



Healthy Adams County Physical Fitness Task Force

2022 SPRING WALKING PARTIES



A map will be provided at the walks or online at adamswellness.org

The walks are FREE and open to everyone. Dogs on leashes are welcome except at orchards. Wear good walking shoes and bring a bottle of water.

We are returning to Wednesday walks but extending the hours to 1:00 PM to 6:00 PM. Send us an email or FB post letting us know that you did the week's walk on your own, it will count towards perfect attendance. Must be present at the last walk to receive prize.

Wednesday April 20, Amblebrook Gettysburg, 25 Lively Stream Way, Gettysburg. Park in front of Heartland Market & Café. The walk circles the properties 2 ponds, goes by the Fitness and Community Centers, and ends with a short walk past some homes. *(2-miles, paved, relatively flat, not shaded)*

Wednesday April 27, Culps Hill from Unity Park, 37 Lefever St, Gettysburg. From the park, head out Wainwright Ave Slocum. When Slocum Ave intersects with Williams Ave, either continue on Slocum to visit Culps Hill and return, or continue on Williams, past Spangler's Spring and return via E. Confederate Ave. Scavenger Hunt for all ages. *(2 to 3 miles, on roads, hilly, partially shaded)*

Wednesday May 4, Gettysburg Outlets, 1863 Gettysburg Village Drive. Park near the Pepperidge Farm store on the south side. We will have Outlet coupons and chance to win a prize. Walk around the Outlets and down a scenic road to White Run Water facility. *(Walk is 2 miles of relatively flat sidewalk and roadways)*

Wednesday May 11, Gettysburg Day Spa, 730 Chambersburg Rd. Walk the old golf cart path- see ponds and nature, part of the Gettysburg National Military Park. *(~2 miles, some trail walking, mostly flat, paved trail)*

Wednesday May 18, Oakside Park, 2880 Table Rock Road, Biglerville. Park in the gravel lot behind the Chapter House office. Bring your kids for the fun BINGO scavenger hunt. Post a picture of you with one of the scavenger items on the Facebook event and be entered to win a FREE ticket to our summer Ice Cream Walk. *(~ 2 miles, mostly flat, gravel trail, some paved, very scenic)*

Wednesday May 25, Gettysburg College, Musselman Parking Lot at the west end of West Lincoln Avenue by the Athletic Field. Great walk for Kids! Winding through the campus follow the signs for Silly and Fun activities. *(almost 2 miles, gravel trails and sidewalks, some shade, mostly flat)*

MONDAY, May 30, 8:00 AM, Highmark Wholecare Memorial Day FREE 5K, Wyndham Hotel, Gateway Complex,. Arrive 15 minutes early to register. Race/walk kicks off from the Wyndham Hotel in the Gateway Complex off Rtes 30 and 15. Medals for all children who finish. *(3.1 miles, paved roads, some gentle hills)*

Wednesday Jun 1, N Trail, Barlow's Knoll, 670 Old Harrisburg Rd activities. Walk the North Trail to Howard Ave, past Barlow's Knoll and back via College Ave and Broadway. *(almost 2 miles, paved, mostly flat, sunny)*

Wednesday Jun 8, Hundredfold Farm, 1400 Evergreen Way, Orrtanna. Walk the gravel roads of this quiet cohousing community and around the adjoining Halbrendt vineyards. *(2 miles, gravel, hilly, some shade)*



Perfect Attendance Prize – Tickets to the August PFTF Ice Cream Walk

**<https://www.facebook.com/healthyadamscounty>, for email contact jgastley2@wellspan.org