



Sponsored by: The Physical Fitness Task Force



## Summer 2025 Hiking



Hike your way to better health with The Physical Fitness Task Force's guided Summer Fitness Hikes! Some of these fully-guided hikes are appropriate for beginner and seasoned hikers. A few, as described below, are more difficult. We will take breaks as necessary and have a sweep to make sure no one is left behind.

**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).**

**Thursday June 19, 9:00 AM. Middle Creek Trail, 3.0 miles. Strawberry Hill Nature Preserve.** Park in the lot across from the pink house, 1537 Mount Hope Rd, Fairfield, PA. The hike starts with a climb up to the Culp Ridge Trail. Follow Culp Ridge for a quarter mile uphill. The trail breaks off and goes across the mountain top. The trail then goes around the mountain and rejoins the original trail above the bridge. There will be occasional breaks. Approximately 2 hours. Moderate trail. Tom Kiniry leading.

**Monday June 30, 9:00 AM – Pine Grove Furnace State Park, Kopenhaver Trail, 3.5 miles.** Park in the Fuller Lake Lot, off of Pine Grove Rd, just north of the intersection with route 233. The hike will use both the Kopenhaver and Mountain Creek trails with moderate elevation gain. Easy to moderate difficulty. Ed Riggs leading

**Monday July 7, 9:00 AM – Codorus State Park Horse Trails, 3.6 miles.** Park in the Horse Trailer Parking Lot on the left off Main Launch Drive (which is the first left off of Sinsheim Rd, which is off of 216). If you reach the Band Shell and main boat launch you've got a little too far. This is a lovely, relatively flat hike around a portion of the lake and through some inland woods. Easy to moderate difficulty. Ed Riggs leading

**Saturday July 12, 10:00 AM – Long Pine Run Reservoir, Beaver Trail, 3.0 miles. Just north of Caledonia State Park.** Take route 30 west out of Gettysburg, to a right turn on PA route 233 towards Caledonia State Park. Go about 1.7 miles, passing Hosack Run Campground. Turn left on Milesburn road, 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. 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. Trail is easy to moderate. Marty Qually leading

**Saturday, July 19, 9:00 AM – Caledonia St Park – Ramble OR A/T and 3 Valley Trails, 2.3 or 2.5 miles.** Park in Lot #2 which is beyond the pool. The Ramble 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. This trail is easy. The hike up the A/T has considerable elevation gain, the hike down the 3 Valley trail has significant elevation loss, the finish is on the flat Ramble Trail. This hike is moderate to strenuous. Betsy and Eric Meyer leading

**Saturday, July 26, 9:00 AM – Swamp Creek Trail at Strawberry Hill Nature Preserve, 3.2 miles.** Park in the lot across from the pink house, 1537 Mount Hope Rd, Fairfield, PA. This hike is relatively flat, but rocky and has several stream crossings. In wet weather it can be muddy. The hike is easy to moderate, Tom Kiniry leading.

**Saturday, August 9, 10:00 AM – Quarry and Nature Trails, 1.5 miles.** Park in the lot across from the pink house, 1537 Mount Hope Rd, Fairfield, PA. Enjoy the outcrop of many rocks and minerals found in the quarry. This trail is easy. Marty Qually leading.

**Wednesday, August 13, 9:00 AM – Traverse Extended Loop and Moss Trails, 6.0 miles.** Park in the small lot on rt 233 just north of Ridge Road. (If you take 233 from Pine Grove Furnace State Park, heading north, then the lot is just beyond Ridge Road). Or turn east onto Ridge and park at many places along Ridge near 233. This hike begins with a ½ mile slight uphill to get to the loop. Then there is a long, sometimes steep 2.0 mile descent to the creek(s). Creek crossing with no bridge just rock hopping. Then a 2 mile ascent, sometimes steep and finally a slight downhill ½ mile finish back to the start. The woodlands are quite diverse even including a meadow. This hike is closer to strenuous than moderate. Betsy and Eric Meyer leading.

**Thursday, Aug 21, 9:00 AM. Green Trail, Strawberry Hill Nature Preserve, 5.5 miles.** Park in the lot across from the pink house, 1537 Mount Hope Rd, Fairfield, PA. This is a moderate to strenuous hike with a lot of up and downs on sometimes steep forest slopes. There is a nice look out to the west and chance for seeing wildlife or signs of wildlife. Led by Tom Kiniry

