



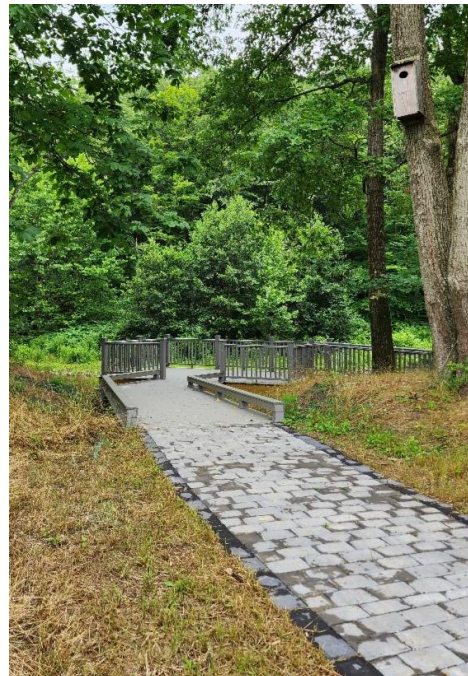
July 23-27, 2023

## Soaring Eagle Wetland

Hello from Centred Outdoors!

The conservation story of [Soaring Eagle Wetland](#) began in 2002, when 135 acres along Route 220 were preserved as part of a mitigation strategy in the wake of I-99 construction. Over 20 years later, the success of the WHM Group and the Wildlife for Everyone Foundation is evident in the abundant plant and animal life at this destination.

The property now includes mowed grass trails, wildlife viewing areas, and ADA accessible pathways leading to an elevated fishing platform on Bald Eagle Creek. The Foundation continues to maintain and improve the wetland as “a fully functioning ecosystem capable of sustaining a habitat to host the return of Pennsylvania's indigenous species”. [Soaring Eagle Wetland History](#), Wildlife for Everyone Foundation.



ADA Accessible pathways lead to an elevated viewing and fishing platform on the Bald Eagle Creek.

There are plenty of opportunities to enjoy this destination with Centred Outdoors, or on your own! Our free events this week include [guided outings](#) on Sunday, July 23 (11 a.m. and 1 p.m.) or Thursday, July 27 (9 a.m. and 11 a.m.). On Wednesday, July 26, come out for [Wellness Wednesday: Nature Sketching](#) presented by [Ann Taylor-Schmidt](#) and co-hosted by [Strawberry Fields](#). A limited number of seats are available on the shuttle van for Wednesday's event - reserve a seat on our [Transportation](#) page! All events and guided outings include ADA accessible options.

***Reset your mind, body and spirit with some time in the great outdoors! Follow a few easy recommendations for a successful outing:***

- **How do I get there?** Set your GPS for 6543 South Eagle Valley Road, Julian PA. Find [Soaring Eagle Wetland](#) on Google Maps.
- **Find the Entrance:** You must cross over the railroad tracks when first entering the lot. The entrance is not well-marked - look for the Centred Outdoors flags and directional signs when approaching the address.
- **Parking?** The lot includes 2 concrete van-accessible handicap parking spaces, with space for 20 or more additional vehicles.
- **ADA Facilities:** Parking, porta-potty, paths and fishing platform are all ADA accessible.
- **Will I have cell service?** Cell service is available for most in this area. It's always a good idea to download your directions or have a map with you whenever you head to a new destination.
- **Insect protection is recommended at this location!** Bug spray, long sleeves, pants, or hats can make the experience more comfortable. This path is near water, which attracts many fascinating insects!
- **How much water do I need?** Bring at least one full, 32 oz. bottle of water per adult. It's easy to underestimate the amount you'll drink on a warm day. Keep your hands free - carry a small backpack to fit your water bottle, snacks, bug spray or other gear.



**Sturdy hiking shoes, sun and insect protection, water and a few snacks will make any hiking experience enjoyable!**

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### Transportation to Wellness Wednesday

Our shuttle service returns for this week's Wellness Wednesday activity. Pickup locations are the Hills Plaza on S. Atherton, or the Westerly Parkway Plaza. A limited number of seats are available - visit our [Transportation page](#) to reserve a seat, or find future events!

**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](mailto:adventure@clearwaterconservancy.org)

## This Week with Centred Outdoors

### Guided Outings at Soaring Eagle Wetland

Sunday, July 23 at 11AM & 1PM  
Thursday, July 27 at 9AM & 11AM



Plan a memorable day of birdwatching, nature walking, fishing, picnicking, or all of the above at an outdoor destination that offers a little bit of everything, for everyone! The 135-acre property includes 55 acres of wetland and showcases a natural area supporting wildlife health while offering unique recreational opportunities for people.

[Event Details](#)

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**Wellness Wednesday: Nature Sketching**

July 26, 2023 | 6:00 PM



Our next Wellness Wednesday will be held at Soaring Eagle Wetland in Julian, PA. This activity will take place along the ADA accessible trail. We encourage everyone to join us for a restorative evening outdoors!

Ann will lead us in nature drawing as meditation, beginning with an invitation to study our thoughts or nature questions, and opening up new perspectives through self-reflection, drawing or writing.

