



Sponsored by: The Physical Fitness Task Force



FALL 2025 Hiking

These fully guided hikes are open to all. However, the degree of difficulty is noted on each hike please choose ones that will be fun for you. We will take breaks and maintain a moderate group pace.

Trails may be uneven or muddy. Please wear sturdy hiking shoes and bring water. Walks are held rain or shine. In case of severe weather please check www.facebook.com/healthyadamscounty.

Wednesday, Nov 5, 9:00 AM: Vista and Mountain Creek Trails, 5.2 miles. Park at the Laurel Lake Parking area in Pine Grove Furnace State Park, Pine Grove Rd, Newville, PA 17241. This is a long hike with a significant uphill section and many rocky sections that includes a spectacular vista. The hike has 770 feet of elevation, with a variety of trail surfaces (pine needles, narrow, wide, rocky, not rocky...). Bring water and a snack. Rated Moderate to Strenuous. Eric Meyer lead.

Saturday, Nov. 15, 9:00 AM: Caledonia Ramble Trail - 2.2 miles 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. Patty Weaver lead.

Tuesday, Nov. 18, 9:00 AM: Hauser's Estate Event Center, 2.5 miles Walk/Hike. Park in the lot at the top of the hill 410 Cashtown Rd, Biglerville. We will meet for optional breakfast at 9:00 (catered by Biggerstaff – quiche, french toast, breakfast breads, coffee – self pay). We will walk the lovely grounds starting at 9:45. Join us for one or both. The walk is on mowed grass field, mostly gentle downhill with a longer uphill at the finish. The views are great. Grass may be wet. Betsy Meyer lead.

THUR. Nov 20, 10:00 AM Camp Eder, Out and Back. 914 Mt. Hope Road, Fairfield. 2-mile hike, with optional 1-mile add-on. Mostly hilly with steady incline. Spectacular views at the summit. Anne Gageby, Strawberry Hill Education Director will lead this hike. Rated: Moderate

Sunday, Nov 23, 1:30 PM Saturday, Pole Steeple. 2 miles flat OR 3.5 mile loop with a good climb. Park at the Pole Steeple Parking Lot, off the Old Railroad Bed Road off Pine Grove Road. The hike will be flat for the first mile – out the Old Railroad Bed Road, then up the AT, then over to the Pole Steeple outlook and down the Pole Steeple trail. Join for the first flat mile and turn around a walk back the same route for a lovely 2-mile easy walk. Or join for the moderately hard 3.5 mile loop. Ed Riggs leading.

Sunday, Nov 30, 1:30 PM: Gettysburg National Military Park. Park at the PA Monument at the corner of Hancock and Pleasanton Avenues. The hike is about 4.3 miles on grassy trails, roads and woodland trail crossing through a bit of the wheatfield. The hike is mostly flat, but there is a climb up to and over Little Round Top. Sections of the trail could be a bit muddy if we get rain the day or two before the hike. Mostly flat and easy, with a little bit of climb. Eric Meyer lead

Wednesday, Dec 3, 1:00 PM, WALK: Pine Grove Furnace State Park Park by the pavilion behind the office and furnace at 1100 Pine Grove Furnace road. Walk from the furnace to Laurel Lake, 4 miles round trip, optional early turnaround = 2 miles. Paved and very firm gravel road – easy walking. Betsy Meyer lead.

Saturday, Dec 6, 9:00 AM: Indian Lookout St Mary's Cemetery, Emmitsburg, MD 2.5 miles. Take U.S. 15 south, past Mount St Mary's College and make a right turn on Motter Rd, a quick left on St Anthony's Rd and right on Grotto Rd. Follow it to the lot, park in the large lot close to the cemetery. Do not drive all the way to the grotto. This is a more challenging hike due to some steep hills at the start and fairly rocky terrain. The first 0.2 miles are the steepest, if this is too much for you, the approximately one mile walk through the Grotto is very lovely. The trail levels off after the first 0.5 mile and offers a great view of Gettysburg at the turnaround point (Indian Lookout). A walking stick and/or binoculars might be handy. Rated: Moderate to Strenuous. Marty Qually lead, Rayna sweep.