



Sponsored by:
The Physical Fitness Task Force

Fall 2022 PFTF Hikes



Hike your way to better health with The Physical Fitness Task Force's guided Winter Fitness Hikes! These fully-guided hikes are open to beginner and seasoned hikers; we will take breaks as necessary and maintain a moderate group pace. **Trails may be uneven or muddy. Please wear sturdy hiking shoes and bring a water bottle.** Walks are held rain or shine. In case of severe weather please check www.facebook.com/healthyadamscounty.

WEDNESDAY, Nov 2nd at 9:30 AM at Caledonia – with an option for an easy 4.0 miles or a challenging 3.5 miles (Locust Gap and/or Hosack Run and the AT).

Trying something new, a mid-week hike. Meet at the end of Quarry Gap Road. From 30 west, turn right onto Pine Grove Road (rt 233) and go about 1 mile. Turn left at the sign for Hosack Run Campground onto the gravel Quarry Gap Rd. Drive about 1 mile up the road, park at the dead end. We will hike out the Locust Gap trail together for about a mile, those who want a challenge will then take the Hosack Run Trail to the AT and back. Those wanting less of a challenge will continue on the Locust Gap trail to the Long Pine Run Reservoir and return via the same path. 3.5 miles for the hard hike, 4 miles for the easier one, we should finish very close to the same time. Bring a sack lunch for afterwards if you like. For sure, bring water.

It is posted on Facebook – please help us publicize it by sharing the post!

Wednesday, Nov 9th at 1:00 PM at Amblebrook - Meet by the Rock Creek parking lot, 250 Amblebrook Blvd and join the Amblebrook walking club for a 2-mile stroll around their campus.

Sunday, Nov 27th at 1:30 PM. Park behind the PA Monument, accessed from Pleasanton Road off of Taneytown Road. The hike/walk will be on a combination of trails and road, mild hills, for a total of about 4.0 miles.

Stay tuned for additional hikes/walks for Fall and Winter 2022 – 2023.

Call 717-337-4137, email jgastley2@wellspring.org or visit Healthy Adams County's Facebook page to receive the updated list