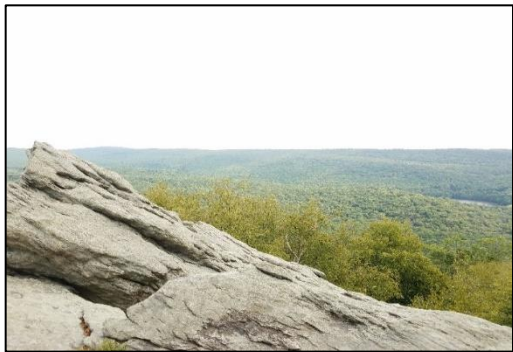




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The Physical Fitness Task Force



FALL 2023 Hiking

Hike your way to better health with The Physical Fitness Task Force's guided 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 .

Sunday, Oct. 29, 2:00 PM. Caledonia State Park, Ramble Trail. 2.3 miles. Park in Lot 2 (the one past the swimming pool). The trail follows the millrace of an old rolling mill. It passes through one of the oldest white pine plantations in Pennsylvania and is a great place to see woodland birds. The trail is rocky with light elevation, easy. Optional hike on the AT for those wanting more challenge. There will be two leaders. Approximately 1.5 hours. Ramble is easy, AT is moderate/hard.

Saturday, Nov. 11, 1:30 PM. Pole Steeple. 3.5 miles, loop. Park at the Pole Steeple Parking Lot, off the Old Railroad Bed Road off Pine Grove Road. The hike will be up the Pole Steeple trail back to the AT, down the AT and finish flat on Old Railroad Bed Road. The climb up Pole Steeple is steep and slow. The rest is downhill or flat. Hard at the start then easy finish.

Sunday, Nov. 26, 1:30 PM. Gettysburg National Military Park Slyder Farm and Big Round Top. 2.5 to 4 miles. Take Business 15 (Steinwehr Ave/Emmitsburg Road) South from Gettysburg. Turn left on South Confederate Drive (into battlefield). Park in lot on right - before the road becomes one-way. Parking is also allowed on the right-hand side of the one-way section of South Confederate (beyond the parking lot), but not along the two-way portion of S. Confederate. The hike crosses Slyder Farm's fields, then climbs through the woods at the base of Big Round Top, and returns across a different portion of Slyder Farm. The optional add-on is to the top of Big Round Top – at times a steep climb, but rewards you with lovely views. Expect a quiet winter experience reminiscent of the nineteenth century. Moderate difficulty.

Sunday, Dec. 3, 2:00 PM. Boyer's Nurseries, 405 Boyer Nursery Rd, Biglerville. Details – to be announced

Saturday, Dec 9, 11:00 AM. KNORR & SCOTT ROADS. Park at The Ryan's house at 380 Knorr Rd. The led walk is on a very quiet rural road with beautiful scenery and mostly preserved land. The walk will also venture onto a short meadow trail that meanders along Marsh Creek and then ends with a lookout pier over the creek. The walk is partly along the escape route used by General Lee and the confederates. (~2.5 mile, mostly road, short trail section, partial shade, rolling hills).