



## BALD KNOB free guided hikes

SUNDAY, JUNE 18TH | 11 AM & 1 PM  
THURSDAY, JUNE 22ND | 9AM & 11 AM

BALD KNOB, BOALSBURG PA



Hello friends!

### *Did you join us during our week at Shaver's Creek?*

We visited Shaver's Creek Environmental Center for a week of guided outings and our first Wellness Wednesday, and there was so much to learn! A big thanks to Jennifer Tucker for an amazing lesson in nature's medicinal plants, the AAUW State College for being our community co-

host for this week's event, and to Shaver's Creek for hosting us and helping to guide hikes this week! For more on Medicinal Plants, Jennifer suggested books by Rosemary Gladstar such as *Medicinal Herbs: A Beginner's Guide*.

### *Coming Up Next: Grab your good boots!*

Join us Sunday, June 18th or Thursday, June 22nd for guided hikes to Bald Knob in Rothrock State Forest. This is a more difficult hike on our summer schedule — one for the experienced hiker or anyone interested in exploring the rocky trails and ridgeline above Shingletown! **Sturdy hiking boots, a water bottle, and sun protection are recommended for these outings.**

If you'd like to know which of our outings are Easy, Moderate, or Difficult, you can visit our [Events page](#) and filter the list to find them! You can also see [Wellness Wednesdays](#), [Accessible destinations](#), or see everything in a [calendar view](#).

### *Shuttle, Car Pool, and Parking Information*

Take a shuttle van to our next outings! Seats are available for our 11 AM hike at Bald Knob. Reservations are open 7 days prior to the events. 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](#). You can also join our new [Centred Outdoors Facebook Group](#) to share ride requests or offers. Ride-sharing is a great way to lessen fuel costs, reduce the number of vehicles on roadways and parking areas, and connect with other community members who enjoy spending time outdoors!

## ***Volunteer at your favorite outdoor destinations!***

Centred Outdoors would love to have a few more volunteers for our events! Greeters and Hike Assistants help at our guided outings and Wellness Wednesday activities. See a list of Events where help is needed, or let us know when you are available - visit our [Volunteer Form](#).

## ***Health Tips for a Safe and Enjoyable Season***

Mount Nittany Health encourages our community to [Add Centred Outdoors to Your Child's or Teen's Summer Routine](#). The physical and mental health benefits of time spent outdoors are numerous! *"Hiking is one accessible activity that families in Central Pennsylvania can incorporate into their summer plans to promote mental and physical well-being. Hiking may benefit mental health by increasing kids' physical activity and resilience, as well as exposing them to sunlight and green spaces,"* says Shannon Manley, PhD with Mount Nittany Health Pediatrics. Our schedule of outings and activities makes it easy to add them to your family's summer calendar!

## ***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)

## Where is Centred Outdoors this week?



**Parking & Trailhead GPS Location:** [Shingletown Gap Parking & Trailhead on Laurel Run Road](#) Additional roadside parking along Laurel Run Road.

**Destination is approximately 10 miles from downtown State College.** Enter Rothrock State Forest via Bear Meadows Road.

### **Guided Hikes to Bald Knob in Rothrock State Forest**

#### **Event Details**

**Sunday, June 18 at 11AM & 1PM  
Thursday, June 22 at 9AM & 11AM**

A more difficult outing for the experienced hiker. Ascend via Lower Trail and Green Shoot before reaching this high point in Rothrock State Forest.

Download the Centred Outdoors [Bald Knob Hike Trail Map](#)

Find other **Rothrock State Forest** maps, nearby attractions, and State Forest Rules & Regulations at [dcnr.pa.gov](http://dcnr.pa.gov).



#### **What to expect:**

- Hike length: Approximately 2.6 miles
- Difficulty: Difficult, for experienced hikers
- Terrain: Rocky and/or steep sections of trail. Ascent: 737 ft.

#### **Prepare for your hike:**

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

- sturdy hiking shoes
- a full bottle of water
- sun protection such as a hat, sunglasses, and sunscreen
- bug spray, and/or long pants or sleeves for insect and tick protection

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

## Need A Ride?

### *Van Service Available - Reserve Your Seat!*



Centred Outdoors is providing a shuttle van to select Event Destinations. Reservations open 7 days prior to each event date.

**Van Service to Guided Hikes to Bald Knob  
June 18 AND June 22:**  
Pickup at Hills Plaza, 10:25 AM  
Pickup at Westerly Parkway Plaza, 10:15 AM  
*Returned to these locations after hike has ended.*

**Van Service to Wellness Wednesday at Rhoneymeade  
June 28:**

Pickup at Westerly Parkway Plaza, 5:15 PM  
Pickup at Hills Plaza, 5:25 PM  
*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

### Rhoneymeade Arboretum & Sculpture Garden

#### *Guided Outings*

Sunday, June 25 at 11AM & 1PM  
Thursday, June 29 at 9AM & 11AM

*Wellness Wednesday: Forest Bathing*  
Wednesday, June 28 at 6PM



Destination Details

## Wellness Wednesday

Wellness Wednesdays return on June 28!

*Wellness Wednesdays are part of Centred Outdoors' efforts to offer equitable opportunities for outdoor recreation at nearby natural spaces. The series highlights paths to wellness, engages*



# 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

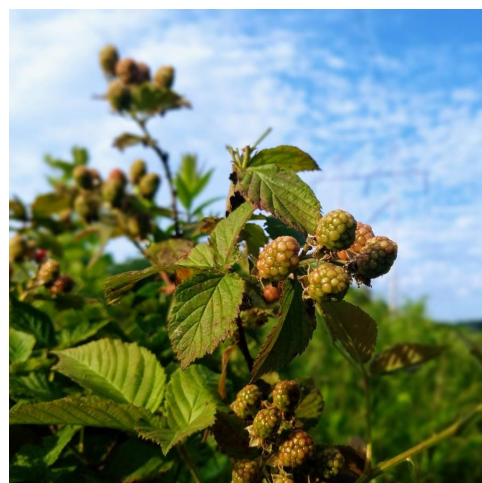
[CentredOutdoors.org/events](https://CentredOutdoors.org/events)

See All Wellness Wednesdays

## Find more to do outdoors in central PA!



All Centred Outdoors Events



Featured Destinations



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.



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Visit [CentredOutdoors.org](http://CentredOutdoors.org)

STAY CONNECTED!



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[www.centredoutdoors.org](http://www.centredoutdoors.org)