

Sponsored by: The Physical Fitness Task Force

## June & July 2026 Walks & Hikes



Hike your way to better health with The Physical Fitness Task Force's guided Summer Fitness Hikes! Some of these fully-guided hikes are appropriate for beginner and seasoned hikers. A few, as described below, are more difficult. We will take breaks as necessary and have a sweep to make sure no one is left behind.

**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](http://www.facebook.com/healthyadamscounty).

**Wednesday June 17, 9:00 AM. Camp Michaux and Sunset Rocks, 4.6 miles.** Park at Camp Michaux, on Michaux Rd close to Bunkerhill Rd. Using google maps enter "Camp Michaux Trialhead Parking". From the Appalachian Trail Museum in Pine Grove Furnace State Park drive 1.4 miles south on PA-233. Take a right on Michaux Rd. Go 1.4 miles, the lot will be on the right. Hike will take approximately 3 hours. Moderate trail except the rock climb along Sunset Rocks is difficult. 640 feet of elevation gain. Eric leading. Betsy sweep

**Wednesday July 1, 9:00 AM, 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, shady – easy walking. Betsy Meyer lead.

**Saturday July 11, 9:00 AM – Old Forge State Picnic Area South on the AT, 3.75 miles.** 8006 Old Forge Rd, Waynesboro. The hike goes south on the AT, picks up a logging road to Rattlesnake Run Rd to connect back to the AT. It has an elevation gain of 500 feet (50 flights of stairs) over the first 45 minutes and is rocky – rated moderate to difficult. Carol Dearnorff lead

**Saturday, July 18, 9:00 AM – Caledonia St Park – Charcoal Hearth Trail, 2.7 miles.** Take Rt 30 West to the traffic light at 233. Turn right on 233 and immediately right into the Furnace parking lot. This is the longest and most rugged trail in the park. It climbs steeply for 10-15 minutes to Graeffenburg Mountain before leveling off, then descends gradually, ending by a quiet stream near the Furnace Dam. On the descent, watch for four historic charcoal hearths and an old wagon road. This hike is strenuous at the start. Patty Weaver leading

**Wednesday, July 22, 9:00 AM – Carroll Commons – 5685 Fairfield Rd, Carroll Valley.** Walk the 1-mile, partially shaded trail with a ½ mile add on to the fishing pond. Trail is pea gravel, relatively flat and partly wooded.

**Wednesday, July 29, 7:00 PM – Summer Garden WALK.** Meet in the Howard Avenue Parking Lot at the back of the Gettysburg Rec Park (across from 339 S. Howard Ave). We will walk 1.5 miles while visiting 6 neighborhood gardens. The walk should take 1 to 1.5 hours depending on the time we spend admiring the gardens. Please let us know if you have questions.

**Tuesday, August 18, All Day – 8<sup>th</sup> Annual Ice Cream Walk.** Tickets available for purchase at Mr. G's Gift Shop, Walk up to 2-miles (from Friendly's to Gettysburg Chocolate Market) while enjoying 5 small (to very small) cones from your choice of 5 different locations.