

DUTCH ALVIN TRAIL

Free Guided Hikes

SUNDAY, JULY 2ND | 11 AM & 1 PM
THURSDAY, JULY 6TH | 9AM & 11 AM

DUTCH ALVIN TRAIL, ROTHROCK STATE FOREST



Hello ClearWater!

The magic of Rhoneymeade...

Last Sunday's outings to Rhoneymeade were warm, sunny, and beautiful! James, Jim and Dan did an amazing job sharing the stories of the Rhone family, farm and arboretum projects, and their work to conserve a piece of Centre County history.

Unfortunately, our activities at Rhoneymeade were cut short by this week's wildfire smoke, and air quality concerns. Centred Outdoors provides an opportunity to focus on the health and wellness benefits of time in nature. Adapting to environmental changes is part of any outdoor activity - and so is knowing when the smart choice is to stay inside, and

wait for a clearer day! We hope that you will make time to visit Rhoneymeade on your own - visit Rhoneymeade.org for more information.

Be Prepared! Dutch Alvin Trail in Rothrock State Forest

This week's outings take us deeper into Rothrock State Forest. We are excited to guide hikers along the Dutch Alvin Trail, a beautiful path in the Coopers Gap area. The mountain laurel may have finished blooming, but that means blueberries are on their way!

It is always important to be prepared so you can enjoy the afternoon safely and comfortably. For example, always consider the following factors when heading out for any hike:

- **How do I get there?** When traveling into Rothrock State Forest, make sure you have a physical map, or download one to use offline. A [Purple Lizard Map](#) is helpful for many local hiking locations - you can pick one up at the ClearWater Conservancy office, or from Appalachian Outdoors!
- **Will there be cell service?** Cell service can be difficult along the gravel roads, so you want to know where you're going before you head out.

- **How much water do I need?** Bring at least a full, 32 oz. bottle of water per adult. It's easy to underestimate the amount you'll drink on the trail. You can easily get over-heated or dehydrated, even on a cloudy day. Carry a small backpack to fit your water bottle and other items, so your hands are free to use our sweet binoculars from Nocs!
- Sturdy hiking shoes, sun and insect protection, and a few snacks will make any hiking experience enjoyable for all.

Shuttle, Car Pool, and Parking Information

A parking area for Dutch Alvin Trail exists at the bend in Coopers Gap road, directly across from the trailhead. Look for our Centred Outdoors flag!

Shuttle Van service is available for the 11 a.m. hikes at Dutch Alvin Trail on Sunday and Thursday. Pickups are located at Westerly Parkway Plaza or the Hills Plaza. See the full schedule, sign-up links, and pickup location maps on our Transportation page.

Make your hike easier with our Gear Library

The Gear Library provides items for use during Centred Outdoors guided outings. To reserve trekking poles, child carriers, day packs, or other available items, please fill out a Reservation Form. We are always accepting donations of lightly-used gear! Drop off items at the ClearWater Conservancy office or at Appalachian Outdoors during normal business hours.

Volunteer at your favorite outdoor destinations.

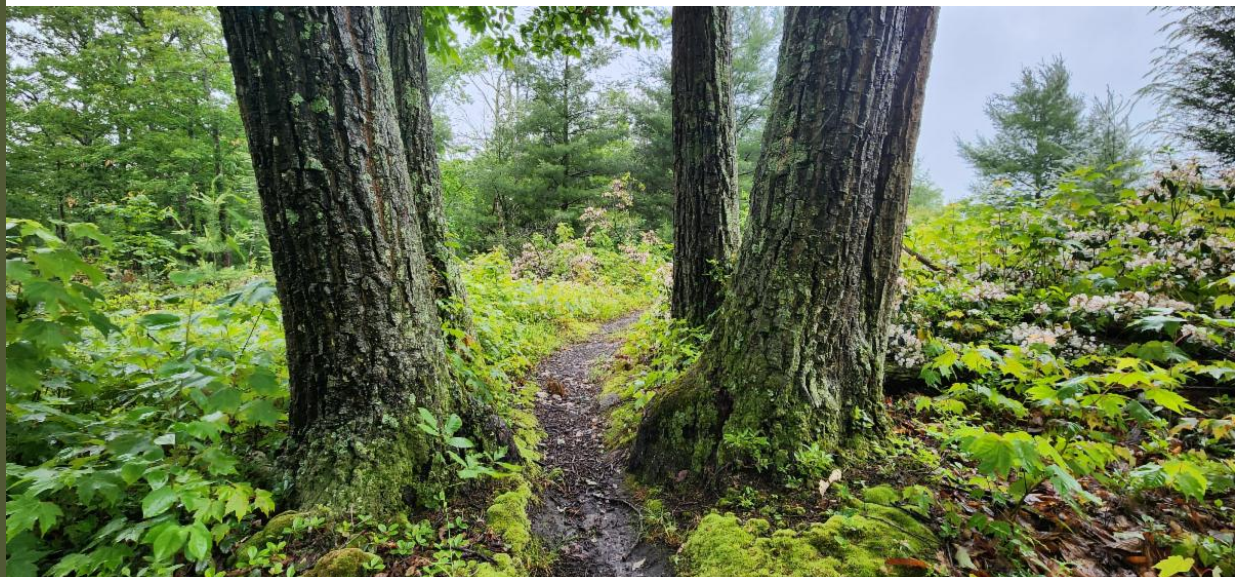
Volunteer Greeters and Hike Assistants are a huge help at our guided outings and Wellness Wednesday activities! If interested, see a list of Events where help is needed, or let us know when you are available - visit our Volunteer Form.

