

PASSPORT



Centred
OUTDOORS

2021 *Adventure Guide*



CLEARWATER
conservancy

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC

Centred Outdoors is an invitation for people of all ages and fitness levels to experience the outdoors in a relaxing, enjoyable way. Together we'll stress less and discover more at 20 outdoor destinations throughout Central PA!

To help you prepare:

- Visit www.centredoutdoors.org to view our full schedule and get specific directions to each destination.
 - Sign up to receive the Adventure Guide enews so you are the first to know about upcoming events and details.
 - For every visit, bring a mask and water bottle and wear comfortable shoes and sun protection.
 - We can all do our part to respect and care for the natural world. Take only photos and leave only footprints. Do not litter and clean up after pets.
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** Due to the COVID-19 pandemic, all Centred Outdoors events are subject to change. Guided walks may be canceled or adjusted to meet safety recommendations as guidelines change throughout the season. Please visit www.centredoutdoors.org for the most up to date information on guided and self-guided events.*

EVENT FEATURES KEY:



Boots or sturdy footwear recommended



Unreliable cell service



Pets allowed. Please leash pets and clean up after them



Accessible



MOUNT NITTANY[®]

HEALTH

Five health benefits of spending time in the outdoors

Being active outdoors offers obvious benefits such as helping you maintain a healthy weight. But did you know that it also provides these benefits to make people healthier?

1. Reduces stress, depression and anxiety
2. Helps you sleep better at night
3. Boosts your immune system, keeping you out of the doctor's office
4. Reduces inflammation and promotes healing
5. Gives you a dose of vitamin D





Sunday, May 9 from 12 p.m. – 6 p.m.

Spring Creek Canyon

Take a hike with Mother Nature along the Spring Creek Canyon on Mother's Day. Visitors can stop to admire the multitudes of flowering plants along the trail and gain a new understanding of the historic significance of the area.

This is a self-guided adventure. A Centred Outdoors ambassador will be on site to offer suggestions and answer questions to help you have an informative and enjoyable visit.

2 miles
Moderate



State Game Lands 333
Parking Area, Bellefonte, PA



Sunday, May 16 from 12 p.m. – 6 p.m.

Jo Hays Vista

Relax and enjoy the inspiring views from two beautiful vistas looking both south and north. The vast Nittany Valley overlook is just steps from the parking area. From there, you can opt to take a quick half-mile jaunt south on the Mid-State Trail to see firsthand what makes our ridge-and-valleys so memorable.

This is a self-guided adventure. A Centred Outdoors ambassador will be on site from 12 – 6 p.m. to offer suggestions and answer questions to help you have an informative and enjoyable visit.

1 mile
Moderate



Jo Hays Vista,
Ferguson Township, PA



Sunday, May 23 from 12 p.m. – 6 p.m.

Benner Spring

Take a short (700ft) stroll down the Spring Creek Canyon from the Benner Spring trailhead located just off Rock Road. Listen to Benner Spring as its waters flow into Spring Creek and read the informative signage to learn about the village of Rock and the history around Philip Benner's expansive enterprise.

This is a self-guided adventure. A Centred Outdoors ambassador will be on site from 12 – 6 p.m. to offer suggestions and answer questions to help you have an informative and enjoyable visit.

0.5 mile
Easy



*Benner Spring Trail,
Bellefonte, PA 16823*



Sunday, May 30 from 12 p.m. – 6 p.m.

Penn Roosevelt State Park

Experience one of the region's more secluded state parks, Penn Roosevelt State Park, located in Rothrock State Forest. Formerly Civilian Conservation Corps Camp S-62, workers' impressive stonework around the lake can still be admired here today. Depending on your preference for length and difficulty, you can choose from various hikes and walks at this destination. This is a self-guided adventure. A Centred Outdoors ambassador will be on site from 12 – 6 p.m. to offer suggestions and answer questions to help you have an informative and enjoyable visit.

*Various
distances and
difficulty*



**Penn-Roosevelt State Park,
Huntingdon, PA 16652**



Sunday, June 6 from 12 p.m. – 6 p.m.

Galbraith Gap

A Centred Outdoors Ambassador will be present on-site to offer information on the history of the Galbraith Gap area, identification of anything seen along the trail, and important ecological insights. Visitors are welcome to stop by anytime during the day and ask questions about the location, geologic history, and the ecological significance of our ridge and valley region during this self-guided adventure.

