate progress—big or small! Choose healthy rewards when you meet your goals. Hang out with a friend, enjoy a hobby, plan a night out.
- Avoid comparing your journey to others—we're all built differently with different daily demands.
- Make physical activity a habit. Schedule in active time just like you would other appointments.
- Take baby steps! You don't have to do a vigorous workout. Just get up and move your muscles!

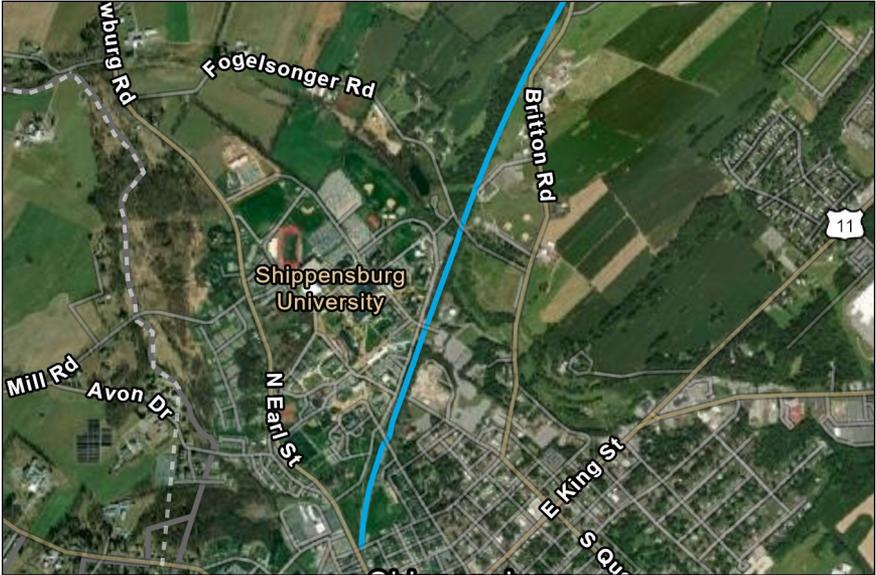
Focus on the Right Numbers

Remember that physical activity is not all about looking good. Focus on the right measurements—not just the scale or inches. Talk to your doctor about achievable goals for blood pressure, resting heart rate, step count and how they relate to an increase in daily movement.

WALKING ROUTES

Cumberland Valley Rail Trail

51 E Fort St., Shippensburg, PA



Restrooms: No | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 1.5 miles

Description and Helpful Info: Park at the Ship Station to access the beginning of the trail. There are additional access points including Shippensburg Township Park at 304 Britton Road, Shippensburg. The entire trail extends 11 miles to Newville with several other access points and street crossings along the way.

Terrain: Crushed limestone surface except for the last 1/2 mile at the Newville trailhead, which is paved. This trail is wheelchair-accessible.

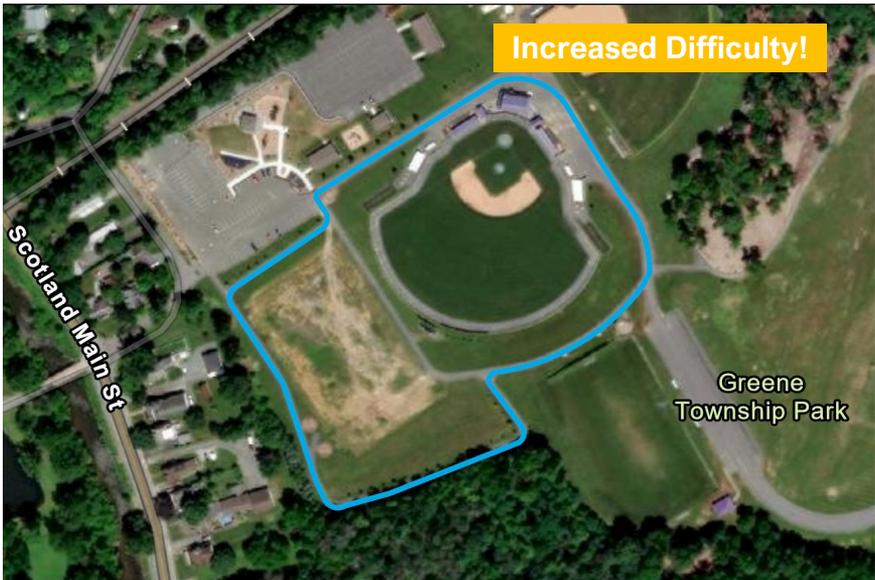
Trail Tip — Occupational

Help build friendlier working relationships with coworkers by suggesting a walking meeting to brainstorm and problem solve when possible.

