



Healthy Adams County Physical Fitness Task Force

2025 FALL WALKING PARTIES **ver 8/21**

Maps online at <https://adamswellness.org> or on Facebook

The walks are FREE and open to everyone. Dogs on leashes are welcome except as specified. Wear good walking shoes and bring a bottle of water. Email questions to ejmeyer99@hotmail.com or check facebook.com/healthyadamscounty

Please note: Walks are at 1:00 PM except as noted. If you can't make 1:00 please walk on your own, send us an email or FB message to count it toward perfect attendance. Must attend the last walk to receive prize.

MON. SEP 1, 8:00 AM, Highmark Wholecare Labor Day FREE 5K, Wyndham Hotel, Gateway Complex. Arrive 30 minutes early to register or signup in advance at <https://runsignup.com/race/PA/Gettysburg/LaborDayFree5k>. Race/walk kicks off from the Wyndham Hotel in the Gateway Complex off Rtes 30 and 15. Medals for all children who finish. (~3.1 miles, paved roads, some gentle hills) Can be used as a make-up walk towards perfect attendance.

Wed. SEPT 3, 1:00 led walk, Bantam Coffee Shop to Culps Hill. Park in the lot behind Bantam Coffee 82 Steinwehr Ave. Before we start learn a little about special coffee shops. The walk will be down Steinwehr, across Baltimore and out-and-back to Culps Hill. (2.8 miles on paved roads and sidewalks, a bit hilly with some shade and great views). Learn a bit about coffee.

Wed. SEPT 10, 1:00 led walk, Land of Little Horses, 125 Glenwood Dr, Gettysburg. Walk the scenic roads around this park and enjoy the many penned animals, including the little horses. The gift shop will be open, including sales of food to feed the animals. (~1 miles, flat, gravel surfaces, walk it 2 or 3 times if you like).

Wed. SEPT 17, 1:00 led walk, Gettysburg Rec Park to GIL Bridge. Park at the Charlie Sterner Building, 545 Long Lane. Walk around the Rec Park to Howard Ave out to the GIL Blue Bridge then back on Howard and complete the GARA trail. (1.8 miles, paved/gravel, mostly flat, some shade.) Join Janelle Gilbert, Fitness Director of the YMCA to learn about balance and posture.

Wed. SEPT 24, 1:00 led walk, Amblebrook. 25 Lively Stream Way, Gettysburg. Park in front of the Welcome Center. The walk circles the property's 2 ponds, passes the Fitness and Community Centers, some residential areas through a nicely wooded section. (2-miles, paved/gravel, part flat, part rolling hills, a little shade). Speaker TBA

Wed. OCT 1, 1:00 led walk, GNMP North Trail. Park at 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 to the Ag Center. (1.9 miles on sidewalks and roads, mostly flat with some hills and some shade). Join Eric Meyer of H.A.B.P.I. to learn about their work in building trails including the Gburg Inner Loop and current work on Boyd's School Road.

Wed. OCT 8, 1:00 led walk, Hollabaugh's Orchards. 545 Carlisle Rd, Biglerville. Enjoy fall's colors by walking the orchard lanes of the farm. Follow a trail guide to learn about what you see. Sorry, no dogs allowed. Enjoy apples & cheese to celebrate the fall season. (Almost 2 miles, gravel trail, a bit hilly)

Wed. OCT 15, 1:00 led walk, McSherrystown. Park at St. Joseph Academy 69 Main St, McSherrystown, in the Convent Lot, turn into a one-way driveway, at the split go right. There is a Sacred Heart Statue surrounded by flowers in the lot. The walk is on trails around neighborhoods and out to their new community park. (~2.5 miles, mostly flat, some shade, trail). Speaker TBA.

Wed. OCT 22, 1:00 led walk, LITTLESTOWN FALL FOLIAGE. Park at the high school, 200 E. Myrtle Ave, Littlestown, or along Crouse Ave. Check-in at the Crouse Park Gazebo. Walk the quiet neighborhood streets while enjoying spectacular fall colors. (2-miles, paved, relatively flat,) Speaker TBA.

THUR. Oct 30, 10:00 AM HIKE, 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.

Perfect Attendance &/or Completion of Exercise Goals Chart Prize –

T-shirt & Gift Card to Adams County Farmer's Market