



Healthy Adams County Physical Fitness Task Force

2026 FALL WALKING PARTIES — Maps available

on Facebook or at <https://adamswellness.org/walking-routes-of-adams-county>

The walks are FREE and open to everyone. Dogs on leashes are welcome except as specified. Bring water. Email questions to ejmeyer99@hotmail.com or check facebook <https://www.facebook.com/healthyadamscountypa>. **If you walk on your own, send us an email or FB message for perfect attendance. Must attend last walk to receive prize.** Join the “Step Up For History – 250K!” Campaign. Log steps at: <https://www.homeinadamscounty.org/stepup4history>

Wed. Sept 2, 1:00 led walk, Culps Hill from Unity Park, 37 Lefever St Gettysburg. From the park head out Wainwright Ave to Slocum, past Spangler’s Spring and return via E Confederate Ave. Optional climb up the observation tower at the top of Culps Hill. *(3-miles, on paved road, a bit hilly with little shade.)*

MON. Sept 7, 8:00 AM, Highmark Wholecare Memorial Day FREE 5K, Wyndham Hotel, Gateway Complex. Pre-register at RunSignUp.com or arrive 30 minutes early. Race/walk kicks off from the Wyndham Hotel in the Gateway Complex off Rtes 30 and 15. Medals for all youth. *(3.1 miles, paved roads, some gentle hills). (Can be used as a make-up walk)*

Wed. Sept 9, 1:00 led walk, Straban Park, 100 Smith Road, A well-maintained lovely 0.63 mile trail around the park perimeter, with a center cut through allowing figure eight loops. Two loops should be 1.5, three loops 2.25 miles. *(paved trail, flat and hilly, little shade).*

Wed. Sept 16, 1:00 led walk, United Lutheran Seminary, park at the Seminary, 61 Seminary Ridge and meet at the pavilion near the YMCA. Enjoy a nature and history stroll around the Seminary loop with a kick out to Federal Point Inn through the quiet streets of that neighborhood and cross Middle Street to walk to the back GARA entrance. *(~2 miles, some hills, gravel and paved)*

Wed. Sept 23, 1:00, (no open walk) Hoffman Homes, 815 Orphanage Rd, Littlestown. Use entrance 2 – Culinary and Educational Services to reach parking. Lovely horse pastures and scenic pond. A Hoffman Homes employee will lead this walk and share information about what happens on their campus. *(Walk is 2 miles, paved, gravel and grassy trails).*

Wed. Sept 30, 1:00 led walk, Barlows Knoll, Park at the Penn State Extension Building, 670 Old Harrisburg Rd. Walk is a loop starting on the North Trail to Barlow’s Knoll then back through the north section of Gettysburg *(~2 miles, on sidewalks and road, mostly flat with some hills and some shade.)*

Wed. Oct 7, 1:00 led walk, Cross Keys Village, 2990 Carlisle Pike, New Oxford. Park at north Union square, when you enter from Route 30 it’s the first parking lot on your right. Join a Cross Keys Employee to learn about Cross Keys Village while enjoying a walk around the campus. *(~2 miles of sidewalk and roadways, mostly flat, little shade).*

Wed. Oct 14, 1:00 led walk, Nature Alliance. 720 Pumping Station Road. Walk across the Nature Alliance property see pheasant fields and a Chestnut tree grove, to the Sachs and Eisenhower Bridges and back. *(grassy and gravel trails, mostly flat with little shade).*

Wed. Oct 21, 1:00 led walk, Gettysburg Rec Park. Park at the Charlie Sterner building, 545 Long Lane. Walk the GIL trail to the blue bridge, return via the Amphitheater, past the playing fields and dog park. Refreshments for the last walk of the season. *(paved trail and sidewalk, mostly flat, with a small hill)*

Wed. Oct 28, 9:00 AM Hike, “Smoke” Zimmerman Cross-country Ski Trail, Head west on Route 30 to the traffic light at PA route 233 – turn left here (turning right goes to Caledonia State Park). After the left on 233, turn left onto Golf Course Road, at approximately a half mile turn right onto New Baltimore Road, staying left on New Baltimore Road continue until you reach the three gates and park but do not block the gates. Cross-country Ski Trail Parking Coordinates: (39.89602,-77.47165), 501-1779 New Baltimore Rd, Fayetteville, PA 17222. This will be a 4-mile, moderate hike, mostly flat with some not-too-steep hills.

Perfect Attendance Prize – \$10 Farmer’s Market Gift Card