WALKING ROUTES

Greene Township Park—Yellow Trail

96 Elevator St., Scotland, PA



Restrooms: Yes | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 0.5 mile

Description and Helpful Info: Enter Black Gap Road Entrance and follow the road around to parking area in front of the baseball fields. At entrance to the baseball fields, turn left and continue along the tree line. At the parking lot, turn right to head back toward baseball field. Follow trail around the field to return to your vehicle. There are multiple trails in the park that involve a few more hills. This park also offers free outdoor fitness equipment. Visit twp.greene.franklin.pa.us to view the full park trails map.

Terrain: Paved walking paths with a few steep inclines

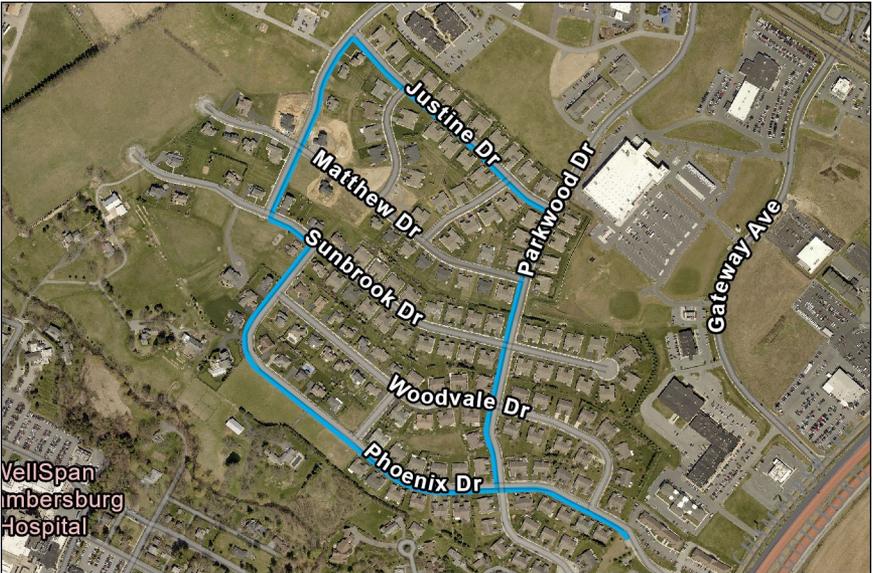
Trail Tip — Social

Consider participating in volunteer work to not only help your community, but to also boost your movement levels and connect with others in your community.

WALKING ROUTES

Norland and Walker Roads Route

Phoenix Drive Tract in Chambersburg, PA



Restrooms: No | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 1.5 miles

Description and Helpful Info: Park at Phoenix Drive Tract. Head west on Phoenix Drive. Take a right on Parkwood Drive. Turn left on Justine Drive then left on St. Paul Drive. Take a left on Sunbrook Drive and a quick right on Phoenix Drive.

Terrain: The route is mostly flat on sidewalk/pavement through a residential neighborhood behind Norland and Walker Roads. The Borough owns two acres of green space in this neighborhood, one on Phoenix Drive and the other on Woodvale Dr.

