

PASSPORT



Centred
OUTDOORS

www.centredoutdoors.org

Season 7 *Adventure Guide*



CLEARWATER
conservancy

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC

Make the most of your adventures:

- Visit www.centredoutdoors.org to view the schedule and for driving directions to each destination.
- Sign up to receive the Adventure Guide emails so you receive all the information you need to participate in upcoming events.



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.

EVENT FEATURES KEY



Boots or sturdy footwear recommended



Unreliable cell service



Pets allowed. Please leash and clean up after your pets.



Accessible options available



Number of minutes from downtown State College (driving time)



Open to the public year-round

CENTRED OUTDOORS SAFETY TIPS

1. PLAN AHEAD

- Check the weather and driving directions before you leave, as cell service may be unavailable in some areas.
- Give yourself plenty of time to explore before sunset.
- If bringing a pet, confirm that pets are allowed at that destination.

2. CONSIDER CLOTHING

- Wear clothing that is fit for your destination and the weather.
- Comfortable sneakers or hiking shoes or boots are suitable for most sites. Sandals are not recommended.
- Sun protection: Wear sunscreen, sunglasses, and a hat.

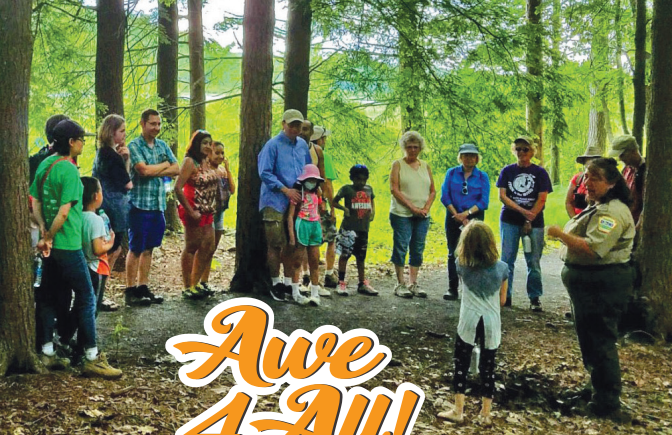
3. PACK LIKE A PRO

- Bring your own reusable, filled water bottle. On hotter days and longer walks/hikes, bring extra water.
- Pack a snack or lunch, especially if taking a longer walk/hike.
- Other items to consider: bug spray, first aid kit, walking stick, binoculars, child carrier pack, bags for cleaning up after pets.
- You are responsible for carrying out everything you carry in with you, including food scraps, wrappers, dog waste, etc.

4. PREVENT TICK BITES

- Use EPA registered repellents designed for direct application to skin to repel insects.
- Check your clothing and body for ticks when you come back inside.
- Shower/bathe within 2 hours of your hike or walk.
- Visit centredoutdoors.org/safety for more information.

Visit our website for more safety tips!



Welcome! This passport includes outdoor destinations in and around Centre County that are open to the public throughout the year. The back pages include the Centred Outdoors 2023 schedule of guided group outings – join as many as you'd like at no cost!

Centred Outdoors is committed to hosting inclusive and accessible outdoor experiences where people of all identities and abilities can connect with the many benefits of spending time outside. Contact us anytime with feedback or questions you have about participating in upcoming events: 814-237-0400 / info@centredoutdoors.org.

MOUNT NITTANY HEALTH TIPS



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





Spring Creek Canyon

The Spring Creek Canyon holds a tremendous amount of historic and ecological significance. Visitors can walk or bike along the Spring Creek Canyon Trail while viewing wildlife and an abundance of native plant species such as trillium and tulip poplars. There are three main access points to the Spring Creek Canyon Trail: from Fisherman's Paradise in Bellefonte, from Shiloh Road at State Game Lands 333, and from Rock Road at the Benner Spring Trail. All offer unique avenues for exploring the canyon. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



Bellefonte, PA

photo credit: Standing Stone Trail Club



Standing Stone Trail

Follow the Standing Stone Trail to experience a beautiful section of the Appalachian Range close to home. The trail stretches a total distance of 85 miles, beginning at Cowans Gap State Park and ending in Alan Seeger Natural Area in Rothrock State Forest. One nearby portion of the trail, consisting of rocky pathways and switchbacks, will lead you to the top of Stone Mountain and a remarkable vista — a breathtaking view of Stone Valley's rolling hills and farmlands. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



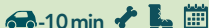
Huntingdon County, PA



photo credit: Happy Valley Adventure Bureau

Mount Nittany

Mount Nittany is one of the most famous landmarks in Centre County and home to the most visited vista in Happy Valley. Climb the mountain to the best view in State College, the Mike Lynch Overlook. Upon reaching the mountain's peak (approx 0.75 miles), return to the base of the mountain, or continue along the full trail for more bird's-eye views of the region (approx. 4 miles). *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*

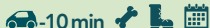


Lemont, PA



Galbraith Gap Trail

Experience the soothing sights and sounds of Rothrock State Forest as you explore the Galbraith Gap Trail. From tiny wonders like moss and fungi to massive boulders, and streams flowing through it all, this trail will showcase the awe-inspiring wild characteristics you can expect to see throughout the nearly 100,000-acre forest. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



