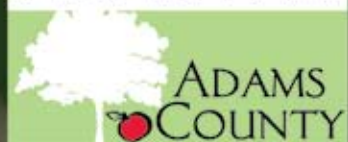


HEALTHY



Physical Fitness Task Force

Walking or Running Routes of Adams County



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The Physical Fitness Task Force (PFTF) of Healthy Adams County, founded in 2001, is a group of business and community members who strive to promote fitness and physical activity opportunities in Adams County. Over the last several years, the PFTF has organized a series of Spring and Fall walking parties at various locations within Adams County. Because of the popularity of these walks and numerous requests from the members of the community for “maps”, we have developed this booklet. It is our hope that you will enjoy these walks, increase your physical fitness, and enjoy the beauty of Adams County.

The American College of Sports Medicine (ACSM) recommends that adults participate in moderate aerobic exercise for 30 minutes/day at least five days a week. This equals 150 minutes of cardio (aerobic) exercise or the equivalent of approximately 2000 steps (if measuring activity with a pedometer). A daily planned 2 to 3 mile walk (30 to 45 minutes) will assist you in reaching this goal. It is always a good idea to check with your health care provider before beginning a physical activity program.

The Adams County Physical Fitness Task Force meets on the second Friday of each month at Gettysburg Rec Park in the Charlie Sterner Building from 11:45 a.m. to 1:00 p.m. For more information, please call 717-337-4264. New members are always welcome.

A special thank you is extended to WellSpan’s Community Health Improvement department, WellSpan Rehabilitation, and HABPI (Healthy Adams Bicycle and Pedestrian, Inc.) for their assistance in developing this booklet.

Best wishes for a healthier lifestyle,

*The Physical Fitness Task Force of
Healthy Adams County*



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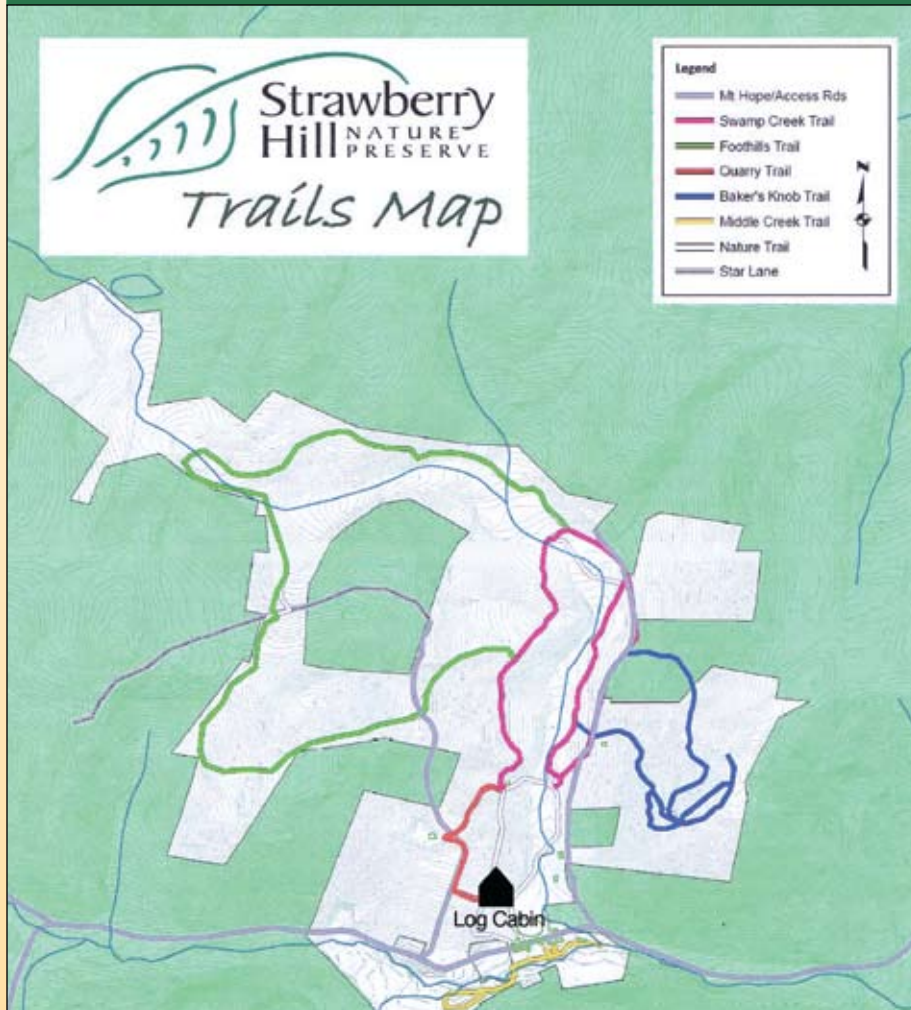
All individuals should avoid inactivity. Some physical activity is better than none, and individuals who participate in any amount of physical activity gain some health benefits. Substantial health benefits are gained by doing physical activity according to the guidelines presented below for different groups. The following are the key guidelines included in the *Physical Activity Guidelines for Americans*.

