

PASSPORT



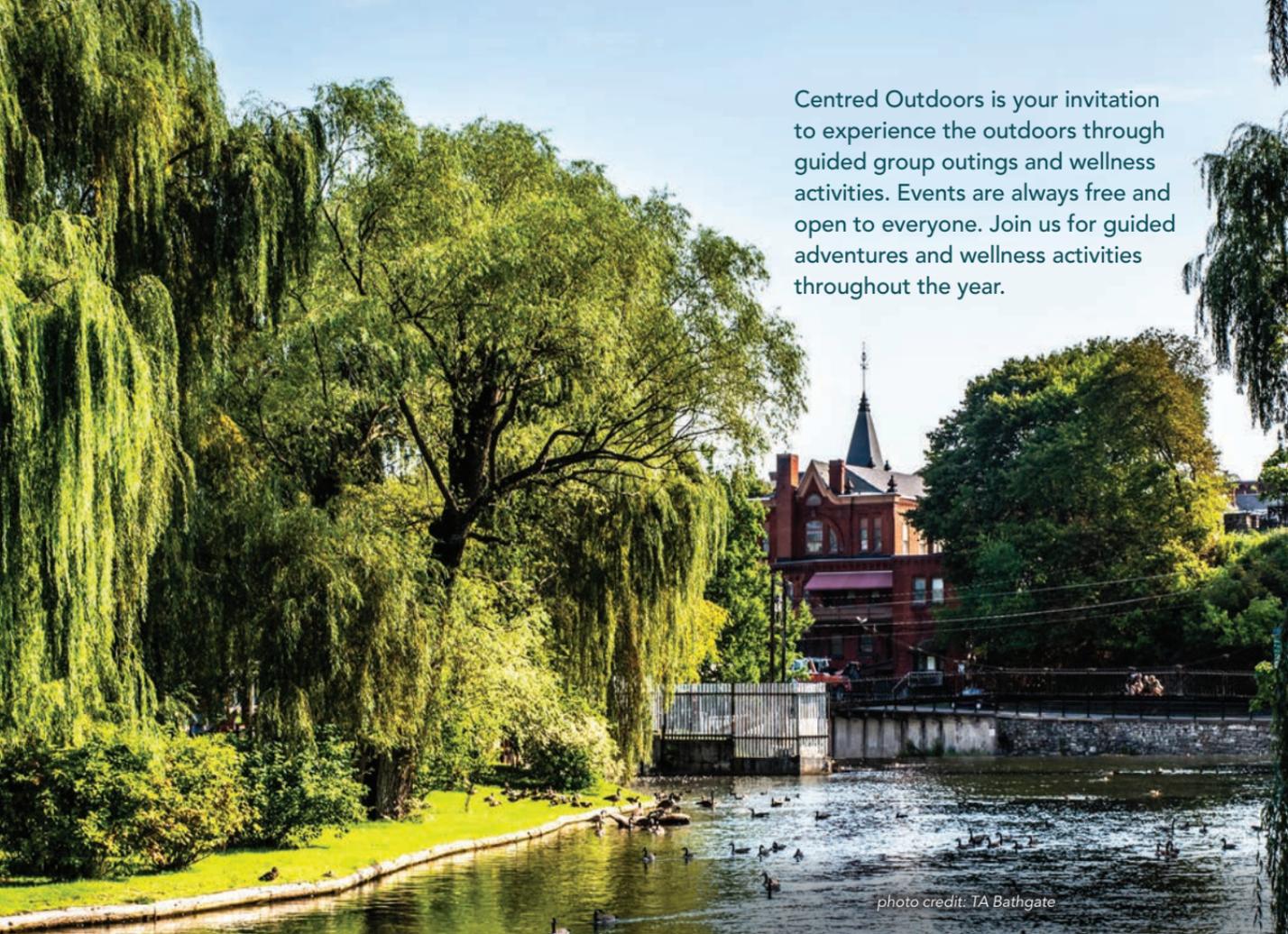
Centred
OUTDOORS

www.centredoutdoors.org

2022 *Adventure Guide*



CLEARWATER
conservancy



Centred Outdoors is your invitation to experience the outdoors through guided group outings and wellness activities. Events are always free and open to everyone. Join us for guided adventures and wellness activities throughout the year.