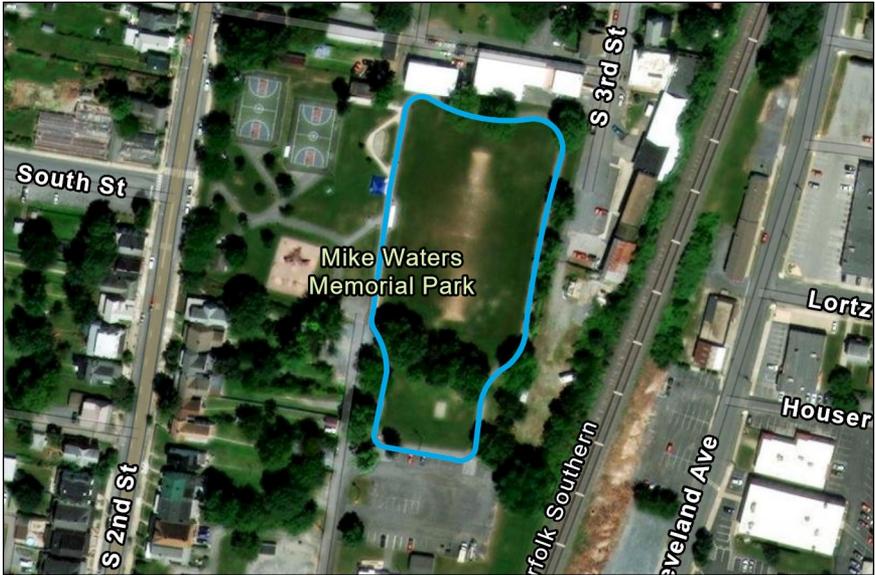
Trail Tip — Social

While on your walk, give yourself a mood boost by calling a friend or relative to catch up and strengthen your support system.

WALKING ROUTES

Mike Waters Memorial Park

South 2nd Street, Chambersburg, PA



Restrooms: Yes | **Stroller friendly:** Yes | **Leashed-dog friendly:** No

Distance: 0.25 mile

Description and Helpful Info: The park is open from dawn to dusk. Street parking is available on South 2nd Street, and there is a parking lot behind the McKinley Fire Station along East McKinley Street.

Terrain: Paved walking paths.

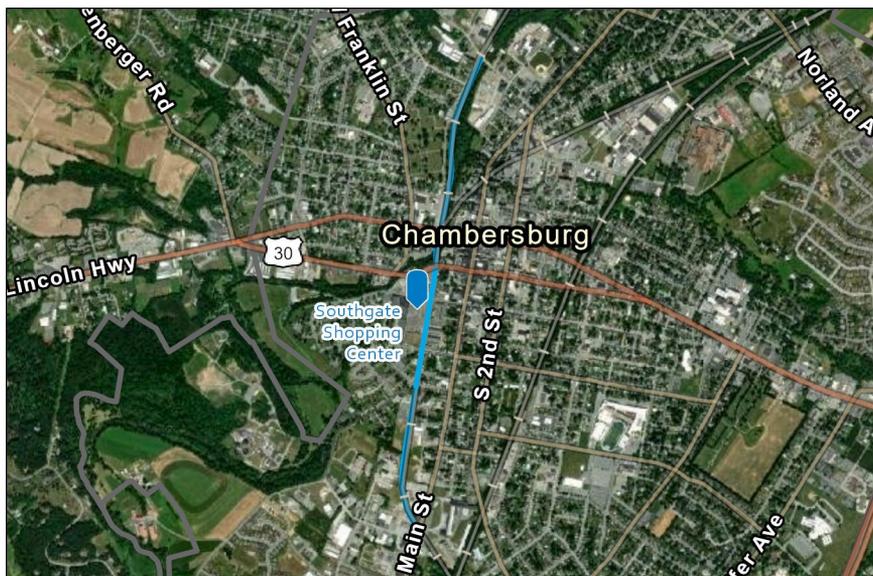
Trail Tip — Spiritual

Try a “digital detox.” Take at least one hour each day to step away from technology and focus on yourself and connect with family and friends.

WALKING ROUTES

Chambersburg Rail Trail

921 S Main St., Chambersburg, PA



Restrooms: No | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 1.6 miles

Description and Helpful Info: Parking is available at the beginning of the trail on Route 11. There are additional access points and street crossings along the trail. About midway, there is a pedestrian bridge crossing the Conococheague Creek heading into Chambers Fort Park providing access to downtown shops and businesses. The paved trail ends at Commerce Street.