Key Guidelines for Children and Adolescents: Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily. Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.

Key Guidelines for Adults: Adults should participate in at least 150 hours (2 hours and 30 minutes) a week of moderate intensity physical activity over 3-5 days. Aerobic activity should be performed in episodes of at least 10 minutes.

Strawberry Hill

1537 Mount Hope Road, Fairfield, PA



1. Park in the parking lot at Strawberry Hill between the 1798 Historic Pink Log Cabin and the Strawberry Hill Pond.
2. Proceed on the Nature Trail (White Blazes), following the trail counter-clockwise to the Quarry Trail (Red Blazes).
3. From the quarry, proceed 1/2 mile downhill along the Quarry Trail and then back onto the Nature Trail to return to the log cabin.

Distance: 2-4 miles
Time: 34-68 minutes

Seminary Ridge - YWCA

909 Fairfield Road, Gettysburg, PA



1. Park at the YWCA Gettysburg (909 Fairfield Road).
2. Walk to the intersection of Fairfield Road (Middle Street) and Confederate Avenue.
3. Proceed on Confederate Avenue until the stop sign at Millerstown Road.
4. Turn around and reverse route back to parking lot.

Distance: 4.4 miles
Time: 75 minutes

Cross Keys Village

2900 Carlisle Pike, New Oxford, PA

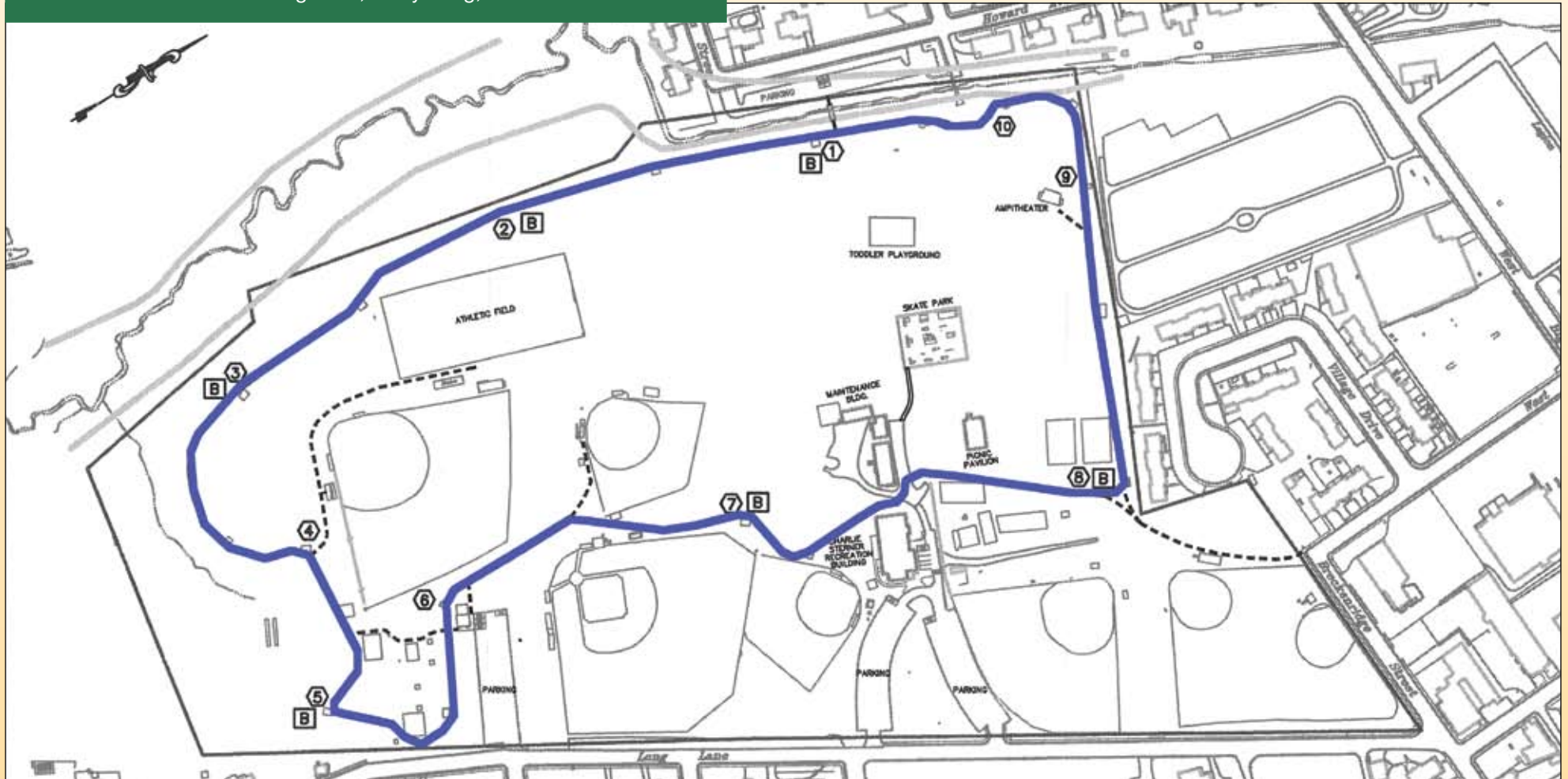
