

Healthy Parks, Healthy People Winter Schedule



Chase away those winter blues and cabin fever! Come take a walk or hike, socialize with others and enjoy the outdoors.

Martinak Morning Walk

Year round morning walks meet at the Martinak State Park Office at 10:30 AM. The walks on Tuesdays and Thursdays are guided and on a paved trail. Walks are approximately 1 mile in length or about 2,000 steps with plenty of benches available for resting and enjoying nature. After a mile or 1.5 miles, walkers may choose to walk longer through the camp loops and trails or return to the start. Meet at the gravel parking area on the left past the park office.

Flashlight Walk

Chase away the stress of the holidays! Join us for a relaxing night walk at Martinak State Park on Wednesday, December 17th, at 5:00 PM. We will walk approximately \$1.5\$ miles on a paved trail and camp loop. The meeting location is at the ball field. Don't forget to bring a flashlight!

Decorated Bike Ride

Let's have some holiday fun! Deck out your bicycle with lights and join us for a festive, 7-mile ride through town. The ride is for those over 18 and helmets are required and of course plenty of lights! Meet at Martinak State Park Office at 6:00 PM on Saturday, December 20.

Wednesday Winter Hike Schedule

Wednesday hiking begins in February and continues till May. Come join the camaraderie on Wednesdays at 10:30 AM. All hikes are three to five miles on a variety of terrains and locations. Dress for the weather and bring water and a snack to stay hydrated and fueled.

February 4	Pickering Creek	Boundary Walk	Meet at the Visitor Center Parking Area
February 11	Adkins Arboretum	Loop it Walk	Meet at Visitor Center Parking Area
February 18	Tuckahoe State Park	Lake Trail	Meet at Tuckahoe Lake Parking Area
February 25	Terrapin Nature Park	Cross Island Trail	Meet at Exit 37 Parking Area
March 4	Idylwild WMA	Marshy Hope Creek	Meet at Houston Branch Parking Area
March 11	Tuckahoe State Park	Anna's Trail	Meet at Park Office
March 26	Redden State Forest	Headquarters Loop	Meet at Redden Forest Fire Station
March 31	Chapel Branch	Beaver Pond Trail	Meet at Woodland Rd Seaford, DE
April 1	Tuckahoe State Park	Sandtown Trail	Meet at Cemetery Road Parking Area
April 8	Sassafras NRMA	Meadows and Forest	Meet at Turners Creek Parking Area
April 15	Wye Island NRMA	Holly Tree Trail	Meet at Wye Island Rd Parking Area
April 22	Tuckahoe State Park	Pee Wee's Trail	Meet at Crouse Mill Rd Parking Area
April 29	Lynch Preserve	Robins Creek Trail	Meet at the end of Tall Tree LN, Preston

Inclement Weather Policy

If school in Caroline County is delayed or canceled the walks or hikes will be canceled. To receive more information about any of these hikes or walks or to be added to the Healthy Parks, Healthy People email karen.gianninoto@maryland.gov.

