

PASSPORT



Centred
OUTDOORS

2020 *Adventure Guide*



CLEARWATER
conservancy

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC

Centred outdoors is an open invitation for people of all ages and fitness levels to explore various outdoor destinations in central Pennsylvania. Together we'll stress less and discover more.

- The adventure begins at centredoutdoors.org
- See the complete schedule and add them to your calendar
- Take the Centred Outdoors Challenge by completing 10 adventures before October 4

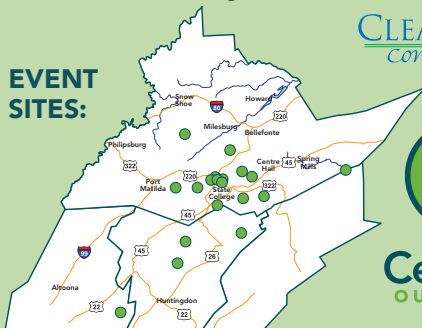
Questions? Call or email us: 814-237-0400

info@centredoutdoors.org



CLEARWATER
conservancy

EVENT SITES:



Centred
OUTDOORS

EVENT FEATURES KEY:



Boots or sturdy footwear recommended



Unreliable cell service



Pets allowed. Please leash pets and clean up after them



Accessible



MOUNT NITTANY[®]

HEALTH

Five health benefits of spending time in the outdoors

Being active outdoors offers obvious benefits such as helping you maintain a healthy weight. But did you know that it also provides these benefits to make people healthier?

1. Reduces stress, depression and anxiety
2. Helps you sleep better at night
3. Boosts your immune system, keeping you out of the doctor's office
4. Reduces inflammation and promotes healing
5. Gives you a dose of vitamin D





Sunday, May 10

Mother's Day Wildflower Walk

Take a hike with Mother Nature with on Mother's Day as we walk along the Spring Creek Canyon. We will stop to admire the multitudes of flowering plants along the trail and garner a new understanding of the historic significance of the area.

Sunday, 2 and 4 PM

2 miles
Moderate



State Game Lands 333
Parking Area, 16823



Sunday, May 17

The Arboretum at Penn State-Hartley Wood

Enjoy a walk through Hartley Wood and discover the native wildflowers and different types of trees in this remnant of a pre-European settlement forest. Learn about the impact of invasive species on the forest landscape and what efforts are taken to manage them. Wrap up the evening with a self-guided stroll through the botanic gardens and take in the sights and scents of spring.

Sunday, 2 and 4 PM

1.5 miles
Easy

***The Arboretum at Penn State,
E Park Ave, 16802***



Sunday, May 24

Healing Garden at Mount Nittany Medical Center
Join Mount Nittany Health for a garden walk around the region's first Healing Garden and Mount Nittany Medical Center. Guests will enjoy a walk around the

Medical Center campus and the 1.5-acre Healing Garden that features lush grass, evergreen trees, two unique water features, stone pathways, several seating areas, and dozens of plants, bushes, and trees.

Sunday, 2 and 4 PM

0.5 mile
Easy



1800 E Park Ave, 16803



Sunday, May 31

Mount Nittany

Visit one of Centre County's most famous landmarks to learn about local history and natural features. Participants will embark on a tour or self-guided hike to the best view in State College: the recently renovated Mike Lynch Overlook. Upon reaching the mountain's peak (approx .75 miles), guests will return to the trailhead or continue on the full trail (approx. 4 miles).

Sunday, 2 and 4 PM

1.5 miles
Most Difficult



Mount Nittany
Conservancy Trails, 16827



Sunday, June 7

Family Fishing Picnic

Start summer right with a family fun picnic hosted by Trout Unlimited and ClearWater Conservancy. Then join your fellow Centred Outdoors friends for a hike through the Galbraith Gap Trails.

