

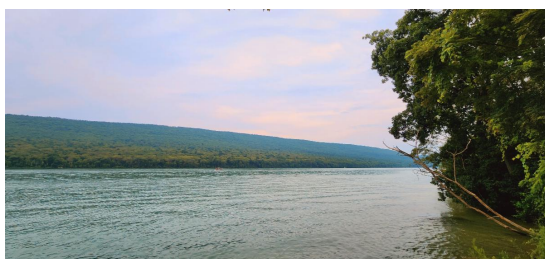


Bald Eagle State Park

August 13 & 17, 2023

Hello from Centred Outdoors!

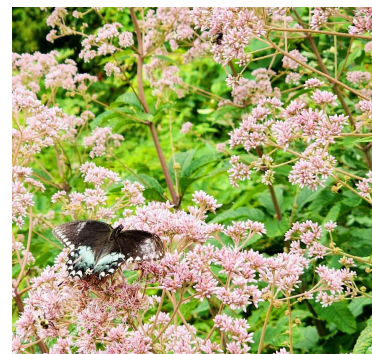
Throughout each season of Centred Outdoors, we introduce you to natural and recreational areas in Centre and nearby counties. Each outing offers a chance to observe the landscape from a naturalist's point of view, and to experience the benefits to our physical, mental, and emotional health that spending time in nature provides. Our next visit to **Bald Eagle State Park** will highlight easy paths where birds and butterflies are not only a chance sighting, they're the names of the trails!



The 1,730-acre lake was formed by the damming of Bald Eagle Creek in 1969.

The destinations we visit have a long, rich history. We know pieces of the story of **Bald Eagle Creek** and the people who walked along it, gathered its resources, built their homes on its banks, or **dammed its water** to create a lake on which we fish, boat and swim. What else might there be to learn, or stories to uncover?

This week, we'll be observing the natural areas that have grown and bloomed at the lakeside. We'll look for rare and common birds, species of butterfly, or wetland plant life. Join us on a loop following the Butterfly Trail and part of the **Woapalanne** (meaning "Bald Eagle") trail - two easy, mostly flat pathways that meander along the lakeside.



Behind-the-scenes, Centred Outdoors and ClearWater Conservancy continue to work on compiling the history of these lands with the help of local researchers. We hope that our guided

outings and our [Destination](#) pages can serve as a resource for all. Acknowledging the native inhabitants of the region paints a fuller picture of each destination - like the stories of the Lenape Chief Woapalanne, the [Bald Eagle Creek Path](#) or Warriors Path - now Route 150 - or settlements unearthed nearby that date back to the [Archaic period](#).

Whether you're getting outdoors to explore, to learn, to renew your spirit, or just meet new people, we hope you'll join us for a morning or afternoon at Bald Eagle State Park!

Summer is going by fast - we hope you'll come out to explore new places with Centred 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 Bald Eagle State Park

Sunday, August 13 at 11AM & 1PM
Thursday, August 17 at 9AM & 11AM



Borrow a pair of [Nocs](#) from our Guides - you might spot a Bald Eagle at this 1,730 acre lake!

Explore the Butterfly and Woapalanne trails with our guides and observe all the biodiversity of Bald Eagle State Park. Learn some history of the lake's creation and how the landscape changed. A favorite spot of local bird watchers!

[Event Details](#)

Bring your budding Junior Naturalist!

Kids can borrow one of our [Junior Naturalist backpacks](#) and try tools like a magnifying glass, binoculars, and field guides! Use the digital camera and we'll send you the pictures you take while exploring.



Need a ride?
Free shuttle service available!

Take a shuttle van to the 11 AM outings (Sunday or Thursday). Pickup/dropoff locations at Westerly Parkway Plaza or Hills Plaza near Ollie's.

