

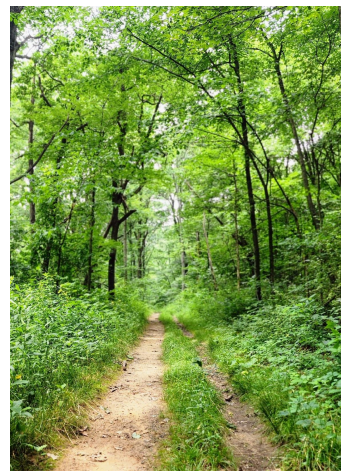
July 16-20, 2023

Little Juniata Natural Area

Hello from Centred Outdoors!

Where can you go to observe unique geological features, an abundance of birds, insects and other wildlife, and a river landscape saved from pollution? Look no further than the Little Juniata Natural Area near Alexandria, PA.

"In the last 30 years, the Little Juniata River has gone from a sewer to a 'Class A' wild brown trout fishery. It provides the longest stretch (13 miles) of regulated C&R water in Pennsylvania. Its wild browns, plentiful hatches and unique setting, as it flows under historic stone arches and through steep limestone gorges, will challenge and entertain the most discerning fly fisher." *Source: AntisTownship.org*



The Little Juniata path is mostly flat, but sturdy shoes are recommended.

There is so much to see along this trail, the hardest part will be knowing where to look next! Follow our guides as you discover the history and beauty of the Little Juniata.

Take time to prepare so you can enjoy the afternoon safely and comfortably. Follow these recommendations for a successful outing:

- **How do I get there?** Set your GPS for 6205 Mountain Road, Alexandria PA 16611.
- **Parking?** A shared parking area for both the [Little Juniata Natural Area](#), and the [Mid-state Trail \(MST\) Barree Trailhead](#), is located at the end of Mountain Road. Continue past all Private Property on Mountain Road until you reach the large gravel parking area. Be aware, there are multiple "pins" on Google Maps for the LJNA, so you want to make sure you are heading to the parking area near the address listed.
- **Will I have cell service?** Cell service can be difficult to reach 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, and a few snacks will make any hiking

experience enjoyable for all.

Volunteer at your favorite outdoor destinations.

Greeters and Hike Assistants are a huge help at our outings and wellness activities. We are always interested in hearing from new volunteers. 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



GUIDED OUTINGS AT LITTLE JUNIATA NATURAL AREA

Sunday, July 16 at 11AM & 1PM
Thursday, July 20 at 9AM & 11AM

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.

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](#)

TRANSPORTATION

Van Service returns for the 11 AM Little Juniata outings. Reserve your seat now! Get information about local bus, taxi, bike route, or other transportation options [for Centred Outdoors events here](#).



What to Expect & How to Prepare

Destination:

Little Juniata Natural Area
6205 Mountain Road
Alexandria, PA 16611

Dates:

Sunday, July 16 at 11AM & 1PM
Thursday, July 20 at 9AM & 11AM

Hike Length, and Terrain:

- **Hike length:** 1.26 miles
- **Difficulty:** Moderate
- **Terrain:** Dirt or grassy pathways with moderate elevation change (139 ft). Participants can choose to take short paths from the main trail, down to the river bank. Those paths may be steeper/more difficult than the main trail.

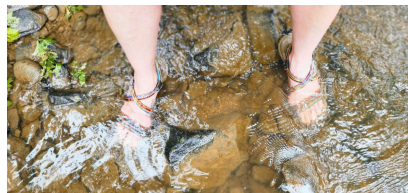
Maps and Directions:

- **Centred Outdoors Trail Map** (.pdf for download)
- **GPS / Google Maps Location**
- **Little Juniata Information Website** (AntisTownship.org, Blair County)
- **Destination is approximately 35 miles / 45 minutes from downtown State College.** Various routes exist including I-99 S or PA-45 W.

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 [Tytoona Cave Nature Preserve Area](#) or [Canoe Creek State Park](#)!



Win a free pair of Darn Tough Vermont socks from Appalachian Outdoors

Join us for any of our Sunday outings this season, and you have a chance to win! 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.

Wellness Wednesdays

WELLNESS WEDNESDAYS
Outdoor health and wellness activities in the Centre region.

- June 14th | Shaver's Creek | Medicinal Plants
- June 28th | Rhoneymede | 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

Wellness Wednesday: Nature Sketching

Presented by Ann Taylor-Schmidt
Co-hosted by **Strawberry Fields**

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!

[Learn More](#)

"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



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!



Proper Stretching Techniques Before and After Hiking to Prevent Injury

Stretching before and after hiking can help to prevent injuries by improving flexibility and range of motion.

Focus on stretching major muscle groups used during hiking, such as calves, hamstrings, quads, and back.

Hold each stretch for 15-30 seconds and repeat 2-3 times.

Join Centred Outdoors FREE guided outings and remember to stretch before you begin!



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

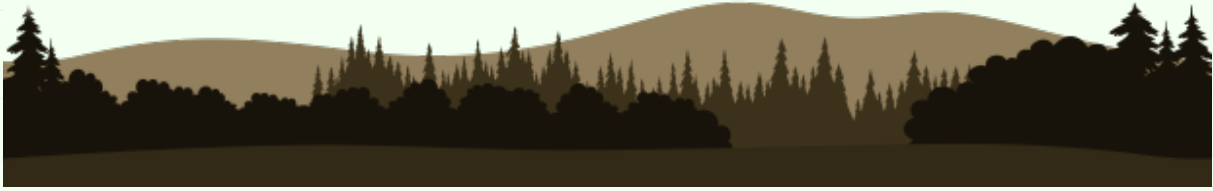
Guided Outings at Soaring Eagle Wetland

July 23-27, 2023

ADA Accessible. The 135-acre property includes 55 acres of wetland and showcases a natural area supporting wildlife health while offering unique recreational opportunities for people. This destination also includes a path and fishing platform with ADA-approved access on Bald Eagle Creek.

[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

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