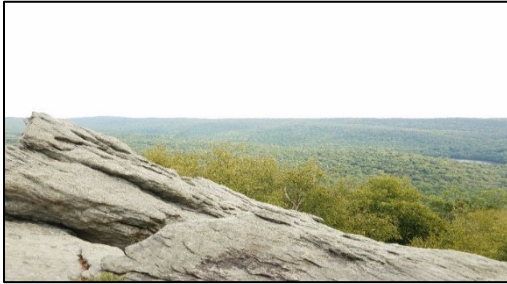




Sponsored by: The Physical Fitness Task Force



WINTER 2025 Hiking

These fully guided hikes are open to all, but the degree of difficulty is noted on each hike; we will take breaks and maintain a moderate group pace. **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 .

Just FYI: "First Day Hikes" Monday, Jan. 1: Caledonia State Park, 10 AM, leaving from Oak Pavillion, 2 miles; Pine Grove Furnace State Park, 1 PM leaving from Fuller bathhouse, 2 miles; These are park-led hikes, see their websites for details.

Sunday, Jan. 5, 1:30 PM: Caledonia State Park, 101 Pine Grove Rd, Fayetteville. Park in Lot 2 (the one past the swimming 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. The trail is rocky with light elevation, easy. OR opt to climb up the AT and down the 3 Valley Trail – moderate/hard. There will be a leader for both hikes.

Wednesday, Jan. 22, 9:30 AM: Canada Hollow 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 Mileburn (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...)

Sunday, Feb. 2, 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 *moderately strenuous hike* with 1000 feet of elevation gain over the first 2 miles, we will take breaks, but do expect to be challenged.

Sunday, Feb 16, 1:30 PM: Gettysburg National Military Park Slyder Farm and Big Round Top. 2.5 to 4 miles. Take Business 15 (Steinwehr Ave/Emmitsburg Road) South from Gettysburg. Turn left on South Confederate Drive (into battlefield). Park in lot on right before the road becomes one-way. Parking is also allowed on the right-hand side of the one-way section of South Confederate (beyond the parking lot), but not along the two-way portion of S. Confederate. The hike crosses Slyder Farm's fields, then climbs through the woods at the base of Big Round Top and returns across a different portion of Slyder Farm. The optional add-on is to the top of Big Round Top – at times a steep climb but rewards you with lovely views. Expect a quiet winter experience reminiscent of the nineteenth century. Moderate difficulty.

Thursday, March 6, 9:30 AM: 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*.

Saturday, Mar 15, 10 AM: Strawberry Hill Nature Preserve, 1537 Mount Hope Road, Fairfield PA, 3.3 miles. The hike will be on the Nature trail and Swamp Trail, unless these are too muddy, then we'll choose a higher trail. The hike is moderate to easy, including a rock-hopping stream crossing.

Saturday, Mar 29, 1:00 PM: Gettysburg Rec Park to Pickett's Charge Field. 4 miles. Park at the Sterner Building at the Rec Park, 545 Long Lane, Gettysburg. The hike will use the Biser Trail to get to Howard Street, then neighborhood streets to the Armory onto W. Confederate Ave. At the VA Memorial the hike will head left across the fields used by Pickett's troops, emerging onto Hancock Avenue by The Angle. The hike then returns via neighborhood streets. Expect a quiet winter experience. Relatively flat, part gravel/dirt trail, part roadways and sidewalks. *Easy, but longer*.

Strawberry Hill Nature Preserve also has several hikes planned during this period, some Free, some \$5, all require RSVP. See their website for details, <https://www.strawberryhill.org/at-a-glance..>