



Healthy Adams County Physical Fitness Task Force

2025 SPRING WALKING PARTIES

Maps provided at the walks or online at adamswellness.org

The walks are FREE and open to everyone. Dogs on leashes are welcome except as specified. Bring a bottle of water. Email questions to ejmeyer99@hotmail.com or check facebook.com/healthyadamscounty. **If you walk on your own, send us an email or FB message to count it for perfect attendance. Must attend the last walk to receive a prize.**

Support those who support us: Use as “make-up walk”. Sunday, April 13 at 9:00 “Bruce Hollabaugh 5K Memorial Run”, cost \$40. Sign up at <https://runsignup.com/Race/PA/Biglerville/HollabaughK>.

Wed. Apr 16, 1:00 led walk, GNMP Visitor’s Center. Located between Baltimore Pike and Taneytown Rd. just south of Hunt Ave. Park in Visitor Center Lot 3. Use the wooded trail to walk to Pleasanton Ave, then the road to walk past the PA monument, the Angle and Meade’s Hqtrs and back via another trail. A National Park Service ranger will speak at 1:00 about how to safely walk and bicycle on park roads. *(2-miles, paved and relatively flat)*

Wed. Apr 23, 1:00 led walk, (no open walk) Hoffman Homes, 815 Orphanage Rd, Littlestown. From Gettysburg, take Rt 97 South ~ 5 miles, turn right on Hoffman Home Rd. Go 2 miles, turn right on Orphanage Rd. Turn left at Entrance 2 “Culinary and Educational Services”. Lovely horse pastures and scenic pond. At 1:00 join Sarah Kipp, Conservation Director with the Land Conservancy with info on nearby lands. *(~2 miles, paved, gravel and grassy trails, relatively flat).*

Wed. Apr 30, 1:00 led walk, Gettysburg College, Park at the intersection of W. Broadway and West Drive near the College pond. Walk around campus & enjoy the “Silly Walk” activity. *(~2 miles mostly flat sidewalks, a little shady).*

Wed. May 7, 1:00 led walk, GNMP Old Golf Course, 730 Chambersburg Rd. Walk the old golf cart path, part of the GNMP. Join Gettysburg YMCA Executive Director Lisa Platt at 1:00 to learn about what’s new at the Y. *(~2 miles, some trail walking, mostly flat, paved trail)*

Wed. May 14, 1:00 led walk, OAKSIDE, 2880 Table Rock Road, Biglerville. Park by the office building at the front. Bring your kids for a BINGO scavenger hunt & post a picture of you with one of the BINGO items on Facebook to be entered to win a ticket to our Ice Cream Walk. Join Anne Gageby, education director for Strawberry Hill at 1:00 to learn about trees, plants and animals found at Oakside. *(~ 2 miles, mostly flat, gravel trail, some paved, very scenic)*

Wed. May 21, 1:00 led walk, Daniel Lady Farm. 1008 Hanover Rd, Gettysburg. Park in the gravel lot by the entrance (near the red barn). Join Randy Phiel, Daniel Lady Farm volunteer and County Commissioner, at 1:00 to learn about the history of the farm property. *(1.6 miles, rolling hills, gravel trail, some open fields, some wooded areas, all historic)*

MON. May 26, 8:00 AM, 10th Anniversary! Highmark Wholecare Memorial Day FREE 5K, Wyndham Hotel, Gateway Complex. Arrive 30 minutes early to register. Race/walk kicks off from the Wyndham Hotel in the Gateway Complex off Rtes 30 and 15. Medals for all who finish. *(3.1 miles, paved roads, some gentle hills).* Expanded post-race activities for 10 yr celebration. *(Not needed for perfect attendance, but can be used as a make-up walk towards perfect attendance)*

Wed. May 28, 1:00 led walk, Gettysburg College/Peace Light, 300 W.Lincoln Ave. Walk from the Gettysburg College Musselman Athletic Field parking lot to the Peace Light. Join Julie Aha, owner Gettyoga at 1:00 to learn about the benefits of yoga and moving with awareness of the five senses. *(3-miles, on paved road, sidewalk and a bit on gravel trail and is a bit hilly with little shade.)*

Wed. June 4, 1:00 led walk, Carroll Commons, 5685 Fairfield Road, Carroll Valley. At 1:00 join Audubon Society members Deb Siefken and Carol Deardorff to learn about bird-watching. We will walk the 1-mile trail and will add on a ½ mile extra to the fishing pond. *(pea gravel, relatively flat, partly wooded trail)*

Wed. Jun 11, 1:00 led walk, United Lutheran Seminary. park at the Seminary, 61 Seminary Ridge and meet at the pavilion near the YMCA. Join Jill Sellers, Executive Director of Main Street Gettysburg to learn about their plans for Baltimore Street *(~2 miles, some hills, gravel and paved).*

Perfect Attendance Prize – Ice Cream Walk Ticket