



COURSES & TRAILS

We have so many beautiful parks in Franklin County! We wanted to share some of our favorites with you so you can enjoy them too. If you're completing your walk or run with others - bring a picnic and enjoy being outside, together!

Photo Scavenger Hunt & Door Prizes

- Find the special photo-ops at each location. Take photos of yourself and post them with #RAP5k to be entered into our door prize contest.
- There must be at least one participant in each photo.
- Make sure your posts are "public" so we can see them.
- Tag or list all RAP5k participants so they can be entered for door prizes, too.
- Have fun and say "cheese!"
- **RAP ROCKS!** At select trails and parks you may find painted rocks with "#RAP5k" on the bottom. Take a picture with these rocks and share them on social media for more chances to win! Then re-hide the rock for someone else to find! Look for the "RAP Rocks" logo on the location descriptions to see where rocks are hidden.



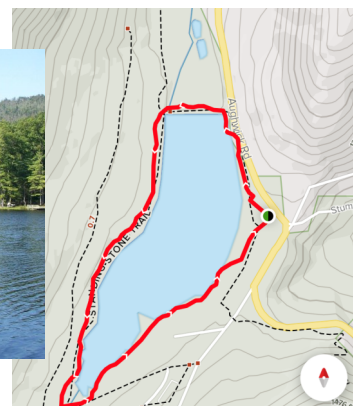
Cowans Gap - Lakeside Trail, 1.5 mile loop

Type: Unpaved hiking trail

Difficulty Level : Easy

Location: 6235 Aughwick Road, Fort Loudon, PA

- ✓ **Bathrooms on site**
- ✓ **Great for all ages**
- ✓ **Dog friendly**
- ✓ **Picnic areas**



This scenic trail is part of Cowan's Gap State Park. It circles the lake and provides an easy walking path for all ages. Dogs are welcome but should be kept on a leash. Pack a lunch and stop by one of the many picnic areas or enjoy a swim at the beach!

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- In front of the Cowan's Gap Sign
- On the bridge
- On the beach



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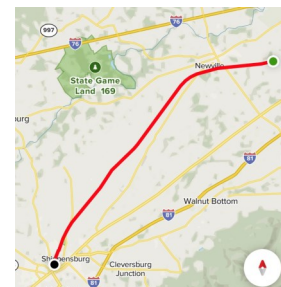
Cumberland Valley Rail Trail - Shippensburg - (up to) 12.8 miles with mile markers along the way

Type: Walking trail, mostly paved with some gravel

Difficulty Level : Easy

Suggested Starting Point: Shippensburg Township Park, 304 Britton Rd, Shippensburg, PA 17257.

- ✓ **Bathrooms on site**
- ✓ **Playgrounds**
- ✓ **Dog friendly - dog park on site**
- ✓ **Picnic areas in park & benches along trail**



This beautiful, quiet trail is easy to walk or ride and has plenty of places to rest along the way. Enjoy the sights and sounds of nature, but don't forget your bug spray - this trail is very wooded in places. Shippensburg Township Park is where the photo scavenger hunt items are found.

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- Riding the purple dinosaur
- Under the horseback rider crossing sign
- Mile marker 1
- Working out at the exercise area

Southampton Township Park - About 1 mile loop

Type: Paved Walking Trail

Difficulty Level : Easy

Location: 175 Airport Rd, Shippensburg, PA 17257

- ✓ **2 playgrounds & athletic fields**
- ✓ **Dog Friendly**
- ✓ **Picnic Areas**
- ✓ **Bathrooms on Site**
- ✓ **Wheelchair & Stroller Accessible**



This loop provides a fantastic walking/running path! When you're finished, you can spend time enjoying all the fun activities the park has to offer. Meet up with friends and play a round of soccer or sand volleyball and have a picnic!

Photo Scavenger Hunt Take photos of yourself and post them with #RAP5k to be entered into our door prize contest. There must be at least one participant in each photo. Have fun and say "cheese!"

- Sitting on the blue bench
- Standing underneath the Station #3 entrance sign
- On the white gazebo



**Look for
RAP5k Rocks!**

Old Reservoir Trail - 3 miles out & back

Type: Hiking Trail

Difficulty Level : Medium Technical

Directions: Turn into Caledonia State Park off Rt. 30. Continue 1 mile and park in stone parking lot off 233 North. (Pictured right)

✓ **Good for trail running**



This single trek trail goes along old reservoir/creek. It contains roots, rocks, and dirt and is classified as easy - medium technical. Begin hike by walking through the wooden gate. Follow trail over metal bridge alongside creek, staying left. Climb up hill, stay right at top of hill. At opening take left into hidden single trek trail head. Follow trail 1.25 miles to "S-turns" on 233. Turn and go back. Be prepared to cross a log over the creek around 1 mile into trail.

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- Standing on the metal bridge
- In front of the creek
- With a nature find (Flower, insects, mushroom, etc.) Please leave the wildlife in its environment!

Norlo Park

Type: Paved Walking Trail

Difficulty Level : Easy

Location: 3050 Lincoln Way E, Fayetteville, PA 17222

- ✓ **2 playgrounds & athletic fields**
- ✓ **Dog Friendly - dog park on site**
- ✓ **Picnic Areas**
- ✓ **Bathrooms on Site**
- ✓ **Wheelchair & Stroller Accessible**



This 128 acre park has plenty of paved walking trails to enjoy. With playgrounds, basketball courts, pavilions and a dog park, you can spend all afternoon here!

