



WINTER 2026 Hiking — Sponsored by

Healthy Adams County Physical Fitness Task Force



www.healthyadams
county.org

NEW THIS YEAR: Join the “Step Up For History – 250K!” Campaign. Log your steps & more info at: “www.homeinadamscounty.org”. Earn a prize when you hit 250,000 steps.

The fully guided hikes are open to all, but the degree of difficulty varies – check details below.

Trails may be uneven or muddy. Please wear sturdy hiking shoes and bring water. Walks are held rain or shine. In case of bad weather please check <https://www.facebook.com/healthyadamscountypa>.

Just FYI: “First Day Hikes” Thursday, Jan. 1: Caledonia State Park, 9 AM, leaving from Oak Pavillion, 2 miles; Pine Grove Furnace State Park, 1 PM leaving from Fuller Lake, 2 miles; Codorus State Park, 11 AM Senior Hike, 1PM Hike both leave from the main launch area, Pavilion 3. These are park-led hikes, see their websites for details.

Summary:	Date	Hike/Walk	Location	Distance
	Sun, Jan 4 1:30	Hike	Canada Hollow, Michaux	4.3 miles
	Wed, Jan 7 1:00	Walk	Eliza D’Nunzio, Emmitsburg	2 miles
	Sat, Jan 17 1:30	Hike	Amphitheater, GNMP	2 miles
	Wed, Jan 28 1:00	Walk	GNMP Visitor’s Center	2 miles
	Sat, Feb 7 9:30	Hike	Hosack Run, Caledonia	3.5 miles
	Sun, Feb 15 1:30	Hike	Hermitage Trail to Chimney	5.0 miles
	Wed, Feb 25 1:00	Walk	Gastley Property, Gettysburg	1.5 miles
	Sun, Mar 1, 1:30	Hike	Buck Ridge, Michaux	4 or 6 miles
	Wed, Mar 11, 1:00	Walk	The Barn Resort	2 miles
	Sat, Mar 14, 9:30	Hike	Charcoal Hearth, Caledonia	2.7 miles
	Sat, Mar 21, 9:30	Hike	Sachs Bridge to Eisenhower	2.5 – 4 miles
	Sun, Mar 29, 1:30	Hike	Mount Holly Preserve	2.5 - 4 miles
	Sat, Apr 4, 10 AM	Hike	Boyers Nursery	2 miles
	Sat, Apr 11, 10:30	Family Hike	Ramble Trail, Caledonia	2 miles

Sunday, Jan. 4, 1:30 PM: Canada Hollow Hike in Michaux State Forest, 4.3 miles. Park at the intersection of Ridge and Means Hollow Roads. From Caledonia State Park proceed north on 233, 0.6 miles to Milesburn Road. Turn left on Milesburn (all dirt roads from here), in 4 miles slight left on Ridge rd, then 0.5 miles to the intersection. This is a moderate hike, 500 feet of elevation, with a variety of trail surface (pine needles, narrow, wide, rocky, not rocky...)

Wednesday, Jan 7, 1:00 PM: WALK, Elizabeth D’Nunzio Trail 2 miles. Meet at the intersection of Parking Lots A and B by the Athletic Center, 16300 Emmitsburg Rd, Emmitsburg MD. From Interstate 15, 2 miles south of PA border, take a left on college Lane, proceed to lots. The trail is relatively flat, gravel or sidewalk. EASY

Saturday, Jan 17, 1:30 PM GNMP Amphitheater Hike, 2 miles. Park at the GNMP amphitheater on W. Confederate between Fairfield Rd and Millerstown Rd. Walk/hike on both the equestrian trail and Confederate Ave. Sherri lead midpack

Wednesday, Jan 28, 1:00: WALK, GNMP Visitor’s Center, 2 miles. Located between Baltimore Pike and Taneytown Rd just south of Hunt Ave. Park in Lot #3 if open or Lot #1 and then walk to Lot #3 via trail behind the Visitor’s Center. The walk includes wooded gravel trail and roads. It passes the PA monument, the Angle and Meade’s Hqtrs.

Saturday, Feb. 7, 9:30 AM: Hosack Run, 3.5 miles. Park at the end of Quarry Gap Rd. From 30 West, turn right onto 233 at the traffic light by the Caledonia Furnace. Go 1 mile on 233 then turn left onto Quarry Gap Rd (a bit bumpy gravel road, sign for Hosack Run Campground). There will be two hikes led from this point, one easier out to the Long Pine Run Reservoir, and the other up the Hosack Run Trail and back down on the AT – this hike is rockier with significant elevation – *moderately difficult*.

