

The Fayette County Healthy Lifestyles Task Force is sponsoring these Wednesday Walks throughout Fayette County. The series is designed to improve the health of Fayette County residents by increasing their level of physical activity. Along with this goal, the series will educate participants on the history of local sites, as well as the cultural and environmental importance of these places. Walks are scheduled for 11 weeks throughout the summer.

The Healthy Lifestyles Task Force is a sub-committee of the Fayette County Community Health Improvement Partnership. The task force was implemented in 2003 as a result of the community health needs assessment.

The goals of the task force are to improve the health of Fayette County residents by increasing their level of physical activity and promoting healthful eating habits.

Mission Statement

The future health of Fayette County requires us to invest in changes that will make it easier to help people make healthier choices.

We are committed to helping our residents make those changes in a fun, educational, and adventurous way.

If you like Wednesday Walks, try these walks sponsored by the YMCA!

Weekend Walks!

Wildflower Walk-May 12, 2018 Friendship Hill National Historic Site. Meet at the Albert Gallatin Statue. Hike is 2 miles into the gorge identifying spring wildflowers.

Workout Walk-August 4, 2018. Uniontown YMCA, One YMCA Drive, Uniontown. Try out the new fitness equipment installed on the outdoor walking trail. This 2.5 mile walk includes the Rotary Walk and information on two Boy Scout Eagle Projects.

Waterfall Walk-October 6, 2018 Brown's Run Trail, Rt 21 in German Twp. Check out the hidden waterfall. Flat crushed gravel trail.

Winter Walk-January 5, 2019. Sugarloaf Road Ohiopyle State Park. Start the New Year off right! You can borrow snowshoes from the park if you like. Meet at Sugarloaf Knob.

All Weekend Walks will happen rain or shine and begin at 9:30 am.

Wear sturdy hiking shoes, bring bug spray and water.



For more information or directions to any of the walks:

724-320-4549

Like us on Facebook:

[Fayette County Wednesday Walks](#)

On the web at

www.stepstohealthierfayettecounty.org



2018 Fayette County Wednesday Walks

Sponsored by

H.L.T.F.
Healthy
Lifestyles
Task Force

June 13—Uniontown History Walk Join us for this kickoff walk for our 10th Season! Meet our hosts from the Fayette County Historical Society and walk through a residential section of Uniontown. Learn about the history of the town and some of the people who lived in the homes there. Park at Asbury Church/ Bailey Park. Meet at 145 Beeson Avenue.

June 20 —Brownsville Walk Join us for another great walk here and learn about the new apartments. We will walk to Thompson House and hear history of the area. Park and meet at Market Street parking lot.



June 27 —LaFayette Memorial Park Walk Join us as we walk through the park and learn some history. We will find out about some interesting people who are laid to rest there. Meet at the pond. Park along the paved roadway.

July 4 — Enjoy the Holiday! Go walk with your family!



July 11— Jackson Farms Hike. Join us for a guided tour of Jackson Farms. Learn how ice cream is made! Take Route 40 West six miles out of Uniontown and make a left at the Jackson Farms store onto Stone Church Road. Make another left onto Jackson Road and park at the farm about ½ mile down the road at the bottom of the hill. **Please note that GPS address will not take you to Jackson Farms!**

July 18 —Bear Run Nature Reserve Hike Explore sections of the reserve along Bear Run stream through the mountain laurels and rhododendrons. We may hike in to see a unique old growth Hemlock growing on top of a large boulder. And we'll learn about conservation efforts on the reserve. Meet at the Barn. Address: 1478 Mill Run Rd. Mill Run. Wear sturdy hiking shoes, bring bug spray and water!



July 25 — Airport Walk Join us as we learn about the history of the local airport and the other businesses located there. Park and meet at the airport terminal. Address: 988 Sky Drive, Lemont Furnace PA



August 1 - Whoa Nellie Hike Come and hike around the dairy/ beef farm. See the milk bottling operation and hear some history of the farm. The farm store carries milk, eggs, Black Angus Beef, and much more local fare! Address: 139 Bear Rocks Road, Acme PA

August 8 —Watermark & Book Nook Walk Did you ever wonder about your water meter? Want to learn about the Book Nook? Now is your chance to learn about both! Meet in the parking lot at Laurel Highlands High School. Address: 304 Bailey Lane Uniontown



August 15 — Laurelville Retreat Center Walk Stroll to the prayer labyrinth. Hear the history of the camp and continue on one of the trails. Meet and park along the Dining Hall. Address: Laurelville Church Center, 941 Laurelville Lane, Mt. Pleasant, PA



August 22 — Celebration Picnic More information will be announced at the walks.



All walks will be held on Wednesdays and begin at 6:30 p.m.