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- With the train
- In front of the barn
- At the dog park



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Renfrew Park

Type: Paved Walking Trail and Unpaved Nature Trails

Location: Waynesboro Pa 17268

Difficulty Level : Easy

- ✓ Great for kids
- ✓ Picnic areas
- ✓ Stroller/wheelchair accessible
- ✓ Historical Site



Renfrew Museum & Park is composed of 107-acres of farmstead that includes history structures, the museum, visitors' center, hiking nature trails, and much more. There is a pavilion, several picnic tables, and a playground area. A great place to wander and explore! Pets are not allowed at this park unless dogs registered as a Renfrew Pet Pal.



**Look for
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Otterbein Recreational Park-Walking Trail, .6 mile loop, (5x is about 5k)

Type: Paved Walking Trail

Location: 13375 Welty Rd, Waynesboro Pa 17268

Difficulty Level : Easy

- ✓ Great for kids
- ✓ Dog friendly
- ✓ Picnic areas
- ✓ Stroller/wheelchair accessible



Otterbein Park is a beautiful family friendly place to walk. It has a flat, stroller/wheelchair accessible track and is home of the Stallion's football. If the kids get tired, a playground is within eye shot of the track.

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- On the slide at the playground
- Under the Stallion's scoreboard
- On the turtle at the playground

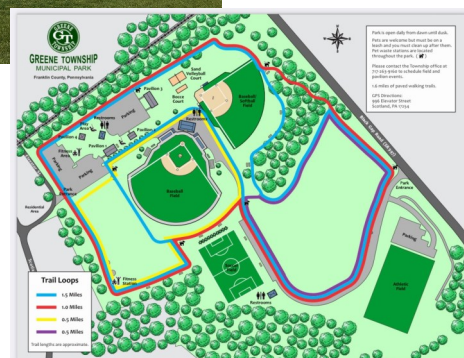
Greene Township Park - 1.6 miles of walking trails

Type: Paved walking trails

Difficulty Level : Easy/Intermediate

Location: 996 Elevator Street Scotland, PA 17254

- ✓ **Bathrooms on site**
- ✓ **Playgrounds, athletic fields**
- ✓ **Dog friendly**
- ✓ **Picnic areas**



Spend some time enjoying this beautiful, family friendly park. It is a little hilly in places. Play a game of volleyball or have a picnic after you complete your run/walk!

Photo Scavenger Hunt Take photos of yourself and post them with #RAP5k to be entered into our door prize contest. There must be at least one participant in each photo. Have fun and say "cheese!"

- By the flagpoles
- Standing under Pavilion Number 2 sign
- Hiding inside the green igloo



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Antrim Township Park - 4 miles of trails

Type: Paved walking trails and unpaved hiking trails.

Difficulty Level : Paved: Easy, Hiking: Easy/Intermediate

Location: 12315 Grant Shook Rd, Greencastle, PA 17225.

- ✓ **Bathrooms on site**
- ✓ **Playgrounds**
- ✓ **Dog friendly - dog park on site**
- ✓ **Picnic areas**



This park offers 4 miles of trails, playgrounds, a dog park, picnic pavilion and more. A perfect place to spend an afternoon! The paved walking path is marked with 1/10 mile markers. The hiking trails are a little more wooded so bring your bug spray along!

Photo Scavenger Hunt Take photos of yourself and post them with #RAP5k to be entered into our door prize contest. There must be at least one participant in each photo. Have fun and say "cheese!"

- By the grain silo near the playground
- Sitting on the dog park "bone" sign
- Standing on the Martin's Mill Bridge
- In front of the Antrim Township Park sign



**Look for
RAP5k Rocks!**



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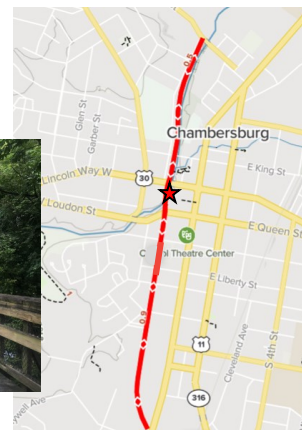
Cumberland Valley Rail Trail : Chambersburg - 3.2 miles out & back

Type: Paved walking

Difficulty Level : Easy

Suggested Starting Point: Parking lot on W. King St,
Chambersburg PA 17201 Street

- ✓ **Dog Friendly**
- ✓ **Close to downtown shops & restaurants**
- ✓ **Wheelchair/stroller/bike friendly**
- ✓ **Partly shaded**



This urban trail is easy to walk or ride and is conveniently located downtown. Enjoy a stop at the Ice Cream station near Lincoln Way W and admire the nearby creek! On Saturdays, the North Square Farmer's Market will be open from 8-12 nearby at Fort Chambers Park.

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- Sitting at a picnic table at the Ice Cream Station
- Standing on the wooden bridge by the Texas Lunch
- With the "Birds of the Rail Trail" sign



**Look for
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Nitterhouse Park Trail- About a 1 mile loop

Type: Unpaved gravel walking trail

Difficulty Level : Easy

Location: 296 West Washington Street Chambersburg, PA 17201

- ✓ **Bathrooms on site (may not be open)**
- ✓ **Soccer fields**



Home of the Chambersburg Youth Soccer Association, you may get to watch local athletes playing soccer! Surrounded by the Conococheague Creek it is a quiet place to enjoy that is close to downtown. It can get buggy, so you may want some bug spray.

Photo Scavenger Hunt Take photos of yourself and post them with #RAP5k to be entered into our door prize contest. There must be at least one participant in each photo. Have fun and say "cheese!"

- With a soccer goal
- In front of flagpole
- At the park entrance sign
- Sitting on the stone bench