Terrain: Paved walking paths crossing some busy intersections. Unpaved trail continues on to Wilson College.

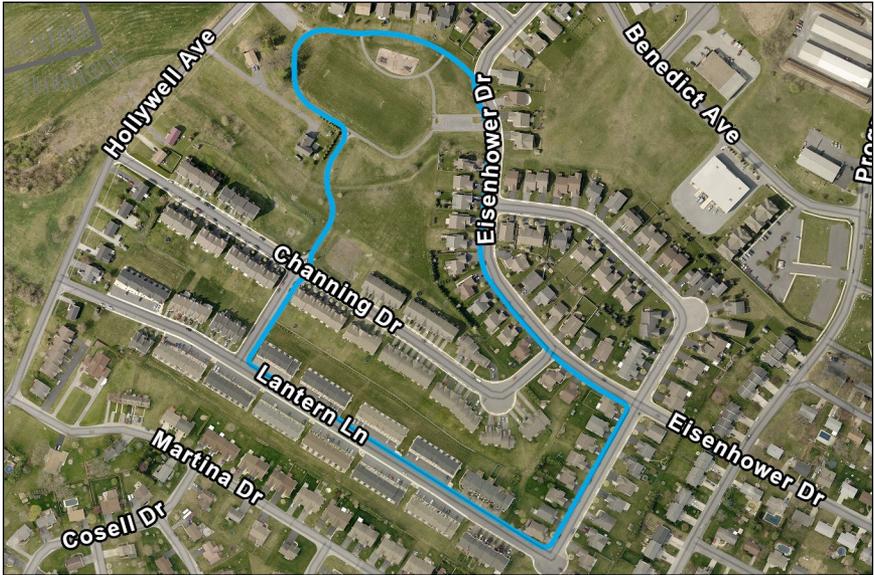
Trail Tip — Environmental

If you see trash along the trail, consider safely picking it up to throw it away at the nearest recycling bin or trashcan. It takes the help of every person to create the environment we want to live in.

WALKING ROUTES

Mill Creek Park

300 Block of Eisenhower Dr., Chambersburg, PA



Restrooms: No | **Stroller friendly:** Yes | **Leashed-dog friendly:** No

Distance: 0.92 mile

Description and Helpful Info: Parking is available at the gravel lots on either side of the park off of Hollywell Avenue and on the 300 block of Eisenhower Drive. Start on the park path and head south of the park crossing Channing Drive, make a left on Lantern Lane, make a second left on Eisenhower Drive, and continue until you finish the loop back at the park on the left.

Terrain: 1/4 mile paved loop around the park. Remainder of route is flat on sidewalks/pavement through the Enclave neighborhood.

Trail Tip — Physical

Grab an apple or other fresh fruit for your walk!
Fresh fruit serves as a great source of
energy and fuel for your body.

WALKING ROUTES

Chambersburg Memorial Park

1 Memorial Dr., Chambersburg, PA



Restrooms: Yes | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 0.72 mile

Description and Helpful Info: The park is open from dawn to dusk. Additionally, there are multiple parking lots available including a gravel lot off Stanley Avenue, a paved lot near the band shell off Stouffer Avenue, a paved lot near the tennis courts off Stouffer Avenue and East McKinley Street, and a paved lot near the ball fields and at the pavilion/ playground areas off East McKinley Street.

Terrain: This path is mostly flat, paved and includes sidewalks

Trail Tip — Physical

Be sure to take your water bottle along for each walk!
It's recommended to drink half your body weight
in ounces of water each day.

WALKING ROUTES

Norlo Park

3050 Lincoln Way E., Fayetteville, PA



Restrooms: Yes | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 1.10 miles

Description and Helpful Info: A good starting/end point for this trail is at the Miner Station Gazebo, right below the front entrance parking lot (highlighted on map). On the first loop, avoid making a left turn back to the starting point. Instead, make a right and on the second loop, head back to the Miner Station Gazebo.

