

SPRING 2016 Walking Parties

Sponsored by

The Physical Fitness Task Force of Healthy Adams County



Nine group walks for novice and experienced walkers of all ages.

*****A detailed walking map/route will be provided at each walk*****

Wear good walking shoes and bring a bottle of water! Walks are held rain or shine (except for thunderstorms and severe weather).
Please call 337-4137 OR check the **Healthy Adams County FACEBOOK PAGE** to confirm if severe weather is forecast.

Two New Features this year: **1. A contest with both a Fitbit and a \$100 Farmers Market gift certificate as prizes for the 2 people bringing the most friends with them to the walks.** **2. A Huge Adams County wide walking event called “Come Walk With Me” from 2-5 PM on Apr 30 that will be a “make-up” event for attendance.** See www.adamscountycomewalkwithme.org or www.healthyadamscounty.org for details on these new items.

Wednesday Evenings, April 27 to June 15, 2016

Registration is 5:15 to 6:15 p.m.

- Apr 27**
(new walk!) **Gettysburg Day Spa** - (*Kick off the 2016 National Park Service’s Centennial!*) Park at the Gettysburg Day Spa, 730 Chambersburg Rd and walk the old golf cart path, part of the GNMP. (~2 miles, some trail walking, mostly flat, paved roads)
- May 4**
Hoffman Homes – From Gettysburg, take Rt 97 south ~ 5 miles to Hoffman Home Road on the right. Go 2 miles and turn right on Orphanage Rd. Turn left at the entrance “Culinary and Educational Services”, then follow that road into the main parking lot. Enjoy a scenic walk. (~2 miles, mostly paved trail, some grassy walking, relatively flat)
- May 11**
West Confederate Avenue – Park at the YWCA on Fairfield Road and walk out and back on West Confederate Ave. Turn around at the halfway point of your choosing. Enjoy a scenic walk through some woods. (~ 4 miles with a turnaround at Millerstown Road, paved roads, some hills)
- May 18**
Oakside Park -- *Park* at the Oakside Park Chapter House off route 394 in Biglerville. Walk the Oakside Park Trail. Bring your leashed canine companion to enjoy their “doggie park” inside Oakside Park! (Dogs must be cleaned up after). Help support the SPCA’s with your donation of cat or dog food or treats or any items from their wish list at: <http://www.adamscountyspca.org/wish-list.html>. (~ 2 miles, mostly stone/gravel trail, some paved, relatively flat)
- May 25**
PA Monument/Ziegler’s Grove – Meet at parking lot 3 of GNMP Visitors Center located at 1195 Route 97 and walk a loop passed the PA Monument onto Wheatfield road and back via US Ave. (~ 4 miles, walking trail, mostly paved, relatively flat)
- June 1**
(new walk!) **Camp Eder** – 914 Mount Hope Road, Fairfield. Take Rt 116 from Gettysburg, turn right on Bull Frog Road, which turns in to Mt. Hope Rd. The entrance to Camp Eder is on the left, 2 miles past Carrols Tract Rd. Take the entrance road across the bridge and go left at the sign toward the ballfield, then up the hill and park at the chapel. DRIVE SLOWLY. The walk loops through the woods. (~1 to 3 miles, trail, hilly)
- June 8**
(new walk!) **Blue and Grey Remote Control Airfield** - Park at the Blue & Grey Airfield, 360 Cavalry Field Road, just east of Route 30. Walk around the airfield and on Cavalry Road. The Blue and Grey will fly their remote control airplanes while we walk. (~3 miles, flat, road surfaces)
- June 15**
(new walk!) **Hundred Fold Farm**- Park at 1400 Evergreen Way, Orrtanna, PA and walk an updated route on this beautiful farm. End at the new Halbrendt’s Winery where the tasting room and picnic benches will be open. (~2 miles, some trail and some hills)

Dogs on leashes are welcome (must be cleaned up after), and ‘good doggies’ will receive a healthy treat.

For more information call (717) 337-4137, check out our link on www.healthyadamscounty.org, or on FACEBOOK.