



Hello friends!

Join us this Sunday, June 4 for the official launch of Centred Outdoors' Season 7! Our pre-season hikes at Spring Creek Canyon, Standing Stone and Mount Nittany have attracted many new faces, and we can't wait to get in gear with regular weekly outings on Sundays and Thursdays, plus six Wellness Wednesday activities!

***Reel in some fun and explore Rothrock Forest this Sunday!***

Join us at the Annual Family Fishing Picnic this Sunday, June 4 from 1-5 p.m. at Tussey Mountain in Boalsburg, PA. Fish around Tussey Pond, take a guided hikes along Galbraith Gap trail, and enjoy a picnic lunch while enjoying sunshine and fresh air! No registration required, free and open to everyone!

***Bringing you even more ways to enjoy the outdoors with our Wellness Wednesday series!***

Centred Outdoors is working to increase equitable opportunities for outdoor recreation at nearby natural spaces. This summer, we are launching "Wellness Wednesdays," a series aimed at highlighting wellness, community, and local partners. Guided by local wellness leaders, we will explore the benefits of spending time in nature through topics such as Medicinal Plants, Forest Bathing, and Gardening and Therapeutic Landscapes. Join us for any of our six different wellness topics this season!

***Catch a ride to select Centred Outdoors events this summer!***

New in 2023, Centred Outdoors will provide a limited number of van seats to a few of our Event Destinations. This free shuttle service is intended to reduce transportation limitations of any kind for those interested in attending Centred Outdoors events.

Van Service is provided by Cole Transportation, and will begin Wednesday, June 14th to Shaver's Creek. Sign-ups will begin one week prior to each scheduled Van Service day.

**We look forward to providing a summer full of outdoor experiences!**

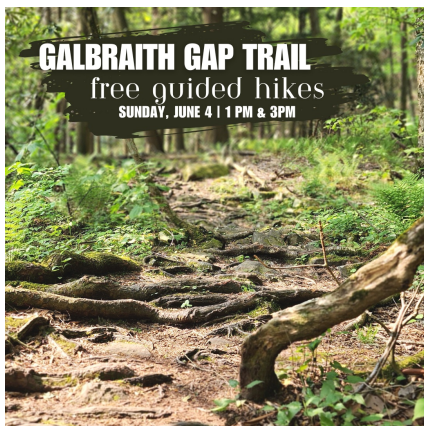


Questions? Reply to this email or send to: [adventure@clearwaterconservancy.org](mailto:adventure@clearwaterconservancy.org)



## Family Fishing Picnic & Galbraith Gap Guided Hikes

**SUNDAY, JUNE 4 | 1:00-5:00 PM**



### Join us for the official launch of Centred Outdoors Season 7 at Tussey Pond!

Enjoy fun family activities such as fishing, knot tying, and guided hikes in [Galbraith Gap](#). Free admission, hot dogs, drinks, and activities for all! All fishing equipment and bait provided - no fishing license necessary. **Remember to pick up your [Centred Outdoors Passport](#) while you're there!**

Everyone can join guided hikes along Galbraith Gap trail at 1:00 & 3:00 p.m. The foot trail begins a short walk from Tussey Pond and takes you into the cool, shaded forest. Sturdy shoes and a water bottle are recommended for this moderate-difficulty trail.

*This event is sponsored by Spring Creek Chapter of Trout Unlimited, ClearWater Conservancy and Centred Outdoors, PA Fish and Boat Commission, Mount Nittany Health, The Hamer Foundation, Centre LifeLink, Tussey Mountain, Harris Township, State College YMCA, and Pletcher's Beer Distributor.*

[Event Details](#)

[Sign up to  
volunteer](#)

**Coming Up Next Week**



### Shaver's Creek Guided Outings

Explore the family-friendly trails at Shaver's Creek Environmental Center.

Sunday, June 11 at 11 a.m. and 1 p.m.  
Thursday, June 15 at 9 and 11 a.m.

Details



### Wellness Wednesday: Medicinal Plants

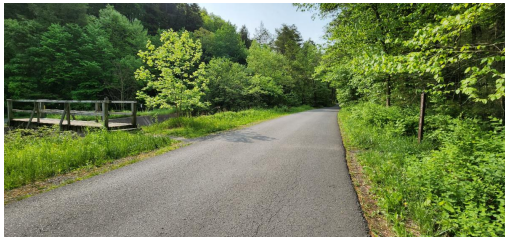
Presented by Jennifer Tucker. Co-sponsored by [AAUW State College](#).

Wednesday, June 14 at 6 p.m.

Details

## Need A Ride?

### Van Service begins June 14th to Shaver's Creek!

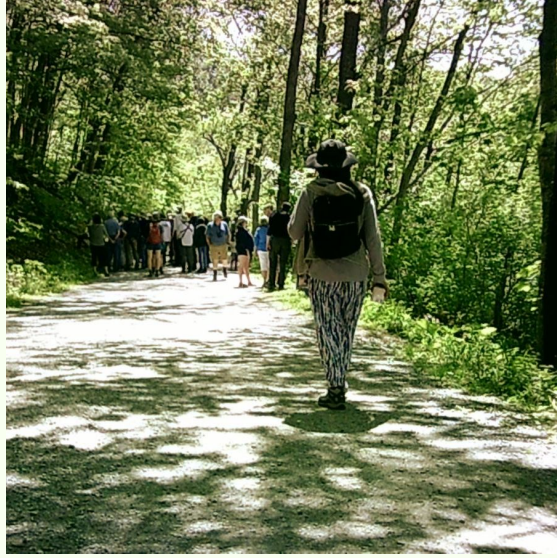


**New in 2023**, Centred Outdoors will provide a limited number of van seats to select Event Destinations! This free shuttle service is intended to reduce transportation limitations of any kind for those interested in attending Centred Outdoors events.

See our [Transportation](#) page to find out the best ways to travel in and around the Centre region.

Van Service Details

## Junior Naturalists Share Their Photos



Check out these photos taken by Centred Outdoors Jr. Naturalists! To engage young hikers, backpacks full of tools like magnifying glasses, binoculars, activity sheets, field guides, and a digital camera are available to use during our guided hikes. Bring the kids out to borrow a pack and discover the natural world through their perspective!

Do you know something about the location we will be hiking in? Or something about the plants or animals that we may see on the trail? If so, borrow a Sr. Naturalist pin from the welcome tent and put it on your shirt to let our Jr. Naturalist and other participants know they can ask you questions along the way. There's no age or experience requirement to be a Sr. Naturalist!

Details



## Week Two: Jennifer Shuey, "Centering Myself, Outdoors"

Last weekend's Mount Nittany hike inspired this week's painting!

Follow Jennifer Shuey's artistic journey on [Facebook](#) or [Instagram](#). You can [join her newsletter](#) to get sneak peeks of the pastel paintings she creates each week.

Thank you, Jen, for making Centred Outdoors even more beautiful and enjoyable by joining the adventure this year!

Find more to do outdoors in central PA!



All Centred Outdoors  
Events

Featured Destinations



*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, Richard King Mellon Foundation, and community organizations.*



Visit [CentredOutdoors.org](http://CentredOutdoors.org)

STAY CONNECTED!



ClearWater Conservancy's Centred Outdoors | 814-237-0400 | [info@centredoutdoors.org](mailto:info@centredoutdoors.org)  
[www.centredoutdoors.org](http://www.centredoutdoors.org)