

Hike your way to better health with The Physical Fitness Task Force's guided Winter 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](http://www.facebook.com/healthyadamscounty). There may be more Wednesday hikes, email [jgastley2@wellspan.org](mailto:jgastley2@wellspan.org) or check Facebook for updates.

**WEDNESDAY, Dec 7th at 9:30 AM at Strawberry Hill Nature Preserve, 1537 Mt. Hope Rd, Fairfield. 3.5 miles**

Meet across the street from the parking lot. We will take the Nature Trail to the Swamp Trail with an option to climb to Baker's Knob (moderate/hard) or continue around the Swamp Trail (easy/moderate). There will be a leader for both.

**Saturday, Dec 17<sup>th</sup> 1:30 PM, 2 to 3.5 miles each. Elizabeth DiNunzio Trail at Mount St Mary's with optional**

**walk to the Grotto.** Meet at the intersection of Parking Lots A and B by the Athletic Center, 16300 Emmitsburg Rd, Emmitsburg, MD. From Interstate 15, 2 miles south of the PA border, take a left on College Lane and proceed to parking lots. The trail is relatively flat and is constructed of either gravel or sidewalk. Add on an optional walk to the Grotto, Easy

**Saturday, Dec 31st 1:30 PM at Kings Gap State Park, sponsored by Kings Gap.** Join Kings Gap staff to end the year with this free hike. Leashed dogs are welcome, **Meet outside the education building** Please check the Kings Gap Facebook page prior to arrival. For more info, contact: [ra-nrspkingees@pa.gov](mailto:ra-nrspkingees@pa.gov) or 717-486-3799

**Sunday, Jan 1<sup>st</sup> First Day Hikes sponsored by the PA State Parks: 9:00 AM at the Caledonia Ramble Trail,** meet at the Pine Pavillion for a 2.2 mile easy hike. For more info call Caledonia St Park at 717-352-2161. **10:00 AM on the Beaver Trail,** meet at Michaux Target Range, 150 Birch Run Rd, must RSVP: <https://forms.office.com/g/WVfREDVWAe> **1:00 at Pine Grove Furnace Fuller Lake,** For more info call (717) 486-7174.

**SUNDAY, Jan 15th 1:45PM, Indian Lookout, St Mary's Cemetery, Emmitsburg, MD 2.5 miles.** Take U.S. 15 south, past Mount St Mary's College and make a right turn on Motter Rd, a quick left on St Anthony's Rd and right on Grotto Rd. Follow it to the parking lot for the Grotto and cemetery. This is a more challenging hike due to some steep hills at the start and rocky terrain. The first 0.2 miles are the steepest, if this is too much, the one mile walk through the Grotto is very lovely. The trail levels off after the first 0.5 mile and offers a great view of Gettysburg at the turnaround point (Indian Lookout). A walking stick and/or binoculars might be handy. Due to parking issues, please do not arrive before 1:15, this hike starts at 1:45.

**Saturday, Feb 4<sup>th</sup> 1:30 PM. Caledonia State Park Ramble Trail or AT. 2.3 miles.** Park in Lot 2 (the one past the swimming pool). The Ramble 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. OR opt to climb up the AT – moderate/hard. There will be a leader for both hikes.

**Sunday, Feb 19<sup>th</sup> 1:30 PM. Gettysburg Nat'l Military Park Amphitheater, 2 miles.** Park at the GNMP amphitheater on W. Confederate Avenue between Fairfield Rd and Millerstown Rd. Walk/hike on both the equestrian trail and Confederate Ave. The hike can be extended by walking to the Observation Tower.

**Sunday, Mar 26, 1:30 PM Heritage Trail/AT to Chimney Rocks – starting from Old Forge Picnic Grounds, 5 miles.** Park in the picnic area, 8006 Old Forge Rd, Waynesboro, PA. The hike is on the Appalachian Trail (AT) until we pick up the Heritage Trail which is uphill to a rock formation called Chimney Rocks. The views are great including a lot of Michaux State Forest and the Waynesboro Reservoir. The hike returns to the parking lot via the AT. This is a moderately strenuous hike with 1000 feet of elevation gain over the first 2 miles, we will take breaks, but do expect to be challenged.