1 mile
Easy



341 Bear Meadows Rd, 16827



Sunday, June 14 & Wednesday, June 17

Donation Rocks

Explore a fascinating geologic area of Pennsylvania on a tour of Donation Rocks. Portions of the rocks have been opened up to public climbing after having been closed due to liability concerns. Those interested in trying out climbing are invited to sign up for times before the hikes; a live climbing demo will be on site.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

2 miles
Easy



Donation Methodist
Church, 16652



Sunday, June 21 & Wednesday, June 24

Penn State Sustainability Experience Center

The Sustainability Experience Center (SEC) is a nine-acre site stewarded by the Sustainability Institute at Penn State where visitors can explore and interact with innovative approaches for sustainable living.

Following a guided tour of the site, visitors can explore the SEC and information stations at their own pace. Guests are welcome to bring a picnic and snack, as the site offers a patio and many scenic areas for picnicking (carry in, carry out wrappers/food waste).

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

1 mile
Easy



200 Physical Plant
Building, 16802



Sunday, June 28 & Wednesday, July 1

Rhoneymeade Arboretum & Sculpture Garden

Join us as we tour the grounds at Rhoneymeade, the historic homestead of Grange Fair founder, Leonard Rhone. On Sunday, an invigorating 2-mile hike around the 150-acre working farm will also include our new public hiking trail through the wooded Labyrinth Loop. On Wednesday, attend a walking tour of the six-acre public gardens, filled with outdoor sculpture, ancient specimen trees and fantastic vistas.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

S–2 miles, W–0.5 mile
Moderate



177 Rimmey Rd,
16828



Sunday, July 5 & Wednesday, July 8

Downtown Urban Hike / Arts Fest

From beautiful murals that span entire blocks to small bronze pigs, see all the art throughout downtown. Admire all the permanent art displays you may not even know are there as we walk the streets of State College before the Festival of the Arts goes. Guests will hear about the history of public art in State College and learn about the stories behind the pieces.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

1.5 miles
Easy



Sidney Friedman Park,
16801



Sunday, July 12 & Wednesday, July 15

Shaver's Creek Environmental Center

After meeting in front of the Environmental Center, we will explore a nearby trail to look for wildflowers and to listen for the early summer birds of forest and fields. Along the way, participants will learn how the nature center staff monitors nesting birds. The walk will be about 1 mile, so please come prepared with sturdy footwear and a full water bottle. Participants have the option to walk through the new Raptor Center before or after the walk.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

1 mile
Easy



3400 Discovery Rd, 16669



Sunday, July 19 & Wednesday, July 22

Barrens-to-Bald Eagle Wildlife Corridor

Bring your binoculars to experience all the wildlife the Barrens-to-Bald Eagle Wildlife Corridor has to offer! Hikers will tour the grass and wildflower meadows and woodland areas to learn about the importance of wildlife corridors and the diverse community of bird, mammal, plant, pollinator and amphibian species they support.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

0.6 mile
Easy



***Harness Downs Road,
16870***



Sunday, July 26 & Wednesday, July 29

Poe Paddy State Park

Take a scenic walk along the Pennsylvania Mid State Trail and through the 250-foot Paddy Mountain Railroad Tunnel at Poe Paddy State Park. Visitors will also explore and play independently as they learn basic plant and bird identification, history of the area, and discover new ways to exercise in a natural setting.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

2 miles
Easy



Poe Paddy
State Park, 16882



Sunday, August 2 & Wednesday, August 5

Scotia / Patton Woods

Walk through the past as we explore an area rich in history and ecological significance. Visitors can take a tour of the Graysdale Park and its pollinator-friendly plantings and then join on a short excursion through State Game Lands 176 as we tour some of the former iron exploitation sites and see the, aptly named, Ten Acre Pond.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

2 miles
Easy



Gratsdale Park, 16870



Sunday, August 9 & Wednesday, August 12

Colyer Lake

Take a trip out to the scenic Colyer Lake and explore the walking path encircling this community treasure.

