



July 9-13, 2023

Tom Tudek Memorial Park

Hello from Centred Outdoors!

This week, we return from the forest, and head for wildflowers and wide open spaces. Join us at [Tom Tudek Memorial Park!](#) Once the proposed site for a mall, this Ferguson Township destination shines as a place for people of all ages and abilities to enjoy time outdoors. Whether it's inspiring artists and naturalists at the Snetsinger Butterfly Garden, or as a space for sport and recreation, it's no wonder Tudek Park consistently wins [Best Park in State College](#).

On this easy, half-mile walk, we'll head to the Butterfly Garden and discover what's growing, blooming, and buzzing! This park has so much to see, you may want to stay and explore on your own after the guided walk.



Centred Outdoors guide Olivia S. holds a box turtle found along the Dutch Alvin Trail in Rothrock State Forest.

Take time to prepare so you can enjoy the afternoon safely and comfortably. Consider the following factors when heading outdoors:

- **How do I get there?** Tudek Park is conveniently located on Martin St. in State College, just off N. Atherton behind the Giant/Weis shopping centers. CATA Bus N Route or any rideshare service are easy transportation options.
- **Will I have cell service?** Service should be available for most. It's always a good idea to download your directions or have a map with you whenever you head to a new destination.
- **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, and a few snacks will make any hiking experience enjoyable for all.

Volunteer at your favorite outdoor destinations.

We are always interested in hearing from new volunteers. Greeters and Hike Assistants are a huge help at our outings and wellness activities. If interested, see a list of Events where help is needed, or let us

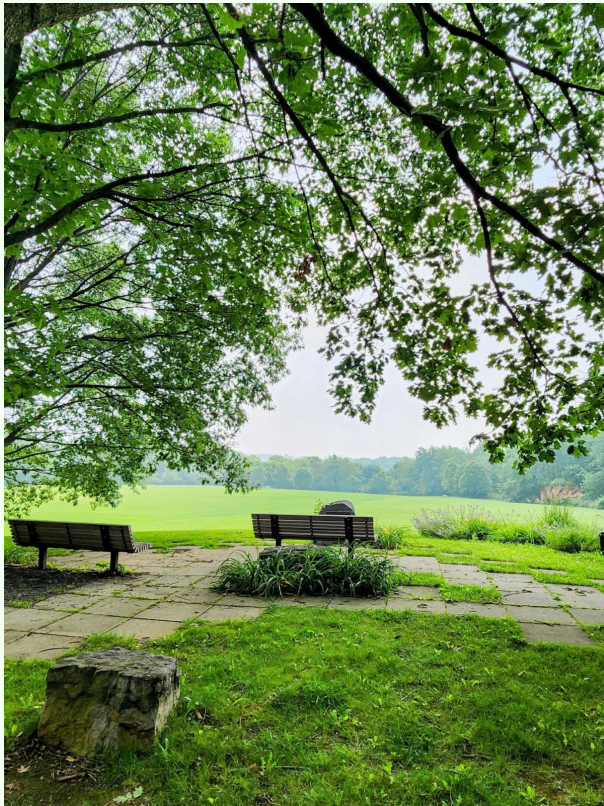
know when you are available - visit our [Volunteer Form](#).

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

This Week with Centred Outdoors



GEAR LIBRARY

Hike in comfort or donate gear!



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

GUIDED OUTINGS at TUDEK PARK

Sunday, July 9 at 11AM & 1PM
Thursday, July 13 at 9AM & 11AM

This 87-acre area in the midst of State College 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.

Event Details

TRANSPORTATION

Van Service returns July 16 for our Little Juniata outing. Get information about local bus, taxi, bike route, or other transportation options [for Centred Outdoors events here!](#)

What to Expect & How to Prepare

Destination:

Tom Tudek Memorial Park
400 Herman Drive
State College, PA 16801

Dates:

Maps and Directions:

- [Centred Outdoors Trail Map](#) (.pdf for download)
- [GPS / Google Maps Location](#)
- [Tudek Park Website](#) (Ferguson Township)

Sunday, July 9 at 11AM & 1PM
Thursday, July 13 at 9AM & 11AM

Hike Length, and Terrain:

- **Hike length:** .51 miles
- **Difficulty:** Easy
- **Terrain:** Paved, gravel, and grassy pathways with little elevation change (33 ft)

