

# NEWS RELEASE

---

From the Brodhead Watershed Association

## **FOR IMMEDIATE RELEASE**

Monday, January 04, 2016

(Please do not print after Jan. 23, 2016)

Download photo here: <http://1drv.ms/1R6FJDO>

Credit Jim Hillestad

## **An easy winter walk in the West End**

You won't find heart-stopping views, lung-crushing climbs, or even rare plants at West End Regional Park. But there is a deeply peaceful pleasure to be had during a walk in these woods, and on Saturday, Jan. 23, you'll get your chance.

Carol Hillestad of Brodhead Watershed Association will lead a hike at 10 a.m. to showcase the winter wonders at this Brodheadsville park. The hike is part of the Get Outdoors Pocono series.

In 3.3 miles of well-maintained and marked trails, you'll see mixed-hardwood forests, a bird-inhabited meadow and a former tree nursery. Try Fleetwood Trail, named in memory of esteemed Chestnuthill Township Supervisor Dave Fleetwood, which is also wheelchair accessible. Follow the farthest-ranging trail to be treated to a bucolic view of black cows grazing on the next hill. Benches allow hikers to take a break and absorb the latent nature.

Minutes from the hurry and scurry of Brodheadsville and Route 209, this park is a sanctuary where traffic sounds are muted and time slows. It's a walk in the woods that will leave you refreshed, recharged, and grateful.

**WHAT:** Get Outdoors Poconos with Carol Hillestad. This is an easy, family-friendly hike.

**WHEN:** 10 to 11:30 a.m. Saturday, Jan. 23

**MEET:** Meet at the trailhead at 578 Evergreen Hollow Road, Brodheadsville.

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

**REGISTER:** Call 570-839-1120 or 570-629-2727 or email [info@brodheadwatershed.org](mailto:info@brodheadwatershed.org) with "West End hike" in subject line.

**INFORMATION:** [brodheadwatershed.org/gopoconos](http://brodheadwatershed.org/gopoconos) for details and maps on this and other trails in the series.

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.