



Healthy Adams County Physical Fitness Task Force



DRAFT 2024 SPRING WALKING PARTIES



Maps provided at the walks or online at adamswellness.org

The walks are FREE and open to everyone. Dogs on leashes are welcome except as specified. Bring a bottle of water. Email questions to ejmeyer99@hotmail.com or check facebook.com/healthyadamscounty. **If you walk on your own, send us an email or FB message to count it toward perfect attendance. Must attend the last walk to receive a prize.**

Wed. APRIL 17, 1:00 led walk, 4:00 – 6:00 open, GNMP Visitor's Center. Located between Baltimore Pike and Taneytown Rd. just south of Hunt Ave. Park in Visitor Center Lot 3. Use the wooded trail to walk to Pleasanton Ave, then the road to walk past the PA monument, the Angle and Meade's Hqtrs and back via another trail. Healthy Adams County will speak at 1:00. *(2-miles, paved and relatively flat)*

Wed. Apr 24, 1:00 led walk, 4:00 – 6:00 open, Hoffman Homes, 815 Orphanage Rd, Littlestown. From Gettysburg, take Rt 97 South ~ 5 miles, turn right on Hoffman Home Rd. Go 2 miles, turn right on Orphanage Rd. Turn left at Entrance 2 "Culinary and Educational Services". Lovely horse pastures and scenic pond. At 1:00 join Heather Rohrbaugh, Events Coordinator, to learn about Hoffman Homes. *(~2 miles, paved, gravel and grassy trails, relatively flat).*

Sat. Apr 27, 10:30 AM 405 Boyer Nursery Rd, Biglerville. Ribbon cutting & 1.1 mile hike on the new Trail. Stay tuned

Wed. May 1, 1:00 led walk, 4:00 – 6:00 open, , Gettysburg Nat'l Military Park Amphitheater, Park at the GNMP amphitheater on W. Confederate Avenue between Fairfield Rd and Millerstown Rd. Walk on both the equestrian trail and Confederate Ave. Scavenger Hunt day! *(~2 miles on dirt and paved roads, a little shady and hilly).*

Wed. May 8, 1:00 led walk, 4:00 – 6:00 open, OUTLETS, 1863 Gettysburg Village Drive. Check-in at the gazebo. Walk around the Outlets, Core, and down a scenic road to White Run Water facility. Join Christine Demas, Chair of Mt Joy Township Supervisors, at 1:00 to learn what's happening in Mt Joy. *(~2 miles of relatively flat sidewalk and roadways).*

Wed. MAY 15, 1:00 led walk, 4:00 – 6:00 open, OAKSIDE, 2880 Table Rock Road, Biglerville. Park by the office building at the front. Bring your kids for a BINGO scavenger hunt & post a picture of you with one of the BINGO items on Facebook to be entered to win a ticket to our Ice Cream Walk. Join Dr. Catherine Mauss at 1:00 to learn about strengthening bones and the health benefits of walking. *(~ 2 miles, mostly flat, gravel trail, some paved, very scenic)*

Wed. MAY 22, 1:00 led walk, 4:00 – 6:00 open, Twin Lakes West. West of Gettysburg. Park at Clementina's Pizza, 1685 Fairfield Rd. (enjoy a yummy meal). Take a right out of the parking lot onto Fairplay Rd. then follow the map. Great walk for kids! Throughout the neighborhood follow the signs for silly and fun activities. At 1:00 join Exercise Specialist Stefanie Maitland for the led walk. *(~2 miles-all 3 loops, trail is on quiet neighborhood roads, mostly level, and sunny.)*

MON. MAY 27, 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) Not needed for perfect attendance, but can be used as a make-up walk towards perfect attendance)*

Wed. MAY 29, 1:00 led walk, 4:00 – 6:00 open, Gettysburg College/Peace Light, 300 W.Lincoln Ave. Walk from the Gettysburg College Musselman Athletic Field parking lot to the Peace Light. At 1:00 there will be a group walk led by an historian who will share the history of the Peace Light Monument. *(3-miles, on paved road, sidewalk and a bit on gravel trail and is a bit hilly with little shade.)*

Wed. JUNE 5, 1:00 led walk, 4:00 – 6:00, Carroll Commons, 5685 Fairfield Road, Carroll Valley. At 1:00 join mayor Ron Harris to hear about recreation in Carroll Valley. Walk the scenic 1-mile trail as many times as you like. *(pea gravel, relatively flat, nicely wooded trail)*

Wed. JUNE 12, 1:00 led walk, 4:00 – 6:00, Gettysburg Rec Park. park at the Charlie Sterner building 545 Long Lane. Bring the kids to enjoy the playgrounds or the dog and enjoy the dog park. Walk the GIL trail to the blue bridge, return and then walk the 1-mile Biser trail as many times as you like. Join Steve Neibler, board member for GARA for the 1:00 walk to learn what's new at GARA. Special refreshments for the last walk of the season. *(~2 miles (or more), flat and paved).*

Perfect Attendance Prize – Ice Cream Walk Ticket