

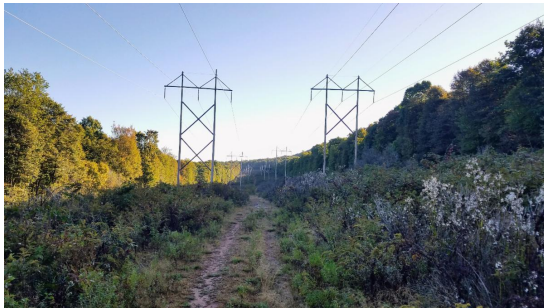


Explore Musser Gap, a Gateway to Rothrock

Sunday, September 10 | 11:00 AM

Hello from Centred Outdoors!

If you're from Centre County, it's possible that you grew up spending time at some of our beautiful outdoor destinations - local parks, forests, or lakes that got you out into nature at an early age. For those who put down roots here later in life, or are here as just a step on your journey, you may have arrived without knowing just how much there is to explore!



Mountain Mist trail follows the power lines between Musser Gap and the Mid State Trail.

Musser Gap is a truly special part of Centre County's [access to Rothrock State Forest](#). If you live or work in downtown State College, you can be in the woods in under 15 minutes (that's one of the biggest reasons many of us have never moved away!). In fact, [Google Maps](#) puts the [Musser Gap Parking area](#) at just a 5 mile drive, 3.9 mile bike ride, or 3.8 mile walk from the corner of College & Allen streets!

Water and a snack will keep you coming back!

Learn from the experiences of many hikers before you - you'll get more thirsty than you expect! No matter the weather, keep yourself hydrated by drinking water frequently. It'll give you energy and help you stay focused on the trail. Packing a light snack, like granola bars or fruit, will recharge you for the next climb and give you the energy to explore just a little longer. We ask everyone who joins our outings to carry water to enjoy along the trail.

Hike to be Seen - Wear Orange

Many small and large game hunting seasons begin in September, so **keep yourself safe by wearing a fluorescent orange hat and vest** - and don't forget some orange for your pets, too! Know the [Hunting Seasons](#) and Regulations, and always remember to let someone else know where you're going and when you plan to return.

Don't miss out on the best fall & winter hiking in the Centre region.

While our official season of guided outings is winding down, we'll continue encouraging you to get outdoors all year long. Musser Gap is just one of the many nearby recreational areas that can be explored in all four seasons. Join us this Sunday, or discover more and find a new destination at CentredOutdoors.org!



Bridget Whyte, Adventure Coordinator
ClearWater Conservancy

Questions? Reply to this email or send to: adventure@clearwaterconservancy.org

Guided Hike at Musser Gap

September 10, 11:00 AM | State College, PA



The landscape along the Musser Gap Trail is memorable in all four seasons. The 423-acre property was purchased by Clearwater Conservancy and transferred to DCNR Bureau of Forestry in 2007 in order to protect an important groundwater recharge area for the community as well as vital wildlife habitat.

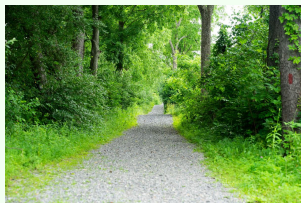
[Event Details](#)

Destination:
Musser Gap
State College, PA

Guided Outing Dates:
Sunday, September 10 |
11:00 AM

Outing Length and Terrain:

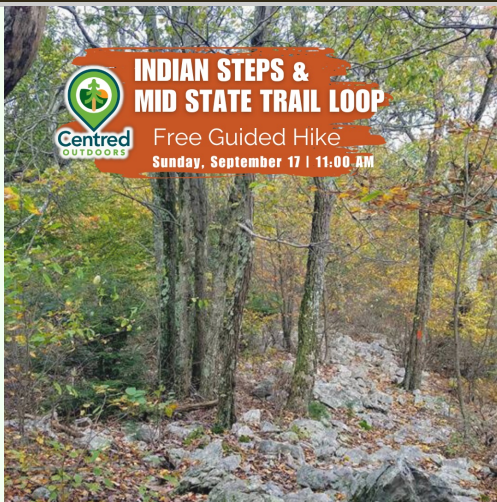
- [Musser Gap Outing Map](#)
- **Outing length: 2.92 mi** (Ascent: 704 ft.)
- **Difficulty:** Difficult
- **Terrain:** Begins with .8 mile gravel trail to wooden bridge, then becomes steeper and rocky as you ascend to the Tussey Mountain ridgeline. Turn around at the bridge or continue on the full hike.