1. Park at Harvey S. Kline Wellness Center.
2. Left onto Harmony Drive.
3. Right onto Coventry Court (follow horseshoe-shaped street).
4. Right onto Harmony Drive.
5. Right onto Bridgewater, quick right onto path after house #921.
6. Left onto Bridgewater and then quick Right onto Shoemaker Drive.
7. Left onto Harmony Drive.
8. Right onto Hope Lane.
9. After turnabout drive way take quick right onto walking path (follow tree line).
10. Take a left onto Meadow Lane, which turns into Peace Circle.
11. Follow Peace Circle to the Right.
12. Take a Left onto Village Drive.
13. Left onto Harmony Drive.
14. You should have ended back at Registration site.



Distance: 2 miles
Time: 34 minutes

Biser Fitness Trail and Walking Path Gettysburg Area Recreation Park

545 Long Lane, Gettysburg, PA



Originally donated to the Gettysburg Recreation Park by the Biser Family in memory of their sons, Chris and Kyle, the beautiful one-mile Biser Fitness Trail and Walking Path winds its way throughout the 52-acre Recreation Park. Simply enjoy a leisurely walk in the outdoors or get those muscles and heart in shape using the 10 fitness stations along the way. Don't forget to stop and check your heart rate when you see the sign!

1. Park at Charlie Sterner Recreation Building (545 Long Lane).
2. Proceed around the one mile loop of the Biser Fitness Trail.

