



May 2024

Making Time For Adventure and Wellness

Clicking, scrolling, planning, scheduling, driving, working, shopping, texting, doing...it's time to take a break!

As spring ramps up, Centred Outdoors invites you to slow down.

Getting outdoors isn't something to simply wish you'll find time for. When you make the outdoors part of your weekly routine, you are making time for wellness, adventure, and awe. Appreciating the beauty of nature gives our bodies and minds the opportunity to recharge.

This Sunday, May 12, our annual Mother's Day Wildflower Walks at Spring Creek Canyon will give you a chance to learn about the native and non-native wildflowers that are currently in bloom. It's also a great day to meet our Centred Outdoors guides and learn about all the programs and opportunities we have for outdoor adventure this season!



Kids enjoy tools from the Jr. Naturalist backpacks at Spring Creek Canyon.

Centred Outdoors Season 8 Launch

On Sunday, June 2, Centred Outdoors will launch our eighth season of guided outings and outdoor wellness activities. Our Season 8 Passport will be available soon at many locations throughout Centre and surrounding counties, and online at [CentredOutdoors.org](https://www.CentredOutdoors.org). Our first guided outings will explore Galbraith Gap near Tussey Mountain as part of the annual Family Fishing Picnic event, held by the Spring Creek Chapter of Trout Unlimited. Weekly guided outings will be held on Sundays at 11 a.m. and 1 p.m., and now on Thursdays at 6 p.m.! Wellness Wednesdays will be held bi-weekly at 6 p.m. Our most popular activities such as Forest Therapy, Drum Circles, and Art in Nature will be held twice throughout the season.

Support for Centred Outdoors and ClearWater Conservancy means that the beautiful recreation destinations you enjoy today will exist for future generations. We hope that you consider a

donation to ClearWater during the Centre Gives fundraiser on May 8 & 9. We invite you to join us at Spring Creek Canyon on May 12 and every week beginning Sunday, June 2, to restore, recharge, and appreciate the beauty of nature in the Centre region.

Enjoy the beautiful May flowers and stay tuned for an exciting summer!

The Centred Outdoors Team

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

Centre Gives

**Love where you live?
Give where you live!**

**May 8 at 8:00 a.m.
through May 9 at 8:00 p.m.**

**Donate during Power Hour & help us win \$500
May 9 from 5 p.m. - 6 p.m**

[Donate](#)

ClearWater Conservancy is a nationally accredited land trust and conservation organization ensuring central Pennsylvania is beautiful, healthy, and vibrant. We work alongside our community to connect, protect, restore, and steward our natural resources through programs like Centred Outdoors, the conservation of places like the Scotia Barrens, stream restoration throughout the Spring Creek Watershed, and in partnership with groups like PA Senior Environmental Corps and Rothrock Trails Alliance.

Your donation to ClearWater Conservancy during Centre Gives will support the Centred Outdoors program in continuing to connect people to the nature. Thank you for your support!



Wildflower Walks at Spring Creek Canyon

**Mother's Day
Sunday, May 12 | 11:00 a.m.-2:00 p.m.
Fisherman's Paradise Spring Creek Canyon
trailhead in Bellefonte, PA.**

**Join Centred Outdoors for guided
Wildflower Walks at Spring Creek Canyon**

Walks are led by Terry Melton, local expert and native plant enthusiast. Learn to identify both native and non-native wildflowers in bloom. Walks begin on the hour at 11:00 a.m., 12:00 p.m., and 1:00 p.m.

Come prepared with sturdy walking shoes and bottled water. Sunscreen and bug protection recommended.



Drop-in Activity: Make Your Own Seed Bombs!

Learn how make seed bombs to plant at home! Activity by Lori Fisher of [Pint Sized Posies](#). Visit Lori's table anytime between 11-2!

[Event Details](#)



Family Fishing Picnic

Sunday, June 2 | 1:00 p.m.-5:00 p.m.
[Tussey Mountain Fishing Pond](#)

Volunteers Needed: [View Signup Form](#)

Free admission, hot dogs, drinks, and activities for all!

- Free Fishing-No License Required!
- All Fishing Gear & Supplies Provided
- Learn Casting and Knot Tying
- Educational Activities
- Centre LifeLink Activity
- Canoes Available
- Galbraith Gap Guided Hikes at 1:00 p.m. and 3:00 p.m.



[Event Details](#)



Be a Jr. 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. Ask at the check-in table at any Centred Outdoors guided outing!

[Learn More](#)



Hike Comfortably!

The right gear can make your time outdoors safer and more enjoyable. To reserve trekking poles, child carriers, day packs, or other items for use during Centred Outdoors outings, please fill out a [Reservation Form](#).

[Reserve Gear](#)



Catch a Ride!

The Cole Transportation Shuttle Van is heading to an outdoor destination near you! A limited number of seats will be available for select outings and wellness events. Reservations open one week before the events. Learn about additional transportation options on our website.

[Shuttle Info](#)

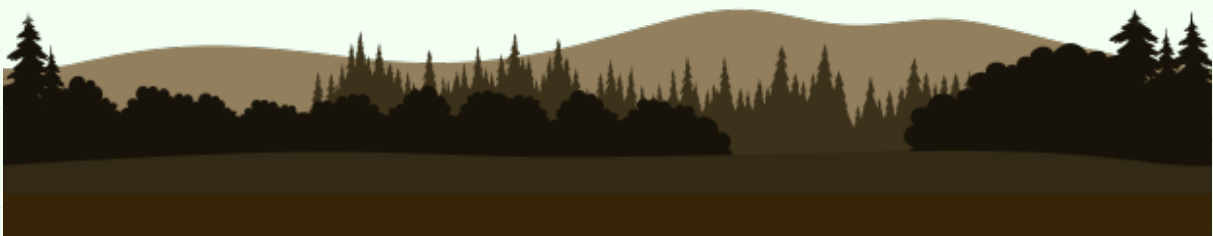
Your Experience Matters!

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](#)



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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