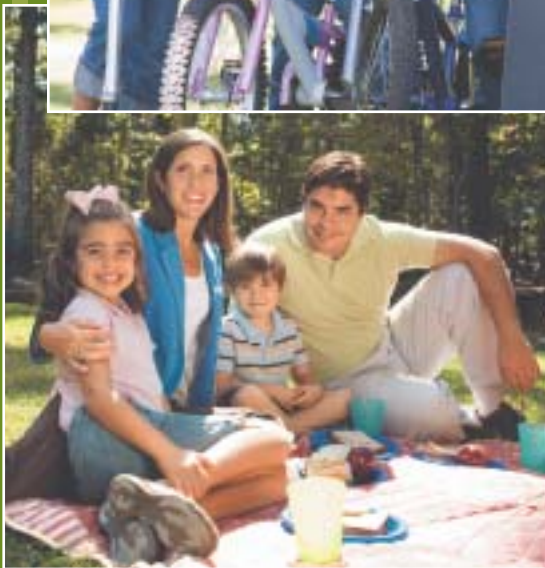


Lancaster *on the move!*

2010

A guide to free and low cost physical activity for you and your family with additional wellness resources.



Lighten Up
Lancaster

Coordination and printing
provided by

Lancaster General Health 

www.LancasterGeneralHealth.org

Summer 2010

Welcome to the 4th edition of **LANCASTER ON THE MOVE!** – a free guide to county-wide parks and recreation in Lancaster County. The 2010 edition contains a guide to more than 225 *free or low cost* settings in which to be physically active plus a directory of organizations throughout Lancaster County which provide nutrition and/or fitness services.

LANCASTER ON THE MOVE! was originally created by Lancaster General Health in partnership with the Lancaster County Planning Commission to encourage people of all ages and abilities to actively seek out new and interesting ways to be physically active.

This 2010 edition also includes an updated listing of facilities and organizations that offer physical activity and nutrition resources. This final section is entitled “Nutrition and Physical Activity Resources.”

The updates of entries in the physical activity and nutrition resources were contributed by members of the Lighten Up Lancaster County Coalition. The coalition formed in 2007 to unite the efforts of concerned and committed individuals who want to make a difference by increasing the number of children and adults who are at a healthy weight in Lancaster County.

This updated Lancaster on the Move with the added Resources section will provide samples of options which can help make physical activity and healthy eating a part of your life.

Lancaster General Health
Lancaster County Planning Commission
Lighten Up Lancaster County Coalition

Questions, corrections or additions should be directed to Ivonne Lambie, Healthy Weight Management Coordinator, Lancaster General Health, 717-544-3865, email ilambie2@lghealth.org.

Note: This guide includes only those parks and recreation facilities that are one acre or larger. It will be updated every two years.

Disclaimer: For informational purposes only. The information included has been provided by the organization listed. This is not inclusive of every organization in Lancaster County.

QUADRANT MAP

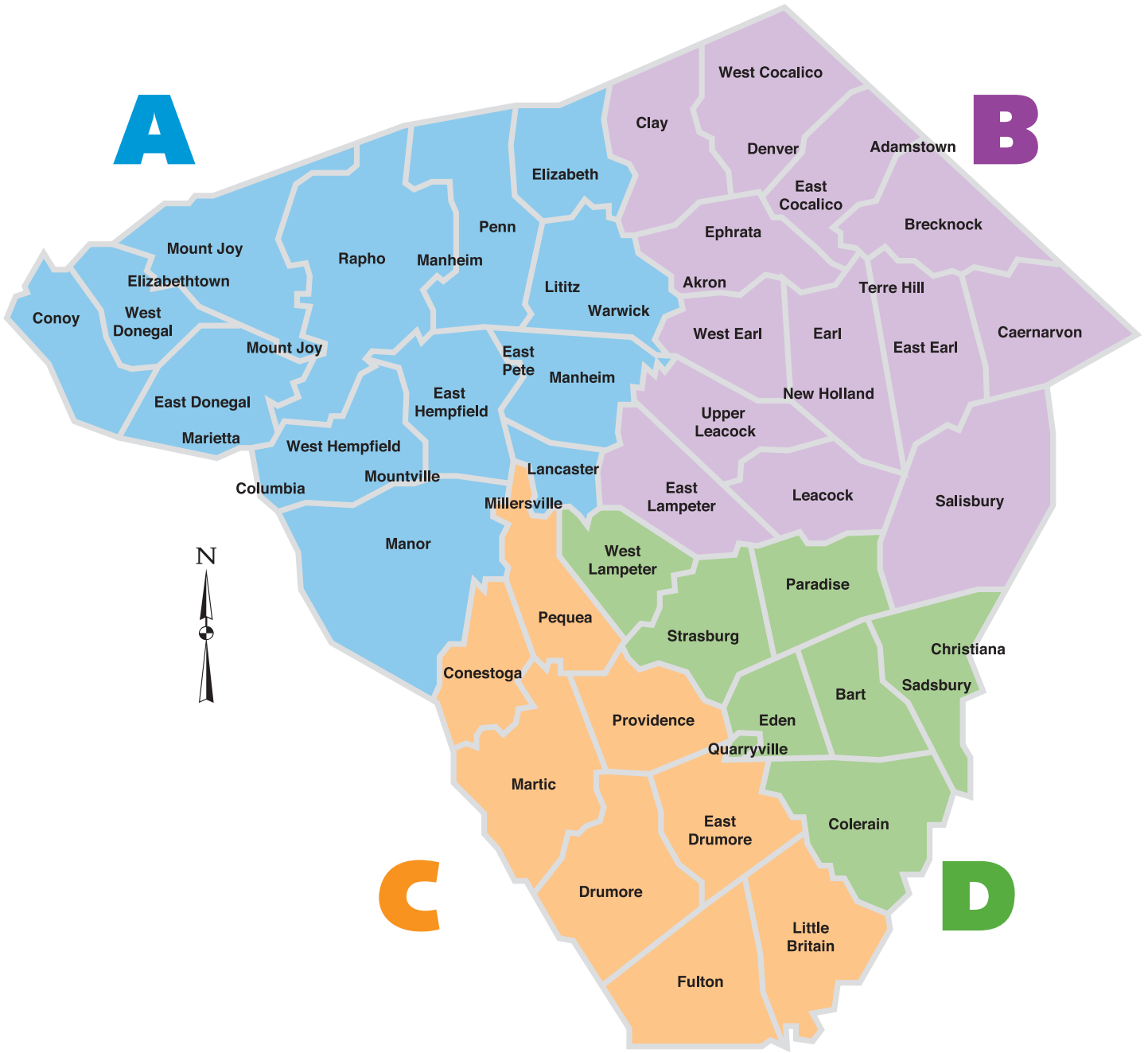


TABLE OF CONTENTS

Quadrant A Parks	3-21	Nutrition & Physical Activity	
Quadrant B Parks	22-30	Resources	40-48
Quadrant C Parks	30-35	Alphabetical Index	49-52
Quadrant D Parks	35-38	Municipality Index	53-56
Countywide Parks	38-39	Notes	57-58

Let's get started!



The facilities listed below are arranged by quadrant as identified in the map on page 2. If you are looking for a particular park or facility, there are two indexes in the back of the guide to help you, an alphabetical index and a municipality index.

If your **get up and go** got up and went, use these recreation opportunities to power up your engine and keep you fueled for the long haul. If you aren't already fit as a fiddle, we're hoping to encourage you to make a lifestyle change that will last a lifetime.

Please Note: If information about a facility is not listed, it was not provided. Use the space provided to mark the date you've explored each location.

QUADRANT A

American Legion/Bainbridge Landing Park

Date Explored: _____
Location: Front Street in Bainbridge
Municipality: Conoy Township
Cost: Free (\$35 to reserve)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball court, playground, ball fields, tennis court, volleyball court, shuffleboard**
Contact: Conoy Township 717-367-4927

Amos R. Herr Park

Date Explored: _____
Location: Nissley Road
Municipality: East Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball courts, tennis court, bocci court, playground, pavilion**
Contact: East Hempfield Township 717-898-3100

Bellaire Woods Nature Preserve

Date Explored: _____
Location: Prospect Road north of Elizabethtown Road
Municipality: Mount Joy Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, fishing, alcohol, hunting, camping or fires Pets must be leashed.
Trail Length: 0.8 miles
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Walking trail**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Boyer Nature Preserve

Date Explored: _____
Location: Walnut Hill Road
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, fishing, alcohol, hunting, camping or fires. Pets must be leashed.
Trail Length: 0.4 miles
Trail Surface: Dirt, grass
Trail Difficulty: Difficult
Activities: **Hiking**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Brandon Park

Date Explored: _____
Location: Lancaster City
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball courts, hiking trails, playground**
Contact: City of Lancaster 717-291-4711

Physical activity doesn't
have to be hard;
with a little effort,
it can be built into
your daily routine.



