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## FOR IMMEDIATE RELEASE

CONTACT: Stephanie Williams  
(717) 240-5383

### NEW PARK AND TRAIL GUIDE AVAILABLE

CARLISLE – The [Cumberland County Planning Department](#) and the [Partnership for Better Health](#) are pleased to announce the release of the fifth edition of *Simply Moving: A Guide to Public Parks, Trails & Recreation Facilities in Cumberland and Perry Counties*. The guide is a collaborative effort to promote the use of close-to-home parks and trails as great places for physical activity.

“The *Simply Moving* guide showcases approximately 250 parks and trails in Cumberland and Perry Counties,” said Stephanie Williams, Greenway & Open Space Coordinator for Cumberland County. “Organized by County and community, the guide makes it easy to find a park or trail near your home or workplace. The guide includes detailed information on the amenities and recreation opportunities available at each site. It also features trail etiquette, health and wellness facts and a regional map.”

The project was funded in part through grants from the [Cumberland Valley Visitors Bureau](#), the [South Mountain Partnership](#) and the Partnership for Better Health. 12,000 copies of the guide were produced and are available for immediate distribution.

“For residents who have lived here for many years and visitors alike, the guide is a terrific gateway to outdoor recreation in our region,” said Becca Raley, Executive Director of the Partnership for Better Health. “The guide makes it easy for people of all ages to discover new places to hike, swim, fish, paddle, run, camp, bike and play.”

*Simply Moving* can be downloaded online at [www.ccpa.net/planning](http://www.ccpa.net/planning) and [www.ForBetterHealthPA.org](http://www.ForBetterHealthPA.org). Free copies are available at the following locations:

Cumberland County Planning Department, 310 Allen Road, Carlisle  
Partnership for Better Health, 274 Wilson Street, Carlisle  
Cumberland Valley Visitors Center, 33 West High Street, Carlisle  
Appalachian Trail Conservancy, 4 East First Street, Boiling Springs

For more information, contact Stephanie Williams, Cumberland County Planning Department, at 717-240-5383 or Gail Witwer, Partnership for Better Health, at 717-960-9009.

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