Fitness Trail Stations

- | | |
|--------------------------|-----------------|
| ① Step Up | ⑥ Hip Rotation |
| ② Leg Lift | ⑦ Sit-Up |
| ③ Body Curl | ⑧ Chin-Up |
| ④ Horizontal Loop Ladder | ⑨ Push-Up |
| ⑤ Beam Jump | ⑩ Climbing Wall |

- B** Bench
- HC** Existing Handicap Parking Space
- Main Fitness Trail
- - -** Access Path

Distance: 1 mile
Time: 17 minutes

Commerce Park

40 V Twin Drive, Gettysburg, PA



1. Park at Wellspan Health Services Building (40 V- Twin Drive).
2. Turn left out of parking lot onto V- Twin Drive.
3. Turn right onto Expedition Trail.
4. Proceed to dead-end, then turn around.
5. Turn right onto V- Twin Drive.
6. Turn left onto Proline Place.
7. Proceed right (past Pella Windows) to dead-end cul-de-sac, then turn around.
8. Repeat the route in reverse, returning to parking lot.

Distance: 2 miles
Time: 34 minutes

Spangler's Spring

37 Lefever Street, Gettysburg, PA



1. Park at the Gettysburg Middle School (37 Lefever Street).
2. Exit parking lot, turning left onto Wainwright Avenue.
3. Turn left onto Slocum Avenue.
4. Turn right onto Williams Avenue.
5. Go straight onto Slocum Avenue.
6. At Spangler's Spring parking area, turn left onto East Confederate Avenue.
7. Turn left onto Lefever Street, returning to Gettysburg Middle School.

Distance: 2.8 miles
Time: 48 minutes

Peace Light

Gettysburg College, Athletics Building, Lincoln Avenue



Park at the end of Lincoln Avenue, on the left, in the Gettysburg College Athletics parking lot.

1. Travel east on Lincoln Avenue.
2. Turn left on College Avenue. This becomes Mummasburg Road. Stay on gravel trail.
3. Make a left onto Robinson Avenue.
4. Make a left onto Doubleday Avenue.

5. Make a right onto Wadsworth Avenue. (becomes Buford Avenue)
6. Make a right onto Buford Avenue.
7. Cross over Mummasburg Road to Confederate Avenue to the Peace Light.
8. Follow Confederate Avenue to Mummasburg Road. Turn left on Mummasburg Road.
9. Return to Lincoln Avenue.

