



Sponsored by:
The Physical Fitness Task Force
of Healthy Adams County



Winter 2021 Fitness Hiking

Hike your way to better health with The Physical Fitness Task Force's guided, socially distanced Winter Fitness Hikes! These fully-guided hikes are open to beginner and seasoned hikers; we will take breaks as necessary and maintain a moderate group pace while maintaining appropriate social distance. Safety and support are top priorities, and we will practice Leave No Trace outdoor ethics. **Wear a mask for the gathering at the start. You may remove your mask if you like once the group is spaced out on the trail – at least 10 feet buffer space for people not in your household.** It is recommended you bring a water bottle to carry with you for all hikes.

Sunday, Jan 31, 1:30 PM. Caledonia State Park, Ramble Trail, 101 Pine Grove Rd, Fayetteville. 2.2 miles. Park in Lot 2 (the one past the swimming pool). The trail follows the millrace of an old rolling mill. It also passes through one of the oldest white pine plantations in Pennsylvania and is a great place to see woodland birds. The trail is rocky with light elevation, easy. An alternate hike via the AT and 3 Valley Trail to the Ramble Trail is also available – this has a lot more elevation, difficult/challenging ascent at the start. There will be a leader for both hikes. Approximately 1.5 hours. .

Sunday, Feb 21, 1:30 PM. Gettysburg Rec Park to VA Memorial Across Pickett's Charge Field. 4 miles Park at the Sterner Building at the Rec Par, 545 Long Lane, Gettysburg. The hike will use the Biser Trail to get to Howard Street, then neighborhood streets to the Armory onto W. Confederate Ave. At the VA Memorial the hike will head left across the fields used by Pickett's troop, emerging onto Hancock Avenue by The Angle. The hike then returns via neighborhood streets. Expect a quiet winter experience reminiscent of the nineteenth century. Relatively flat, part gravel/dirt trail, part roadways and sidewalks. Easy, but longer.

Sunday, Mar 21 (Rain Date Mar 28), 1:30 PM. Copper Run Trail in Michaux State Forrest. 2.5 miles Parking is off of Mount Hope Rd about 5 miles west of Fairfield, between Tree Farm Lane and Kepners Knob Lane. The coordinates are 39°46'57.7"N 77°26'12.5"W. The hike is inside Michaux State Forrest on an old logging road. Expect slightly rocky and hilly terrain. Moderate to Difficult.

