



Updated recommendations due to COVID-19

- \* Carpooling optional for the fully vaccinated; face masks recommended in cars
- \* Meals may be eaten together in open air; or inside homes, restaurants or other areas for the fully vaccinated.
- \* Social distancing may also be practiced indoors for those who wish
- \* A hike MAY be offered even if school is closed: Stay tuned to email updates!

**TICK ALERT! All hikes that take place in woods, fields & brushy areas – no matter the season, Ticks Are Active – wear light colors that ticks show up on, use DEET; after hikes in such areas, shower, wash clothes**

*"Going to the woods is going home." – John Muir*

## CRPR Active Adult Center Hiking Schedule – Tuesdays, 2022

*Serving the Townships of College, Ferguson, Harris, Patton, and the Borough of State College*

**Meet at Westerly Parkway Shopping Center parking area 9AM April-October – 10AM November-March**

<b>April 5</b>	\$2	<b>Daffodil Walk:</b> at PA Fish Commission area along Spring Creek, aka " <i>Fischer's Dream</i> ." Woodsy 1 mi. path then optional steep climb to level path overlooking creek.
<b>April 12</b>	\$2	<b>Shaver's Creek Environmental Center:</b> Relaxed hike. Circle Lake Perez or walk partway
<b>April 19</b>	\$0	<b>Greenway Trail → Musser Gap:</b> Hike begins at High Point Park on Whitehall Rd. Easy hike to begin, walking among field & trees. After farm, downhill trail gets steep. And on return, expect hilly incline near farmhouse. Optional: Cross Route 45 & continue hike on wide trail uphill to bridge.
<b>April 26</b>	\$2	<b>Whipple Dam SP:</b> Whipple Lake Trail is good for all skill levels. It is just a bit over 2 mi. The path is relatively flat. Woodpeckers, deer, wildflowers, turtles, frogs, and fish can all be seen.
<b>May 3</b>	\$3	<b>Dogwood Hike along Millers Field Trail:</b> in Rothrock Forest. 3 mile easy hike along wide, tree-lined gravel & dirt path w/much birdsong. Babbling brook accompanies hikers.
<b>May 10</b>	\$4	<b>Martin Gap (Rocky Ridge NA):</b> A "must" in May. Oriskany sandstone, and wild orchids. Extremely rocky terrain. Shorter up/down is steep. Easier ascent also possible.
<b>May 17</b>	\$4	<b>Lower Trail: (rhymes with flower):</b> Smooth rail-trail along Frankstown Branch of Juniata River. <b>*Bring lunch to eat in outdoor pavilion near parking area after hike.</b>
<b>May 24</b>	\$2	<b>Ridgeline Walk:</b> From Metz Manor on Pine Swamp Rd., level muddy hike along MST. At marked crossing take Pine Grove Trail: path changes to short rugged, rocky climb, ending at expansive, forested, semi-level dirt access trail. Easier option: Continue along level muddy MST.
<b>May 31</b>	\$2	<b>Spring Creek Canyon Trail Phase 2: "Old Orchard Loop"</b> Begins with long gradual uphill trek to level path. Shadeless – Recommend sunglasses/hat. Trail in SGL 333 - <b>wear hunter orange</b> or similar. Views of Bald Eagle Ridge, Nittany Mt & Spring Creek Canyon cliffs.
<b>June 7</b>	\$2	<b>Landis Trail:</b> Begin at parking lot along Kepler Rd. on gradual downhill trail. Nice brushy walk thru woods. Take trail marked Doc Detour. Path becomes an upward trail w views across Happy Valley.
<b>June 14</b>	\$3	<b>North Meadows Rd off Bear Meadows Rd:</b> Old gravel road, lovely walk thru woods.
<b>June 21</b>	\$4	<b>Black Moshannon SP (#1) Moss Hanne Trail:</b> along boardwalk, thru woods. Look for insect-eating sundew & pitcher plants in the bog and possibly a snapping turtle.
<b>June 28</b>	\$2	<b>Shingletown Gap:</b> Challenging rocky and rooty uphill trail with stream crossings. See magnificent rock formations & also the foundation of a long-ago house.
<b>July 5</b>	\$0	<b>Rocky Top/Big Hollow:</b> Out & back hike begins at Suburban Park in Ferguson Twp. Walk approx. 2-4 mi according to choice on quiet rural paths & mostly dirt or gravel roads i.e. Rocky Top Lane & Big Hollow Rd. Possibly interact with a small herd of horses.
<b>July 12</b>	\$2	<b>Black Gum Trail to Corner Road:</b> Accessible from Galbraith parking lot, Bear Meadows NA. Easy nature hike with a multitude of plants, butterflies and birds.
<b>July 19</b>	\$3	<b>Colyer Lake:</b> This nice lake walk has beautiful views. A bridge has been installed across the stream below the dam spillway. So you can now make the round trip with dry feet.
<b>July 26</b>	\$2	<b>Spring Creek Canyon Trail Phase 1 – Rock Rd to Shiloh Rd.:</b> Slight rise & dip to begin, flat thereafter. Wide gravel path paralleling Spring Creek.

## CRPR Active Adult Center Hiking Schedule – Tuesday, 2022

### 2022 Continued

Reminder: be aware of ticks! Suggestion: Hikers wear **hunter orange** or similar clothing.

