



## Summer 2022 Fitness Hiking

Hike your way to better health with The Physical Fitness Task Force's guided Summer 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. **We will follow CDC guidelines for outdoor activities that are in effect at the time of the hike.** *Trails may be uneven or muddy. Please wear sturdy hiking shoes and bring a water bottle.* Walks are held rain or shine. In case of severe weather please check

[www.facebook.com/healthyadamscounty](http://www.facebook.com/healthyadamscounty) .

**Saturday, June 25, 9:00 AM. Beaver Trail. ~3.5 miles each. Just north of Caledonia State Park**

[http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr\\_20031384.pdf](http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_20031384.pdf)

Take route 30 west out of Gettysburg, to a right turn on PA route 233 towards Caledonia State Park. Go about 1.75 miles, passing Hosack Run Campground. Turn left on Milesburn road, which quickly becomes a dirt road. Go about 2 miles, staying straight pass the turnoff for the boat ramp. You can park in a little lot just before Birch Run Road or go to Birch Run Road, turn right and park anywhere along the road that you fit. The Beaver Trailhead is about 100 yards down Birch Run Road on the right hand side. The trail is relatively flat, but has many short ups and downs. Beaver Trail parallels the reservoir coast and is very peaceful and scenic. Lovely views of the reservoir and surrounding mountains. Trail is easy to moderate, approximately 2 hours, maybe 2 hours 15 minutes.

**Saturday, Jul 16, 8:30 AM. Caledonia State Park – Ramble Trail. 2.3 miles.** Park in Lot 2 (the one past the swimming pool). The trail follows the millrace of an old rolling mill. It 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. Katie Groomes, Wellspan Exercise Specialist will lead this hike. Approximately 1.5 hours, easy.

**Saturday, ?, To Be Announced. Pine Grove Furnace to Laurel Lake. 4.0 miles, out and back, turn around early for less.** Park at the Furnace just off Bendersville Road, very close to Pine Grove road. We will walk one mile on the Appalachian Trail, then go another mile on Old Railroad Bed Road out to Laurel Lake. The hiking is flat and easy – almost just walking.