

PASSPORT



Centred
OUTDOORS

www.centredoutdoors.org

Season 9 *Adventure Guide*



CLEARWATER
conservancy



YOUR PASSPORT TO OUTDOOR ADVENTURES

Welcome!

This passport highlights outdoor destinations that Centred Outdoors will explore during the 2025 summer and fall seasons. Join us for a visit at no cost or explore on your own!



Centred Outdoors is a program of ClearWater Conservancy made possible with financial assistance from the Environmental Stewardship Fund Grant from the PA Department of Conservation and Natural Resources, Bureau of Recreation and Conservation. Financial assistance is also provided by the Hamer Foundation, Mount Nittany Health, Richard King Mellon Foundation, Happy Valley Adventure Bureau, The M&T Charitable Foundation, and community organizations.



Outdoor Experiences for Everyone

Centred Outdoors is committed to providing accessible experiences for people of all backgrounds, identities, and abilities. Everyone can enjoy the benefits of spending time outdoors!

How to Get Started

- Scan the QR code or visit **CentredOutdoors.org** for the schedule and directions to each destination.
- Sign up for the Adventure Guide emails for event details and resources.

Contact us at: 814-237-0400 or info@centredoutdoors.org with any questions.

MOUNT NITTANY HEALTH TIPS



MOUNT NITTANY[®] H E A L T H

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



CENTRED OUTDOORS SAFETY TIPS

PLAN AHEAD

- Check weather and directions; cell service may be limited.
- Allow plenty of time to explore before sunset.
- Know the mileage, elevation, and difficulty before heading out.
- Tell someone where you're going and when you'll be back.
- Check pet policies if you are bringing one.

CONSIDER CLOTHING

- Wear weather and destination appropriate clothing.
- Opt for sneakers or hiking boots (avoid sandals).
- Use sun protection: sunscreen, sunglasses, and a hat.

PACK LIKE A PRO

- Bring a filled reusable water bottle (extra on hot/long hikes).
- Pack a snack or meal, especially for longer outings.
- Consider bug spray, first aid kit, walking stick, binoculars, child carrier, and waste bags.
- Carry out all trash, including food scraps, wrappers, and pet waste.

PREVENT TICK BITES

- Use EPA-approved insect repellent (on skin application).
- Check for ticks thoroughly after your hike.
- Shower within 2 hours of outdoor activity.

Visit centredoutdoors.org/safety for more tips!

FREE OFFERINGS & OPPORTUNITIES



Kids of all ages can join us at any of our Centred Outdoors Guided Outings and borrow one of our Jr. Naturalist Toolkits to explore the trail! With six unique toolkits, kids can discover something new each time they join us and earn their very own Jr. Naturalist tools. Pick up a special Jr. Naturalist Passport at the welcome table and earn a stamp for each toolkit you borrow!



Trekking poles, child carriers, and other items can be borrowed for any Guided Outing! Visit CentredOutdoors.org/gear-library at least 24 hours before any outing to reserve items.



Centred Outdoors partners with Cole Transportation to provide round-trip shuttle services **free of charge** to select event destinations. This service is intended to reduce transportation limitations of any kind for those interested in attending Centred Outdoors events. Pickup locations are located at Westerly Parkway Plaza and North Atherton Walmart Plaza. Reserve a seat, take a ride, and join us on the trail!



You have a chance to win a free pair of Darn Tough® socks at select Sunday guided outings! Sponsored by Appalachian Outdoors.

OUTDOOR PROGRAM OPPORTUNITIES

All programming is free!



Guided Outings

Our Guided Outings are short, 1-2 mile walks perfect for all ages and experience levels. Led by knowledgeable guides, these walks provide an engaging way to explore nature while learning about local history, wildlife, and conservation efforts—all while enjoying the great outdoors.



Wellness (Registration Required)

Spending time outdoors offers significant benefits to your physical and mental health. In partnership with local wellness leaders, Centred Outdoors offers a variety of wellness specific programming that allows participants to connect with their health and the natural world. All are welcome to participate.

Visit CentredOutdoors.org/events for the schedule.



Fall Adventure Hikes

For those seeking a more rigorous challenge, our Fall Adventure Hikes offer longer, more strenuous treks through scenic and rugged landscapes. These hikes are designed for outdoor enthusiasts eager to embrace the season's beauty while tackling more demanding terrain.



Fresh Air Walks

Need a mid-week refresh? Take a break with Centred Outdoors! Our Fresh Air Walks offer a chance to visit and enjoy one of our many public parks in State College. A short, lunch-break-sized loop to get some fresh air, socialize with new and familiar friends, and stay connected with nature!



Colerain Mansion

Discover the rich history and natural beauty of the Colerain Forges Mansion, a hidden gem nestled in the Spruce Creek Valley. Built in stages from the late 18th to mid-19th century, this historic ironmaster's residence offers a glimpse into Pennsylvania's industrial past. The estate encompasses the mansion, a stone house from the 1760s, and ten acres of formal gardens featuring a charming boxwood maze.