*"The artist's world is limitless. It can be found anywhere, far from where he lives or a few feet away. It is always on his doorstep."*  
— Paul Strand

### Event Details



This week's supporting co-host for Wellness Wednesday is [Strawberry Fields](#). Founded in Yarnell, PA in 1972, Strawberry Fields, Inc. continues a long 40+ year history of serving the community by providing quality community-based and residential services to children and adults with disabilities.

Enjoy refreshments from [Good Day Cafe](#) at this week's wellness event!

## What to Expect & How to Prepare

**Destination:**  
Soaring Eagle  
Wetland  
6543 South  
Eagle Valley  
Road  
Julian, PA 16844



**Guided Outing Dates:**  
Sunday, July 23 at 11AM & 1PM  
Thursday, July 27 at 9AM & 11AM

**Wellness Wednesday:**  
Wednesday, July 26 at 6PM

### Maps and Directions:

- [Centred Outdoors Trail Map](#) (.pdf for download)
- [GPS / Google Maps Location](#)
- [Soaring Eagle Website](#) (Wildlife for Everyone Foundation)
- **Destination is approximately 11 miles / 20 minutes from downtown State College.** Via US-322

### Hike Length, and Terrain:

- **Hike length:** .99 miles
- **ADA Paths:** A nearly level, 800-foot, ADA accessible trail leads from the parking lot to a large elevated fishing/viewing platform at Bald Eagle Creek. This 6-foot-wide trail is made of bricks and composite decking.
- **Difficulty:** Easy
- **Terrain:** ADA Paths are brick and composite decking. Additional trails are mowed grass or dirt pathways. Little to no elevation change (32 ft).

### What to bring:

[See our Tips](#) for a safe and successful outing. We encourage all participants to remember:

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



Looking for other places to explore nearby? Check out the [Galen and Nancy Dreibelbis Viewing Area](#), just 1 mile down the road from Soaring Eagle! This area also includes ADA parking and viewing platforms.



### Be A Naturalist!

Kids can join any Centred Outdoors outing and borrow one of our Jr. Naturalist backpacks to take on the adventure! Inside you'll find all the tools and guides you need to be a real Naturalist.

Discover plants, animals, insects, or anything else you find on the trail. Record your observations, take pictures, and share what you find!

Jr. Naturalists



To reserve trekking poles, child carriers, day packs, or other items for use during Centred Outdoors outings, please fill out a [Reservation Form](#). We are always accepting donations of lightly-used gear!

Gear Library



### Need A Ride?

Van Service returns for Wellness Wednesday at Soaring Eagle. This free shuttle service is intended to reduce transportation limitations of any kind for those interested in attending Centred Outdoors events. A limited number of seats are available - [make a reservation!](#) Get information about local bus, taxi, bike route, or other transportation options - visit our [Transportation](#) page.



***Win a free pair of Darn Tough Vermont socks!***

The great folks at [Appalachian Outdoors](#) have generously donated these amazing socks from [Darn Tough Vermont](#). Great for any outdoor activity, these socks are made sustainably in the USA and come with a *lifetime guarantee!*

Two selected winners at each Sunday hike will receive a certificate for a free pair of socks that can be redeemed at Appalachian Outdoors, 131 South Allen Street in State College, PA.

## Mount Nittany Health Tips

*Visit the Mount Nittany Health [Wellness Library](#) for more healthy ways to enjoy the outdoors. Consider these Health Tips and be prepared for any Centred Outdoors outing!*



**Centred**  
OUTDOORS

## Tips for Staying Hydrated During Outdoor Activities

It's important to stay hydrated during outdoor activities, especially during the warmer months.

Bring plenty of water and consider adding electrolyte tablets or powder to replace lost minerals.

Drink water every 15-20 minutes during a hike, and drink enough to replace fluids lost through sweat.

When joining any Centred Outdoors event, bring one full bottle of water per person. Enjoy and stay hydrated!



### Health Tips for Centred Outdoors

Enjoy the health and wellness benefits of time spent in nature. Be prepared with these easy tips to keep you safe and ready for any adventure!

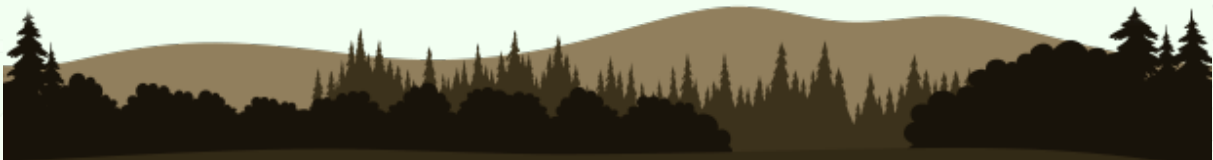
## Coming Up Next Week

### Guided Outings at Canoe Creek State Park

Hollidaysburg, PA  
July 30-Aug 3, 2023

Unplug and unwind at Canoe Creek State Park, where you can immerse yourself in 961-acres of nature, including Canoe Lake where you can swim and fish, explore wetlands, and walk amidst mature forests.

[About This Destination](#)



*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.*



ClearWater Conservancy's Centred Outdoors |  
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