Distance: 3.3 miles
Time: 56 minutes

Zeigler's Grove/Highwater Mark

Zeigler's Grove, Cyclorama Drive



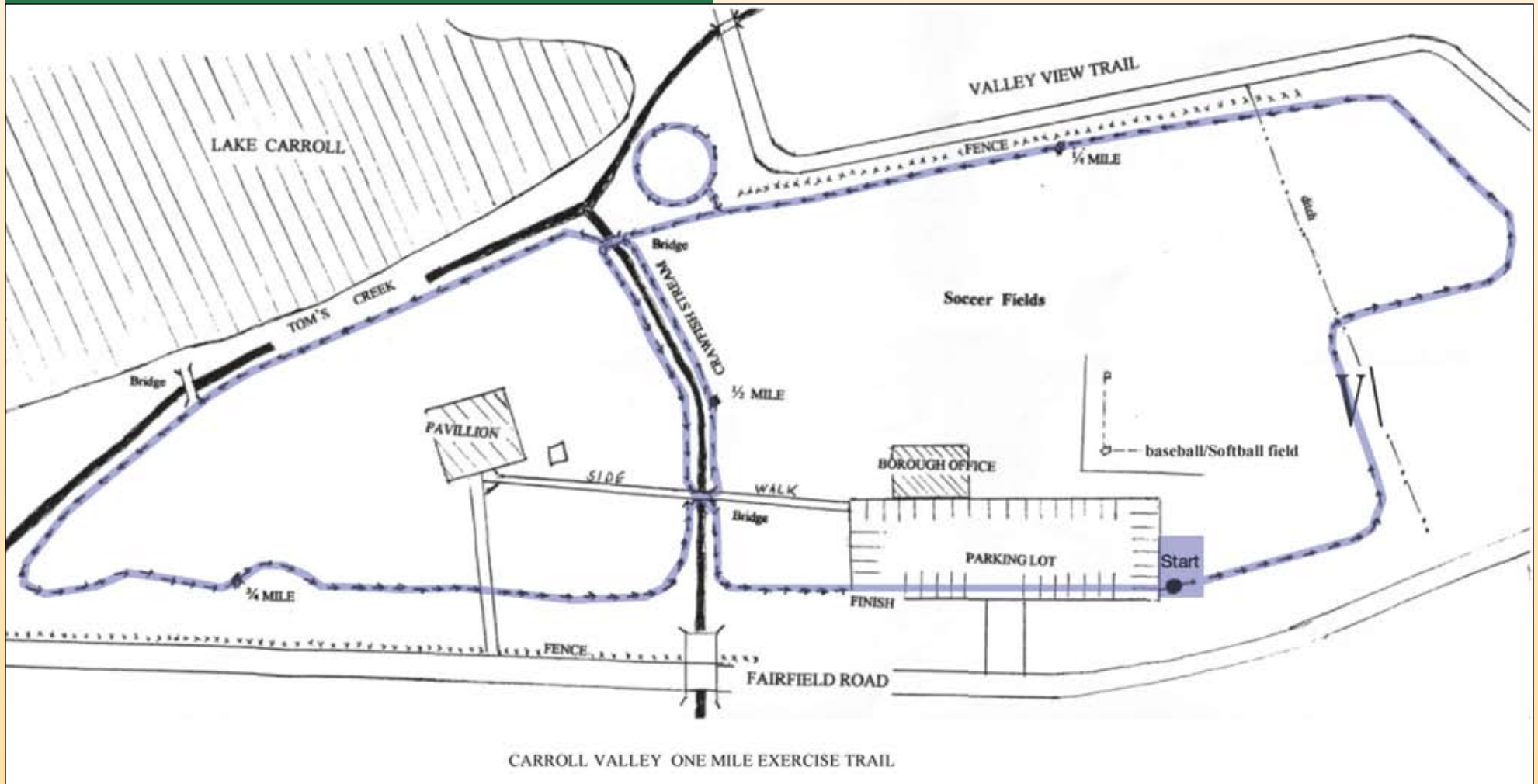
1. Park at the old Cyclorama Building parking lot by Zeigler's Grove (Cyclorama Dr).
2. Turn left out of the parking area.
3. Turn left onto Hancock Avenue, proceeding past the Pennsylvania Monument.
4. Hancock Avenue turns into Sedgwick Avenue.

5. Proceed until the intersection of Wheatfield Road and Sykes Avenue, then turn around, reversing route back to old Cyclorama Building parking lot.

Distance: 2-4 miles
Time: 34-68 minutes

Carroll Valley Fitness Trail

5685 Fairfield Road, Fairfield, PA



1. Park at the Carroll Valley borough office parking lot.
2. Proceed on fitness trail (1 circuit = 1 mile).

Carroll Valley Fitness Trail is owned by the Borough of Carroll Valley, near Fairfield. This beautiful park has a walking trail, several recreation areas including a playground, playing fields and picnic area, and 3 lakes.

Distance: 1 mile/circuit
Time: 17 minutes

Pennsylvania Monument

Hancock and Pleasanton Avenues, Gettysburg Military Park



1. Park at the Pennsylvania Monument.
2. Turn left on Hancock Avenue.
3. Turn right on United States Avenue.
4. Turn left on Sickles Avenue.
5. Turn left on Wheatfield Road.
6. Turn left on Sedgwick Avenue, returning to Pennsylvania Monument.