QUADRANT A

My Personal Fitness Challenge

Make an agreement with yourself right now to mark your calendar with several dates that you will “explore” one of the parks or facilities listed in **LANCASTER ON THE MOVE**. Choose a different location for each exploration. Remember. The joy is in the journey, the destination is simply the reason for the trip.

Bridge Valley Park

Date Explored: _____
Location: Dahlia Court off PA Rte. 23
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Activities: **Basketball court, playground**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us

Bridle Path Park

Date Explored: _____
Location: Stirrup Lane
Municipality: East Donegal Township
Cost: Free
Open Season: Year round
Restrictions: No alcohol
Trail Length: 0.5 miles
Trail Surface: Macadam
Activities: **Playground, open play field**
Contact: East Donegal Township 717-426-3167
Website: www.eastdonegaltwp.com

Buchanan Park

Date Explored: _____
Location: Buchanan Avenue and Race Avenue
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball fields, football/soccer field, basketball courts, volleyball courts, badminton court, tennis courts, bocci courts, playground, pavilion**
Contact: City of Lancaster 717-291-4711

Cedar Bluff Park

Date Explored: _____
Location: Laurel Run south of Columbia Avenue
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball court, swing set**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us

Charles Greenway

Date Explored: _____
Location: Vinegar Ferry Road north of Marietta Riverfront Park
Municipality: East Donegal Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No fires, alcohol, motorized vehicles or hunting
Trail Length: 3.4 miles
Trail Surface: Macadam
Trail Difficulty: Easy
Activities: **Hiking, bicycling, cross country skiing, horseback riding, walking**
Contact: East Donegal Township 717-426-3167

Chickies Rock County Park

Date Explored: _____
Location: River Road (Rte. 441) north of Rte. 30 between Marietta and Columbia
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No fires, alcohol, motorized vehicles. Dogs must be leashed. Hunting permitted in season.
Trail Length: Up to 1.5 miles
Trail Surface: Cinders, dirt
Trail Difficulty: Easy to moderate
Activities: **Hiking, bicycling, horseback riding, cross country skiing, hunting, volleyball court, rock climbing, pavilions**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us



QUADRANT A

Clearbrook Park

Date Explored: _____
Location: Jewel Drive
Municipality: East Donegal Township
Cost: Free
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball, playground**
Contact: East Donegal Township
Website: www.eastdonegaltp.com

Columbia River Park

Date Explored: _____
Location: 41 Walnut Street
Municipality: Columbia Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **River access, pavilion**
Contact: Columbia Borough 717-684-2467
Website: www.columbiapa.net

Columbia Senior Center

Date Explored: _____
Location: 510 Walnut Street
Municipality: Columbia Borough
Cost: Free
Hours: Mon-Fri 8:00 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Exercise programs**
Contact: Columbia Senior Center 717-684-4850

Conestoga Pines Park & Pool

Date Explored: _____
Location: Pitney Road
Municipality: City of Lancaster
Cost: Free park, fee for pool
Hours: Dawn to dusk, pool 12-6 pm
Open Season: Year round, pool is seasonal
Restrictions: No alcohol
Activities: **Swimming pool, basketball court, volleyball courts, playground, hiking**
Contact: Lancaster Recreation Commission
717-392-2115
Website: www.lancasterrec.org

Conewago Recreation Trail

Date Explored: _____
Location: Along Rte. 230, 1 mi. NW of Elizabethtown
Municipality: Mount Joy Township
Cost: Free
Hours: Dawn to dusk

Open Season: Year round
Restrictions: No motorized vehicles, alcohol or hunting
Trail Length: 5 miles
Trail Surface: Cinders
Trail Difficulty: Easy to moderate
Activities: **Running, walking, horseback riding, cross country skiing, bicycling**
Contact: Lancaster County Parks & Recreation Dept.
717-299-8215
Website: www.co.lancaster.pa.us/parks

Conoy Canal Trail

Date Explored: _____
Location: Falmouth to Bainbridge
Municipality: Conoy Township
Cost: Free (\$35 to reserve)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No horseback riding, fires, alcohol, hunting or motorized vehicles
Trail Length: 3 3/4 miles
Trail Surface: Dirt
Trail Difficulty: Easy
Activities: **Hiking, bicycling, cross country skiing, walking**
Contact: Conoy Twp Parks & Recreation
717-367-4927

Conoy Park East/Park West

Date Explored: _____
Location: River Road in Bainbridge
Municipality: Conoy Township
Cost: Free (\$35 to reserve)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Surface: Gravel
Trail Difficulty: Easy
Activities: **Ball fields, horseshoe pits, walking path, playground, pavilion**
Contact: Conoy Township 717-367-4927

Conoy Township Park

Date Explored: _____
Location: Governors Stable Road south of Turnpike Road
Municipality: Conoy Township
Cost: Free (\$35 to reserve)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Difficulty: Easy
Activities: **Walking, playground**
Contact: Conoy Township 717-367-4927

QUADRANT A

You can do it!

Getting started is easier than you think!

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator or escalator
- Reduce inactivity for long periods
- Get up and stretch and bend for a few minutes every hour
- Play actively with your children
- Choose to walk, wheel or cycle for short trips
- Start with a 10-minute walk and gradually increase the distance
- Try a variety of walking and cycling paths listed in this guide
- Observe a physical activity class to see if you want to try it
- Try one class to start – you don't have to make a long-term commitment
- Do the physical activities you are doing now, more often

Cove Outlook Park

Date Explored: _____
Location: Between Old Market Street and Little Chiques Creek
Municipality: Mt. Joy Township
Cost: Free/fee for pavilions
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol, drugs, horseback riding, motorized vehicles, pets must be leashed
Activities: **Walking trails, pavilions, multi-purpose fields, soccer and football fields, volleyball court**
Contact: Mt. Joy Township 717-653-4959

Creswell Park

Date Explored: _____
Location: River Road near Letort Road
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, multi-use athletic field**
Contact: Manor Township 717-397-4769
Website: www.manortwp.org

Donegal Springs Road Park

Date Explored: _____
Location: Donegal Springs Road and West Donegal Street
Municipality: Mount Joy Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Pets must be leashed.
Activities: **Tot lot**
Contact: Mount Joy Borough 717-653-2300

Eagles View Park

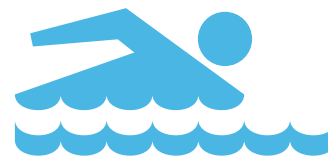
Date Explored: _____
Location: Bald Eagle Court
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Activities: **Basketball court, playground**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us

East Petersburg Community Park

Date Explored: _____
Location: 6051 Pine Street
Municipality: East Petersburg Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles
Trail Length: 2 3/4 miles
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Baseball, playground, walking and biking trail, pavilion**
Contact: East Petersburg Borough 717-569-9282

East Petersburg Community Pool

Date Explored: _____
Location: 2575 Graystone Road
Municipality: East Petersburg Borough
Cost: Daily fee or membership required
Hours: 12 pm - 8 pm
Open Season: Pool is seasonal
Activities: **Outdoor pool, hockey rink**
Contact: East Petersburg Borough 717-569-9282



QUADRANT A

East Petersburg Fitness Park

Date Explored: _____
Location: 5736 Pine Street
Municipality: East Petersburg Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles
Trail Length: 1/4 mile circular path
Trail Surface: Paved
Trail Difficulty: Moderate
Activities: **Walking, jogging and biking trail, fitness equipment**
Contact: East Petersburg Borough 717-569-9282

Elizabethtown Area Senior Center

Date Explored: _____
Location: 70 South Poplar Street, Elizabethtown
Municipality: Elizabethtown Borough
Cost: Free
Hours: Mon-Fri 9 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Walking and exercise programs**
Contact: Elizabethtown Area Senior Center
717-367-7984

Elizabethtown Borough Community Park

Date Explored: _____
Location: South Mount Joy Street
Municipality: Elizabethtown Borough
Cost: Free
Hours: 7 am-10:30 pm
Open Season: Year round
Accessibility: Most areas are handicap accessible
Restrictions: No alcohol or dogs
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Basketball court, fun fort, playgrounds, pavilions, picnic tables, walking paths, softball field**
Contact: Elizabethtown Borough 717-367-1700

