

PASSPORT



Centred OUTDOORS

www.centredoutdoors.org

Season 10 Adventure Guide



ClearWater
CONSERVANCY



YOUR PASSPORT TO OUTDOOR ADVENTURES

Welcome!

This passport highlights outdoor destinations that Centred Outdoors will explore during the 2026 spring, 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 through the generous support of the Community Conservation Partnership Program of the PA Department of Conservation and Natural Resources, Bureau of Recreation and Conservation; The Hamer Foundation; Mount Nittany Health; Happy Valley Adventure Bureau; The M&T Charitable Foundation; and community partners.

Production of the Centred Outdoors Passport is made possible by the Community Conservation Partnership Program of the PA Department of Conservation and Natural Resources, Bureau of Recreation and Conservation.



Outdoor Experiences for Everyone

Centred Outdoors is committed to providing 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.
- Get your passport stamped at every guided outing destination to be entered to win outdoor-inspired prizes.

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 and earn a stamp!



Trekking poles, child carriers, binoculars, 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.



Access to nature is a core priority for Centred Outdoors. If transportation is a barrier, we're here to help. Reach out to us (info@centredoutdoors.org) if you need assistance getting to any of our events – we're committed to helping participants find a way to join us on the trail.



Having the right gear makes a difference, and a high-quality pair of hiking socks is a great place to start! Join us on a Sunday Guided Outing for a chance to win a free pair of Darn Tough® socks. 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

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.

Visit centredoutdoors.org/events for the schedule.



Adventure Hikes

For those seeking a more rigorous challenge, our 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.



Special Topics

These offerings highlight local partners and introduces participants to a wide range of outdoor-related topics, activities, and spaces. Each session will offer a unique opportunity to build skills, deepen knowledge, and connect with the region's outdoor community.



Dry Hollow

Dry Hollow, often referred to as “Scotia West,” is a 1,271 acre area recently added to Rothrock State Forest and contains several Natural Heritage Areas. Dry Hollow, and its neighbor the Scotia Gamelands, is one of the largest remaining patches of pitch pine-scrub oak barrens habitat in the state and supports 26 species of plants and animals listed as critically-impaired in the state. The conservation of this region is a key focus of ClearWater for its cultural significance, ecological importance, and connectivity to the surrounding forests.

Managed by PA DCNR (dcnr.pa.gov)



Gray's Woods Preserve

A visit to Gray's Woods Preserve offers the sights and sounds of true wilderness without driving too far from town. The 149-acre property was acquired by Patton Township and conserved permanently with an easement held by ClearWater. The Preserve includes vernal pools, forest, and barrens habitat that includes rare vegetation that many animals rely on. This destination borders Gray's Woods Park, so you can visit a forest and a playground in one adventure!

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



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.

*Managed by Standing Stone Trail Club
(standingstonetrail.org)
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*



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)*



Tom Tudek Memorial 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)
and Centre Region Parks and Recreation (crpr.org)*



Destination offers ADA accessible features



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)



Galbraith Gap

Step into the natural sights and sounds of Rothrock State Forest as you explore the Galbraith Gap Trail. Look down to observe the tiny wonders of the forest such as moss and mushrooms. Look up to see large rock formations and boulders as big as a car. Listen to the relaxing sounds of the Galbraith Gap Run flowing alongside the trail. Visitors can expect to learn about the geologic history and ecological significance of our ridge and valley region during a guided adventure.

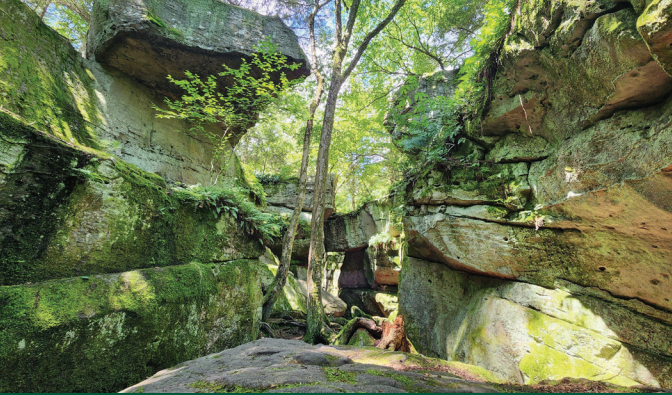
Managed by PA DCNR (dcnr.pa.gov)



Alan Seeger Natural Area

Most of Pennsylvania's trees are under 100 years old, a legacy of near-total deforestation by industry in the 1800s. At Alan Seeger Natural Area, however, a stand of old-growth trees survives, preserved after confusion over logging rights. On a loop trail under a mile long, you can wander among towering ancient trees and recently fallen giants. For a longer adventure, the trail connects to the Standing Stone Trail, linking you to Rothrock State Forest's broader network of trails and letting you explore more of the region's forests beyond the natural area.

Managed by PA DCNR (dcnr.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 perfect for climbing. Bilger's Rocks is now officially a new addition to Moshannon State Forest.

Managed by PA DCNR (dcnr.pa.gov)



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.

Managed by PA DCNR (dcnr.pa.gov)



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 I-99 mitigation, it now features mowed trails, wildlife viewing areas, and ADA-accessible paths. 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



Millbrook Marsh

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.

*Managed by Centre Region Parks and Recreation
(crpr.org/millbrook-marsh-nature-center)*



Bear Meadows Natural Area

Step into one of only 603 National Natural Landmarks in the country and one of eight designated natural areas in Rothrock State Forest. Here there is a rare type of wetland surrounded by a forest of black spruce, red spruce and balsam fir. Curiously explore the rare plant and animal communities, historical features, and forest characteristics that have earned Bear Meadows its designations from the National Park Service and PA-DCNR, and inspired many writers and adventurers in search of peace and solace.

Managed by PA DCNR (dcnr.pa.gov)



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, American Woodcock, and Ruffed Grouse. Vernal pools allow for breeding amphibians.

*Managed by ClearWater Conservancy
(clearwaterconservancy.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 parole 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



Rhoneymeade

Rhoneymeade, the historic homestead of Grange Fair founder Leonard Rhone, features diverse plant species, art, and timeless views between the Nittany and Tussey Mountains.

ClearWater Conservancy protected the 186-acre farm with its first conservation easement in 1986. Explore the 150-acre working farm, wooded labyrinth, and the 6-acre sculpture-filled gardens with ancient trees and sweeping vistas.

Managed by Rhoneymeade (rhoneymeade.org)



Shaver's Creek Environmental Center

Explore the family-friendly trails at Shaver's Creek Environmental Center and the surrounding Stone Valley Recreation Area. The area around the 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



Talleyrand Park

Talleyrand is one of the most visited parks in the region and covers 3.5 acres. 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.

Managed by Borough of Bellefonte (bellefonte.net)



Destination offers ADA accessible features



Poe Paddy State Park

Take a short trek along the Pennsylvania Mid State Trail. The adventure begins with a memorable walk through Poe Paddy Tunnel. After brief darkness in the tunnel you will be greeted by gorgeous views of Penns 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.

Managed by PA DCNR (dcnr.pa.gov)



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.

Managed by PA DCNR (dcnr.pa.gov)



Destination offers ADA accessible features



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)*

Hosted by



ClearWater
CONSERVANCY

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Pennsylvania
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and Natural Resources


MOUNT NITTANY
HEALTH

THE
HAPPY VALLEY
ADVENTURE BUREAU

The **M&T** Charitable Foundation

Visit centredoutdoors.org for all events!
