

STEP OUTDOORS...where health meets adventure!



This spring and summer be sure enjoy and appreciate the outdoor resources we have here in Fayette County. We can improve the health of both ourselves and our communities by taking advantage of what local parks and trails have to offer. To make it easier Steps to a Healthier Fayette County is partnering with the Pennsylvania Department of Conservation and Natural Resources at Ohiopyle State Park to offer a series of Step Outdoors Sunday Hikes.

All Hikes Begin at 1:30 P.M.

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| April 26 | Spring Wildflower Hike | Meet at the Cucumber Falls parking lot and allow the park naturalist to guide you on an easy slow hike that will introduce you to the botanical treasures of spring. |
| May 17 | Bird Hike | Look for, listen to, and learn all about the birds that reside in and migrate through this bird watchers paradise. Meet at the Kentuck Campground contact station for this 1.5 mile hike along rolling terrain. Be Sure to Bring your Binoculars |
| June 7 | Cascades Hike | While most people flock directly toward the main falls area, we invite you to join us at 1:30 for a hike to a lesser known falls. Meet at the Meadow Run Parking Lot for a one mile hike to the Cascades waterfall. You can discover the cool, clean waters of this stream that is a favorite haunt of anglers. |
| June 21 | Rhododendron Hike | The Rhododendron Hike will be on June 21 at 1:30 and depart from the Jonathan Run Trailhead. This hike will take you on a beautiful journey through blooming Rhododendrons. |
| July 5 | Habitat Hike | Hike the Old Mitchell Trail exploring animal habitats with an expert park naturalist. |
| July 19 | Summer Wildflower Hike | Explore the changing botanicals with a Summer Wildflower hike beginning at the Tharp Knob Picnic Area. |
| August 2 | Ask the Naturalist Hike | Join us for your chance to ask your questions about nature along this longer four mile hike that begins at the McCune Trailhead. |

*For more information visit www.stepstohealthierfayettecounty.org or call 724-439-1484.
Can't find a location at the park, be sure to stop at the park office and pick up a map.*