Fairview Park

Date Explored: _____
Location: Fairview Road
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Trail Surface: Dirt, grass
Trail Difficulty: Easy

Activities: **Basketball court, playground, ball fields, soccer field, pavilions, sand volleyball court, hiking trail**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us

Falcon Ridge Park

Date Explored: _____
Location: Wildflower Lane
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Activities: **Basketball court, playground**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us

Farnum Park

Date Explored: _____
Location: Lancaster City
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, basketball court**
Contact: City of Lancaster 717-291-4711

Florin Park

Date Explored: _____
Location: Church Street and Plum Street
Municipality: Mount Joy Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Pets must be leashed.
Activities: **Ball field, playground**
Contact: Mount Joy Borough 717-653-2300

Froehlich Park

Date Explored: _____
Location: West Main Street
Municipality: Mountville Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Football field, baseball field, walking trail, open space**
Contact: Mountville Community Services Foundation
717-285-4644



QUADRANT A

Glatfelter Community Park

Date Explored: _____
Location: 1249 Lancaster Avenue
Municipality: Columbia Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Trail Length: 1/4 mile track
Trail Surface: Cinders
Trail Difficulty: Easy
Activities: **Tennis courts, football stadium, basketball court, playground, ball fields, track, pavilions**
Contact: Columbia Borough 717-684-2467
Website: www.columbiapa.net

Grandview Park

Date Explored: _____
Location: Church Street and Orchard Road
Municipality: Mount Joy Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, pets must be leashed
Activities: **Ball field and open space**
Contact: Mount Joy Borough 717-653-2300

Hamilton Park

Date Explored: _____
Location: Maple Avenue and S. School Lane
Municipality: Lancaster Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball courts, ball field, playground, pavilion**
Contact: Lancaster Township 717-291-1213

Hempfield Area Recreation Commission

Date Explored: _____
Location: 950 Church Street, Landisville
Municipality: East Hempfield Township
Cost: Membership required
Hours: Mon-Fri 5 am; weekend hours available
Open Season: Year round
Activities: **Fitness center, aquatics center, indoor/outdoor tennis courts, gymnasium, basketball courts, wellness exercise programs**
Contact: Hempfield Area Recreation Commission 717-898-3102
Website: www.hempfield.com

Historic Lancaster Walking Tour

Date Explored: _____
Location: 5 West King Street
Municipality: City of Lancaster
Cost: \$7/person, \$6/senior each visit
Hours: 1 pm Daily, 10 am Tues, Fri, Sat
Open Season: April to October
Trail Length: 1 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Historic Lancaster Walking Tour**
Contact: Historic Lancaster Walking Tour 717-392-1776

Holly Pointe Nature Preserve

Date Explored: _____
Location: Red Maple Road
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, hunting, camping or fires.
Pets must be leashed
Trail Length: 0.4 miles (round trip)
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Walking, fishing**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Ironville Park

Date Explored: _____
Location: Ironville Pike near Fairview Road
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Activities: **Basketball court, playground, open space, pavilion**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us



Physical activity can help you live longer and maintain your quality of life and independence as you get older.

QUADRANT A

Jacobs Creek Park

Date Explored: _____
Location: End of Sylvan Road
Municipality: East Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Trail Length: 1 1/4 miles
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Playground, walking/biking trail**
Contact: East Hempfield Township 717-898-3100

Janson Park

Date Explored: _____
Location: 650 Cherry Street
Municipality: Columbia Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Activities: **Basketball court, playground, ball field**
Contact: Columbia Borough 717-684-2467
Website: www.columbiapa.net

Jaycee Park

Date Explored: _____
Location: 1031 Edgemoor Court
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Stream, basketball court, playground**
Contact: Manheim Twp Parks & Recreation
717-290-7180

John G. Herr Park

Date Explored: _____
Location: Ironstone Ridge Road
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 0.07 mile loop
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Walking path**
Contact: Manor Township 717-397-4769
Website: www.manortwp.org

Lake Grubb Nature Park

Date Explored: _____
Location: Rte. 23 at Hempfield Road
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: 1/4 mile paved trail is wheelchair accessible
Restrictions: No bikes, alcohol, animals, motorized vehicles, hunting or fires
Trail Length: 1/4 to 1 mile
Trail Surface: Mulched, paved
Trail Difficulty: Easy to moderate
Activities: **Walking trail**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us



Lake Grubb Park

Date Explored: _____
Location: Hempfield Hill Road, south of Marietta Pike
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol, boating, swimming or pets
Trail Length: 1 mile
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Moderate
Activities: **Hiking trail, fishing, pavilion, 1/4 mile ADA accessible trail, playground**
Contact: West Hempfield Township
717-285-5554
Website: www.twp.west-hempfield.pa.us

Lancaster Community Park

Date Explored: _____
Location: 1221 Millersville Pike
Municipality: Lancaster Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, pets must be leashed
Activities: **Children's playground, baseball/softball field, soccer field, walking trail**
Contact: Lancaster County Recreation Commission
717-392-2115

QUADRANT A

Think of minutes of physical activity as dollars in your health bank and make an investment in your health today.

Lancaster County Central Park

Date Explored: _____
Location: Eshelman Mill Road, Lancaster City
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. No horseback riding or bikes in the Kiwanis Area.
Trail Length: 10 trails up to 3.6 miles
Trail Surface: Dirt, grass
Trail Difficulty: Easy to difficult
Activities: **Trails for hiking, bicycling, horseback riding, cross country skiing, fitness trail, skate park, tennis & basketball courts, ball fields, soccer field, playgrounds**
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215
Website: www.co.lancaster.pa.us/parks

Lancaster County Central Park Pool

Date Explored: _____
Location: Chesapeake Street
Municipality: City of Lancaster
Cost: Daily rates, memberships
Hours: Mon-Sat 11:30 am-7 pm; Sundays 12:30-7 pm
Open Season: Year round, pool is seasonal
Restrictions: No alcohol
Activities: **Outdoor pool, volleyball court, baseball field, playground**
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215
Website: www.co.lancaster.pa.us/parks

Lancaster Family YMCA

Date Explored: _____
Location: 265 Harrisburg Pike
Municipality: City of Lancaster
Cost: Membership required
Hours: Mon-Fri 5 am; weekend hours available
Open Season: Year round
Activities: **6-lane indoor pool, group exercise room, yoga & Pilates studio, full-court gymnasium, massage therapy**
Contact: Lancaster Family YMCA 717-393-9622

Lancaster Junction Recreation Trail

Date Explored: _____
Location: Champ Blvd off Rte. 283 near Landisville
Municipality: East Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles, alcohol, hunting, or fires
Trail Length: 2 1/2 miles
Trail Surface: Cinders
Trail Difficulty: Easy
Activities: **Running, walking, horseback riding, bicycling, cross-country skiing**
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215
Website: www.co.lancaster.pa.us/parks

Lancaster Neighborhood Senior Center

Date Explored: _____
Location: 601 South Queen Street
Municipality: City of Lancaster
Cost: Free
Hours: Mon-Fri 7:30 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Walking & exercise programs**
Contact: Lancaster Neighborhood Senior Center 717-299-3943

Lancaster Recreation Center

Date Explored: _____
Location: 525 Fairview Avenue, Lancaster
Municipality: City of Lancaster
Open Season: Year round
Activities: **Fitness and sport programs**
Contact: Lancaster Recreation Commission 717-392-2115
Website: www.LancasterRec.org

Lancaster Recreation Commission Senior Center

Date Explored: _____
Location: 525 Fairview Avenue
Municipality: City of Lancaster
Cost: Free
Hours: Mon-Fri 8:30 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Walking and exercise programs**
Contact: LRC Senior Center 717-399-7671

QUADRANT A

Landisville Pool

Date Explored: _____
Location: 50 Elmwood Avenue
Municipality: Landisville
Cost: Membership required
Hours: 12-8 pm
Open Season: May to Labor Day
Contact: 717-898-1983
Email: www.landisvillepool.com

Landis Woods

Date Explored: _____
Location: 2369 Lititz Pike
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Picnic area, stream, natural area, trails, Boettcher House Museum, pavilion & stage, restaurants**
Contact: 717-569-2426

Legion Park

Date Explored: _____
Location: King Street, Maytown
Municipality: East Donegal Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol. Dogs must be leashed.
Activities: **Pavilion, playground, ball fields**
Contact: East Donegal Township 717-426-3167

Lititz Lion's Park

Date Explored: _____
Location: West Second Avenue and Spruce Street
Municipality: Lititz Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, playground**
Contact: Lititz Borough 717-626-2044

