

# NEWS RELEASE

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From the Brodhead Watershed Association

## **FOR IMMEDIATE RELEASE**

Thursday, March 31, 2016

(Please do not print after April 24, 2016)

### **HIKE EVENT: A natural, neighborhood sanctuary at Swiftwater Forest Preserve**

Swiftwater Forest Preserve is a 98-acre oasis of preserved woodland in Paradise Township, PA.

On Sunday, April 24, a free guided hike will explore the preserve, which is open to the public for hiking, mountain biking, birding, photography, cross-country skiing, and picnicking. This hike is part of the Get Outdoors Pocono series.

A steep old woods road runs through a mixed hardwood forest, passing the remains of a backwoods cabin and beautiful old dry-laid stone walls. A bend in the trail opens onto a surprising natural bonus — a miniature pine barren, complete with pitch pines, scrub oaks, and rocky outcroppings.

The trail, which is still being laid out and has yet to be blazed, continues uphill and down, making a loop (flagged with surveyor's tape) through pines and hemlocks and other familiar habitats of the Poconos, including two creeks, Forest Hills Run to the north and Swiftwater Creek to the south. Both streams join Paradise Creek a short distance downstream, to help form the beautiful Paradise Valley and feed Brodhead Creek and drinking water supplies downstream.

#### **IF YOU GO**

**WHAT:** A moderate, family-friendly, 90-minute walk of about 2.5 miles exploring Swiftwater Forest Preserve, led by Carol Hillestad

**WHEN:** 10 to 11:30 a.m. Sunday, April 24

**WHERE:** Meet at the cul-de-sac on Donaldson Road, off Lower Swiftwater Road, Paradise Township, PA. GPS coordinates: 41-06.144N, 75-17.625W

**COST:** Free, but registration is required.

**CONTACT:** 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 series is administered by Brodhead Watershed Association and part of the Delaware River Watershed Initiative, supported by a grant from the William Penn Foundation.

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.