Terrain: Paved walking trails

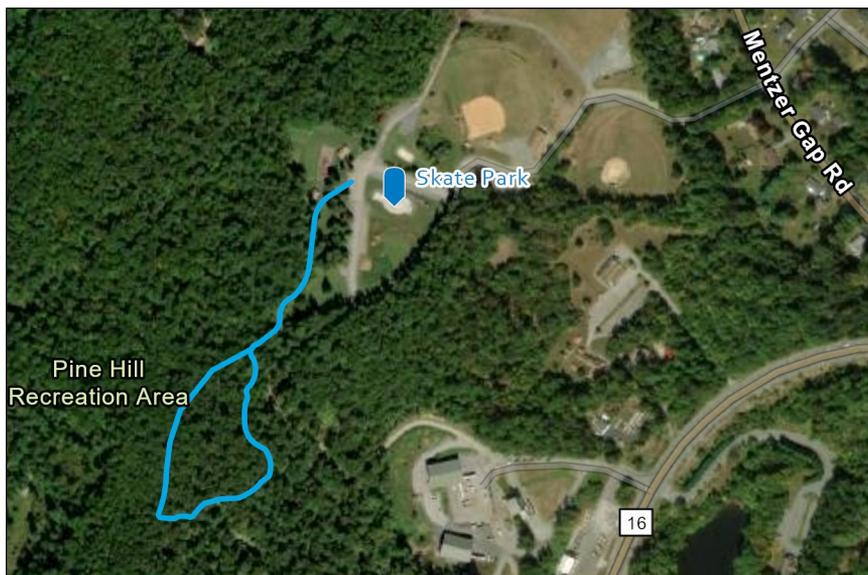
Trail Tip — Occupational

If you sit at work, help combat “sitting disease” and improve your concentration by standing up to move around once every 30 minutes.

WALKING ROUTES

Pine Hill Recreation Area— StoryWalk®Trail

12684 Mentzer Gap Rd., Waynesboro, PA



Restrooms: Yes | **Stroller friendly:** No | **Leashed-dog friendly:** Yes

Distance: 0.5 mile

Description and Helpful Info: The trails can be accessed from the parking lot just beyond the playground and skate park. To enjoy one of the most accessible trails and some fun entertainment for the kids, follow the signs for the StoryWalk® path which features laminated pages from a children's book that you and your family can read as you stroll. Visit washtwp-franklin.org for a map of additional trails.

Terrain: Flat, crushed stone walking paths, some slight inclines.

Trail Tip — Financial

Keep track of income and expenses by writing due dates and expected amounts on a calendar so you can plan for the weeks ahead. It's often helpful to see the full picture.

WALKING ROUTES

Washington Township Park

Washington Township Blvd., Waynesboro, PA



Restrooms: Yes | **Stroller friendly:** Yes | **Leashed-dog friendly:** No

Distance: 2.00 miles

Description and Helpful Info: Parking is available off the Washington Township Boulevard next to the Waynesboro Soccer Complex. Follow the trail at the end of the parking lot. Path will follow up a small hill and around the side of a roundabout. Turn left at the roundabout and follow the path until it intersects with Old Forge Road. This is the 1 mile point. Turn around and back track to the start of the trail.

Terrain: Crushed stone pathway with small changes in elevation.