Lititz Recreation Center

Date Explored: _____
Location: 301 W. Maple Street, Lititz
Municipality: Lititz Borough
Cost: Membership/daily rates
Hours: Mon-Fri 5 am
Weekend hours available
Open Season: Year round
Restrictions: None

Activities: **Fitness center, indoor pool, rec zone, air-conditioned gym, leagues and pickup sports, programs/activities for all ages.**
Contact: Lititz Recreation Center 717-626-5096
Website: www.lititzrec.com

Lititz Senior Center

Date Explored: _____
Location: 201 East Market Street, Lititz
Municipality: Warwick Township
Cost: Free
Hours: Mon-Fri 8:30 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Walking and exercise programs**
Contact: Lititz Senior Center 717-626-2800

Lititz Springs Park

Date Explored: _____
Location: West Maple Street
Municipality: Lititz Borough
Cost: Free park, reserve pavilions
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 1/4 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Ballfield, playground, walking path, pavilions, band shell**
Contact: Lititz Springs Park, Inc. 717-626-8981
Website: www.lititzspringspark.org

Lititz Springs Pool

Date Explored: _____
Location: West Maple Street
Municipality: Lititz Borough
Cost: Fee for pool
Hours: Dawn to dusk, pool 12-8 pm
Open Season: Year round, pool is seasonal
Activities: **Outdoor pool, skate park**
Contact: Lititz Borough 717-626-8484



Physical activity is an investment in your health. Make it something you want to do, not something you have to do. Get active your way, every day – for life!

QUADRANT A

Activities You Can Do At Play

- ✓ Make a personal or family commitment to try a new activity each season: snowshoe, curl, hike, bike, dance, bowl, fish, camp, ice-skate, ski, swim, in-line skate, walk, run, skip rope, play tag with your kids or play ball in the park.
- ✓ Join a club or organization that coordinates active living events.
- ✓ Participate in community programs and try some new activities.
- ✓ Get in the garden and dig, prune, rake and weed.
- ✓ See how many different 10-minute walking, wheeling or cycling routes you can find in your neighborhood.
- ✓ Hit a tennis ball with a friend.
- ✓ Arrange to meet a friend for a walk every day at the same time.
- ✓ Join a Tai Chi or yoga class.
- ✓ Go line dancing, folk dancing or square dancing.

Lititz-Warwick Trailway

Date Explored: _____
Location: Clay Road north of Rte. 772
Municipality: Warwick Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles
Trail Length: 2.2 miles one way
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Walking trail**
Contact: Warwick Township 717-626-8900
Website: www.warwicktownship.org

Little Chiques Park

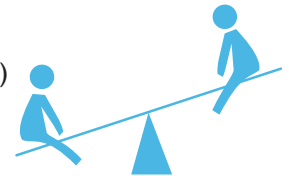
Date Explored: _____
Location: Park Avenue north of East Main Street
Municipality: Mount Joy Borough
Cost: Free (Call to reserve pavilions)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Pets must be leashed.
Activities: **Ball field, basketball courts, playground, volleyball courts, pavilions**
Contact: Mount Joy Borough 717-653-2300

Lloyd H. Fuhrman Park

Date Explored: _____
Location: Rock Point Road
Municipality: East Donegal Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol, bicycles or motorized vehicles. Dogs must be leashed.
Trail Length: 1 mile
Trail Surface: Gravel
Trail Difficulty: Easy
Activities: **Pavilion, soccer, ball fields, gazebo, walking trail, skate park**
Contact: East Donegal Township 717-426-3167

Lockard Park

Date Explored: _____
Location: East New Street
Municipality: Mountville Borough
Cost: Free (fee for pavilion)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, pavilion**
Contact: Mountville Borough 717-285-5547



Locust Street Park (Columbia)

Date Explored: _____
Location: 550 Locust Street
Municipality: Columbia Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol, no pets, no play
Activities: **Gazebo, open space**
Contact: Columbia Borough 717-684-2467
Website: www.columbiapa.net

Locust Street Park (Lititz)

Date Explored: _____
Location: Locust and New Streets
Municipality: Lititz Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, basketball court, pavilion, open space**
Contact: Lititz Borough 717-626-2044

QUADRANT A

Logan Park

Date Explored: _____
Location: West High Street
Municipality: Manheim Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball fields, soccer and hockey fields**
Contact: Manheim Borough 717-665-2461

Long's Park

Date Explored: _____
Location: Harrisburg Pike off US Rte. 30
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball courts, volleyball courts, tennis courts, playgrounds, fitness trail, walking trail, pavilions**
Contact: City of Lancaster 717-291-4711



Longwood Square

Date Explored: _____
Location: Long Square
Municipality: East Donegal Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol. Dogs must be leashed.
Trail Surface: Wood chips
Trail Difficulty: Easy
Activities: **Playground, walking trail**
Contact: East Donegal Township
717-426-3167

Luiz Muñoz Marin Senior Center

Date Explored: _____
Location: 545 Pershing Avenue
Municipality: Lancaster City
Cost: Free
Hours: Mon-Fri 8 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Walking and exercise programs**
Contact: SACA Senior Center 717-295-7989

Makle Park

Date Explored: _____
Location: 550 Avenue N
Municipality: Columbia Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Activities: **Basketball court, playground, pavilion**
Contact: Columbia Borough 717-684-2467
Website: www.columbiapa.net

Manheim Township Community Park

Date Explored: _____
Location: Petersburg Road and Bloomfield Drive
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Pavilions, picnic area, basketball court, volleyball court, trails, natural areas, playground, baseball and soccer fields**
Contact: Manheim Twp Parks & Recreation
717-290-7180

Manor Township Community Park

Date Explored: _____
Location: Charlestown and Millersville Roads
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, swimming, skateboarding, or camping
Trail Length: 0.6 mile
Trail Surface: Paved and unpaved
Trail Difficulty: Easy
Activities: **Ball fields, volleyball courts (paved and sand), basketball courts, playground, disc-golf, fishing (with license), walking paths, pavilions**
Contact: Manor Township 717-397-4769
Website: www.manortwp.org

Manor Township Office Park

Date Explored: _____
Location: Fairway Drive
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, natural area**
Contact: Manor Township 717-397-4769
Website: www.manortwp.org

QUADRANT A

Maple Grove Park

Date Explored: _____
Location: Columbia Avenue near Stone Mill Road
Municipality: Lancaster Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Open space, community building available for rent**
Contact: Lancaster Township 717-291-1213

Marietta Riverfront Park

Municipality: Marietta Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No fires, alcohol, motorized vehicles or hunting
Trail Length: 1.7 miles
Trail Surface: Dirt
Trail Difficulty: Easy
Activities: **Hiking, cycling, horseback riding, cross country skiing, walking**
Contact: Marietta Borough 717-426-4143

Martin E. Grieder Park

Date Explored: _____
Location: Dickinson Avenue
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 0.7 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Basketball courts, playground, ball fields, shuffleboard court, multi-use field, walking path, sand volleyball courts, pavilion**
Contact: Manor Township 717-397-4769
Website: www.manortwp.org

Masonic Conference Center Pool

Date Explored: _____
Location: 1244 Bainbridge Road, Elizabethtown
Municipality: Elizabethtown Borough
Cost: \$3/person each visit
Hours: One Friday/month
Open Season: Year round
Activities: **Indoor pool splash bash swimming**
Contact: GEARS Office 717-367-0355
Website: www.getintogears.org

Memorial Park

Date Explored: _____
Location: Marietta Avenue
Municipality: Mount Joy Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, no playground activities, pets must be leashed
Activities: **Gazebo and benches on 1.32 acres of grass**
Contact: Mount Joy Borough 717-653-2300

Mount Joy Borough Park

Date Explored: _____
Location: Market and Manheim Streets
Municipality: Mount Joy Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Pets must be leashed.
Activities: **Ball field, tennis courts, playground, pavilions**
Contact: Mount Joy Borough 717-653-2300

Mountville Borough Park

Date Explored: _____
Location: Clay Street
Municipality: Mountville Borough
Cost: Free (fee for pavilion)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, playgrounds, 2 pavilions, tennis courts**
Contact: Mountville Borough 717-285-5547



Mountville Swimming Pool

Date Explored: _____
Location: West Street
Municipality: Mountville Borough
Cost: Daily rates, memberships
Hours: 12-8 pm
Open Season: May to September
Restrictions: No alcohol
Activities: **Swimming pool**
Contact: Mountville Swimming Pool 717-285-2747

QUADRANT A

Mummau Park

Date Explored: _____
Location: West High Street
Municipality: Manheim Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, volleyball court, pavilion, open play area**
Contact: Manheim Borough
717-665-2461