Boalsburg, PA



Shaver's Creek Environmental Center

Explore a variety of nature and hiking trails for all ages at Shaver's Creek Environmental Center. Observe different plants, insects, and animals as you walk between forests, fields, and wetlands. How do the plants and wildlife change with the different habitats? For an up-close look at wildlife native to the region, leave time to visit the Klingsberg Aviary and Litzinger Herpetarium before or after you explore the trails. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



-20 min

Petersburg, PA



Bald Knob

Once considered for the location of a ski slope, the point known as Bald Knob sits at one of the highest elevations in Rothrock State Forest at 2,304 ft. One way to get to the top is from Laurel Run Road, where you can begin on the Lower Trail and connect to the Green Shoot Trail. The ascent includes comfortable switchbacks meandering through fern-covered forest prior to the final climb to the ridgeline. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



-20 min

State College, PA



Rhoneymeade Arboretum and Sculpture Garden

Find inspiration and relaxation through art and nature at Rhoneymeade, the historic homestead of Grange Fairfounder, Leonard Rhone. An arboretum and sculpture garden, as well as historic buildings, dot the 150-acre property. Choose a 2-mile hike around this timeless setting nestled between the Nittany and Tussey Mountains, or a half-mile walk through the gardens to reflect among outdoor sculptures and ancient specimen trees. Visit rhoneymeade.org for open hours and information prior to visiting. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*

 -15 min

Centre Hall, PA



Dutch Alvin Trail

The Dutch Alvin Trail offers a chance to explore the Cooper's Gap and Chestnut Spring area of Rothrock State Forest. Meander along the mountain laurels, hemlocks, and tall-standing pines of the Dutch Alvin Trail as you gently ascend to the ridge. Clearings of open forest at the summit allow views of Broad Mountain and surrounding natural areas to the west. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



-50 min

Barrville, PA



photo credit: Brandi Wright

Tom Tudek Memorial Park

One of ClearWater Conservancy's first projects, Tom Tudek Memorial Park was a proposed site for a shopping mall in the 1970s before citizens organized to prevent its development. The Tudek Family generously donated much of the land for the park in 1990, and today this 91-acre area includes a community garden, dog park, small horse farm, playground and pavilions, 61 acres of passive land, and the 3-acre Snetsinger Butterfly Garden.

To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.



-8 min

State College, PA



photo credit: Stan Kotala

Little Juniata Natural Area

One of six natural areas in Rothrock State Forest, Little Juniata Natural Area in Huntingdon County has earned this special designation in large part because of its unique geology. The Little Juniata River, often referred to as the "Little J," flows through the natural area. As you explore, be sure to admire and appreciate the river's restored health and beauty made possible by the Clean Water Act of 1972 and countless individuals and organizations committed to protecting a waterway once used for dumping industrial waste. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



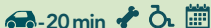
Barree, PA



photo credit: Happy Valley Adventure Bureau

Soaring Eagle Wetland

Plan a memorable day of birdwatching, nature walking, fishing, picnicking, or all of the above at an outdoor destination that offers a little bit of everything, for everyone! Soaring Eagle Wetland was established and donated to the Wildlife for Everyone Foundation in 2010. The 135-acre property includes 55 acres of wetland and showcases a natural area supporting wildlife health while offering unique recreational opportunities for people. This destination also includes a path and fishing platform with ADA-approved access on Bald Eagle Creek. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



-20 min

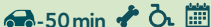
Julian, PA



photo credit: Tim Garlick

Canoe Creek State Park

Unplug and unwind at Canoe Creek State Park, where you can immerse yourself in 961 acres of nature, including wetlands, mature forests, and Canoe Lake, where you can swim and fish. 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. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



Hollidaysburg, PA

photo credit: Brandi Wright



Downtown State College

With inspiration of all shapes and colors around 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. What new pieces of art can you find this year? *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



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State College, PA

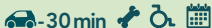
photo credit: Happy Valley Adventure Bureau



Bald Eagle State Park

Get out and explore the biodiversity and interesting trails of Bald Eagle State Park. Bring your binoculars and field guides to this incredibly diverse area.

Nesting birds of prey and waterfowl co-mingle on the lake, pollinators parole the many fields of flowering plants, and a 200-year-old oak tree awaits the ambitious adventurer. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



-30 min

Howard, PA



Boal Mansion Trails

Traverse up to 3 miles of mulched trails at the Boal Estate through habitats ranging from wetlands to upland forest. The trail system, built and maintained exclusively by volunteers, was designed as a large wheel (the outer loop) with radiating interconnecting loops. Along the way look for some of more than 1,000 tree shelters from an ongoing program to diversify species and compensate for ongoing tree loss due to invasive species and climate change. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



-8 min

Boalsburg, PA



Poe Paddy Tunnel

Take a short trip along the Pennsylvania Mid-State Trail that begins with a memorable walk through the 250-foot Paddy Mountain Railroad Tunnel. After brief darkness in the tunnel you will be greeted by gorgeous views of Penn's Creek, birdsongs, and an abundance of plants and trees surrounding the Mid-State Trail. The trail is welcoming, with wide, flat, even terrain — making this adventure well-suited for people of all ages and fitness levels. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



Woodward, PA



Ray Decker Trail

Connect with the past via a short yet steep hike up to a monument in honor of James Cleveland, an airmail pilot who passed away in May 1931 in a plane crash on Mount Nittany between Centre Hall and Pleasant Gap.

