

# PASSPORT



**Centred**  
**OUTDOORS**

[www.centredoutdoors.org](http://www.centredoutdoors.org)

## *Season 8* *Adventure Guide*



**CLEARWATER**  
*conservancy*

# ALL PROGRAMMING IS FREE

## Make the most of your adventures:

- Visit [www.centredoutdoors.org](http://www.centredoutdoors.org) to view the schedule and for driving directions to each destination.
- Sign up for the Adventure Guide emails to 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.*

## DESTINATION 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](https://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. Pages 6-8 include the Centred Outdoors 2024 schedule of guided outings and wellness activities—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 enjoy the many benefits of spending time outside. If you have questions about participating in upcoming events, including outing difficulty, please contact us at: **814-237-0400 / [info@centredoutdoors.org](mailto:info@centredoutdoors.org)**.





# MOUNT NITTANY<sup>®</sup>

## 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



## FREE OFFERINGS & OPPORTUNITIES



Kids can borrow a backpack full of **Jr. Naturalist** tools on any guided outing! Ask for a Jr. Naturalist Backpack at the Welcome Table of our Guided Outings.



Transportation is available to some of our activities! See [CentredOutdoors.org /transportation](https://CentredOutdoors.org/transportation) for a full schedule and reservations.



Trekking poles, child carriers, and other items can be borrowed for any Guided Outing! Contact [info@centredoutdoors.org](mailto:info@centredoutdoors.org) at least 24 hours before any outing to reserve items.



At every Sunday outing, you have a chance to win a free pair of Darn Tough® socks! Sponsored by Appalachian Outdoors.

## SCHEDULE OF GUIDED OUTINGS 2024

| Destination                              | Sundays at<br>11 am & 1 pm |
|------------------------------------------|----------------------------|
| Galbraith Gap                            | 6/2                        |
| Talleyrand Park                          | 6/9                        |
| Barrens to Bald Eagle Wildlife Corridor  | 6/16                       |
| Rhoneymeade Arboretum & Sculpture Garden | 6/23                       |
| Thompson Woods                           | 6/30                       |
| Scotia Barrens                           | 7/7                        |
| Dry Hollow                               | 7/14                       |
| Bilger's Rocks                           | 7/21                       |
| Raymond B. Winter State Park             | 7/28                       |
| Whipple Dam State Park                   | 8/4                        |
| Poe Paddy Railroad Tunnel                | 8/11                       |
| Millbrook Marsh Nature Center            | 8/18                       |
| Soaring Eagle Wetland                    | 8/25                       |
| Thousand Steps                           | 9/1 (11 am only)           |
| Lower Trail to Shingletown               | 9/8 (11 am only)           |
| Jackson Trail                            | 9/15 (11 am only)          |
| Greenwood Spur Trail                     | 9/22 (11 am only)          |
| Spruce Gap                               | 9/29 (11 am only)          |
| Indian Steps                             | 10/6 (11 am only)          |
| Tussey Mountain Trail                    | 10/13 (11 am only)         |

| Thursdays<br>at 6 pm | Distance      | Difficulty      | Page<br>No. |
|----------------------|---------------|-----------------|-------------|
| 6/6                  | 1.25 mi.      | Moderate        | 10          |
| 6/13                 | 1.0 mi.       | Easy            | 11          |
| 6/20                 | 1.0 mi.       | Easy            | 12          |
| 6/27                 | 1.0 - 2.0 mi. | Easy - Moderate | 13          |
| 7/4                  | 1.0 mi.       | Easy            | 14          |
| 7/11                 | 2.0 mi.       | Moderate        | 15          |
| 7/18                 | 2.0 mi.       | Easy            | 16          |
| 7/25                 | 1.5 mi.       | Moderate        | 17          |
| 8/1                  | 1.5 mi.       | Easy            | 18          |
| 8/8                  | 1.5 mi.       | Easy            | 19          |
| 8/15                 | 1.5 mi.       | Easy            | 20          |
| 8/22                 | 1.0 mi.       | Easy            | 21          |
| 8/29                 | 1.0 mi.       | Easy            | 22          |
| –                    | 1.5 mi.       | Difficult       | 23          |
| –                    | 5.0 mi.       | Difficult       | 24          |
| –                    | 6.0 mi.       | Difficult       | 25          |
| –                    | 3.0 mi.       | Difficult       | 26          |
| –                    | 3.75 mi.      | Difficult       | 27          |
| –                    | 4.0 mi.       | Difficult       | 28          |
| –                    | 8.0 mi.       | Difficult       | 29          |