Municipal Park

Date Explored: _____
Location: 1821 Municipal Drive
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Picnic area, basketball court, baseball field, softball field, municipal gardens, soccer fields, playground, restrooms**
Contact: Manheim Twp Parks & Recreation
717-290-7180

Musser Park

Date Explored: _____
Location: East Chestnut Street
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Open field, playground**
Contact: City of Lancaster 717-291-4711

Newville Park

Date Explored: _____
Location: Turnpike and Frys Roads
Municipality: West Donegal Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground**
Contact: West Donegal Township 717-367-7178

Noel S. Dorwart / Farmingdale Trail

Date Explored: _____
Location: Good Drive north of Marietta Avenue
Municipality: East Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Walking/biking trail**
Contact: East Hempfield Township 717-898-3100
LCSWMA 717-397-9968

Northwest Corridor Park

Date Explored: _____
Location: Lemon Street
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Basketball court, walking trail, playground**
Contact: City of Lancaster 717-291-4711

Over 50 and Fit Walking Club

Date Explored: _____
Location: Suburban Outpatient Pavilion, Harrisburg Pike & Rohrerstown Road
Municipality: East Hempfield Township
Cost: Free
Hours: Thursdays 9 am
Open Season: Year round
Restrictions: Age 50 and over
Trail Length: Up to 2 miles
Trail Surface: Indoor/outdoor
Trail Difficulty: Easy
Activities: **Indoor/outdoor walking**
Contact: Lancaster General Health Wellness Center
717-544-3138

Activities You Can Do At School

- ✓ Take an evening fitness class at your neighborhood school, and encourage your friends to do the same.
- ✓ Support quality daily physical education at your child's school.
- ✓ Encourage teachers to talk about physical activity and active living.
- ✓ Create a walking school bus with other parents in your neighborhood – instead of car-pooling, take turns walking the kids to school.
- ✓ Choose physical education as one of your courses.
- ✓ Get involved in intramural programs.

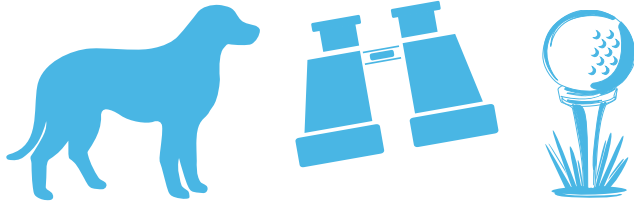
QUADRANT A

Overlook Activities Center

Date Explored: _____
Location: 2042 Lititz Pike
Municipality: Manheim Township
Cost: Free
Hours: Mon-Fri 7 am-1 pm (summer hours differ)
Open Season: Year round
Restrictions: Pets on leash. No motor vehicles or alcohol.
Trail Length: Varies
Trail Surface: Macadam
Trail Difficulty: Easy to moderate
Activities: **Indoor walking, 16 outdoor trails, indoor rollerskating, indoor volleyball**
Contact: Manheim Township Parks & Recreation
717-290-7180
Website: www.manheimtownship.org

Overlook Community Campus

Date Explored: _____
Location: Fruitville Pike
Municipality: Manheim Township
Cost: Free park, fee for mini golf
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Soccer fields, trails, miniature golf, golf driving range, 18-hole golf course, baseball fields, natural areas, destination park, dog park, restaurant with catering**
Contact: Manheim Twp Parks & Recreation
717-290-7180



Overlook Park

Date Explored: _____
Location: 2042 Lititz Pike
Municipality: Manheim Township
Cost: Free (fee for pool)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Pavilion, picnic area, playground, outdoor swimming pool, wading pool, activities center, skate park, volleyball**
Contact: 717-569-2071

Perelman Park

Date Explored: _____
Location: 1996 Landis Valley Road
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Canoe launch, trail, natural area, streams, pond**
Contact: Manheim Twp Parks & Recreation
717-290-7180

Pleasant View Retirement Community Town Square Health Club

Date Explored: _____
Location: 544 North Penryn Road, Manheim
Municipality: Penn Township
Cost: Daily pass for pool; membership required for fitness center
Hours: Mon-Sat 6 am; Sun 1 pm
Open Season: Year round
Restrictions: Adults over the age of 50 only
Activities: **Fitness center and pool**
Contact: Town Square Health Club 717-665-2445
Website: www.pview.org

Poplar Street Park

Date Explored: _____
Location: 70 South Poplar Street
Municipality: Elizabethtown Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol
Activities: **Ball fields**
Contact: GEARS Office 717-367-0355

R&J Memorial Baseball Field

Date Explored: _____
Location: Anderson Ferry Road (Rte. 772)
Municipality: East Donegal Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol. Dogs must be leashed.
Trail Surface: Wood chips
Trail Difficulty: Easy
Activities: **Pavilion, playground, walking trail**
Contact: East Donegal Township 717-426-3167

Rannels-Kettle Run Nature Preserve

Date Explored: _____
 Location: Dead End Road south of US Rte. 322
 Municipality: Elizabeth Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No bikes, alcohol, camping or fires. Pets must be leashed.
 Trail Length: 2 miles
 Trail Surface: Dirt, grass
 Trail Difficulty: Moderate
 Activities: **Hiking, fishing, hunting**
 Contact: Lancaster County Conservancy
 717-392-7891
 Website: www.lancastercountyconservancy.org

Reidenbaugh Park

Date Explored: _____
 Location: 1001 Buckwalter Road
 Municipality: Manheim Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol
 Activities: **Basketball court, volleyball court, tennis courts, baseball fields, soccer fields, trails, playground**
 Contact: Manheim Twp Parks & Recreation
 717-290-7180

Activities You Can Do At Home

- ✓ Create a new morning routine. Start your day with 10 minutes of movement indoors or outdoors. Some stretching and a short walk first thing in the morning can be better than caffeine.
- ✓ Go for a bike ride.
- ✓ Trade in your power mower for a push mower.
- ✓ Park the car 10 minutes away from the store you are going to. Better yet, leave the car at home.
- ✓ If you live in a seniors' residence, start a hall-walking group. Add to your route each week and pick up friends along the way.
- ✓ Parents – play catch or fly a kite with your kids.
- ✓ Dance to your favorite up-beat music for 10 minutes a day.
- ✓ Start a physical activity routine with a friend.

Reservoir Park

Date Explored: _____
 Location: East King Street
 Municipality: City of Lancaster
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol
 Activities: **Street hockey rink, basketball court, volleyball court, playground, pavilion**
 Contact: City of Lancaster 717-291-4711

Riverfront Park

Date Explored: _____
 Location: Vinegar Ferry Road, Marietta
 Municipality: East Donegal Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Accessibility: Handicap accessible
 Restrictions: No alcohol. Dogs must be leashed.
 Activities: **Pavilion, playground, river access**
 Contact: East Donegal Township 717-426-3167

Rotary Park

Date Explored: _____
 Location: 151 Commerce Street (south of the Columbia-Wrightsville Bridge)
 Municipality: Columbia Borough
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol or pets
 Activities: **Basketball court, playground, whiffle ball field**
 Contact: Columbia Borough 717-684-2467
 Website: www.columbiapa.net

Rothsville Fireman's Memorial Park

Date Explored: _____
 Location: Twin Brook Road, Rothsville
 Municipality: Warwick Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol
 Activities: **Ball field, playground, pavilion, volleyball court**
 Contact: Rothsville Fire Company 717-626-7805



QUADRANT A

Activities You Can Do At Work

- ✓ Take stretch breaks during meetings.
- ✓ Have a “walking” meeting – grab your colleague and discuss business while taking a walk.
- ✓ Pretend the elevator is out of service – take the stairs.
- ✓ Post a notice near the entrance to the stairway suggesting people take the stairs and have them sign it when they do to encourage others to follow their lead.
- ✓ Replace your coffee break with a walking/wheeling break.
- ✓ Contract your stomach and back muscles while sitting in your chair or on the bus.
- ✓ Take a brisk walk before lunch for about 10 minutes.
- ✓ Try to make active living one of the goals of your work team.
- ✓ Roll your shoulders and stretch your neck when sitting in front of the computer.