2 miles
Moderate



*Galbraith Parking Lot, 400 Bear
Meadows Rd., Boalsburg PA*



Sun. June 13, Wed. June 16, Fri. June 18

Shaver's Creek Environmental Center

From the Environmental Center, explore a nearby trail to look for wildflowers and to listen for the early summer birds of forest and fields. Learn how the nature center staff monitors nesting birds. Most trails are about 1 mile on forested paths, so please come prepared with sturdy footwear and a full water bottle. Participants have the option to walk through the new Raptor Center before or after the walk.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

1 mile
Easy



3400 Discovery Rd, 16669



Sun. June 20, Wed. June 23, Fri. June 25

Lower Trail

Stroll along the Lower (pronounced lau-er) Trail and keep an eye out for rare bird species in this important migratory bird area with beautiful vistas. Visitors are welcome to bring their bikes to experience more of the rail trail. Originally a tow path for the Pennsylvania Main Line Canal, the trail has been transformed into a community treasure by the dedication of Rails to Trails of Central Pennsylvania Inc.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

3 miles
Moderate



128 E 1st St, 16693



Sun. June 27, Wed. June 30, Fri. July 2

Scotia, 10 Acre Pond

Walk through the past as we explore an area rich in history and ecological significance. Visitors can take a tour of the Graysdale Park and its pollinator-friendly plantings and then join on a short excursion through State Game Lands 176 as we tour some of the former iron exploitation sites and see the aptly named Ten Acre Pond.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

2 miles
Easy



**Graysdale Park, 880 Grays
Woods Blvd., Port Matilda, PA**



Sun. July 4, Wed. July 7, Fri. July 9

Downtown Urban Hike

From beautiful murals that span entire blocks to small bronze pigs, see all the art throughout downtown. Admire the permanent art displays you may not even know are there as we walk the streets of State College.

Learn about the lesser-known history and stories behind public art pieces in State College.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

1.5 miles
Easy



*Sidney Friedman Parklet, 241
S. Fraser St., State College, PA*



Sun. July 11, Wed. July 14, Fri. July 16

Colyer Lake

Take a trip out to the scenic Colyer Lake and explore the walking path that encircles this community treasure. Learn about the ecology of lake ecosystems in Pennsylvania and how the forest's biodiversity is amplified by riparian areas. A touch of recent history will also be shared, all guests explore the wonders of sustainable trail design.

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1.5 miles
Easy



**Colyer Lake, 236 Lake Rd.,
Potter Twp., PA**



Sun. July 18, Wed. July 21, Fri. July 23

Dry Hollow

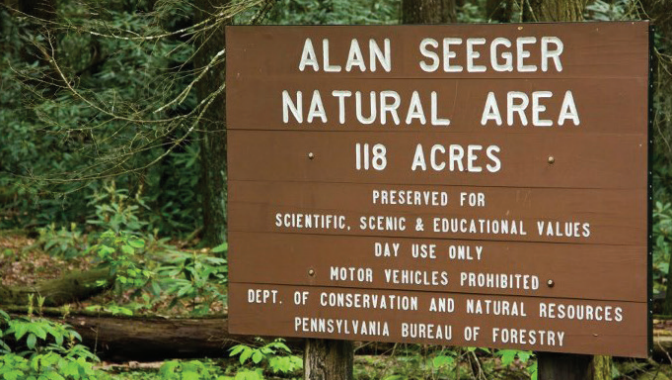
Dry Hollow is a 1,271-acre area that was permanently conserved in February 2021 and added to Rothrock State Forest. Home to rare habitat and unique geological features, the conservation of this region is a key focus of ClearWater Conservancy for its ecological importance, connectivity to the surrounding forests, and historical significance. Visitors will enjoy walking along mostly flat and wide gravel paths at this destination.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

Varying distances
Easy



*Dry Hollow Camp Lane,
Warriors Mark Twp., PA*



Sun. July 25, Wed. July 28, Fri. July 30

Alan Seegar Natural Area

Step back in time through the preserved old-growth trees ranging between 150-500 years old and see what Pennsylvania was like in pre-colonial times. Visitors will pass through dense pockets of rhododendron while reveling in majesty of ancient trees while on the .6 mile loop trail. More active pursuits lead away from the area along the Standing Stone Trail and connect to the wider trail system in Rothrock.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

1 mile
Easy



Alan Seeger Natural Area,
Huntingdon, PA



Sun. August 1, Wed. August 4, Fri. August 6

Rhoneymeade Arboretum & Sculpture Garden

Tour the grounds at Rhoneymeade, the historic homestead of Grange Fair founder, Leonard Rhone.