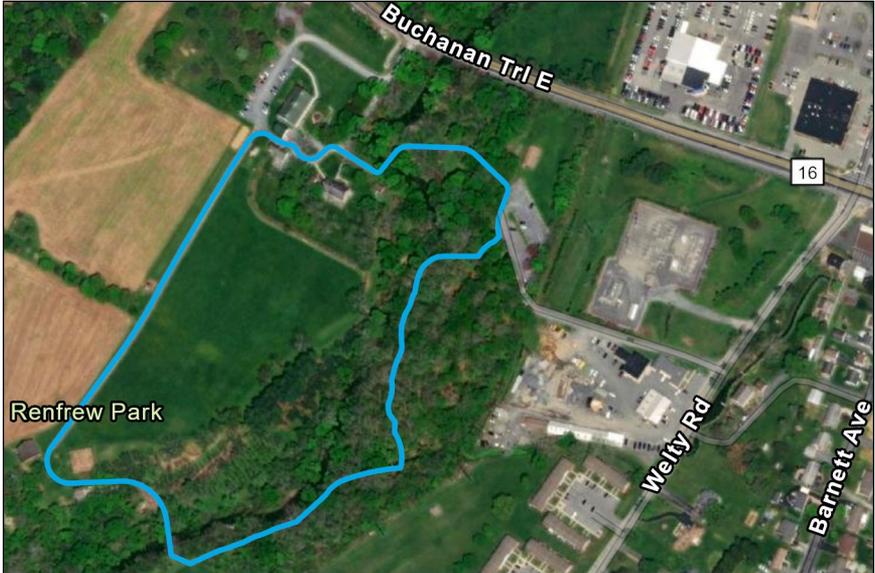
Trail Tip — Environmental

Walk a route you've never done before. Walking is a fantastic way to explore the world and gain a deeper understanding and appreciation for all that your community has to offer.

WALKING ROUTES

Renfrew Museum & Park

1010 East Main St., Waynesboro, PA



Restrooms: Yes | **Stroller friendly:** No | **Leashed-dog friendly:** Yes

Distance: 0.70 mile

Description and Helpful Info: Head through the gate to Fahnestock Lane and follow until you reach the barn. Turn left on Mill Stone Trail and go down hill past the stone building. Go over the bridge, and turn left, following Edmajoda Trail, leading to a fork; both directions go to the parking lot off Welty Road. Continue to the picnic pathway, cross bridge. Turn right, head past the Renfrew House, and back to the main parking lot. Visit Renfrewmuseum.org for more trails.

Terrain: Grass, dirt, and woodchip pathways with mild changes in elevation.

Trail Tip — Spiritual

List out 3 things you are grateful for while out for your walk. People who express gratitude are shown to be happier overall which can lead to lower rates of stress and depression.

WALKING ROUTES

Otterbein Community Recreation

13375 Welty Road, Waynesboro, PA



Restrooms: Yes | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 0.60 mile

Description and Helpful Info: Following the trail around the football and baseball fields. This park is open from dawn to dusk. Parking is available at the entrance of the park.

Terrain: Flat, paved walking paths.

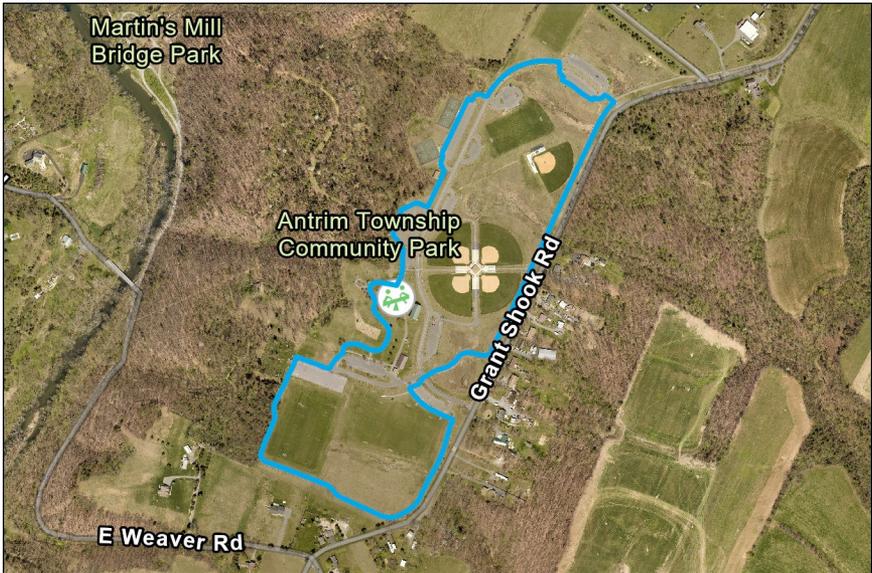
Trail Tip — Social

Schedule a walking date with friends, family members, or coworkers to help build meaningful connections and relationships. Walking buddies can help with accountability too!

