



Healthy Adams County Physical Fitness Task Force

2022 FALL WALKING PARTIES



A map will be provided at the walks or online at adamswellness.org

The walks are FREE and open to everyone. Dogs on leashes are welcome except at orchards. Wear good walking shoes and bring a bottle of water. Email questions to jgastley2@wellspring.org or check facebook.com/healthyadamscounty

We are continuing the Wednesday walks and the extended hours of 1:00 PM to 6:00 PM with the exception of **Oct 5 and Oct 19. Send us an email or FB post letting us know that you did the week's walk on your own, it will count towards perfect attendance. Must be present at the last walk to receive prize.**

MONDAY SEPTEMBER 5, 8:00 AM, Highmark Wholecare Memorial Day FREE 5K, Wyndham Hotel, Gateway Complex. Arrive 15 minutes early to register. 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) Not needed for perfect attendance, but can be used as a make-up walk towards perfect attendance.*

Wednesday SEPTEMBER 7, Eisenhower Farm, Park at the Eisenhower Farm parking lot, accessed from Emmitsburg Road just south of where it crosses Confederate Avenue. There will be a fun Kid's Scavenger Hunt so Bring Your Kids! Walk the loop around the farm. Post a picture and be entered to win a hand carved walking stick. *(~1 mile, paved trails, a little hilly).*

Wednesday SEPTEMBER 14, Carroll Commons, 5685 Fairfield Road, Carroll Valley. Walk the 1-mile scenic and partially wooded trail as many times as you like. *(pea gravel, relatively flat, partially wooded)*

Wednesday SEPTEMBER 21, Gettysburg Rec Park, park at the Charlie Sterner building 545 Long Lane. Bring the kids and/or dogs to enjoy the playgrounds or dog park. Walk the Biser Trail to West street, pick up the Gettysburg Inner Loop (GIL) trail to the new blue bridge (just before Middle St), return and then walk the rest of the Biser trail as many times as you like. Join Erin Pedigree, Executive Director of the park, at 1:00 to walk the 1-mile Biser trail and learn about what's happening at the park. *(~2 miles, flat and paved, some shade).*

Wednesday SEPTEMBER 28, GNMP National Cemetery, Park at the National Cemetery parking lot, accessible from Taneytown and Steinwehr Ave. The walk will go to Meade's Headquarters, the Visitor Center, the PA Monument and back. Join Dr. Julie Falk, *a certified mindfulness teacher as well as a former park interpreter and naturalist*, at 1:00, to explore different ways to bring awareness to this walking experience, cultivating mindfulness of the body and of how the surroundings interact with our perceptions. The walk is 2.3 miles in length, on mostly flat pavement. We'll take our time, so you can expect to spend about 90 minutes walking.

Wednesday OCTOBER 5, 4:00 to 6:00, 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, road surfaces, walk it 2 or 3 times if you like)*

Wednesday OCTOBER 12, CROSS KEYS COMMUNITY PARK, 785 Berlin Road, New Oxford. Walk on the 0.9 mile trail around the developing Cross Keys Community park, with soccer and ball fields, dog park and play ground. *(0.9 miles – or more if you walk it 2 or 3 times, good trail surface, relatively flat, not much shade.)*

Wednesday OCTOBER 19, 1:00 to 5:00, Hollabaugh's Orchard, 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 at our last walk of the fall season. *(Almost 2 miles, gravel trail, a bit hilly))*

Perfect Attendance Prize – \$5 Gift Card for Hollabaugh's