HEALTHY ADAMS COUNTY

Sponsored by: The Physical Fitness Task Force



FALL 2026 Hiking

These fully guided hikes are open to all. However, the degree of difficulty is noted on each hike please choose ones that will be fun for you. We will take breaks and maintain a moderate group pace. ***Trails may be uneven or muddy.*** **Please wear sturdy hiking shoes and bring water. Walks are held rain or shine. In case of severe weather please check www.facebook.com/healthyadamscounty .**

Wed. Oct 28, 9:00 AM Hike, "Smoke" Zimmerman Cross-country Ski Trail, Head west on Route 30 to the traffic light at PA route 233 – turn left here (turning right goes to Caledonia State Park). After the left on 233, turn left onto Golf Course Road, at approximately a half mile turn right onto New Baltimore Road, staying left on New Baltimore Road continue until you reach the three gates and park but do not block the gates. Cross-country Ski Trail Parking Coordinates: (39.89602,-77.47165), 501-1779 New Baltimore Rd, Fayetteville, PA 17222. This will be a 4-mile, moderate hike, mostly flat with some not-too-steep hills. Carol Deardorf leading

Wed, Nov 11, 9:00 AM Hike, Mary Ann Furnace Trail, 1773 Black Rock Rd, Codorus State Park, Hanover. Meet at the trailhead parking lot. The trail is nicely wooded with a portion along the lake. It is mostly dirt/rocks with a short grassy section, relatively flat with one slightly steeper climb – rated for all levels of hikers. Easy to Moderate Patty Weaver leading

Saturday, Nov. 14, 9:30 AM: Mount Holly Preserve, 2.5 – 4 miles. The entrance to the preserve is located in the 100 block of S. Baltimore Avenue/PA Route 34. Address is 1 Lakeside Drive, Mount Holly Springs. We will hike the 2.2 mile Marsh Loop Trail. The Mounty Holly Preserve consists of a 700 acres upland forest and a 200 acres marsh preserve. In the valley, where several springs feed into a marshy area, you will find black ash, red maple, winter berry, spice bush, holly and poison sumac. Hike is relatively flat. Easy to moderate. Carol Tucker leading

Thursday, November 19, 9:00 AM – Traverse Extended Loop and Moss Trails, 6.0 miles. Park in the small lot on rt 233 just north of Ridge Road. (If you take 233 from Pine Grove Furnace State Park, heading north, then the lot is just beyond Ridge Road). Or turn east onto Ridge and park at many places along Ridge near 233. This hike begins with a ½ mile slight uphill to get to the loop. Then there is a long, sometimes steep 2-mile descent to the creek(s). Creek crossing with no bridge just rock hopping. Then a 2-mile ascent, sometimes steep and finally a slight downhill ½ mile finish back to the start. The woodlands are quite diverse even including a meadow. This hike is closer to strenuous than moderate. Betsy and Eric Meyer leading.

Sunday, Nov 29, 1:30 PM: Gettysburg National Military Park. Park at the PA Monument at the corner of Hancock and Pleasanton Avenues. The hike is about 4.3 miles on grassy trails, roads and woodland trail crossing through a bit of the wheatfield. The hike is mostly flat, but there is a climb up to and over Little Round Top. Sections of the trail could be a bit muddy if we get rain the day or two before the hike. Mostly flat and easy, with a little bit of climb. Eric Meyer lead

Wednesday, Dec 2, 1:00 PM, 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 – easy walking. Linda Bennet lead.