



BUSHKILL FALLS

The Niagara of Pennsylvania

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FITNESS & FUN AT BUSHKILL FALLS

BUSHKILL FALLS, PA...2007

The summer of 2007 will be one of fitness and fun at Bushkill Falls. Known as the “Niagara of Pennsylvania” Bushkill Falls’ woods and streams—including eight lovely waterfalls—are ready for the many visitors who come seeking a quiet, scenic refuge from their busy lives.

Special activities have been planned that will encourage visitors to adopt a healthier lifestyle through exercise – especially walking – and better nutrition. According to the American Hiking Society, “hiking is an excellent way to lose excess pounds and improve health.” “We’re naturally a destination that encourages walking,” said Donna Smith, Bushkill Falls’ General Manager. “In order to view our waterfalls, you can choose from four popular trails based on your ability and time available. A short 15-minute walk, that requires no climbing, takes you to the Main Falls Lookout,” Smith stated. “To add to our dedication of health and fitness Bushkill Falls has converted to trans fat free frying oil. In addition to the usual summer foods people like to eat while vacationing, we will be offering grilled chicken breasts, turkey burgers, sweet potato fries, wraps, and Gatorade” said Smith. “We’re encouraging people to make their summer vacation an active and healthy one,” Smith concluded.

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Four Saturdays have been designated *Fitness at the Falls*. From noon until 4:00 p.m. on May 19, June 2, July 14 and August 11, *Fitness at the Falls* activities will include lectures on fitness, nutrition, how to calibrate a pedometer, and a question and answer session and giveaways. Presented by Don Messing, a certified fitness and USA triathlon coach, visitors will be able to receive or rent a pedometer, walk the trails, and then register for the most steps walked. The first 50 adult participants will receive a free pedometer with their admission to the falls. Hiking sticks will be available to rent or purchase. A *Fitness at the Falls* souvenir backpack kit, filled with hiker goodies, official trail map, and bottled water will be available to purchase.

There is fun for every age of young visitor...a miniature golf course, riding paddleboats, fishing at the pond, and Kid's Choice Playsystem. Educational exhibits include a recreated life-size Native American lodge and a display of over 80 mounted animals representing most of the wildlife historically indigenous to the Pocono Mountains.

The interpretive orienteering exhibit provides details on how orienteering is done. Visitors can participate in the Map Adventure that includes a detailed contour schematic, a precise depiction of all the trails and buildings, and key points for all 20 of the individual punches with which hikers can prove they discovered the correct locations for \$2. To add to the fun, those who find five, ten, or all twenty of the punch locations may submit their punch cards for a monthly drawing of prizes. The Trail Map also has a tree

guide so visitors may identify many of the wide variety of tree species growing in the woods.

If you want to pack a picnic, the use of the tables, benches, and grills in the picnic area is free. And there is plenty of space for the children to run. In addition there is a snack bar where you can buy chicken tenders, pulled pork BBQ, burgers, pizza, hot dogs, and a variety of drinks. And in the Pavilion your sweet tooth can be pacified with a funnel cake, ice cream, or a choice of delicious fudge flavors.

Bushkill Falls has welcomed families for more than a century, and its appeal continues strong. The many activities available appeal to all ages, a fact proved by the many visitors who have been making family expeditions to Bushkill Falls a custom for two, three, or even four generations.

Open daily at 9 a.m., Bushkill Falls parking is always free. Admission to the falls and exhibits is \$9.00 for adults, \$8.00 for seniors and groups of 25 or more, \$4.00 for ages 4 to 10, and free for children under four. It is located on Bushkill Falls Road just off Rt. 209 in Bushkill, PA. For additional information contact Bushkill Falls, P.O. Box 151, Bushkill PA 18324 or call (570) 588-6682. The web address is www.visitbushkillfalls.com.

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