## SCHEDULE OF WELLNESS ACTIVITIES 2024



**All Wellness Activities require advance registration. Visit [CentredOutdoors.org/events](https://CentredOutdoors.org/events) to register.**

| Destination            | Wellness Activity    | Wednesdays at 6 pm |
|------------------------|----------------------|--------------------|
| Talleyrand Park        | Medicinal Plants     | 6/12               |
| Rhoneymeade            | Drum Circle          | 6/26               |
| Scotia Barrens         | Art in Nature        | 7/10               |
| Bilger's Rocks         | Forest Therapy       | 7/24               |
| Whipple Dam State Park | Mindfulness and Yoga | 8/7                |
| Millbrook Marsh        | Medicinal Plants     | 8/21               |
| Soaring Eagle Wetland  | Drum Circle          | 9/4                |
| Galbraith Gap          | Art in Nature        | 9/18               |
| Barrens to Bald Eagle  | Forest Therapy       | 10/2               |
| Thompson Woods         | Mindfulness and Yoga | 10/16              |



A program of ClearWater Conservancy, **Centred Outdoors** is an invitation to everyone of every age, background, or fitness level to explore and enjoy outdoor recreation destinations throughout Centre and surrounding counties.

To learn more about the local conservation efforts of ClearWater visit [ClearWaterConservancy.org](http://ClearWaterConservancy.org).

Centred Outdoors continues to offer activities and events in winter and early spring. Visit [CentredOutdoors.org](http://CentredOutdoors.org) for a full schedule.





## 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 showcases the awe-inspiring wild characteristics you can expect to see throughout the nearly 100,000-acre forest.



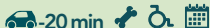
-15 min

*Boalsburg, PA*



## Talleyrand Park

There is always something new to discover at Talleyrand Park in downtown Historic Bellefonte. Many are familiar with the gazebo, ducks, and playground here, but can you find the sculpture garden, edible landscape garden, and the bridge that connects the two main areas of the park? Cross High Street to stroll along the Bellefonte Waterfront pedestrian walkway along Spring Creek that includes easy access to the stream for flyfishing and kayaking via staircases into the water.



*Bellefonte, PA*



## Barrens to Bald Eagle Wildlife Corridor

The Barrens to Bald Eagle Wildlife Corridor was conserved by ClearWater Conservancy in 2010 to create safe passage for wildlife species between Bald Eagle Mountain and the Scotia Barrens. Hike along the rolling grassy trails and look for the many signs of life here. A wildflower meadow provides pollinator habitat for bees, moths, insects, and birds. Young forest supports the Golden-winged Warbler, Amercian Woodcock, and Ruffed Grouse. Vernal pools offer seasonal breeding grounds for many species of amphibians.



*Port Matilda, PA*



## Rhoneymeade Arboretum and Sculpture Garden

Find inspiration and relaxation through art and nature at Rhoneymeade, the historic homestead of Grange Fair founder 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 shorter 0.5-mile walk through the gardens to reflect and relax among outdoor sculptures, ancient specimen trees, and fantastic vistas. For self-guided explorations, visit [www.rhoneymeade.org](http://www.rhoneymeade.org) for hours and information prior to visiting.



-15 min

*Centre Hall, PA*



## Thompson Woods

Thompson Woods is a 43-acre parcel of forested land that was preserved by ClearWater Conservancy in 2000. Covering parts of State College Borough and College Township, the property is used for passive recreation, and its paths provide a convenient route for walkers between PSU Campus and residential areas. Improvements being planned for the area include new signage, trail maintenance, and forest management.



*State College, PA*



## Scotia Barrens

Walk through the past as we explore an area rich in history and ecological significance. Take a short excursion through State Game Lands 176 to some of the former iron exploitation sites and see the aptly named Ten Acre Pond. Nature enthusiasts can find unique ecosystems composed of barrens habitat and rapidly draining soils above karst geologies along the eastern reaches.



*Port Matilda, PA*





## Dry Hollow

Home to barrens habitat and unique geological features including a massive sand pit, Dry Hollow is now managed by Rothrock State Forest for public use after being conserved through a partnership between ClearWater and PA DCNR. Walk or bike along a mix of wide gravel roads and foot paths that wind through young forest and diverse terrain throughout the 1,271-acre property.



*Warriors Mark Township, PA*



## Bilger's Rocks

Find yourself in awe of the exposed sandstone and forested paths of Bilger's rocks. Hike along 300-million-year-old rock beds, featuring passageways and outcroppings perfect for climbing. The park offers tours, special events, campgrounds, and more. Visit [www.thebilgersrocks.com](http://www.thebilgersrocks.com) for hours and information prior to visiting.



-60 min

Grampian, PA





## Raymond B. Winter State Park

Raymond B. Winter State Park sits in a sandstone basin, supporting the spring-fed Halfway Lake and a variety of recreation opportunities. Many shorter, hiking-only trails pass near the lake, or find a view along the Overlook Trail. Located within Bald Eagle State Forest, the park includes the first hand-laid dam constructed by the Civilian Conservation Corps, which is on the National Register of Historic Places.