- Destination is approximately 2.3 miles / 7 minutes from downtown State College. Via N. Atherton Street

What to bring:

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

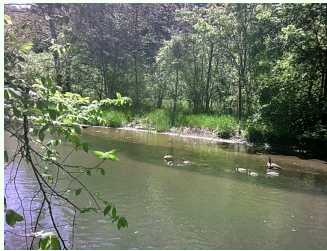
- a full bottle of water, at least 32 oz. per adult
- sturdy walking shoes
- sun protection such as a hat, sunglasses, and sunscreen
- bug spray, and/or long pants or sleeves for insect and tick protection
- A light snack to enjoy during or after your hike



You may want to stay and enjoy the park after the guided outings. There are playgrounds and open spaces for picnics, sports, or other activities. Enjoy your day at Tudek Park!

Junior Naturalists on the Trail

See the outdoors from a naturalist's point of view!



Ask about our Jr. Naturalist Backpacks

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

Take photos with the camera and we'll share your photos with you after the outing!

Wellness Wednesday

**Wellness
Wednesday:
Gardening and
Therapeutic**





Event Details

Landscapes

July 12, 2023 | 6:00 PM

Presented by Pam and Doug Ford, Penn State Extension Master Gardeners of Centre County and outreach coordinators for the Snetsinger Butterfly Garden. Co-hosted by the Jana Marie Foundation.

In a walk through the Snetsinger Butterfly Garden, participants will enjoy the relaxing activity of closely observing the interactions of pollinators and plants. They will also practice the design process in creating their own personal therapeutic landscape to support pollinators and other wildlife. *Water bottle, sun and insect protection recommended. No registration required.*

“Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.”

— May Sarton

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!



The Benefits of Walking & Hiking for Physical and Mental Health

Walking or hiking regularly reduces the risk of chronic diseases, such as heart disease, diabetes, and stroke.

It can also help to improve cardiovascular health, increase endurance, and boost mood and mental health.

Consider incorporating walking or hiking into your daily routine to improve your health.

Join Centred Outdoors guided outings to start your weekly walking routine!



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!

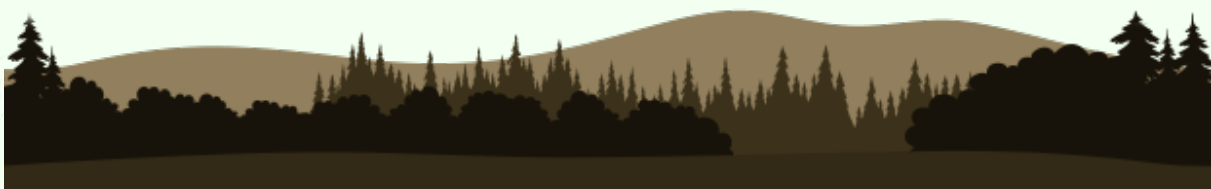
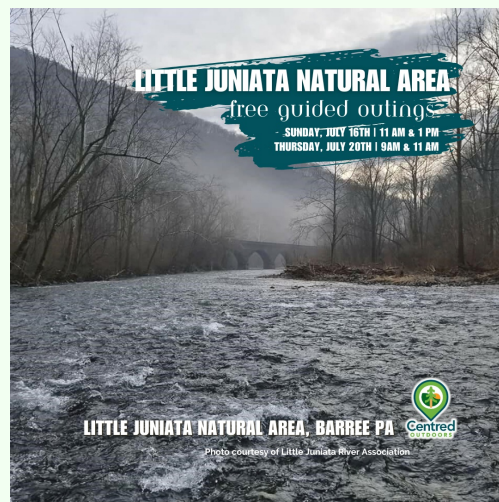
Coming Up Next Week

Guided Outings at Little Juniata Natural Area

July 16-20, 2023

One of six natural areas in Rothrock State Forest, Little Juniata Natural Area in Huntingdon County has earned this special designation in large part because of its unique geology.

[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 |
814-237-0400 | info@centredoutdoors.org
www.centredoutdoors.org

Connect with us



ClearWater Conservancy | 2555 North Atherton Street, State College, PA 16803

[Unsubscribe andrea@clearwaterconservancy.org](mailto:andrea@clearwaterconservancy.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by adventure@clearwaterconservancy.org