Distance: 2.5 miles
Time: 43 minutes

Devil's Den/Little Round Top

Sickles and Crawford Avenues, Gettysburg Military Park

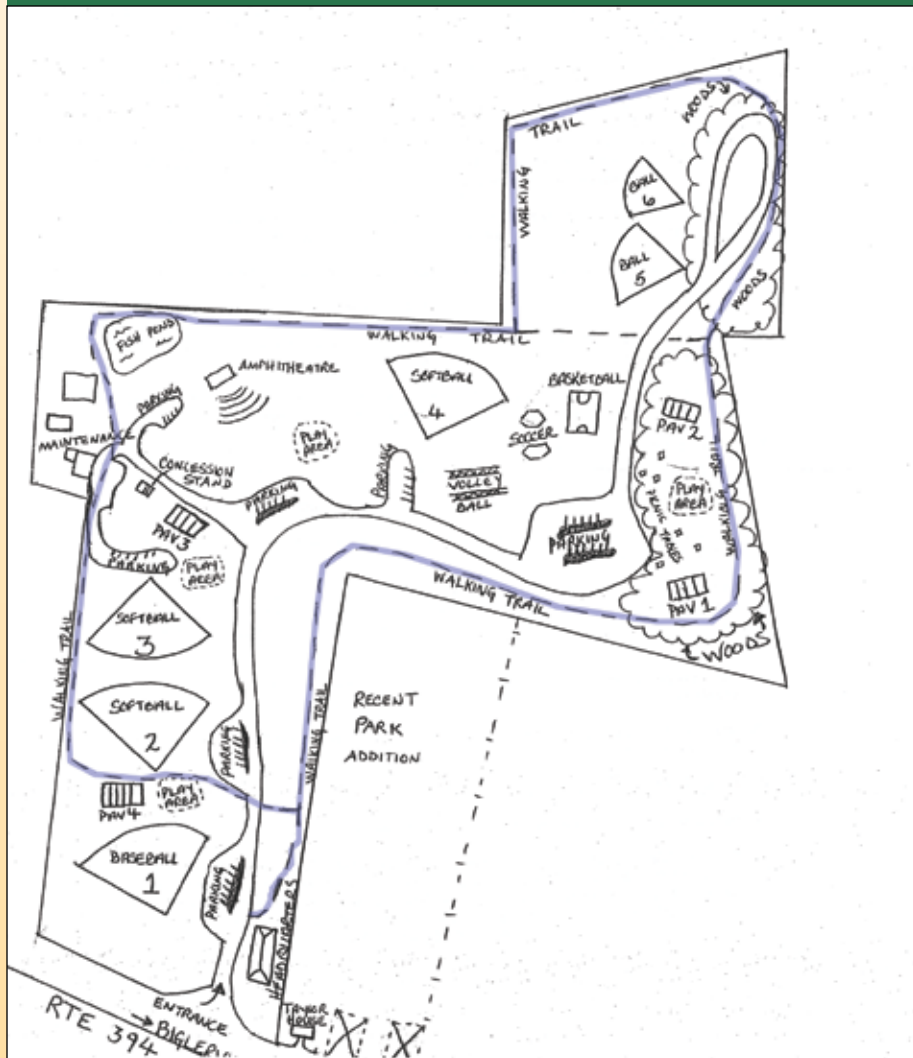


1. Park at Devil's Den parking area on Sickles Avenue.
2. Proceed on Sickles Avenue around Devil's Den until Wheatfield Road.
3. Turn right on Wheatfield Road.
4. Turn right on Crawford Avenue.
5. Turn left to continue on Crawford Avenue. (Warren Avenue)
6. Turn left on Sykes Avenue. (Go past Little Round Top)
7. Turn left on Wheatfield Road.

