

# NEWS RELEASE

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From the Brodhead Watershed Association

## **FOR IMMEDIATE RELEASE**

Wednesday, June 20, 2018

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Download photo here: [https://1drv.ms/u/s!AlusXBZdArEwoG9r-mvCB7oHU\\_E4](https://1drv.ms/u/s!AlusXBZdArEwoG9r-mvCB7oHU_E4)

Credit Carol Hillestad

### **HIKE EVENT: Minisink Park adventure accessible to all**

Minisink Park is a natural oasis within walking distance of Delaware Water Gap, Pa., tucked in 28 acres of greenery between Route 80 and two creeks.

Brodhead Watershed Association will host a guided hike here Saturday, July 21, to showcase just what makes this place so perfect for preservation and exploration.

Soccer fields and playground equipment share the space with walking trails. Much of the land has been left natural, providing food, nesting sites and cover for wrens, goldfinches, and many other birds, as well as fox, deer, raccoons, skunks, and other mammals. The trails are packed gravel, with only very gentle inclines, making them accessible for people of most abilities.

For an easy walk of less than a mile, from this point you can loop back to the start and call it a day. Or continue on the trail along one of the soccer fields, back down to Cherry Creek and over the stepping stones.

Across the creek, after a bit of a climb, you get a bird's-eye view of Route 80 from the footbridge that spans the highway and leads to the walkable village of Delaware Water Gap. The "trail" is now a shady sidewalk lined with small businesses — an outdoors outfitter, a coffee roaster, the famous Deer Head Inn. After an easy stroll and perhaps a bit of deliciousness from a charming shop, find your way back at the trailhead to finish a fine day outdoors.

#### **HIKE EVENT**

Join hike leader Carol Hillestad for this easy-to-moderate hike of about 2.4 miles. A medical professional from Lehigh Valley Hospital Pocono will be on hand to talk about the benefits of walking for health.

**WHEN:** 10 a.m. Saturday, July 21, 2018

**NOTE:** Each hiker will receive a token to use at participating Delaware Water Gap merchants for a coffee, ice cream or other treat in the village, thanks to support from generous sponsors.

**COST:** Free, but registration is required. Directions will be provided upon registration.

**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. We welcome partnership with Lehigh Valley Hospital Pocono.