Sunday, Feb 15, 1:30 PM Hermitage Trail/AT to Chimney Rocks, starting from Old Forge Picnic Grounds, 8006 Old Forge Rd, Waynesboro, PA. 5 miles. The hike is on the Appalachian Trail (AT) and the Hermitage Trail which is uphill to a rock formation called Chimney Rocks. The views are great including a lot of Michaux State Forest and the Waynesboro Reservoir. The hike returns to the parking lot via the AT. This is a *strenuous hike* with 1000 feet of elevation gain over the first 2 miles, we will take breaks, but do expect to be challenged.

Wednesday, Feb 25, 1:00 WALK, Gastley Property, 1.5 miles Park at 925 Hanover Rd, Gettysburg. This walk is on grass around the large grassy and wooded property across from the Daniel Lady Farm, up to the Benner Hill property. The property is hilly, not steep but noticeable.

Sunday, Mar 1, 1:30 PM: Pine Grove Furnace State Park, Buck Ridge Trail, 1100 Pine Grove Rd. Gardners. 4 or 6 miles. Meet at the pavilion near the furnace. The hike will be out and back on the Buck Ridge trail that connects to King's Gap. Turnaround point will be either at mile 2 or mile 3, weather and group dependent. The trail is relatively flat and an *easy to moderate hike*.

Wednesday, Mar 11, 1:00: WALK, The Barn Resort, 2 miles. 75 Cunningham Rd (the old Boyd's Bears location). Come at noon for an optional pre-walk self-pay lunch. At 1:00 we walk the 1 mile brand new trail on their property once in each direction.

Saturday, March 14, 9:30 AM: Caledonia Charcoal Hearth Trail, 2.7 miles. Take Rt 30 West to the traffic light at 233. Turn right on 233 and immediately right into the Furnace parking lot. This is the longest and most rugged trail in the park. The Trail climbs steeply for 10-15 minutes to Graeffenburg Mountain before leveling off, then descends gradually, ending by a quiet stream near the Furnace Dam and pond. On the descent, watch for four historic charcoal hearths (noted on the map) and an old wagon road. This hike is strenuous at the start.

Saturday, Mar 21, 9:30 AM: Sachs Bridget to Eisenhower. 2.5 to 4 miles. Park at Sachs Bridge, located on Waterworks Rd. Gettysburg. The hike crosses Sachs Bridge then continues on Waterworks Rd, to Red Rock Road to the Eisenhower Farm. A speaker will meet us outside the Eisenhower home to share some history about the Eisenhowers and their home in Gettysburg. The hike will walk the Eisenhower property then return. *Easy.* Sherri help

Sunday, Mar 29, 1:30 PM: Mount Holly Preserve, 2.5 - 4 miles. The entrance to the preserve is located in the 100 Block of S. Baltimore Avenue/PA Route 34, address is 1 Lakeside Drive Mount Holly Springs. We will hike the 2.2 Marsh Loop Trail. The Mount Holly Marsh Preserve consists of a 700 acre upland forest and a 200 acre marsh preserve. In the valley, where several springs feed into a marshy area, you will find black ash, red maple, winter berry, spice bush, holly and poison sumac. Hike is relatively flat – easy to moderate.

Saturday, Apr 4, 10:00 AM: Boyer's Nursery, 2 miles. 405 Boyer Nursery Road, Biglerville. There will be a short dedication ceremony for the new section of the trail followed by a led hike. The trails are steep in many places, hiking is strenuous, prepare to be challenged. The hike is partially through the orchards, partly through the woods and part on farm roads. The views are Spectacular – worth every step.

Saturday, Apr 11, 10:30 AM: 2 mile Family Hike at Caledonia co-sponsored by Adams County Children's Advocacy Center. ACCAC will supply a snack before the hike and a hot dog lunch following the hike. **RSVP required for the Free lunch - <https://kidsagaincac.org/events/>.** Park in lot 2 at Caledonia State Park, 101 Pine Grove Rd, Fayetteville. (Lot #2 is past the Park Office, past the stop sign). This wide walking trail passes through the scenic lowlands of the park then returns to the pool area. The trail follows the millrace of an old rolling mill and passes the rolling mill falls. The trail also passes through one of the oldest white pine plantations in Pennsylvania, and it is a great place to see woodland birds. Rated: easy