WALKING ROUTES

Antrim Township Community Park

12315 Grant Shook Rd., Greencastle, PA



Restrooms: Yes | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 1.48 miles

Description and Helpful Info: The walking path starts at the end of the first parking lot located on the left when entering the park. Follow the walking trail around the outside of the park. The path continues until it ends at the same parking lot where it started.

Terrain: Paved pathway

Trail Tip — Intellectual

Read for 10 minutes a day or listen to an audiobook while on your walks. Mentally stimulating activities like reading can help slow memory loss and help combat stress and depression.

WALKING ROUTES

Montgomery Township Park

10404 Shimpstown Rd., Mercersburg, PA



Restrooms: No | **Stroller friendly:** No | **Leashed-dog friendly:** Yes

Distance: 0.3 mile

Description and Helpful Info: Start at the swing set and head toward the wooded side. Follow the trail between two big gray boulders until it splits. Take the middle trail - Eagle Way. Go down the hill and cross over the bridge on the left and turn left after the bridge. Cross another bridge on the left. Climb up the hill to the right and turn left at the top of the 7th step and into the field of high grass. Follow the grass line to the right. Walk back out of the trail between the big gray boulders to return to your vehicle.

Terrain: Dirt with some steeper inclines and steps

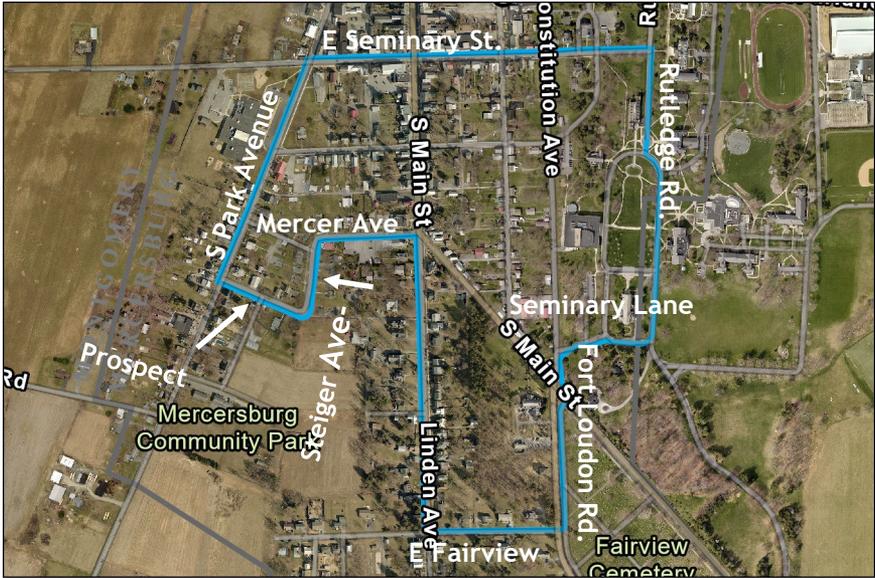
Trail Tip — Emotional

Take 5 deep breaths: inhale for 4 counts, hold for 2 counts, exhale for 6-8 counts, hold for 2 counts, and repeat.
The way we feel is closely linked to the way we breathe.

WALKING ROUTES

Mercersburg Area Walking Trail

E Fairview Ave., Mercersburg, PA



Restrooms: No | **Stroller friendly:** Yes | **Leashed-dog friendly:** Yes

Distance: 1.82 miles

Description and Helpful Info: Starting from E Fairview Avenue, turn right on to Linden Avenue, go left to Mercer Avenue, another left to Steiger Avenue, and then head to Prospect Street. From Prospect Street, turn right on S Park Avenue, right on E Seminary Street, right on Rutledge Road down to Seminary Lane and then Drury Lane, and right back to E Fairview Avenue. Visit mac4wellness.org to see other routes in the Mercersburg area.

Terrain: Mostly flat; combination of paved paths and sidewalks

Trail Tip — Intellectual

Let your mind wander as you walk to let the creative juices flow. The activity of walking stimulates multiple parts of the brain which enhances creativity.

