



Sponsored by:
The Physical Fitness Task Force



Summer 2024 Hiking

Hike your way to better health with The Physical Fitness Task Force's guided Summer Fitness Hikes! These fully-guided hikes are open to beginner and seasoned hikers; we will take breaks as necessary 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.

Saturday June 22, 9:00 AM. Mount Hope Trail System, 4 miles. Park in state forest lot at 2928 Mount Hope Rd, Fairfield, PA. The hike will be on both the Copper Run and the Culp Ridge Trails. Both are fairly rock free. There will be a hike leader and guide walking "sweep". There will be occasional breaks. Approximately 2 hours. Moderate trail

Tuesday July 2nd, 9:00 AM – Raccoon Run from the Totem Pole Parking lot, Park at 9555 Golf Course Rd, Fayetteville, PA – near the Totem Pole Theater across from Caledonia State Park. This is an out-and-back 8 mile hike through mature forest with a few reasonably challenging steep sections, moderate difficulty overall.

Thursday, Aug 1, 9:00 AM. Middle Creek Trail, Strawberry Hill Nature Preserve. Park in the lot across from the pink house, 1537 Mount Hope Rd, Fairfield, PA. 1.0 to 3.0 mi, pending weather. www.StrawberryHill.org. More information closer to the hike date.

Other hikes and walks may be added as leaders are found.