Schaeffer Park

Date Explored: _____
Location: 875 Pleasure Road
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, baseball field, wooded area**
Contact: Manheim Twp Parks & Recreation
717-290-7180

Silver Spring Park

Date Explored: _____
Location: 3800 Ironville Pike and Marietta Avenue in Columbia
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Activities: **Pavilion, baseball field, soccer field, sand volleyball court, picnic tables and grills, playground, restrooms**
Contact: West Hempfield Township 717-285-5554
Website: www.twp.west-hempfield.pa.us

Sixth Ward Memorial Park

Date Explored: _____
Location: East Ross and Hamilton Streets
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, playground, basketball courts**
Contact: City of Lancaster 717-291-4711

Skyline Park

Date Explored: _____
Location: 245 Eden Road
Municipality: Manheim Township
Cost: Free (fee for pool)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Outdoor swimming pool, wading pool, volleyball court, basketball court, shuffleboard, picnic area, football field, playground**
Contact: 717-569-2471

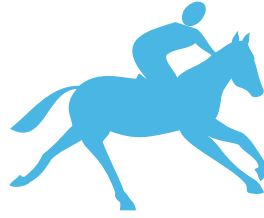
Southend Park

Date Explored: _____
Location: South Christian and North Streets
Municipality: City of Lancaster
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, playground, basketball court**
Contact: City of Lancaster 717-291-4711

Speedwell Forge Lake

Date Explored: _____
Location: West of Rte. 501 on Brubaker Valley Road
Municipality: Elizabeth Township
Cost: Free
Hours: Open 24 hours daily
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No camping, gas powered motors or alcohol. Dogs must be leashed. Must have permit/registration/license for boating/fishing.
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Walking path & 3 boat launch areas on west side. Picnicking and water retrieval training for dogs are permitted.**
Contact: Fish & Boat Commission, Regional Office
717-626-0228
Website: www.fish.state.pa.us

QUADRANT A



Speedwell Forge Park

Date Explored: _____
Location: Speedwell Forge Road and Long Lane
Municipality: Elizabeth Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting allowed during authorized seasons with license.
Trail Length: 1/2 mile
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, hunting, horseback riding, cross country skiing, fishing**
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215
Website: www.co.lancaster.pa.us/parks

Spring Hill Park

Date Explored: _____
Location: Spring Hill Lane
Municipality: Mountville Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 1 1/2 miles
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Basketball court, walking trail, open space**
Contact: Mountville Borough 717-285-5547

State Gameland No. 156

Date Explored: _____
Location: Route 322 and Pumping Station Road
Municipality: Elizabeth Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting and fishing allowed according to state regulations.
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, fishing, hunting**
Contact: PA Game Commission SE Regional Office 1-610-926-3136
Website: www.pgc.state.pa.us

Stauffer Park

Date Explored: _____
Location: 1241 Lititz Pike
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Picnic area, playground, tennis courts, volleyball court, softball field, trails, soccer fields, historic buildings**
Contact: Manheim Twp Parks & Recreation 717-290-7180

Stonemill Greenway

Date Explored: _____
Location: Columbia Avenue
Municipality: Lancaster Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: Less than 1/4 mile
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Walking trail**
Contact: Lancaster Township 717-291-1213

Stoner Park

Date Explored: _____
Location: 2200 Northbrook Drive
Municipality: Manheim Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball fields, soccer fields, trail, fitness courses, volleyball court, basketball court, restrooms**
Contact: Manheim Twp Parks & Recreation 717-290-7180

Swan Park

Date Explored: _____
Location: East Stiegel Street
Municipality: Manheim Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 400 feet
Trail Surface: Rubber pavers
Trail Difficulty: Easy
Activities: **Ball fields, walking path**
Contact: Manheim Borough 717-665-2461

QUADRANT A

The Lakes Park

Date Explored: _____
Location: Donegal Springs Road and Musser Road
Municipality: Mount Joy Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, pets must be leashed
Activities: **Ball field, soccer field, playground, pavilion, picnic tables, benches, basketball court, and walking path**
Contact: Mount Joy Borough 717-653-2300

Turkey Hill Trail Nature Preserve

Date Explored: _____
Location: River Road near Letort Road
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, fishing, alcohol, hunting, camping or fires. Pets must be leashed.
Trail Length: 3.1 miles
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Difficult
Activities: **Hiking**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

T-Walkers Park City Walking Club

Date Explored: _____
Location: Park City Mall, Harrisburg Pike and Route 30
Municipality: City of Lancaster
Cost: \$3/person lifetime
Hours: Mall opens at 8 am
Open Season: Year round
Trail Length: 1.35 miles one time around
Trail Surface: Indoor
Trail Difficulty: Easy
Activities: **Indoor walking**
Contact: 717-786-7068

Veterans Memorial Park

Date Explored: _____
Location: Adele Avenue
Municipality: Manheim Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round, pool is seasonal
Restrictions: No alcohol
Trail Length: 1/4 mile
Trail Surface: Cinders
Trail Difficulty: Easy

Activities: **Playground, batting cage, ball fields, hockey/football fields, basketball/volleyball courts, outdoor track, pole vault pit, swimming pools**
Contact: Manheim Borough 717-665-2461



War Memorial Park

Date Explored: _____
Location: East Walnut Street
Municipality: Marietta Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No dogs, bikes, motorized vehicles or alcohol
Activities: **Ball fields, playground, picnic pavilions, open grass area**
Contact: Marietta Borough 717-426-4143

Warwick Township Linear Park

Date Explored: _____
Location: Market Street in Lititz Borough to Newport Road
Municipality: Warwick Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles or alcohol
Trail Length: 1800 & 3200 feet
Trail Surface: Stone dust, paved
Trail Difficulty: Easy
Activities: **Playground, soccer and baseball fields, walking, biking, rollerblading trail**
Contact: Warwick Township 717-626-8900
Website: www.warwicktownship.org

Warwick Township Lion's Park

Date Explored: _____
Location: Twin Brook Road in Rothsville
Municipality: Warwick Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Softball field, tennis courts, street hockey rink, walking and biking trail, 2 sand volleyball courts**
Contact: Warwick Township 717-626-8900
Website: www.warwicktownship.org

QUADRANT A

Warwick Township Municipal Campus Park

Date Explored: _____
Location: Clay Road
Municipality: Warwick Township
Cost: Free park, rent pavilion
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Soccer fields, ball fields, playground, pavilion**
Contact: Warwick Township 717-626-8900
Website: www.warwicktownship.org

Washington Boro Park

Date Explored: _____
Location: Penn Street, Rte. 999
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, basketball court, playground, and pavilion**
Contact: Manor Township 717-397-4769
Website: www.manortwp.org



West Donegal Township Ball Fields

Date Explored: _____
Location: One Municipal Drive
Municipality: West Donegal Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball fields**
Contact: West Donegal Township 717-367-7178

Westview Park

Date Explored: _____
Location: Glen Avenue south of Donegal Springs Road
Municipality: Mount Joy Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, basketball courts, playground**
Contact: Mount Joy Borough 717-653-2300

Wheatland Hills Park

Date Explored: _____
Location: Conestoga Boulevard
Municipality: East Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Trail Length: 1/2 mile
Trail Surface: Mulched
Trail Difficulty: Easy
Activities: **Playground, walking trail**
Contact: East Hempfield Township 717-898-3100

Windolph Landing Nature Preserve

Date Explored: _____
Location: Second Lock Road / Wilderness Road
Municipality: Lancaster Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles, limited access, restricted hunting. No camping or fires. Pets must be leashed.
Trail Length: 3/4 mile
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking**
Contact: Lancaster County Conservancy 717-392-7891

Wolgemuth Park

Date Explored: _____
Location: Elizabethtown Road
Municipality: Mount Joy Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball fields, multi-purpose field, sand volleyball court, pedestrian path, playground, pavilion**
Contact: Mount Joy Township 717-653-4959

Woods Edge Park

Date Explored: _____
Location: South Centerville Road
Municipality: Manor Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, open play area**
Contact: Manor Township 717-397-4769
Website: www.manortwp.org

QUADRANT B

Adamstown Grove Park

Date Explored: _____
Location: West Main Street
Municipality: Adamstown Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Trail Length: 1/2 mile
Trail Surface: Stone
Trail Difficulty: Easy
Activities: **Tennis court, basketball court, walking trail**
Contact: Adamstown Borough 717-484-2280



Adamstown YMCA

Date Explored: _____
Location: 71 E. Main Street, Adamstown
Municipality: Adamstown Borough
Cost: Daily fee or membership required
Hours: Mon-Fri 7 am; weekend hours available
Open Season: Year round
Activities: **Fitness center, gymnasium, aerobic studio, interactive youth center**
Contact: Adamstown YMCA 717-484-4996
Website: www.ymca-berkscounty.org

Berry Patch

Date Explored: _____
Location: Date Drive and Raspberry Road
Municipality: Upper Leacock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, no dogs
Activities: **Open area, playground for kids under 5 years of age**
Contact: Upper Leacock Township 717-656-9755

Bethany Park

Date Explored: _____
Location: Jeff Avenue
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Activities: **Pavilion, basketball court, volleyball court, playground**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org

Bon View Estates Linear Park

Date Explored: _____
Location: Monroe Street
Municipality: Denver Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Fishing allowed according to state regulations.
Trail Length: 1/2 mile
Trail Surface: Stone, grass
Trail Difficulty: Easy
Activities: **Passive recreation, walking, environmental/wetland review, fishing with a license, picnics, open space**
Contact: Denver Borough 717-336-2831
Website: www.denverboro.net

Bowmansville Memorial Park

Date Explored: _____
Location: Church Street and Maple Grove Road in Bowmansville
Municipality: Brecknock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, tennis courts, pavilions, playground, basketball, sand volleyball, quoits**
Contact: Brecknock Township 717-445-5933

Activities You Can Do On The Way

- ✓ Walk, cycle, in-line skate or wheel to work or school.
- ✓ Get off the bus two stops early and walk home.
- ✓ Leave the car in a parking lot 10 minutes from work and walk the rest of the way.
- ✓ Take your bike to work – you'll save on gas as well as help to protect the environment and your health.
- ✓ If your job involves a lot of driving, plan several short stops in your day. Get out of the car and walk for 10 minutes or more whenever you can.