MORE RESOURCES

Find More Parks and Trails

View recreational facilities
in Franklin County's
GIS mapping portal
[gis.franklincountypa.gov/
recreation](https://gis.franklincountypa.gov/recreation)



Explore a variety of
outdoor activities
statewide at
getoutdoorspa.org



Find over 6,000
state and local
parks at
goodforpa.com



Explore historical
trails in
Franklin County
explorefranklincountypa.com



FRANKLIN COUNTY | PA

Great moments along the way.



COMMUNITY SUPPORTS

Local Programs & Supports

There are many supportive programs available in the County to help you get started on a more active lifestyle! Visit healthyfranklincounty.org to learn more. Here are just a few:

Get Healthy Now

Provided by WellSpan Health, this 6-week program will help you develop a healthier lifestyle. Using a combination of wearable fitness technology (such as FitBit) and supportive group sessions, learn strategies to help you improve your health. Like their Facebook page to follow updates: WellSpan Health Get Healthy Now or visit wellspan.org/events.

Chambersburg & Waynesboro YMCA LIVESTRONG® (FREE)

Provided by Chambersburg and Waynesboro YMCAs, this 12-week program is a research-based physical activity and well-being program designed to help cancer survivors reclaim total health. Chambersburg, call 717-446-0533 to learn more. Waynesboro, call 717-762-6012 to learn more.

PreventT2 Diabetes Prevention Program (FREE)

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention. It is a proven program to help prevent or delay type 2 diabetes. Visit wellspan.org/events.

Winter STREAK (FREE)

The Winter STREAK Wellness Program is a FREE 12-week community program (January-March) designed to promote wellness by encouraging participants to increase physical activity, eat healthy and reduce stress during the winter. Commit to creating a “STREAK” of physical and mental well-being activities. Visit winterstreak.org.

Go Girls Go! After School Running & Self-Esteem Program (FREE)

Go Girls Go! Is a free health and wellness program provided by Healthy Communities Partnership to 4th-6th graders in Franklin County. Learn more at hcpfranklinpa.org.

COMMUNITY SUPPORTS

Local Programs & Supports

10lb Throw Down (FREE)

The *10 Pound Throwdown Challenge* is all about taking SMALL steps to make BIG changes. This program will help participants set healthy goals to achieve or maintain a healthy life. Visit 10poundthrowdown.com for more information.

Get Outdoors (GO) Franklin (FREE)

A summer-long physical activity initiative, conducted in partnership with Franklin County Libraries, that encourages children and families to visit parks and trails in and around Franklin County, PA. You can also visit us at gofranklin.org for more information.

Check Out Our Backyard (FREE)

Franklin County Library System would like you to explore our backyard, hit the hiking trails, and visit our natural surroundings. They are providing backpacks, tents, and programming to help you do just that. Visit FCLSPA.org for more information.

CFAR/CRAW Waynesboro Community Running/Walking

CFAR/CRAW is free and open to walkers and runners regardless of age, ability, and experience.—simply show up at a weekly event at the Waynesboro YMCA parking lot. Search “CFAR Waynesboro Running” on Facebook or email Contact@WaynesboroRunning.com for more information!

Chambersburg Beer Runners

CBR meets every Tuesday at a Chambersburg bar/restaurant and does a run or walk that loops back to the starting point. Anyone is welcome to join the walk or run with no obligation to stay afterwards for dinner or drinks. Walks start at 5:30 PM and runs start at 6:00 PM. No fee is required to join this group. Search “Chambersburg Beer Runners” on Facebook.



This project was made possible through the generous support from community volunteers and partners.

Thank you to the following individuals and groups who helped make this project possible:

Kara Shindle, Franklin County GIS Department

Healthy Franklin County Physical Activity, Nutrition and Weight Status Task Force

MrPhab Photos & Community Models

Morgan Neuburger, WellSpan Health Intern

healthyfranklincounty.org



Learn more about Healthy Franklin County and Get Fit, Franklin County by visiting:

healthyfranklincounty.org