

# NEWS RELEASE

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From the Brodhead Watershed Association

## **FOR IMMEDIATE RELEASE**

Wednesday, July 27, 2016

(Please do not print after Aug. 20, 2016)

### **Healthy hike event at Cherry Creek Loop: Explore an oasis near you**

Many hikers seek places to get away from it all – to go deep into the woods or high up a mountain and escape civilization. But there's nature and peace to be found in busy places, too.

At 10 a.m. Saturday, Aug. 20, the Get Outdoors Poconos hike series continues with a 2.6-mile, easy hike on Cherry Creek Loop near Delaware Water Gap, Pa. – a perfect example of an easily accessible place for people looking for a quick commune with nature.

Laid out along Route 80, Cherry Creek Loop passes over and under the busy highway. Yet the trail is cool, shady and dense with trees offering rich habitat for wildlife. Concrete stepping stones lead across Cherry Creek and into the 28.5-acre park where Cherry Creek, Brodhead Creek and the mighty Delaware River meet.

#### **IF YOU GO**

**WHAT:** Join Carol Hillestad for this easy hike of about 2.6 miles. Another walk – a very easy, shorter stroll suitable for people who are just starting to exercise – will be led by Dr. Nche Zama, head of the cardiothoracic surgery program at Pocono Medical Center, East Stroudsburg. Zama will discuss the ways walking protects your heart and contributes to good health and good spirits. After the short hike, there will be light refreshments and a question-and-answer session with Zama.

**WHEN:** 10 a.m. Saturday, Aug. 20, 2016

**WHERE:** Meet at Minisink Park on River Road, Smithfield Township. Take Route 80 west to the Delaware Water Gap exit. At the first stoplight, go left, under highway. Parking is on right.

**NOTE:** Tokens will be available for hikers to use for a free beverage or other treat at locations throughout Delaware Water Gap, thanks to sponsors Legend Properties LLC and Jim DePetris, Strauser Nature's Helpers, the Village Farmer & Bakery, Water Gap Diner and Boucher & James Inc.

**COST:** Free; registration is required.

**INFORMATION:** Call 570-839-1120 or 570-629-2727; email [info@brodheadwatershed.org](mailto:info@brodheadwatershed.org). For information about this and other hikes in the free Get Outdoors Poconos series, go to [brodheadwatershed.org/gopoconos](http://brodheadwatershed.org/gopoconos). The hike series is administered by Brodhead Watershed Association and supported by a grant from the William Penn Foundation. This hike is held in partnership with Pocono Medical Center.

Brodhead Watershed Association is a nonprofit environmental organization formed in 1989. BWA is dedicated to protecting and preserving water resources and the environment of the Brodhead watershed, and the water quality of the Brodhead, Cherry, Marshalls, McMichael, Paradise and Pocono creeks and their tributaries. BWA assists municipalities, residents, businesses and groups with protecting natural resources through education, workshops, seminars, public programs and stream monitoring. For information: [info@brodheadwatershed.org](mailto:info@brodheadwatershed.org) or 570-839-1120.