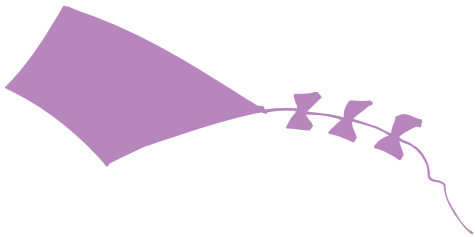
QUADRANT B

Brickyard Park

Date Explored: _____
Location: Mason Drive and Queen Street
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Trail Length: 1/4 mile
Trail Surface: Cinders
Trail Difficulty: Easy to moderate
Activities: **Tennis court, basketball court, pond, playground, walking trail**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org

Broad Street Park

Date Explored: _____
Location: Broad Street
Municipality: Akron Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Roller hockey court, combination soccer/ballfield, playground, pavilion**
Contact: Akron Borough 717-859-1600



Brubaker Park

Date Explored: _____
Location: Long Lane, south of Fivepointville
Municipality: Brecknock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 3 miles
Trail Surface: Dirt/stone/grass
Trail Difficulty: Easy to moderate
Activities: **Ball fields, soccer field, roller hockey rink, tennis courts, pavilions, playground, walking trail, basketball, sand volleyball, fishing along stream and ponds, cross country course, quoits, horseshoes**
Contact: Brecknock Township 717-445-5933



Chapel Gate Park

Date Explored: _____
Location: Park View Drive
Municipality: West Cocalico Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Soccer field, basketball court, ball field, playground, pavilion**
Contact: West Cocalico Township 717-336-8720

Charity Gardens Community Park

Date Explored: _____
Location: Agape Drive, Ephrata
Municipality: Clay Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, soccer, field, playground**
Contact: Clay Township 717-733-9675

Cobbler Courts

Date Explored: _____
Location: Apricot Avenue
Municipality: Upper Leacock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, no dogs
Trail Length: Less than 0.2 mile
Trail Surface: Quarry dust
Trail Difficulty: Easy
Activities: **Ball field, playgrounds, basketball court, quoits, walking path, volleyball**
Contact: Upper Leacock Township 717-656-9755

Cocalico Senior Center

Date Explored: _____
Location: 156 West Main Street, Reinholds
Municipality: West Cocalico Township
Cost: Free
Hours: Mon-Fri 8:30 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Walking and exercise programs**
Contact: Cocalico Senior Center 717-336-7489

QUADRANT B

Conestoga Valley Community Center

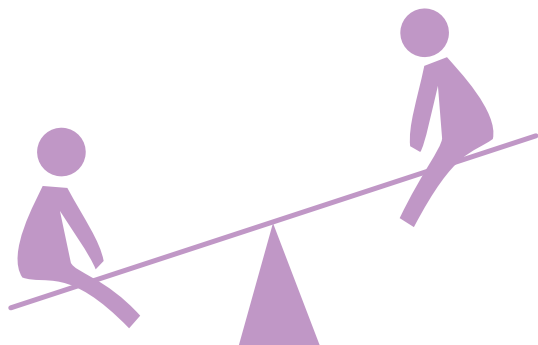
Date Explored: _____
Location: 333 West Main Street, Leola at
The Meadowbrook
Municipality: Upper Leacock Township
Cost: \$8.50/day one visit or membership required
Hours: Mon-Fri 5:15 am; Weekend hours available
Open Season: Year round
Restrictions: Must be 14 years old to use weight
equipment
Activities: **Health & fitness programs**
Contact: Conestoga Valley Community Center
717-656-2822

Denver Community Pool

Date Explored: _____
Location: Monroe Street, just north of the PA Turnpike
Municipality: Denver Borough
Cost: Daily rates, memberships
Hours: 12-8 pm
Open Season: May to August
Restrictions: No alcohol
Activities: **Community pool, beach volleyball
court, playground**
Contact: Denver Borough 717-336-2831
Website: www.denverboro.net

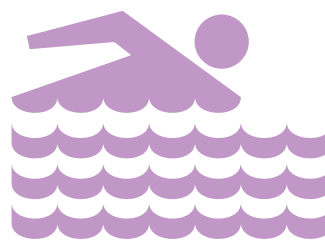
Denver Memorial Park and Playground

Date Explored: _____
Location: Main Street, west of North Sixth Street
Municipality: Denver Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 6/10 mile
Trail Surface: Macadam
Trail Difficulty: Easy
Activities: **Playground, skateboard park, rollerblade
rink, ball fields, football field, basketball
court, volleyball court, pavilions, walking
trail, athletic stations**
Contact: Denver Park Assoc at Denver Borough
717-336-2831



East Cocalico Pool

Date Explored: _____
Location: Ream Road
Municipality: East Cocalico Township
Cost: Daily rates, memberships
Hours: Dawn to dusk, pool 12-8 pm
Open Season: Year round, pool is seasonal
Restrictions: No alcohol
Trail Length: 1/2 miles
Trail Surface: Unpaved
Trail Difficulty: Easy
Activities: **Swimming, basketball courts, tennis
court, walking trail, fitness trail**
Contact: East Cocalico Township 717-336-1720



East Lampeter Community Park

Date Explored: _____
Location: Hobson Road
Municipality: East Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 1 1/2 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Ball field, playground, pavilion,
sand volleyball court, walking trail**
Contact: East Lampeter Township 717-393-1567

Ephrata Borough Linear Park Trail

Date Explored: _____
Location: Between Sycamore Road at Pointview Avenue
and Main Street
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Trail Length: 1.05 miles
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Twelve foot wide trail w/lighting,
benches and landscaping**
Contact: Ephrata Borough 717-738-9202
Website: www.ephrataboro.org

QUADRANT B

Ephrata Recreation Center

Date Explored: _____
Location: 130 S. Academy Drive
Municipality: Ephrata Borough
Cost: Daily fee or membership required
Hours: Mon-Fri 5 am; weekend hours available
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol or drugs
Activities: **Gymnasium, indoor swimming pool, racquetball, fitness center, cardio center and free membership for Seniors through Silver and Fit and Forever Fit Programs**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephratarec.com

Ephrata Township Community Park

Date Explored: _____
Location: 436 East Fulton Street
Municipality: Ephrata Township
Cost: Fee for pavilion
Hours: Dawn to dusk
Open Season: Seasonal
Restrictions: No alcohol
Activities: **Ball field, soccer field, pavilion**
Contact: Ephrata Township 717-733-1044

Fishing Creek Park

Date Explored: _____
Location: Church Street near Blue Jay Drive
Municipality: East Cocalico Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Fishing allowed according to state regulations.
Activities: **Open space, fishing with a license**
Contact: East Cocalico Township 717-336-1720



Flory Park

Date Explored: _____
Location: Greenland Drive behind East Towne Mall
Municipality: East Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball fields, playground, pavilion, walking trail**
Contact: East Lampeter Township 717-393-1567

Gap Park

Date Explored: _____
Location: Rte. 897 and Rte. 30
Municipality: Salisbury Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes
Trail Length: Up to 1 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Walking trails, playground, ball fields, roller hockey rink, tennis courts**
Contact: Salisbury Township 717-768-8059

Hopeland Community Park

Date Explored: _____
Location: Hopeland Road and Clay Road
Municipality: Clay Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, basketball court, volleyball court**
Contact: Clay Township 717-733-9675

