



Healthy Adams County Physical Fitness Task Force



2024 FALL WALKING PARTIES (& hikes)



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 2, 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 4, 1:00 led walk, Meade's Hqtrs to Little Round Top, Park in the Cemetery Overflow lot which is across the street from the Soldier's National Cemetery Parking Lot. Walk to the newly re-opened Little Round Top. (~2 miles on paved roads, sidewalk, a bit on gravel trail and is a bit hilly with some shade and great views).

Wed. SEPT 11, 1:00 led walk, East Berlin Community Park, 523 North Ave, East Berlin. We will do a loop of the 0.4 mile lovely community park trail, then walk into town for a total of 2 miles. (Walk is mostly flat on sidewalks). Speaker – TBA

Wed. SEPT 18, 3:00 led walk, 3:00 – 5:30 open, 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). 3:00 speaker from Land of Little Horses

SAT. SEPT 21, 1:00 HIKE. Strawberry Hill Nature Preserve. (~1 mile, rocky trails, shady, a bit hilly). Hike the nature trail as part of Strawberry Hill's Free Trailgating event, <https://www.strawberryhill.org/new-events>. Can be used as a makeup walk

Wed. SEPT 25, 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 and through the residential area. (2-miles, paved, part flat, part rolling hills, not shaded). Resident Julie Laux will join to tell us a lot about Amblebrook.

Wed. OCT 2, 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). Speaker to be announced.

FRI. OCT 4, 3:30 PM. Boyer's Nursery, 405 Boyer Nursery Rd, Biglerville. **HIKE.** Free 1-mile hilly hike through orchards and woodlands. Registration requested: [South Mountain Partnership · Walk and Talk with the Land Conservancy of Adams County \(lglforms.com\)](https://www.landconservancy.org/). This hike can be used as a make-up walk.

Wed. OCT 9, 1:00 led walk, Cross Keys Village, 2990 Carlisle Pike, New Oxford. Park at north Union square, when you enter from Route 30 it's the first parking lot on your right side. Join Erika Lucas, Wellness Specialist to learn about Cross Keys Village. Enjoy a 2-mile walk around the campus. (mostly flat, sidewalks, a little shade).

Wed. OCT 16, (LAST WALK) 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. This is the final walk – perfect attendance will be awarded at this walk.

Sat. NOV 2, 9:00 AM, HIKE - Mount Hope Trail System, 3 miles. Park in state forest lot at 2928 Mount Hope Rd, Fairfield, PA. The four-mile hike on three trails - Mt. Hope, Copper Run, and Culp Ridge will be a nice loop hike at this time of year. Join hike leader Tom Kiniry and Carol Deardorff.

Perfect Attendance Prize – \$10 Gift Card to Adams County Farmer's Market