



Healthy Adams County Physical Fitness Task Force

2026 SPRING WALKING PARTIES – Maps available

on Facebook or at <https://adamswellness.org/walking-routes-of-adams-county>

The walks are FREE and open to everyone. Dogs on leashes are welcome except as specified. Bring water. Email questions to ejmeyer99@hotmail.com or check facebook <https://www.facebook.com/healthyadamscountypa>. **If you walk on your own, send us an email or FB message for perfect attendance. Must attend last walk to receive a prize.**

Join the “Step Up For History – 250K!” Campaign. Log your steps at:

<https://www.homeinadamscounty.org/stepup4history> Earn a prize when you hit 250,000 steps.

Wed. Apr 15, 1:00 led walk, Gettysburg College/Peace Light, 300 W.Lincoln Ave, Musselman Parking Lot. Walk from the Gettysburg College Athletic Field lot to the Peace Light. Liz Haberman, historian, will give a brief talk about the monument. (3-miles, on paved road, sidewalk and a bit on gravel trail and is a bit hilly with little shade.)

Wed. Apr 22, 1:00 led walk, Cross Keys Community Park, 785 Berlin Road, New Oxford. Walk on the 1-mile trail around the Cross Keys Community park, with soccer and ball fields, dog park and playground. Join Holly Cookerly, CPR trainer, in a brief CPR overview near the finish. **NEW** – In addition to our usual led walk, a slower-paced led walk will also be offered. The normal walk will do the loop twice for 2 miles, the slower-paced walk may stop after 1 mile. (trail surface, flat, not much shade, the ¼ mile of new trail has somewhat larger gravel – maybe wear sturdy shoes).

Wed. Apr 29, 1:00 AND 4:00 led walk, Adams County Winery, 251 Peach Tree Rd, Ortanna. Check-in by the pavilion. Walk around vineyards, gardens and buildings of the winery. (Walk is 2 miles, flat and hilly, some gravel some field grass. Join the winery manager at the start to learn what’s happening there.

Saturday, May 2, 10:00 AM, hike. Strawberry Hill Nature Preserve, 1537 Mount Hope Rd, Fairfield. Join Strawberry Hill’s education director or naturalist for a “Salameander” slow-paced, short hike and spot some spring salamanders along the way. (1 mile, woodland trails, relatively flat but has one steep, but short incline)

Wed. May 6, 1:00 led walk, GNMP Old Golf Course, 730 Chambersburg Rd. Walk the old golf cart path, part of the GNMP. Very scenic and natural grasses with a pond. Join Wellspan’s Laura Moser at 1:00 to learn about breast cancer prevention. (~2 miles, some trail walking, mostly flat, paved trail)

Wed. May 13, 1:00 led walk, OUTLETS, 1863 Gettysburg Village Drive. Meet at the gazebo. Walk around the Outlets, Core, and down a scenic road to the Holiday Inn Express. Join Christine Demas, Chair of Mt Joy Township Supervisors, at 1:00 to learn what’s happening at the Outlets. (~2 miles of sidewalk and roadways, mostly flat but one hill).

Wed. May 20, 1:00 led walk, Littlestown Park. 151 E. Lakeview Dr, Littlestown. Park in the lot behind the YMCA. Walk around the playground, fitness trail, through the woods and into the new neighborhood. **NEW** – In addition to our usual led walk, a slower-paced led walk will also be offered. The normal walk will be 2 miles, the slower-paced walk may be less. (paved trail/sidewalk, mostly flat but hilly through the woods).

MON. May 25, 8:00 AM, Highmark Wholecare Memorial Day FREE 5K, Wyndham Hotel, Gateway Complex. Preregister at RunSignUp.com or arrive 30 minutes early. Race/walk kicks off from the Wyndham Hotel in the Gateway Complex off Rtes 30 and 15. Medals for all youth. (3.1 miles, paved roads, some gentle hills). (Can be used as a make-up walk)

Wed. May 27, 1:00 led walk, PA Monument to Little Round Top. Park by the PA Monument, 350 Hancock Ave. Walk the road to the new trail leading to Little Round Top, 2.2 miles round trip. (roads and gravel trail, some flat, a lot hilly)

Wed. June 3, 1:00 led walk, OAKSIDE, 2880 Table Rock Road, Biglerville. Park by the office building at the front **NEW** – In addition to our usual led walk, a slower-paced led walk will also be offered. (~ 2 miles, mostly flat, gravel trail, some paved, very scenic)

Wed. Jun 10, 1:00 led walk, Historic Gettysburg. Park at the Gettysburg Rec Park, 545 Long Lane and walk to the home of Salome "Sallie" Myers Stewart and hear about her life during the civil war from her great x3 granddaughter, Anne Gageby. This is an official 250 America PA Adams County event. (~2 miles, mostly flat, sidewalks and Biser Trail)



Perfect Attendance Prize – Ice Cream Walk Ticket