Make the most of your adventures:

- Visit www.centredoutdoors.org to view the schedule and for driving directions to each destination.
- Sign up to receive the Adventure Guide emails so you receive all the information you need to participate in upcoming events.
- Bring a water bottle and wear comfortable shoes and sun protection to all events.
- During all events, take only photos and leave only footprints. Do not litter and clean up after pets.



Centred Outdoors is a program of ClearWater Conservancy made possible with financial assistance from an Environmental Stewardship Fund grant from the Pennsylvania Department of Conservation and Natural Resources, Bureau of Recreation and Conservation. Financial assistance for the program is also provided by the Hamer Foundation, Mount Nittany Health, and community organizations.



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



EVENT FEATURES KEY

- Boots or sturdy footwear recommended
- Unreliable cell service
- Pets allowed. Please leash and clean up after your pets.
- Accessible
- Less than a 15 minute drive from downtown State College
- Open to the public year-round



Galbraith Gap

Step into the natural sights and sounds of Rothrock State Forest as you explore the Galbraith Gap Trail. Look down to observe the tiny wonders of the forest such as moss and mushrooms and look up to see large rock formations and boulders as big as a car. Listen to the relaxing sounds of the Galbraith Gap Run flowing alongside the trail.

Visitors can expect to learn about the geologic history and ecological significance of our ridge and valley region during a guided adventure.

Centred Outdoors will host free guided events here on Sunday, June 5 (1 and 3 pm).

1.5 miles
Moderate



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

Poe Paddy Tunnel

Take a short trip along the Pennsylvania Mid State Trail that begins with a memorable walk through the 250-foot Paddy Mountain Railroad Tunnel. After brief darkness in the tunnel you will be greeted by gorgeous views of Penn's Creek, birdsongs, and an abundance of plants and trees surrounding the Mid State Trail. The trail is welcoming, with wide, flat, even terrain - making this adventure well-suited for people of all ages and fitness levels.

Centred Outdoors will host free guided events here on Sunday, June 12 (1 and 3 pm) and Wednesday, June 15 (6 pm).

2 miles
Easy



Tunnel Spur Rd., Haines Township, PA



photo credit: TA Bathgate

Talleyrand Park

There is always something new to discover at Talleyrand Park in downtown Historic Bellefonte. Many are familiar with the gazebo, ducks, and playground here, but can you find the sculpture garden, edible landscape garden, and the new bridge that connects the two main areas of the park? Cross High Street to stroll along the Bellefonte Waterfront pedestrian walkway along Spring Creek that includes easy access to the stream for flyfishing and kayaking via staircases into the water.

Centred Outdoors will host free guided events here on Sunday, June 19 (1 and 3 pm) and Wednesday, June 22 (6 pm).

0.7 miles
Easy



300 W High St.,
Bellefonte, PA

Visit centredoutdoors.org for more details.



Colyer Lake

Colyer Lake is a year-round favorite location among boaters, fishing enthusiasts, hikers, cyclists, and even ice skaters. An easy-to-follow trail through the forest encircles the entire lake to reveal beautiful scenes and signs of the biodiversity it supports. Colyer Lake is home to year-round residents, so please drive cautiously and explore courteously during your visit.

Centred Outdoors will host free guided events here on Sunday, June 26 (1 and 3 pm), Wednesday, June 29 (6 pm), and Thursday, June 30 (10 am).

1.5 miles
Moderate



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



Rhoneymeade Arboretum & Sculpture Garden

Tour the grounds at Rhoneymeade Arboretum and Sculpture Garden, the historic homestead of Grange Fair founder Leonard Rhone and the first property to be permanently conserved by ClearWater Conservancy. Hike around the 150-acre working farm that includes a wooded labyrinth loop or tour the 6-acre public gardens that surround the house and contain outdoor sculptures, ancient specimen trees, and fantastic vistas.

Centred Outdoors will host free guided events here on Sunday, July 3 (1 and 3 pm) and Wednesday, July 6 (6 pm).

0.5 or 2 miles
Moderate

177 Rimmey Rd.,
Centre Hall, PA

Visit centredoutdoors.org for more details.



Downtown State College

With inspiration of all shapes and colors around every corner, downtown State College is an outdoor museum with no ticket required! Take an 'art walk' to admire the countless sculptures, memorials, and vibrant murals that bring State College to life. Each one tells an important story thanks to the talented artists who have shared their expressions of admiration for the people and places who have shaped our region. What new pieces of art can you find this year?