We look forward to providing even more opportunities for you to enjoy the outdoors!

Bridget Whyte, Adventure Coordinator
ClearWater Conservancy

Questions? Reply to this email or send to: adventure@clearwaterconservancy.org

Where is Centred Outdoors this week?



Guided Hikes at Dutch Alvin Trail

Sunday, July 2 at 11AM & 1PM
Thursday, July 6 at 9AM & 11AM

Clearings of open forest at the summit allow views of Broad Mountain and surrounding natural areas to the west.

This hike offers a chance to explore the Cooper's Gap and Chestnut Spring area of Rothrock Forest. Meander along the mountain laurels, hemlocks, and tall-standing pines of the Dutch Alvin Trail as you gently ascend to the ridge.

Don't forget to enjoy some blueberries along the way when in season!

Event Details

What to Expect and How to Prepare

Being prepared allows you to focus on your hike in comfort, enjoy the landscape, and connect with your fellow hikers!



Hike Map, Length, and Terrain:

- **Hike length:** 2.02 miles
- **Difficulty:** Moderate.
- **Terrain:** Slight elevation changes (143 ft) and uneven terrain.
- **Centred Outdoors Trail Map** (.pdf for download)

Getting there:

- **Parking & Trailhead GPS Location:** Dutch Alvin Trail Parking, 40°41'12.2"N 77°43'14.7"W Barrville, Pennsylvania
- **Destination is approximately 23 miles / 45 minutes from downtown State College.** Via US-322 E.
- View the [PA DCNR Rothrock State Forest](#) website for other location maps and info.
- **Need a ride?** Reserve a seat on our Shuttle Van.

What to bring:

See our Tips for a safe and successful outing. We encourage all participants to remember:

- **a full bottle of water, at least 32 oz. per adult**
- sturdy hiking shoes
- sun protection such as a hat, sunglasses, and sunscreen
- bug spray, and/or long pants or sleeves for insect and tick protection
- A light snack to enjoy during or after your hike

Need A Ride?

Van Service Available - Reserve Your Seat!

Centred Outdoors is providing a shuttle van to select Event Destinations.

Reservations are required and open 7 days prior to each event date.

Van Service to Dutch Alvin Trail Hikes July 2 and July 6:

Pickup at Westerly Parkway Plaza, 9:45 AM

Pickup at Hills Plaza, 9:55 AM

Returned to these locations after event.



This free shuttle service is intended to reduce

transportation limitations of any kind for those interested in attending Centred Outdoors events. Shuttle provided by Cole Transportation.

See our [Transportation](#) page for more info on travel in and around the Centre region.

Van Service Reservations

Coming Up Next Week

Tom Tudek Memorial Park

Guided Outings
Sunday, July 2 at 11AM & 1PM
Thursday, July 6 at 9AM & 11AM

Wellness Wednesday: Gardening and
Therapeutic Landscapes



Destination Details

Wellness Wednesday

Up Next: Gardening and Therapeutic Landscapes
Hosted by Penn State Master Gardeners
Co-hosted by [Jana Marie Foundation](#)

Wellness Wednesdays are part of Centred Outdoors' efforts to offer a variety of outdoor activities at nearby natural spaces. The series highlights paths to wellness, engages the community, and includes local partners.



WELLNESS WEDNESDAYS

Outdoor health and wellness activities in the Centre region.

June 14th | Shaver's Creek | Medicinal Plants

June 28th | Rhoneymeade | Forest Bathing

July 12th | Tudek Park | Gardening & Therapeutic Landscapes

July 26th | Soaring Eagle Wetland | Nature Sketching

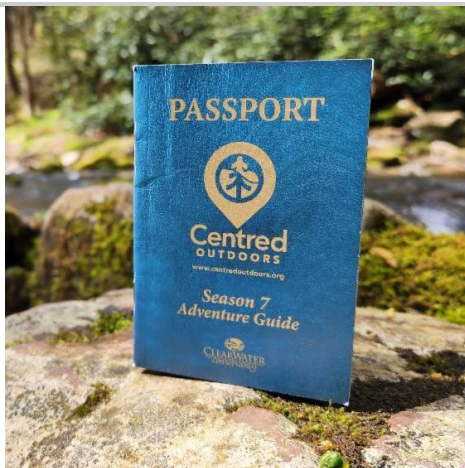
August 9th | Downtown State College | Drum Circle

August 23rd | Boal Mansion | Yoga & Outdoor Mindfulness

CentredOutdoors.org/events

See All Wellness Wednesdays

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

STAY CONNECTED!



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