Aug. 2	\$4	<b>Black Moshannon SP(#2)/Shinglemill Trail:</b> Cardinal flowers, many mushrooms. Downstream from dam. 3-1/2 mi hike. Challenging rocky, rooty hills then finishes on partially gravel road.
Aug. 9	\$3	<b>Alan Seeger NA:</b> Cool deep woods & small stream. See “Gert Aron” foot bridge.
Aug.16	\$0	<b>Harvest Fields Community Trails:</b> Trails rise up & wind down the mountainside in the woods behind Calvary Church. In distance, see sweeping views of Happy Valley & Mount Nittany.
Aug. 23	\$4	<b>Bald Eagle SP (#2):.Butterfly Trail:</b> Begins at beach area parking lot, continues past Nature Inn & returns. See lots of pollinators. Sunny. Wear your hat and sunglasses. <b>*Bring LUNCH to eat after hike at outdoor pavilion adjacent to parking lot</b>
Aug. 30	\$0	<b>Millbrook Marsh Nature Center:</b> Start hike at parking area off Puddintown Rd. Begin at the marsh’s boardwalk wetland area. Continue on mostly flat trails. Farther in the marsh, a bird blind allows view of birds in the dense field of cattails & dogwood.
Sept. 6	\$4	<b>Little Juniata NA:</b> Near village of Barree. Walk along river. Wave at the RR trains.
Sept 13	\$3	<b>Wampler Rd.:</b> Hike on Wampler Rd to eye-popping vista & back.
Sept 20	\$0	<b>Eagle Scout Trails:</b> Path begins in woods behind Park Forest Baptist Church on Carnegie Dr. Narrow dirt path meanders past old stone walls & thru forest regeneration habitat. Connects w trails in the Haugh Preserve of Patton Woods & with a trail to Circleville Park. <b>Wear orange.</b>
Sept 27	\$2	<b>Fisherman’s Paradise:</b> Wide gravel trail until firing range, then down slope to wooded trail running along Spring Creek, continuing to meadow with birds, pollinators, and plants.
Oct. 4	\$2	<b>Jean Aron Path to Bear Meadow Trail:</b> Start at No. Meadows Rd. parking area along Bear Meadows Rd. Begin at Jean Aron Path, a tranquil path lined w hemlocks & rhododendrites. Connect to Bear Meadow Trail, one of the largest fresh water bogs in the East. Trail can be muddy, wear sturdy shoes. BMT loops & ends at gated No Meadows Rd, back to parking area.
Oct. 11	\$2	<b>Little Flat Tower:</b> Fall color, high point in Centre Co. Hike MST on mountaintop to Tom Thwaites Monument. Rocky terrain; wear sturdy shoes. Go past mailbox for best views.
Oct. 18	\$4	<b>Greenwood Furnace SP:</b> Choice of good hike trails or “Alternate easy”: See historic displays
Oct. 25	\$2	<b>Detweiler Run Rd. to NA:</b> Easy level walk on old gated forest rd. & down Axe Handle Trail to old growth hemlock. Return same way or on more rugged MST in narrow vale
Nov. 1	\$2	<b>Cranberry Hike:</b> Level hike MST from “Metz Manor” on Pine Swamp Rd. Trail has wooden footbridges but path remains muddy. Wear sturdy shoes. Returning on orange blazed trail, proceed to cairn past fire pit, then down slope thru trees to cranberry bog. Bring bag for berries.
		<b><i>Daylight Savings Time ends November 6, 2022. Fall back 1 hour. 10A Start</i></b>
Nov. 8	\$0	<b>PSU College of Ag Sciences&amp; PA Game Commission Living Filter natural area.</b> Trailhead in Toftrees area, 600 acres of scenic farm and forest. Flat dirt & gravel roads. <b>WEAR ORANGE!</b>
Nov. 15	\$0	<b>Walnut Spring Park:</b> Walk in the woods in town. Connect to Lederer Park & Thompson Woods, for sizeable total hike – State College’s own “Central Park.”
Nov. 22	\$0	<b>Boalsburg:</b> Hike Stan Yoder Preserve & new paths on the Boal Estate grounds. Optional stop for hot chocolate or stay & visit shops if possible at that time.
Nov. 29	\$0	<b>Old Astronomy Hike:</b> Starts at the end of Standing Stone Lane off Fox Hollow Rd (just past Fox Hill Gardens on same side), in parking lot near the big building. Easy hike, approx. 2.5 miles.
Dec. 6	\$2	<b>Bellefonte:</b> Walk around the history-laced Victorian Town, the county seat of Centre Co. We can explore the “riverfront” areas & Tallyrand Park too. <b>Optional stop for hot “cuppa” or lunch.</b>
Dec. 13		<b>A Potluck LUNCH is planned at a location TBD.</b> Follows a walk on nearby bike paths.
<b>✿ ☆ Happy Holidays. Arrange a get-together. Hike with family &amp; friends on a trail of your choice. ✿ ☆</b>		

**January 1, 2023. Mt. Nittany. A community/family hike:** Climb the famous mountain to welcome the New Year with a vigorous hike; usually arranged by Ridge & Valley Outings Club. Traditionally, hikers meet at 10 AM in Lemont & form spontaneous groups of self-guided, self-responsible “aspirants” to summit.

**January thru March. CRPR Senior hikes open schedule:** Meet Tuesdays at 10AM for short walks closer to town. Local bike paths, parks, & neighborhoods are fun to explore. **Request to join Hiking Seniors email list for updated plans: malonesq@gmail.com**