Follow the trail to reach the top, where an inscribed pillar and wreckage from the tragic accident memorialize this prominent piece of Centre County history. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*

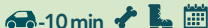


Potter Township, PA



Musser Gap Trail

The landscape along the Musser Gap Trail is scenic and 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. The trail is at a steady incline most of the way up, with a beautiful bridge crossing a brook about 0.8 miles in. This conservation success created another recreational access point to Rothrock State Forest. *To visit this destination during a free, guided group event with Centred Outdoors, view the event schedule included in this passport or visit centredoutdoors.org.*



State College, PA

2023 SCHEDULE OF EVENTS

Destination	Sunday Guided Outings	Wellness Wednesdays
Spring Creek Canyon	5/14	
Standing Stone Trail	5/21	
Mount Nittany	5/28	
Galbraith Gap Trail (Family Fishing Picnic)	6/4	
Shaver's Creek Environmental Center*	6/11	6/14 Medicinal Plants
Bald Knob - NEW for '23	6/18	
Rhoneymeade*	6/25	6/28 Forest Bathing
Dutch Alvin Trail - NEW for '23	7/2	
Tom Tudek Memorial Park*	7/9	7/12 – Gardening and Therapeutic Landscapes

**This week's destination includes a special Wellness Wednesday event.*

Thursday Guided Outings	Days & Times	Distance/ Difficulty	Page No.
	Sunday 11am & 1pm	1.25 miles Easy	4
	Sunday 11am	4.5 miles Difficult	5
	Sunday 11am	3 miles Difficult	6
	Sunday 1pm & 3pm	1.25 miles Moderate	7
6/15	Sunday 11am & 1pm, Wednesday 6pm, Thursday 9am & 11am	1 mile Easy	8
6/22	Sunday 11am & 1pm, Thursday 9am & 11am	2.5 miles Difficult	9
6/29	Sunday 11am & 1pm, Wednesday 6pm, Thursday 9am & 11am	1-2 miles Easy/ Moderate	10
7/6	Sunday 11am & 1pm, Thursday 9am & 11am	2 miles Moderate	11
7/13	Sunday 11am & 1pm, Wednesday 6pm, Thursday 9am & 11am	0.5 miles Easy	12

Visit the website for details!

SCHEDULE OF EVENTS *continued*

Destination	Sunday Guided Outings	Wellness Wednesdays
Little Juniata Natural Area - NEW for '23	7/16	
Soaring Eagle Wetland* - NEW for '23	7/23	7/26 Nature Sketching
Canoe Creek State Park - NEW for '23	7/30	
Downtown State College*	8/6	8/9 Drum Circle
Bald Eagle State Park	8/13	
Boal Mansion* - NEW for '23	8/20	8/23 Yoga and Outdoor Mindfulness
Poe Paddy	8/27	
Ray Decker Trail - NEW for '23	9/3	
Musser Gap Trail	9/10	

**This week's destination includes a special Wellness Wednesday event.*

Thursday Guided Outings	Days & Times	Distance/ Difficulty	Page No.
7/20	Sunday 11am & 1pm, Thursday 9am & 11am	1.25 miles Easy	13
7/27	Sunday 11am & 1pm, Wednesday 6pm, Thursday 9am & 11am	1 mile Easy	14
8/3	Sunday 11am & 1pm, Thursday 9am & 11am	1 mile Easy/ Moderate	15
8/10	Sunday 11am & 1pm, Wednesday 6pm, Thursday 9am & 11am	1.25 miles Easy	16
8/17	Sunday 11am & 1pm, Thursday 9am & 11am	1.5 miles Easy	17
8/24	Sunday 11am & 1pm, Wednesday 6pm, Thursday 9am & 11am	1 mile Easy	18
8/31	Sunday 11am & 1pm, Thursday 9am & 11am	1.25 miles Easy	19
	Sunday 11am	3.5 miles Difficult	20
	Sunday 11am	3 miles Difficult	21

Visit the website for details!

Hosted by



CLEARWATER
conservancy

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The **Hamer**
Foundation


MOUNT NITTANY
HEALTH



pennsylvania
DEPARTMENT OF CONSERVATION
AND NATURAL RESOURCES



**RICHARD
KING MELLON**
FOUNDATION

**Community
Partners**

3 Dots Downtown
Appalachian Outdoors
Central Pennsylvania Festival of the Arts
Centre Region Parks and Recreation
Happy Valley Adventure Bureau
Jana Marie Foundation
Millbrook Marsh Nature Center
Penns Valley Conservation Association
Rhoneymeade Arboretum and
Sculpture Garden
Shaver's Creek Environmental Center
Spring Creek Chapter of Trout Unlimited

Visit centredoutdoors.org for all events!