Distance: 2.9 miles
Time: 50 minutes

Oakside Community Park

2880 Table Rock Road, Biglerville, PA

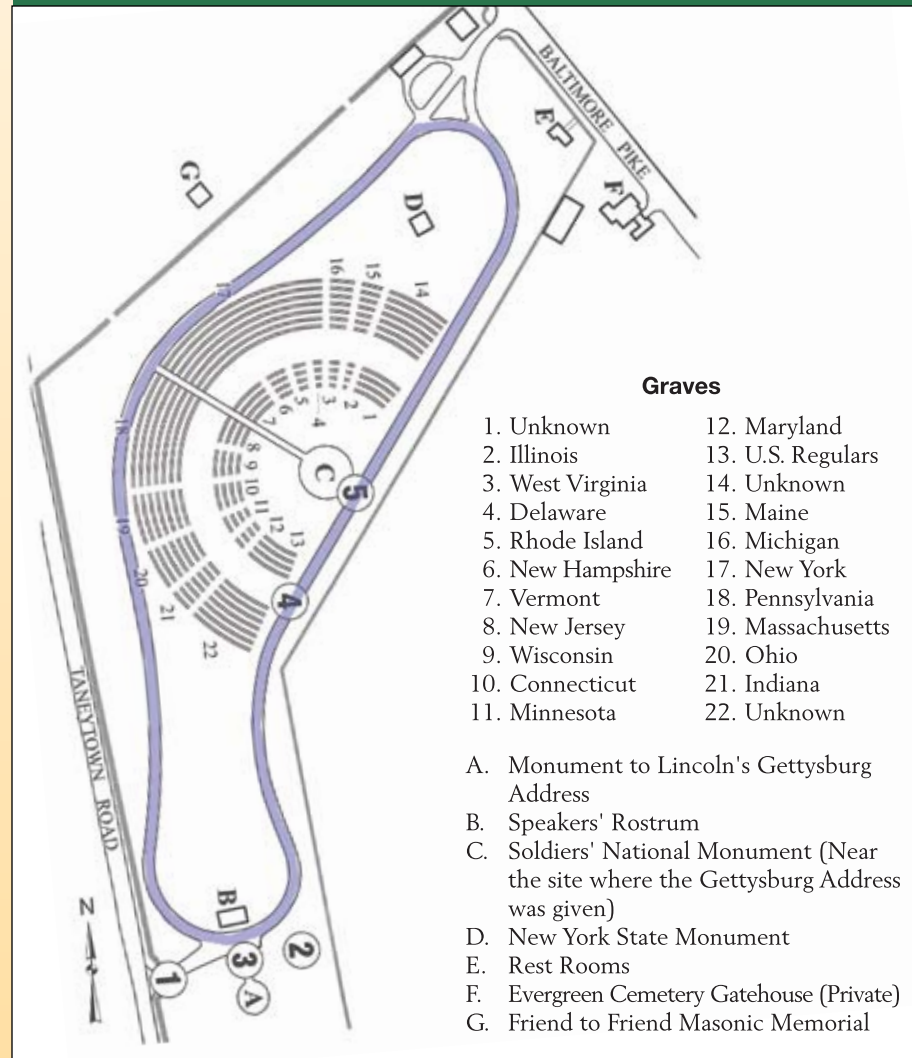


Oakside Community Park is maintained by the Upper Adams Jaycees. The Esther Little walking trail is approximately 2 miles in length, and is attached to a one-mile trail that begins at the Ira E. Lady American Legion Post 252 building on Fourth Street in Biglerville.

Distance: 2 miles
Time: 34 minutes

Gettysburg National Cemetery

Taneytown Road, Gettysburg Military Park



The Soldiers' National Cemetery at Gettysburg contains more than 7,000 interments including over 3,500 from the Civil War. It was here that President Abraham Lincoln delivered his immortal Gettysburg Address on November 19, 1863. The walking path is approximately 0.5 miles in length. For a leisurely tour, there are five main stops (listed 1 to 5) that will provide some insight into the history of the cemetery.

Distance: 0.5 mile (1 loop)
Time: 9 minutes/loop

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HEALTHY



Physical Fitness Task Force

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