*Mifflinburg, PA*



## Whipple Dam State Park

Go on an adventure in one of Central Pennsylvania's hidden gems, Whipple Dam. This 256-acre park is a quiet retreat that offers ample opportunities to view wildlife, go for a swim, or listen to live music!

Explore the trail that loops around the lake and nearby forest, then rent a boat or bring your kayak to explore the lake.



-25 min

*Petersburg, PA*



## Poe Paddy Railroad 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.



Woodward, PA



## Millbrook Marsh Nature Center

Plan an adventure along the boardwalk at Millbrook Marsh to discover the unique ecologic and historical features of the marsh and surrounding property. Whether you are a birdwatcher, toddler, student, or retiree, a walk along the boardwalk will offer relaxation and education, as well as an appreciation for the work these wetlands and organizations are doing to protect our region's waterways and communities today and generations from now.

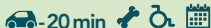


*State College, PA*



## 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! Located west of State College along Bald Eagle Creek, 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 includes a path and fishing platform with ADA-approved access on Bald Eagle Creek.



-20 min

*Julian, PA*



## Thousand Steps

Built in the 1930s by workers who needed a safer way to reach the quarry above Jack's Narrows, the Thousand Steps trail is a steep climb through history.

Numbers painted on a few steps help motivate climbers as they ascend to 1,000 (plus 37 more!). This trail is part of the 80-mile Standing Stone Trail. Grab a sturdy walking stick, which will help on your climb and during your descent.



-60 min

Mapleton, PA





## Lower Trail to Shingletown

Lower Trail meets Shingletown Gap trail at Laurel Run Road. The Shingletown Gap area is a popular hiking destination in summer due to the cooling rush of Roaring Run descending from the mountain, stone walls along the creekside, and tunnels of rhodedendron. This approximately 5-mile loop traverses varying terrain including rocky sections that can be slick when wet. Abundant wildlife is present at any time of year.



-20 min

*State College, PA*



## Jackson Trail

This easily accessible trail begins from the parking area along Route 26 North, across from Jo Hays Vista. Bring your trekking poles—this trail shows why people refer to Rothrock State Forest as “Rocksylvania”! Sturdy hiking shoes will help as you step along large and small rocks and make your way to David’s Vista to enjoy views from the Tussey Mountain ridgeline. Jackson Trail intersects with the Mid State Trail and can loop you back to the parking area.



*State College, PA*





## Greenwood Spur Trail

High above the old-growth trees of Alan Seeger Natural Area, on top of Broad Mountain, stands the Greenwood Fire Tower. At 2,376 ft, this point marks the highest spot along the Standing Stone Trail. This section is known as the Greenwood Spur, marking the most northern portion of the SST. The hike from Alan Seeger to the top of Broad Mountain is short but very steep, so be ready for a climb!



*Huntingdon, PA*



## Spruce Gap

Climb from the creekside at Galbraith Gap to the top of Little Flat on the challenging Spruce Gap trail. Follow the beautiful stone of Lonberger Path before turning toward Three Bridges Trail. The Spruce Gap ascent is an example of a fall line trail, which presents challenges due to erosion and steep terrain, straight up the mountainside. Reaching the Mid State Trail at the top, turn right to see the Little Flat Fire Tower and descend via Old Laurel Run.



-15 min

*Boalsburg, PA*



## Indian Steps

The Indian Steps trail offers a steep, rocky ascent of Tussey Mountain, where it meets the Mid State Trail at the ridgeline. While the origins and age of this trail remain a mystery, it's likely that the rocky steps were put in place by Civilian Conservation Corps workers. The trail is a convenient access point along the Mid State, providing a path to both Harrys Valley Road to the south or Kepler Road to the north.



*Pennsylvania Furnace, PA*



## Tussey Mountain Trail

If you're just starting to explore Rothrock State Forest, the Tussey Mountain Trail should be on your list! This trail is well-maintained by the various groups that feature it as part of local mountain bike or running events. This "shared-use trail" allows for hiking, biking, or equestrian adventures, with moderate elevation change and some rocky sections.



-20 min

*Petersburg, PA*

Hosted by



CLEARWATER  
*conservancy*

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The **Hamer**  
Foundation



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DEPARTMENT OF CONSERVATION  
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**RICHARD  
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Appalachian Outdoors  
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Millbrook Marsh Nature Center  
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Rhoneymeade Arboretum and  
Sculpture Garden  
Spring Creek Chapter of Trout Unlimited  
Webster's Bookstore & Cafe

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**Visit [centredoutdoors.org](http://centredoutdoors.org) for all events!**

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