Centred Outdoors will host free guided events here on Sunday, July 10 (1 and 3 pm) and Wednesday, July 13 (6 pm).

1.5 miles
Easy



137 E Beaver Ave.,
State College, PA

photo credit: Dreams Take Flight by Natalie Pilato and Elody Gyekis



Bear Meadows Natural Area

Step into one of our country's 603 National Natural Landmarks and one of eight designated natural areas in Rothrock State Forest. Bear Meadows is home to a rare type of wetland surrounded by a forest of black spruce, red spruce, and balsam fir. Explore the rare plant and animal communities, historical features, and forest characteristics that have earned Bear Meadows its designations from the National Park Service and PA DCNR and inspired many writers and adventurers in search of peace and solace.

Centred Outdoors will host free guided events here on Sunday, July 17 (1 and 3 pm) and Wednesday, July 20 (6 pm).

2 miles
Easy



*Bear Meadows Rd. &
N Meadows Rd., Petersburg, PA*

Visit centredoutdoors.org for more details.



Tudek Park

The site where Tom Tudek Memorial Park is today was a proposed location for a shopping mall before citizens organized to prevent its development in the 1970s. The Tudek Family generously donated much of the land for the park in 1990, and today this 91-acre area includes a community garden, dog park, small horse farm, playground and pavilions, 61 acres of passive land, and the Snetsinger Butterfly Garden. You'll see it all when meandering the park's 1.3 mile walking and running loop.

Centred Outdoors will host free guided events here on Sunday, July 24 (1 and 3 pm), Wednesday, July 27 (6 pm), and Thursday, July 28 (10 am).

Up to 1.3 miles
Easy



*400 Herman Dr.,
State College, PA*



Gray's Woods Preserve

A visit to Gray's Woods Preserve offers the sights and sounds of true wilderness without driving too far from town. The 149-acre property was acquired by Patton Township and conserved permanently with an easement held by ClearWater. The Preserve includes vernal pools, forest, and barrens habitat that includes rare vegetation that many animals rely on. This destination borders Gray's Woods Park, so you can visit a forest and a playground in one adventure!

Centred Outdoors will host free guided events here on Sunday, July 31 (1 and 3 pm) and Wednesday, August 3 (6 pm).

2 miles
Easy



1500 Grays Woods Blvd.,
Port Matilda, PA

Visit centredoutdoors.org for more details.

Lederer Park

Lederer Park is one of three connected areas that make up a sizeable natural area in the midst of bustling State College. Lederer Park, Walnut Springs Park, and Thompson Woods Preserve provide scenic open spaces for residents while supporting the health of local streams and wildlife and reducing impacts from flooding events. Lederer Park has plenty of leisurely walking trails with an impressive arboretum of labeled trees.

Centred Outdoors will host free guided events here on Sunday, August 7 (1 and 3 pm) and Wednesday, August 10 (6 pm).

1.3 miles
Easy



1101 University Dr.,
State College, PA



Alan Seeger Natural Area

At 100 years old or less, most of Pennsylvania's trees are fairly young due to the state's nearly complete deforestation by Europeans through the 1800s. However, at Alan Seeger Natural Area, you can step back in time and into a stand of old-growth trees that were left untouched due to confusion over which logging company had rights to the land. Wander under ancient giants and come eye to eye with recently fallen ones while following a trail loop that's less than a mile long.

Centred Outdoors will host free guided events here on Sunday, August 14 (1 and 3 pm) and Wednesday, August 17 (6 pm).

1 mile
Easy



Alan Seeger Natural Area,
Huntingdon, PA



Musser Gap Trail

The Musser Gap Trail promises memorable scenery for visitors across all four seasons. The 423-acre property was purchased by ClearWater Conservancy and transferred to PA DCNR's Rothrock State Forest in 2007 to protect an important groundwater recharge area for the community, as well as vital wildlife habitat. The trail is at a steady incline most of the way up with a beautiful bridge crossing over a brook about 0.8 miles in.

Centred Outdoors will host free guided events here on Sunday, August 21 (1 and 3 pm) and Wednesday, August 24 (6 pm).

