



August 20-24, 2023

Boal Estate Trails

Hello from Centred Outdoors!

It was great to spend time with many of you at Bald Eagle State Park this week where we explored the beauty of the Butterfly Trail and surrounding areas. If you didn't make it, [Bald Eagle State Park is open to the public all year](#), with lots to discover in all four seasons!

Starting Sunday, we'll be meeting up in Boalsburg for guided outings in and around the Boal Mansion Trails! The trail system, opened in fall 2020, was built entirely by volunteers and offers up to three meandering miles to explore, without ever needing to cross a road or climb steep and rocky terrain. [Learn more about how the trail system came to be and those behind the project here.](#)

Whether you attend a guided nature walk on Sunday or Thursday, or Stephanie Koller's Yoga and Outdoor Mindfulness event on Wednesday, expect to take in the sights and sounds of a wide diversity of plants, trees, birds, and ecosystems during your visit to the 3-year-old Boal Mansion Trails and [200-year-old Boal Estate.](#)



Easy, mulched trails at the Boal Estate explore the grounds and connect with Blue Spring Park.

Walk, Bike, Carpool, or Catch a Ride to Wednesday's Yoga and Mindfulness Activity!

This week's Wellness Wednesday is focused on yoga and mindfulness (details below). Led by [Stephanie Koller](#) and co-hosted by the [Community Diversity Group](#), we don't want you to miss out on this peaceful evening. Shuttle service to the event is available with pickup locations at the Hills Plaza on S. Atherton, or the Westerly Parkway Plaza. Seats can be limited, so please visit our [transportation page](#) to make a reservation and learn about other transportation alternatives.

There may only be a few outings left in our regular season, but there's still plenty of time to

We hope see you on the trails soon!
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 the Boal Estate Trails

Sunday, August 20 at 11 AM & 1 PM
Thursday, July 24 at 9 AM & 11 AM



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.

[Event Details](#)

Wellness Wednesday: Yoga and Outdoor Mindfulness

Presented by Stephanie Koller
Co-hosted by the Community Diversity Group

August 23, 2023 | 6:00 PM



Experience the benefits of mindfulness in an outdoor setting. Take a peaceful and powerful journey that integrates elements of yoga, qigong and sound healing into one seamless practice. This class includes slow-flowing movements, easy to follow postures, Tibetan sound healing/ chanting, self-applied massage, breath work and a guided meditation. All ability levels are welcome to attend.

[Event Details](#)

About Wellness Wednesday's Presenter and Co-host



Whether participating in outdoor mindfulness, an expressive arts workshop or one of **Stephanie Koller's** mind/body



This week's supporting co-host for Wellness Wednesday is the **Community Diversity Group** of Centre County, a non-profit coalition with representatives

classes, the focus is placed on observation through the eyes of curiosity.

Stephanie recently completed training to become a Pennsylvania Master Naturalist. Through this experience, she discovered the vital connection that exists between our local ecosystem and our daily living practices. As a result, Stephanie now brings even more awareness to the strong relationship that exists between our bodies, mind and the natural world around us. See more about Stephanie Koller at [The Weather Vein](#).

that include workers and retirees, businesses, educational institutions, government, social services - representing a myriad of ethnicities, religions and perspectives (*per [CDG's website](#)*).

Since 2001, CDG has led the effort to attract and retain a diverse group of individuals to share in fostering a community based on inclusion and equity by offering training, conferences, consulting, events, and a calendar of diversity-focused community events.

What to Expect & How to Prepare

Destination:

Columbus Chapel and Boal Mansion Museum
163 Boal Estate Drive
Boalsburg, PA 16827



Maps and Directions:

- **How to Find Us!**
Approach the Estate entrance and head towards the Barn (not the Mansion). Look for the Centred Outdoors flag, park in grass on left.
- **Boal Estate Trail Map** (.pdf for download)
- **GPS / Google Maps Location**
- **Boal Museum Website**
- **Destination is approximately 3.9 miles / 11 minutes from downtown State College.** Via US-322 BUS E.

Guided Outing Dates:

Sunday, August 20 at 11 am & 1 pm
Thursday, August 24 at 9 am & 11 am

Wellness Wednesday:

Wednesday, August 23 at 6:00 PM

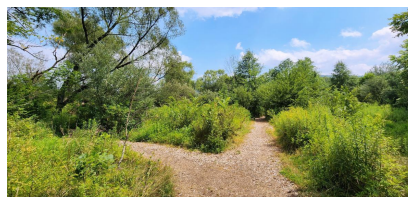
Hike Length, and Terrain:

- **Hike length:** approx. 1-1.5 mi.
- **Difficulty:** Easy
- **Terrain:** Flat, mulched trails, some packed dirt trails. No elevation change.

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? Take a tour of the [Boal Museum](#) (walk-in tours available Wed-Sun at 2 pm) or head down Route 45 for a hike at [Musser Gap](#)!



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.

[Learn More](#)



Hike Comfortably!

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!

[Reserve Gear](#)



Catch a Ride!

The Shuttle Van is heading to Wellness Wednesday! A limited number of seats are available - [make a reservation](#), and learn about additional transportation options on our website.

[Shuttle Info](#)

Mount Nittany Health Tips



Techniques for Practicing Mindfulness and Meditation While Hiking

Practice mindfulness and meditation while hiking by focusing on your breath and the present moment.

Take in the sights, sounds, and smells, and focus on each step and breath.

This can help to reduce stress, improve mood, and increase feelings of relaxation and calmness.

Discover new places to practice mindfulness in nature 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!

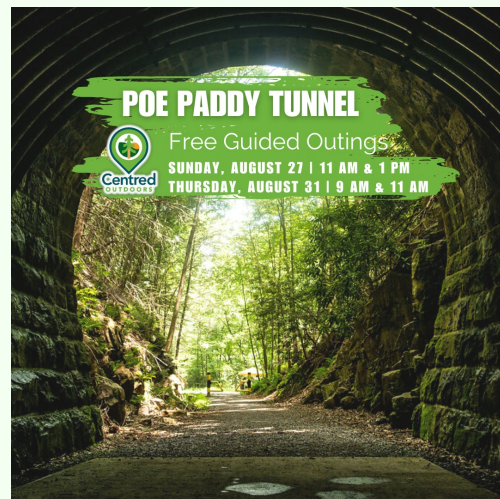
Coming Up Next Week

Guided Outing to Poe Paddy Tunnel

Haines Township, PA
August 27-31, 2023

Take a scenic walk along the Pennsylvania Mid State Trail and through the Poe Paddy Tunnel at Poe Paddy State Park. The trail is welcoming, with wide, flat, even terrain - making this adventure well-suited for people of all ages and fitness levels.

[About This Destination](#)



Have You Joined Us This Season?

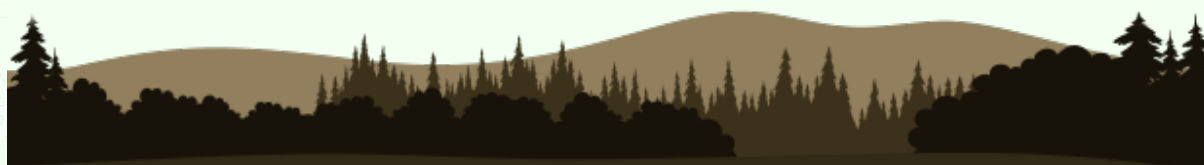
Your Experience Matters!

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 stakeholders 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



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.



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