



## Centred Outdoors Season 7

### Hike Our Final Three!

September 2023

Hello from Centred Outdoors!

It's hard to believe, but here we are writing our introduction to the final three hikes of our 2023 Centred Outdoors season. As the nights get a bit cooler, and the trails accept their first fallen leaves of autumn, we're ready to embark on a few true "Ridge & Valley" outings. These hikes are **much more difficult** than our regular-season outings, but if you've joined us in getting outdoors all summer, you may be ready for a climb! The first three Sundays in September offer free, guided hikes at the **Ray F. Decker Trail, Musser Gap, and the Indian Steps Loop.**



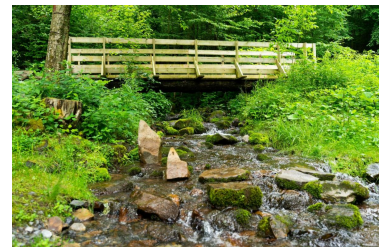
*Water emerging from mountainside encourages mushrooms of all kinds at Ray F. Decker.*

#### **Hunting Season - An Important Reminder**

Many small and large game hunting seasons begin in September, so it's a good time to dig out all your fluorescent orange gear! Whether you're exploring State Forests, Game Lands, or Private Property, **keep yourself safe by wearing an orange hat and vest** - and don't forget some orange for your pets, too! Know the [Hunting Seasons](#) and Regulations, and always remember to let someone else know where you're going and when you plan to return.

#### **Need gear to make your hike easier?**

Our Gear Library allows you to reserve child carriers, trekking poles, and other gear to make your hike easier or more comfortable. If you would like to reserve items to use during a Centred Outdoors outing, fill out our Reservation Form at least two days prior to any event. We are also accepting donations of lightly-used gear.



***We appreciate your feedback - help us plan for Season 8!***

As we wind down this year's official summer season, we would love to hear any feedback on the outings you've participated in this summer! Fill out our Survey below and let us know your thoughts.

***Late summer is a GREAT time to get outdoors. We look forward to exploring these amazing destinations with you!***

Bridget Whyte, Adventure Coordinator  
ClearWater Conservancy

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

## Guided Hike on the Ray F. Decker Trail

September 3, 11:00 AM | Centre Hall, PA



The Ray F. Decker Trail begins at the Decker property on Route 192, and climbs the mountain to the James Cleveland Memorial. Connect with the past via a short yet steep hike up to the monument in honor of James Cleveland, an airmail pilot who passed away in May 1931 in a plane crash on Mount Nittany between Centre Hall and Pleasant Gap.

[About This Destination](#)

Event Details

### Destination:

Ray F. Decker Trail  
Centre Hall, PA

### Guided Outing Dates:

Sunday, September 3 |  
11:00 AM

### Outing Length and Terrain:

- [Ray F. Decker Outing Map](#)
- **Outing length: 3.63 mi** (Ascent: 1302 ft.)
- **Difficulty:** Difficult
- **Terrain:** Moderately maintained trail from valley to ridgeline, includes steep and rocky sections.



### Map Links and Directions:

- [Google Maps/GPS Link: Ray F. Decker Parking on Route 192](#)
- Destination is **14.2 miles/24 minutes** from Downtown State College.

## Guided Hike at Musser Gap

September 10, 11:00 AM | State College, PA

The landscape along the Musser Gap Trail



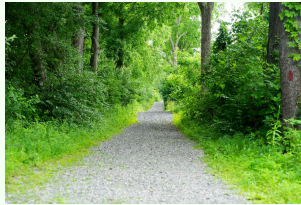


is memorable in all four seasons. The 423-acre property was purchased by Clearwater Conservancy and transferred to DCNR Bureau of Forestry in 2007 in order to protect an important groundwater recharge area for the community as well as vital wildlife habitat.

### Event Details

**Destination:**  
Mussey Gap  
State College, PA

**Guided Outing Dates:**  
Sunday, September 10 |  
11:00 AM



### Map Links and Directions:

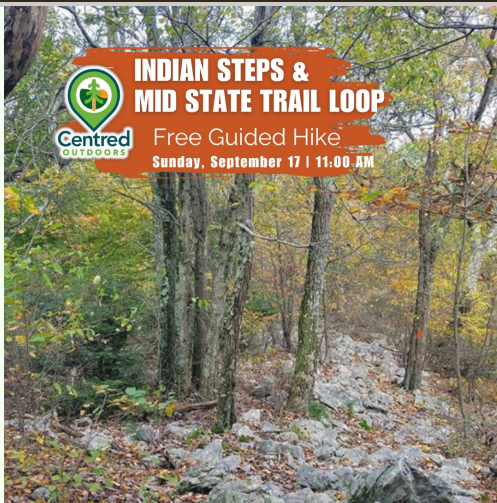
- [Google Maps/GPS Link: Mussey Gap Parking Area on Route 45](#)
- Destination is **5 miles/11 minutes** from Downtown State College via PA-26 S and PA-45 E

