



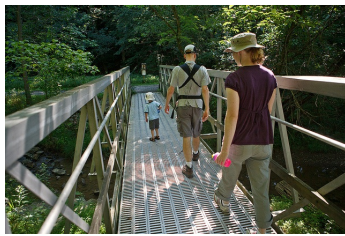
Canoe Creek State Park

Hollidaysburg, PA

July 30 and August 3, 2023

Hello from Centred Outdoors!

We're writing this week's Adventure Guide from Centre County - but we're packing up our gear and heading down the road to Hollidaysburg, Blair County! That's just one of the many awesome things about living in the center of PA - we're so close to unique outdoor recreation throughout the state.



Trails at Canoe Creek are great for all ages!

Photo: Happy Valley Adventure Bureau

Our adventures this week are at Canoe Creek State Park, just under an hour drive from downtown State College. **There is so much to learn about this 961-acre park that the park guides have put together four different outings!** Walks will be starting from the Terry Wentz Education Center. Parking is adjacent to Pavilion #2 (Parking Lot #6 on the [Canoe Creek map](#)). Take the trail to the center. You're welcome to join our outings and also explore at your own pace - or spend some time swimming at the beach!

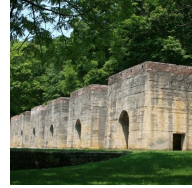
Sunday, July 30th at 11:00 AM: [Unhuggables!](#)

Take a stroll to learn about the "unhuggable" that we all love to hate. From spiders to snakes, slugs and bugs we'll talk about all the 'ickies' and learn about how they survive! Begins at the Wentz Education Center. *(Photo: DCNR)*



Sunday, July 30th at 1:00 PM: [Lime Kiln History](#)

Take a walk back in time as we visit the limekilns of the Blair Limestone Company. Why were the kilns built and who worked there? We'll find out as we explore the hidden history of our state park. Begins at the Wentz



Thursday, August 3 at 9:00 AM: [Marsh Trail Stroll](#)

Take an early morning walk to see what's out and about on the Marsh trail. We'll explore the wetland and learn about the critters we see along the trail. Begins at the Boat Rental Building (staff will direct you). (Photo: DCNR)



Thursday, August 3 at 11:00 AM: [All About Defense](#)

Take a walk to explore how plants and animals use defenses. Biological, chemical, physical - the variety of survival strategies is fascinating and fun (and sometimes weird!). Begins at the Wentz Education Center. (Photo: DCNR)



***Reset your mind, body and spirit with some time in the great outdoors!
Follow a few easy recommendations for a successful outing:***

- ***Bring water and snacks!*** 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. Snacks are a great addition and you can plan to enjoy more time at the park once you "refuel"! A concession stand is also available near the swimming area.
- ***Insect and sun protection are recommended.*** Sunscreen, bug spray, long sleeves, pants, or hats can make the experience more comfortable. Bring a light rain jacket in case of weather changes.
- ***Find ADA Facilities:*** All facilities at Canoe Creek are ADA accessible. Our guided outings include paths that are not ADA accessible. There is plenty to explore and park guides are happy to direct you to all accessible areas! If you need an accommodation to participate in park activities due to a disability, please [contact the park](#).
- ***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.

Sturdy hiking shoes, sun and insect protection, water and a few snacks will make any hiking experience enjoyable!

Your Junior Naturalists will love this place!

All of our guided outings at Canoe Creek are great for kids! Centred Outdoors offers backpacks full of tools that kids can use to observe their surroundings. Ask to borrow a pack for your little naturalists to enjoy while you're on the trail!

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

Guided Outings at Canoe Creek State Park

Sunday, July 30 at 11AM & 1PM
Thursday, August 3 at 9AM & 11AM



Unplug and unwind at Canoe Creek State Park, where you can immerse yourself in 961-acres of nature, including Canoe Lake where you can swim and fish, stroll through wetlands, and cool off in the shade of mature forests. For rock lovers, notice the limestone-rich geologic formations that once supported the state's iron and steel industry. With 12 miles of hiking trails and plenty of picnic tables, the most difficult part about a visit here might be leaving after a memorable day at the park.

Event Details

What to Expect & How to Prepare

Destination:

Canoe Creek State Park

205 Canoe Creek Road
Hollidaysburg,
PA 16648

Guided Outing Dates:

Sunday, July 30 at 11AM & 1PM
Thursday, August 3 at 9AM & 11AM

Hike Length, and Terrain:

- **Hike length:** Each outing is under 1 mile.
- **Difficulty:** Easy to moderate
- **Terrain:** Sidewalk or grass near the Education Center. Boardwalk, mowed grass or dirt paths along Marsh Trail and Limestone Trail. Little to no elevation change (one hill on service road that leads to Limestone Trail).



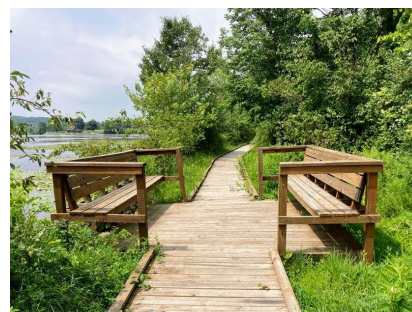
Maps and Directions:

- **How to Find Us!** Walks will be starting from the Terry Wentz Education Center. Parking is adjacent to Pavilion #2 (Parking Lot #6 on the **Canoe Creek Map**). Take the trail to the center.
- **Canoe Creek State Park Map** (.pdf for download)
- **GPS / Google Maps Location** GPS DD: Lat. 40.48031 Long. - 78.2913
- **Canoe Creek Website** (Pennsylvania DCNR)
- **Destination is approximately 36 miles / 50 minutes from downtown State College.** Via PA-45 W and US-22 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](#) or the [Little Juniata Natural Area](#)!



Be A Naturalist!

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

Discover plants, animals, insects, or anything else you find on the trail. Record your observations, take pictures, and share what you find!

Jr. Naturalists



Win a free pair of Darn Tough Vermont socks!

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.

Gear Library



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!



Healthy Snacks and Meal Ideas for Hikers

Pack healthy snacks and meals for your hikes to keep you fueled and energized.

Some great options include: fruits, nuts, energy bars, trail mix, sandwiches and wraps.

Try to balance protein, healthy fats, and carbohydrates in each snack and meal.

Pack a bag with snacks, water, sunscreen and bug spray, and be prepared 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!

Coming Up Next Week

Downtown State College Art Walk & Wellness Wednesday: Drum Circle

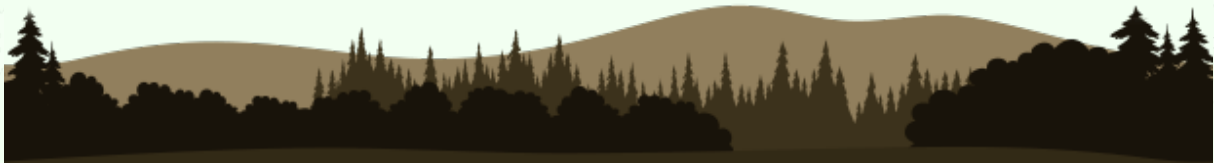
August 6-10, 2023

With inspiration of all shapes and colors around every every corner, downtown State College is an outdoor museum with no ticket required! Take an 'art walk' to admire the countless sculptures, memorials, and vibrant murals that bring State College to life. Each one tells an important story thanks to the talented artists who have shared their expressions of admiration for the people and places who have shaped our region. Join us for a Drum Circle at Sidney Friedman Park during Wellness Wednesday!



Photo courtesy of Happy Valley Adventure Bureau

[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 |
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