Two hiking options are available to guests: an invigorating 2-mile hike around the 150-acre working farm that includes a wooded Labyrinth Loop, or a walking tour of the 6-acre public gardens which surround the house and contain outdoor sculptures, ancient specimen trees, and fantastic vistas.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

0.5 or 2 miles
Moderate



177 Rimmey Rd,
Centre Hall, PA



Sun. August 8, Wed. August 11, Fri. August 13

The Arboretum at Penn State-Hartley Wood

Enjoy a walk through Hartley Wood and explore the different types of trees and herbaceous plants that make up this unique remnant of an old-growth forest right in our backyard. Learn about the impact of invasive species on the forest landscape and what efforts are taken to manage them. Wrap up the visit with a self-guided stroll through the botanic gardens and take in the sights of summer.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

1.5 miles
Easy

***E. Park Ave. and Bigler Rd.,
State College, PA***



Sun. August 15, Wed. August 18, Sun. August 20

Poe Paddy Tunnel

Take a scenic walk along the Pennsylvania Mid State Trail and through the 250-foot Paddy Mountain Railroad Tunnel at Poe Paddy State Park. The tunnel was recently rehabilitated by DCNR to provide easy access along Penns Creek and provide crucial habitat for bats. Guests can discover a variety of plants and birds along the forested path, the fascinating history of the area, and relaxing vistas along the stream.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

2 miles
Easy



Poe Paddy
State Park, 16882



Sunday, August 22 from 12 p.m. – 6 p.m.

Millbrook Marsh Nature Center

Did you know that you have two types of wetlands in your own backyard? Enjoy an adventure along the boardwalk at Millbrook Marsh to discover the unique features of the marsh and fen ecosystems. Learn how Native Americans used the site, about the area's connection to the former Farmer's High School now known as Penn State, and enjoy wildlife viewing!

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

0.5 mile
Easy



*548 Puddintown Rd.,
State College, PA*



Sunday, September 5 from 12 p.m. – 6 p.m.

Tom Tudek Memorial Park

The Tom Tudek Memorial Park is a unique gem in our local park system. One of ClearWater Conservancy's first projects, the 91.5 acre park was saved from becoming a shopping mall and now hosts, among many other things, the Snetsinger Butterfly Garden, an off-leash dog park, and horse pasture. Visitors will enjoy the park's 30 acres of multi-sport fields and over 61.5 acres of passive land.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

Up to 1.3 miles
Easy



*400 Herman Dr.,
State College, PA*



Sunday, September 12 from 12 p.m. – 6 p.m.

Barrens-to-Bald Eagle Wildlife Corridor

Bring your binoculars to experience all the wildlife the Barrens-to-Bald Eagle Wildlife Corridor has to offer!

Hikers will tour the grass and wildflower meadows and woodland areas to learn about the importance of wildlife corridors and the diverse community of bird, mammal, plant, pollinator and amphibian species they support.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

0.6 mile
Easy



Harness Downs Rd.,
Port Matilda, PA



Sunday, September 19 from 12 p.m. – 6 p.m.

Allegheny Front Trail

See the Centre region from one of highest vantages along the Allegheny Front Trail. Fall colors set in much earlier here, and the types of flora vary drastically than those found in the valleys below. The trail takes a forested path with no surface improvements, care should be taken. Alternative routes starting on Underwood Road are possible for the self-explorer.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

2 miles
Most Difficult



Allegheny Front Trail,
Snow Shoe, PA



Sunday, September 26 from 12 p.m. - 6 p.m.

Jean Aron Path

A hike on the Jean Aron path offers visitors a relaxing stroll through several dense stands of hemlock and mountain laurel. The path is named for the local author and poet and it's serene nature is the perfect retreat into the natural world. The .6 mile path can be part of the larger Bear Meadows trail system or used alone for a shorter hike.

Visit www.centredoutdoors.org for specific event times and offered activities. All events and activities are free and open to the public.

0.6 mile
Easy



*Bear Meadows Rd. and
N. Meadows Rd., Harris Twp, PA*

COMMUNITY PARTNERS

ClearWater Conservancy

Hamer Foundation

Mount Nittany Health

**PA Department of Conservation
and Natural Resources**

Arboretum at Penn State

**Central Pennsylvania
Festival of the Arts**

Centre Moves

**Centre Region Parks
and Recreation**

Downtown Bellefonte Inc.

Get Outdoors PA

**Happy Valley
Adventure Bureau**

**Millbrook Marsh
Nature Center**

Mount Nittany Conservancy

PA Fish and Boat Commission

**PA Recreation and
Parks Association**

**Pennsylvania Game
Commission**

**Penns Valley Conservation
Association**

**Rhoneymeade Arboretum
and Sculpture Garden**

**Shaver's Creek
Environmental Center**

**Spring Creek Chapter
of Trout Unlimited**

YMCA of Centre County

Visit centredoutdoors.org for all events!