Map Links and Directions:

- [Google Maps/GPS Link: Musser Gap Parking Area on Route 45](#)
- Destination is **5 miles/11 minutes** from Downtown State College via PA-26 S and PA-45 E

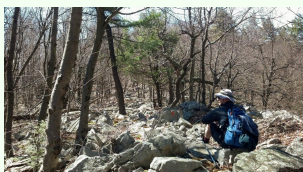
NEXT WEEK: Guided Hike at Indian Steps & Mid State Trail



Not for the faint-of-heart, this hike begins at Harry's Valley Road, ascending Tussey Mountain to the ridgeline and the Mid State Trail. Expect rugged Pennsylvania terrain and a slow climb up the steep, rocky steps, followed by an easier walk and early autumn views along the ridge. This 4-mile loop returns you to Harry's Valley Road via the Pump Station Trail.

Event Details

Destination:
Indian Steps Trail at
Harry's Valley Road
Pennsylvania Furnace, PA



Guided Outing Dates:
Sunday, September 17 | 11:00 AM

Outing Length and Terrain:

- **Indian Steps Outing Map**
- **Outing length: 3.99 mi** (Ascent: 765 ft.)
- **Difficulty:** Difficult
- **Terrain:** Begins with steep and rocky climb up stone "steps", then flat ridgeline along the Mid State Trail and a moderate descent back to the starting point.

Map Links and Directions:

- **Google Maps/GPS Link: Harry's Valley Road at Indian Steps Trail**
- **GPS Coordinates: 40.690550, -77.936052**
- Destination is **10.4 miles/22 minutes** from Downtown State College via PA-26 S

What to Expect & How to Prepare

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

- sturdy hiking boots or shoes
- a full bottle of water, at least 32 oz. per adult
- bug spray, and/or long pants, sleeves, hats or bug nets for insect and tick protection
- sun protection such as a hat, sunglasses, and sunscreen
- a light snack to enjoy during or after your hike

Looking for other nearby destinations? Visit [Centred Outdoors - Explore](#) for our list of local Destinations you can enjoy all year!



Outdoor Gear Library

Hike smarter with the right gear.

If you're looking for trekking poles, child carriers, day packs, or other gear that may



make your Centred Outdoors guided hike more comfortable, try our Gear Library! We are also accepting donations of lightly-used gear.

Fill out a [Reservation Form](#), or drop off items to the [ClearWater Conservancy](#) office or [Appalachian Outdoors!](#)

[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](#)

Centering Myself, Outdoors Art Exhibit



Jen Shuey's exhibit *Centering Myself, Outdoors* opens Oct. 6

A solo exhibition titled "**Centering Myself, Outdoors**" will showcase the five-month collaboration between Jennifer Shuey and ClearWater Conservancy's Centred Outdoors program.

Throughout this Centred Outdoors season, Jennifer hiked along during the guided adventures, taking lots of photographs, and creating art at or inspired by this year's curated set of special natural places... kind of like an artist in residence.

Her new body of work will be unveiled at the exhibition's opening reception on October 6 and will feature 12 - 16 original pastel paintings. Jennifer is donating 20% of all sales of originals and prints from this project to ClearWater Conservancy.

Hosted by State College Framing Company & Gallery at 160 Rolling Ridge Drive in State College, the solo art exhibition will run from October 6 through November 3.

Event Details

Mount Nittany Health Tips



How to Pace Yourself and Take Breaks During Long Hikes

Taking regular breaks and pacing yourself can help to prevent overexertion and exhaustion during long hikes.

Take breaks every 30-60 minutes to rest, hydrate, and refuel.

Slow down if you feel out of breath or fatigued. Listen to your body's signals to avoid pushing yourself too hard.

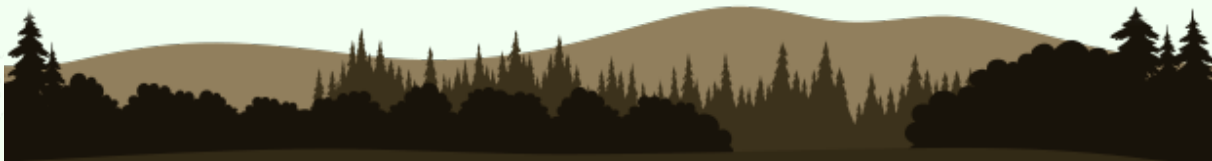
Hike with Centred Outdoors and our guides will help you set a healthy pace and hike with confidence!



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!



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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