2 miles
Difficult



Musser Gap Trail (off of Rt 45),
State College, PA



Millbrook Marsh Nature Center

Plan an adventure along the boardwalk at Millbrook Marsh to discover the unique ecologic and historical features of the marsh and surrounding property. Whether you are a birdwatcher, toddler, student, or retiree - a walk along the boardwalk will offer relaxation and education, as well as an appreciation for the work these wetlands and organizations are doing to protect our region's waterways and communities today and generations from now.

Centred Outdoors will host free guided events here on Sunday, August 28 (1 and 3 pm) and Thursday, September 1 (10 am).

0.5 mile
Easy



548 Puddintown Rd.,
State College, PA

Visit centredoutdoors.org for more details.



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 towpath 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.

Centred Outdoors will host free guided events here on Sunday, September 4 (1 and 3 pm).

3 miles
Moderate



128 E. 1st St.,
Williamsburg, PA

photo credit: Purple Lizard Maps



Dry Hollow

Home to barrens habitat and unique geological features including a massive sand pit, Dry Hollow was recently added to Rothrock State Forest for conservation and public use through a partnership between ClearWater and PA DCNR. While here, walk or bike along a mix of wide gravel roads and foot paths through young forest and diverse terrain throughout the 1,271-acre property.

Centred Outdoors will host free guided events here on Sunday, September 11 (1 and 3 pm).



Barrens to Bald Eagle Wildlife Corridor

The Barrens to Bald Eagle Wildlife Corridor was conserved by ClearWater Conservancy in 2010 to create safe passage for wildlife species between Bald Eagle Mountain and the Scotia Barrens. Vernal pools allow for breeding amphibians.

Young forest supports the Golden-winged Warbler, American Woodcock and Ruffed Grouse. A wildflower meadow provides pollinator habitat for bees, moths, insects, and birds. Hike along the rolling grassy trails and look for the many signs of life here.

Centred Outdoors will host free guided events here on Sunday, September 18 (1 and 3 pm).

Varying distances
Easy



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

0.6 mile
Easy



*Harness Downs Rd.,
Port Matilda, PA*

Visit centredoutdoors.org for more details.



Little Flat Fire Tower

The Little Flat Fire Tower is a memorable landmark along the Mid State Trail in the midst of Rothrock State Forest. Explore a popular 3.6 mile hiking loop to the tower, or park at the lot off of Little Flat Tower Road to explore shorter sections of the Mid State and Old Laurel Run Trails. Depending on the season, blooming mountain laurel, blueberry bushes, fragrant areas of fern, mushrooms, and massive rhododendrons await you in this awe-inspiring area of forest.

Centred Outdoors will host free guided events here on Sunday, September 25 (1 and 3 pm).

1 mile
Moderate



Little Flat Tower Rd.,
State College, PA

Visit centredoutdoors.org for more details.

CENTRED OUTDOORS SAFETY TIPS

1. PLAN AHEAD

- Choose your destination and date. Check the weather and get directions before you leave. Give yourself plenty of time to explore before sunset. Cell service may be limited in some areas, so remember that the map service on your phone may not work everywhere. If bringing your pup, confirm that pets are allowed.

2. CONSIDER CLOTHING

- Wear clothing that is fit for your destination and the weather.
- Comfortable sneakers or hiking shoes or boots are suitable for most sites. Sandals are not recommended.
- Sun Protection: Wear sunscreen, sunglasses, and a hat.

3. PACK LIKE A PRO

- Bring your own reusable, filled water bottle. On hotter days and longer walks/hikes, bring extra water.
- Pack a snack or lunch, especially if taking a longer walk/hike.
- Other items to consider: bug spray, first aid kit, walking stick, binoculars, child carrier pack, bags for cleaning up after pets.
- You are responsible for carrying out everything you carry in with you, including food scraps, wrappers, dog waste, etc.

4. PREVENT TICK BITES

- Use EPA registered repellents designed for direct application to skin to repel insects.
- Check your clothing and body for ticks when you come back inside.
- Shower/bathe within 2 hours of your hike or walk.
- Visit centredoutdoors.org/safety for more information.

Please visit our website for all of our safety tips!

COMMUNITY PARTNERS



Central Pennsylvania Festival of the Arts

Centre Region Parks and Recreation

Happy Valley Adventure Bureau

Millbrook Marsh Nature Center

Penns Valley Conservation Association

Rhoneymeade Arboretum and Sculpture Garden

Shaver's Creek Environmental Center

Spring Creek Chapter of Trout Unlimited

Visit centredoutdoors.org for all events!