*Managed by Colerain Forges Mansion
(ColerainCenter.org)*



Spring Creek Canyon

Spring Creek Canyon offers diverse ecosystems, with abundant native plant species like trillium and tulip poplars. The canyon provides excellent wildlife viewing and fishing opportunities. Visitors can enter the canyon from multiple access points: Rock Road, Shiloh Road, State Game Lands 333, and Fisherman's Paradise, each offering unique trails to experience the area's natural beauty.

*Managed by PA Fish and Boat Commission
(pa.gov/agencies/fishandboat)
and PA Game Commission (pgc.pa.gov)*



Black Moshannon State Park

Visitors can explore various trails at Black Moshannon State Park, including the Star Mill Trail, which winds through diverse ecosystems, and the more challenging Ski Slope Trail, offering views from an old ski slope. For a shorter, family-friendly option, try the 0.7-mile Lake Loop, with lakeshore and wooded views. Look for beaver signs and enjoy the playground at the beach to wrap up your adventure!

Managed by PA DCNR (dcnr.pa.gov)

 *Destination offers ADA accessible features*



Big Flat Laurel Natural Area

The Big Flat Laurel Natural Area in Rothrock State Forest hosts numerous vistas for the eager explorer in search of captivating views.

See the sights along this section of the well-maintained Mid State Trail! The natural area encompasses 184 acres of forest protecting uniquely extensive stands of mountain laurel, our state flower. Guests can take in the sights by vehicle, or park and walk along any number of forested trails in the area.

Managed by PA DCNR (dcnr.pa.gov)



Prince Gallitzin State Park

Experience the natural splendor of Prince Gallitzin State Park, where the forested hills of the Allegheny Plateau cradle the expansive 1,635-acre Glendale Lake. With 26 miles of scenic shoreline, the park offers a haven for outdoor enthusiasts. Explore over 33 miles of hiking trails that meander through diverse habitats, providing opportunities for wildlife observation and immersion in nature.

Managed by PA DCNR (dcnr.pa.gov)

 *Destination offers ADA accessible features*



Shaver's Creek

Explore the family-friendly trails at Shaver's Creek Environmental Center and the surrounding Stone Valley Recreation Area. The area around the visitor center includes easy, family-friendly paths that are great for birdwatching, or take a walk through the Klingsberg Aviary. Trails winding around Lake Perez are great for a longer adventure! Look for wildflowers, birds, insects, reptiles, and amphibians in the forest and fields.

Managed by Penn State University (ShaversCreek.org)



Destination offers ADA accessible features



Tudek Park

Tom Tudek Memorial Park, the most frequently visited park in the Centre region, is home to the Snetsinger Butterfly Garden Habitat, an educational site of approximately 3 acres located in the northwest portion of the park. It's a diverse ecosystem with over 40 species of resident butterflies, many native bees and birds, and hundreds of native plants that serve as food and shelter for pollinators and other wildlife.

Managed by Ferguson Township (twp.ferguson.pa.us)



Destination offers ADA accessible features



Soaring Eagle Wetland

Soaring Eagle Wetland, established in 2010 and located west of State College along Bald Eagle Creek, spans 135 acres, including 55 acres of wetland. Originally preserved in 2002 as part of the I-99 mitigation, it now features mowed trails, wildlife viewing areas, and ADA-accessible paths leading to a fishing platform. The wetland supports native species and provides recreational opportunities for all visitors.

*Managed by Wildlife for Everyone Foundation
(wildlifeforeveryone.org)*



Destination offers ADA accessible features



Lederer Park

Lederer Park is one of three connected areas that make up a sizable natural area in the midst of bustling State College. Lederer Park, Walnut Springs Park, and Thompson Woods Preserve provide scenic open spaces for residents while supporting the health of local streams and wildlife and reducing impacts from flooding events. Lederer Park includes an impressive arboretum of labeled trees, the W. James Evans Memorial Oak Arboretum.

*Managed by State College Borough
(statecollegepa.us)*



Patton Woods

Discover the serene beauty of Patton Woods Natural Recreation Area, a 63-acre expanse in Patton Township that offers a tranquil retreat for nature enthusiasts. This passive parkland is ideal for activities such as hiking, bird watching, and nature study. The area features a trail system that meanders through diverse habitats, providing opportunities for wildlife observation and peaceful reflection.

*Managed by Patton Township
(twp.patton.pa.us)*



Colyer Lake

Colyer Lake is a year-round favorite location among boaters, fishing enthusiasts, hikers, cyclists, and even ice skaters. This 77-acre impoundment of the waters of Sinking Creek is encircled by an easy-to-follow trail through the forest. Renovated trails and bridge crossings reveal beautiful scenes and signs of the biodiversity the lake supports.