[Reserve A Seat](#)

What to Expect & How to Prepare

Destination:

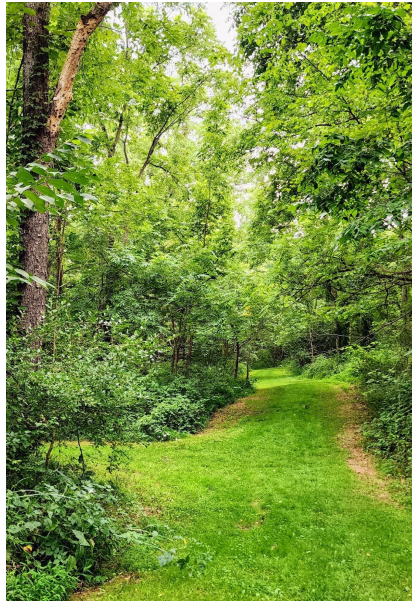
Bald Eagle State Park
149 Main Park Road
Howard, PA 16841

Guided Outing Dates:

Sunday, August 13 at 11AM & 1PM
Thursday, August 17 at 9AM & 11AM

Outing Length and Terrain:

- **Centred Outdoors Outing Map**
- **Outing length:** 1.03 mi (Ascent: 40 ft.)
- **Difficulty:** Easy
- **Terrain:** Mowed grass paths; some paved roadways within park. Little elevation change.



Map Links and Directions:

- **How to Find Us!** Walks will start from Pavilion #6. Enter **main park entrance** at Route 150. Follow Main Park Rd. to Skyline Drive. Turn right onto Skyline Drive, head towards the left side parking area. Pavilion #6 is at the end of the left side parking area.
- **Centred Outdoors Outing Trail & Parking Map** (.pdf for download)
- **Find On Google Maps**
- **Bald Eagle State Park website (DCNR)**

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 [Tallyrand Park](#), or a trail in [Sproul State Forest](#)!

Wellness Wednesdays

Our final Wellness Wednesday is August 23!

Wellness Wednesday: Yoga and Outdoor Mindfulness, presented by Stephanie Koller. Co-hosted by the State College Community Diversity Group.

Experience the benefits of mindfulness in an outdoor setting. All ability levels are welcome



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

to attend.

[More Details](#)

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](#)

Mount Nittany Health Tips



Wearing Appropriate Footwear for Hiking

Choose shoes that provide good foot support, traction, and stability.

Look for shoes with a sturdy sole, good arch support, and a comfortable fit.

Avoid wearing sneakers or running shoes that don't have enough support for hiking on uneven terrain.

Pick a sturdy pair of shoes and join the next outing with Centred Outdoors!

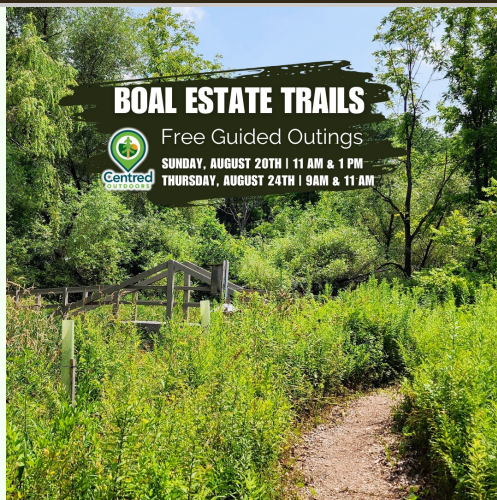


Health Tips for Centred Outdoors

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!

Coming Up Next Week

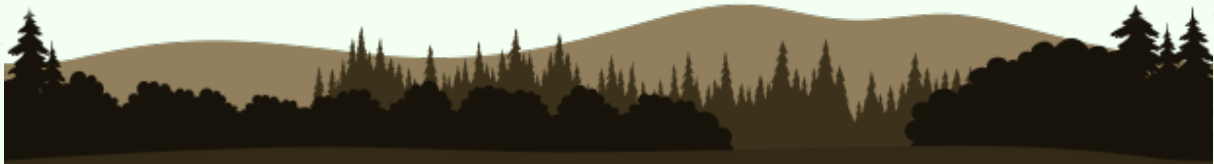


Guided Outings & Wellness Wednesday at Boal Estate Trails

August 20-24, 2023

Hikers will observe a wide range of flora along mulched trails at the Boal Estate - wetlands, upland forest, and more than 1,000 tree shelters from an ongoing program to further diversify species and compensate for the ongoing loss of trees to invasive species and climate change.

Wellness Wednesday: Yoga and Outdoor Mindfulness, presented by Stephanie Koller, will be held on the Boal Estate Grounds on August 23rd.



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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Connect With Us



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