The Pennsylvania Fish and Boat Commission will be nearby and provide some “hands-on” information about some of the creatures that live in and around the lake. Guests can also rent a boat before or after the hike and take to the little waves of Colyer Lake.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

1.5 miles
Easy



236 Lake Rd, 16828



Sunday, August 16 & Wednesday, August 19

Alan Seegar Natural Area

Step back in time through the preserved old-growth trees ranging between 150 and 500 years old and see what Pennsylvania was like during pre-colonial times. Visitors will pass through dense pockets of rhododendron while reveling in the majesty of ancient trees on a guided forest bathing session. Visitors are invited to bring art supplies of their own if they would like to express their emotions in a personal medium.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

1 mile
Easy



Alan Seeger
Natural Area, 16652



Sunday, August 23 & Wednesday, August 26

Lower Trail

Stroll along the Lower (pronounced lau-er) Trail and keep an eye out for rare bird species as we head north and pass along the Frankstown Branch of the Juniata River. Visitors are welcome to bring their bikes to experience more of the rail trail and also invited to stop by the Lower Trail Creamery.

Sunday, 2 and 4 PM | Wednesday, 4 and 6 PM

3 miles
Moderate



128 E 1st St, 16693



Sunday, September 13

Millbrook Marsh Nature Center

Join us for an adventure along the boardwalk at Millbrook Marsh to discover the unique features of the marsh and fen ecosystems. Enjoy wildlife viewing, learning how Native Americans used the site, and hearing about our connection to the former Farmer's High School, now known as Penn State. Guests will have the option to participate in two different walks: a short education focused foray, and a longer jaunt through the trails.

Sunday, 2 and 4 PM

0.5 mile
Easy



548 Puddintown Road,
16801



Sunday, September 20

Mount Nittany with Mount Nittany Health

Join Mount Nittany Health on Mount Nittany and visit one of Centre County's most famous landmarks to learn about local history and natural features. Participants will embark on a tour- or self-guided hike to the best view in State College: the recently renovated Mike Lynch Overlook. Upon reaching the mountain's peak (approx .75 miles), guests will return to the trailhead or continue on the full trail (approx. 4 miles).

Sunday, 2 and 4 PM

1.5 miles
Most Difficult



Mount Nittany
Conservancy Trails, 16827



Sunday, September 27

Allegheny Front Trail

Climb up the Allegheny Front and look out over the Centre region from one of highest vantages. Visitors can see the effects of the microclimate the Front produces as the fall colors set in much earlier and the types of flora vary drastically from those found in the valleys below. Because this trail takes a forested path with no surface improvements, care should be taken. Alternative routes starting on Underwood Road are possible for the self-explorer.

Sunday, 2 and 4 PM

2 miles
Most Difficult



PA-504, 16844



Sunday, October 4

Walk in Penns Woods

Join other Pennsylvanians in celebrating our state's natural resources for a Walk in Penn's Woods.

Interpretive stations will be set up along the Musser Gap Trail providing education on native plants, invasive species management, local history and much more!

Participants can choose to stroll along at their own pace throughout the day.

2 miles
Moderate



*3260 Shingletown Rd,
16801*

COMMUNITY PARTNERS

ClearWater Conservancy

**Pennsylvania Department of
Conservation and Natural Resources**

Mount Nittany Health

Hamer Foundation

Centre Moves

**Central Pennsylvania
Festival of the Arts**

Get Outdoors PA

**Millbrook Marsh
Nature Center**

**PA Fish and
Boat Commission**

**Penn State
Sustainability Institute**

**Penns Valley
Conservation Association**

**Pennsylvania Game
Commission**

Rhoneymeade

**Shaver's Creek
Environmental Center**

**Spring Creek Chapter
Trout Unlimited**

**The Arboretum at
Penn State**

**YMCA of
Centre County**

**Mount Nittany
Conservancy**

**centredoutdoors.org
clearwaterconservancy.org**