*Managed by PA Fish and Boat Commission
(pa.gov/agencies/fishandboat)*



State Game Lands 133: Living Filter

Discover the innovative Living Filter at Penn State, a 600-acre expanse of agricultural and forested land where treated wastewater from the University Park campus is spray-irrigated. Visitors can observe how the land application system enhances groundwater recharge, supports diverse plant life, and contributes to sustainable water management practices.

*Managed by Penn State (psu.edu) and the
PA Game Commission (pgc.pa.gov)*



Bilger's Rocks

Find yourself in awe of the exposed sandstone and forested paths of Bilger's rocks. Explore all day as you hike along 300-million-year-old rock beds, featuring passageways and outcroppings. The park offers tours, special events, campgrounds and more.

*Managed by Bilger's Rocks Association
(bilgersrocks.net)*



Lower Rail Trail

Stroll along the Lower (pronounced lau-er) Trail and keep an eye out for rare bird species in this important migratory bird area with beautiful vistas. Visitors are welcome to bring their bikes to experience more of the rail trail. Originally a tow path for the Pennsylvania Main Line Canal, the trail has been transformed into a community treasure.

*Managed by Rails to Trails of Central
Pennsylvania, Inc. (rttcpa.org)*



Bald Eagle State Park

Get out and explore the 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 roam the many fields of flowering plants, and a 200-year-old oak tree awaits the ambitious adventurer.

Managed by PA DCNR (dcnr.pa.gov)

 *Destination offers ADA accessible features*



Reeds Gap State Park

Experience the natural beauty of Reeds Gap State Park, a 220-acre wilderness nestled in the New Lancaster Valley of Mifflin County. The park derives its name from Edward and Nancy Reed, who established a water-powered sawmill along Honey Creek in the mid-19th century. Towering hemlocks and white pines provide a serene canopy over Honey Creek, a pristine waterway that meanders through the park.

Managed by PA DCNR (dcnr.pa.gov)

 *Destination offers ADA accessible features*



Standing Stone

The Standing Stone Trail (SST) stretches a total of 85 miles, from Cowans Gap State Park to Alan Seeger Natural Area in Rothrock State Forest. Beginning near Greenwood Furnace State Park, enjoy a vigorous 4.54 loop utilizing the SST, Turkey Trail, Lorence Trail, and Monsell Trail, for a beautiful traverse of the Appalachian Range. The trail features rocky pathways and switchbacks leading to the Stone Valley Vista atop Stone Mountain.

Managed by PA DCNR (dcnr.pa.gov)



Dutch Alvin

This hike 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. Don't forget to enjoy some blueberries along the way when in season!

Managed by PA DCNR (dcnr.pa.gov)



Mount Nittany

Visit one of Centre County's most famous landmarks to hike along history and see what effort goes into preserving a cultural touchstone. Guests can climb the mountain to the best view in State College: the Mike Lynch Overlook. Upon reaching the mountain's peak (approx .75 miles), guests can return to the trailhead or continue on the full trail (approx. 4 miles).

*Managed by Mount Nittany Conservancy
(nittany.org)*



Lonberger Path

Experience the natural beauty of Rothrock State Forest by exploring the Lonberger Path, a trail that offers a serene experience for outdoor enthusiasts. This path is known for its flowing terrain, making it accessible for hikers, trail runners, and mountain bikers alike.

Encounter a variety of forest ecosystems, including stands of Eastern hemlock and Eastern white pine, which are characteristic of the area's natural heritage.

Managed by PA DCNR (dcnr.pa.gov)



Yellow Arrow Trail

Experience the beauty of the Yellow Arrow Trail in Rothrock State Forest, a premier path for outdoor enthusiasts seeking panoramic vistas. This steep climb features a few switchbacks leading to Indian Lookout, offering expansive views of Spruce Creek, Canoe Mountain, Brush Mountain, and the distant Bald Eagle Mountain. This destination offers a perfect blend of adventure and tranquility, making it an ideal spot for hikers looking for a challenging outing.

Managed by PA DCNR (dcnr.pa.gov)



Musser Gap

This 423-acre property was purchased by Clearwater Conservancy and transferred to DCNR in 2007 in order to protect an important groundwater recharge area for the community and vital wildlife habitat. New trail construction began in 2025 through the work of the Rothrock Trail Alliance. The first section of the trail follows a steady incline for 0.8 miles to a beautiful bridge crossing over a brook.

Managed by PA DCNR (dcnr.pa.gov)

Hosted by



CLEARWATER
conservancy

Supported by



RICHARD
KING MELLON
FOUNDATION

The Hamer
Foundation



Pennsylvania
Department of Conservation
and Natural Resources



MOUNT NITTANY
HEALTH

THE
HAPPY VALLEY
ADVENTURE BUREAU

The M&T Charitable Foundation

Visit centredoutdoors.org for all events!