### Outing Length and Terrain:

- [Mussey Gap Outing Map](#)
- **Outing length: 2.92 mi** (Ascent: 704 ft.)
- **Difficulty:** Difficult
- **Terrain:** Begins with wide gravel trail to wooden bridge, then becomes steep and rocky as you ascend to the Tussey Mountain ridgeline.

## Guided Hike at Indian Steps & Mid State Trail

September 17, 11:00 AM | Pennsylvania Furnace, PA

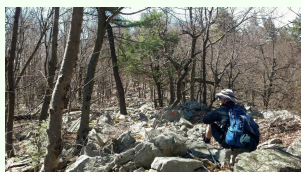


Not for the faint-of-heart, this hike begins at Harry's Valley Road, ascending Tussey Mountain to the ridgeline and the Mid State Trail. Expect rugged Pennsylvania terrain and a slow climb up the steep, rocky steps, followed by an easier walk and early autumn views along the ridge. This 4-mile loop returns you to Harry's Valley Road via the Pump Station Trail.

### Event Details

**Destination:**  
Indian Steps Trail at  
Harry's Valley Road  
Pennsylvania Furnace, PA

**Guided Outing Dates:**  
Sunday, September 17 | 11:00 AM



### Map Links and Directions:

- [Google Maps/GPS Link: Harrys Valley Road at Indian Steps Trail](#)
- **GPS Coordinates:**  
40.690550, -77.936052



**Outing Length and Terrain:**

- **Indian Steps Outing Map**
- **Outing length: 3.99 mi** (Ascent: 765 ft.)
- **Difficulty:** Difficult
- **Terrain:** Begins with steep and rocky climb up stone "steps", then flat ridgeline along the Mid State Trail and a moderate descent back to the starting point.

- Destination is **10.4 miles/22 minutes** from Downtown State College via PA-26 S

## What to Expect & How to Prepare

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

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



Looking for other nearby destinations? Visit [Centred Outdoors - Explore](#) for our list of local Destinations you can enjoy all year!

## Have You Joined Us This Season?



**Your Experience Matters!**

We invite you to participate in our anonymous survey about Centred Outdoors guided hikes and activities. This brief survey helps us communicate our success with grant

partners and stake holders and allows us to continue to alter our programming to better serve our community.

Thank you for taking the time to provide your valuable feedback!

[Participant Survey](#)

## Make Your Hike Comfortable



Reserve items from our Gear Library for any Centred Outdoors outing - or Donate!

If you're looking for trekking poles, child carriers, day packs, or other gear that may make your hike more comfortable, try our Gear Library! We are also accepting donations of lightly-used gear.

Fill out a [Reservation Form](#), or drop off items to the [ClearWater Conservancy](#) office or [Appalachian Outdoors!](#)

[Details](#)

## Mount Nittany Health Tips





## Prevent and Treat Blisters and Other Foot Injuries While Hiking

Wear well-fitting shoes and socks that are appropriate for hiking to prevent blisters and other foot injuries.

Break in new shoes before a long hike and consider using blister pads or moleskin for added protection.

If you develop a blister, clean the area with soap and water, cover it with a bandage, and avoid popping it.

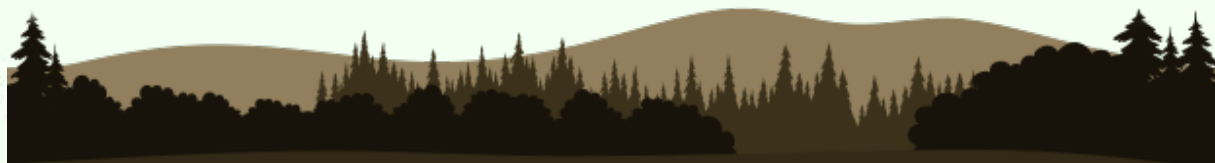
Treat your feet with care, and you'll be ready for any Centred Outdoors hike!



### 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!

*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!*



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ClearWater Conservancy's Centred Outdoors |  
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