Intercourse Community Park

Date Explored: _____
Location: Route 340 east of Intercourse
Municipality: Leacock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol or motorized vehicles
Pets must be leashed.
Trail Length: Less than 1/2 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Playground, 3 pavilions (1 is enclosed), 2 sand volleyball courts, pond, walking trail, 2 gazebos, open area, restrooms**
Contact: Leacock Township 717-768-8585

Lafayette Park

Date Explored: _____
Location: Lincoln Highway near Landis Avenue
Municipality: East Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, playground**
Contact: East Lampeter Township 717-393-1567

QUADRANT B

Lampeter-Strasburg YMCA

Date Explored: _____
Location: 800 Village Road
Municipality: West Lampeter Township
Cost: Membership required
Hours: Mon-Fri 5 am; weekend hours available
Open Season: Year round
Activities: **Cardio and strength wellness center, indoor track, 6-lane indoor and outdoor pools, regulation gymnasium, massage therapy**
Contact: Lancaster Family YMCA 717-464-4000

Leacock Civic Park

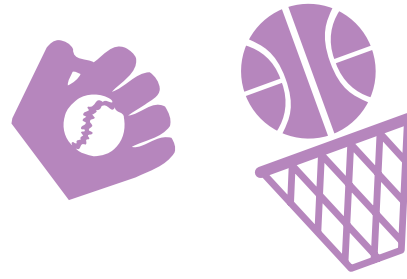
Date Explored: _____
Location: Hollander Road in Intercourse
Municipality: Leacock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol or motorized vehicles
Pets must be leashed.
Activities: **Enclosed pavilion, playground, ball field**
Contact: Leacock Township 717-768-8585

Leola Community Pool and Park

Date Explored: _____
Location: 23 East Main Street, Leola
Municipality: Upper Leacock Township
Cost: Free park, fee for pool, pavilion rental
Hours: Dawn to dusk, pool 12-8 pm
Open Season: Year round, pool is seasonal
Restrictions: No alcohol, no dogs
Activities: **Playground, exercise trail, basketball court, volleyball court, ball field, tennis courts, 3 pools, pavilions**
Contact: Upper Leacock Township 717-656-9755
Leola Community Pool 717-656-9130

Safety Tips

- Always cross at the crosswalk or corner
- Stop! Look left, right, and left again
- Obey all traffic signs and signals
- Be seen! Wear light or brightly colored clothing! Carry a flashlight at night!
- Always walk on the sidewalk. If there is no sidewalk, always face traffic.
- Bicyclists and rollerbladers should wear helmets.
- Do not wear headphones. They keep you from hearing what is going on around you.



Lincoln Heights Outdoor Recreation Area

Date Explored: _____
Location: Hammon Avenue
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Trail Length: 1/4 mile
Trail Surface: Cinders
Trail Difficulty: Easy to moderate
Activities: **Playground, 3 ball fields, gazebo, walking trail**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org

Lincoln Heights Playground

Date Explored: _____
Location: Lincoln Heights Avenue & Hummer Road
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Activities: **Playground**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org

Loyd Roland Memorial Park

Date Explored: _____
Location: North 11th Street in Akron
Municipality: Akron Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No horses or motorized vehicles
Trail Length: 3 miles
Trail Surface: Paved
Trail Difficulty: Moderate
Activities: **Bike and walking trail, tennis courts, playground, pavilions, small pond, picnic areas**
Contact: Akron Borough 717-859-1600

QUADRANT B

Main Street Park

Date Explored: _____
Location: Main Street in Reinholds
Municipality: West Cocalico Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Basketball court, playground, pavilion**
Contact: West Cocalico Township 717-336-8720

Mascot Park

Date Explored: _____
Location: Stumptown Road
Municipality: Upper Leacock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, no dogs
Activities: **Open area, picnic tables, fishing**
Contact: Upper Leacock Township 717-656-9755

Middle Creek Wildlife Management Area

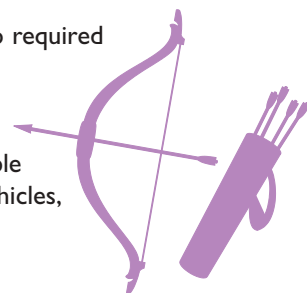
Date Explored: _____
Location: Kleinfeltersville Road, north of PA Turnpike
Municipality: Clay Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting and fishing allowed during authorized seasons.
Trail Length: Varies
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Moderate to difficult
Activities: **Fishing, hunting, hiking trails, open space**
Contact: Middle Creek Visitors Center 717-733-1512

Money Rocks County Park

Date Explored: _____
Location: Narvon Road, south of US Route 322
Municipality: East Earl Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting allowed during authorized seasons.
Trail Length: 1/2 mile
Trail Surface: Dirt, grass
Trail Difficulty: Moderate to difficult
Activities: **Hiking, horseback riding, hunting, mountain biking, rock climbing**
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215
Website: www.co.lancaster.pa.us/parks

Mountain Park

Date Explored: _____
Location: Mohler Church Road & North Maple Street
Municipality: Ephrata Borough
Cost: Free, membership required for archery range
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Trail Length: 3/4 mile
Trail Surface: Grass, dirt
Trail Difficulty: Easy to moderate
Activities: **Walking trail, indoor/outdoor archery range**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephratarec.com



New Holland Community Memorial Park

Date Explored: _____
Location: 400 Block of East Jackson Street
Municipality: New Holland Borough
Cost: Free park, fee for pool
Hours: Dawn to dusk (pool open 11 am-7 pm)
Open Season: Year round (pool open Memorial-Labor Day)
Accessibility: Handicap accessible
Restrictions: No alcohol, motorized vehicles or fires
Activities: **Outdoor pool, tennis courts, pitch & putt, street hockey area, horseshoes, quoits, baseball diamond, basketball courts, playground, pavilions to rent**
Contact: New Holland Borough 717-354-4567

New Holland Recreation Center

Date Explored: _____
Location: 123 N. Shirk Road, New Holland
Municipality: East Earl Township
Cost: Daily fee or membership required
Hours: Mon-Fri 5 am; weekend hours available
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol or drugs
Activities: **Group exercise classes, indoor pool with kid's water park, gymnasium, indoor track, fitness & cardio center, free membership for seniors through Silver Sneakers program**
Contact: New Holland Recreation Center 717-354-4747
Website: www.newhollandrec.com



QUADRANT B

Nissley Park

Date Explored: _____
Location: Bellvue Avenue
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Activities: **Playground, ball field, basketball court, pavilion**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org

North Fourth Street Playground

Date Explored: _____
Location: North Fourth and Locust Streets
Municipality: Denver Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, ball field**
Contact: Denver Borough 717-336-2831
Website: www.denverboro.net



Northeast Neighborhood Park

Date Explored: _____
Location: Millport Road and Lampeter Road
Municipality: West Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, playground**
Contact: Lancaster Christian School 717-392-8092

Old Homestead Recreation Park

Date Explored: _____
Location: Hayloft Road
Municipality: East Cocalico Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, open space**
Contact: East Cocalico Township 717-336-1720

Pioneer Park

Date Explored: _____
Location: Boomerang Drive
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Activities: **Playground**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org

Quarry Road Playground

Date Explored: _____
Location: Quarry Road near Forest Hills Road
Municipality: Upper Leacock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, no dogs
Activities: **Open area**
Contact: Upper Leacock Township 717-656-9755

Reamstown Memorial Park

Date Explored: _____
Location: Church Street in Reamstown
Municipality: East Cocalico Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, ball fields, soccer/hockey field, basketball courts, tennis court, volleyball court, pavilions**
Contact: Mr. Sterling Sanita 717-336-2830

Redcay Park

Date Explored: _____
Location: Russell Alley
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Activities: **Playground, basketball court**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org



QUADRANT B

Schoeneck Park

Date Explored: _____
Location: Queen Street in Schoeneck
Municipality: West Cocalico Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, walking paths, sand court, pavilion**
Contact: West Cocalico Township 717-336-8720

Snyder Community Park

Date Explored: _____
Location: Snyder Lane and Clay School Road
Municipality: Clay Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, open space**
Contact: Clay Township 717-733-9675

State Gameland No. 220

Date Explored: _____
Location: Swamp Church and Blainsport Roads
Municipality: West Cocalico Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting and fishing allowed according to state regulations.
Trail Length: Under 1/2 mile
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, hunting, fishing with licenses**
Contact: PA Game Commission SE Regional Office
1-610-926-3136
Website: www.pgc.state.pa.us

State Gameland No. 46-70

Date Explored: _____
Location: Kleinfeltersville Road, north of PA Turnpike
Municipality: Clay Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting and fishing allowed during authorized seasons.
Trail Length: Varies
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Moderate
Activities: **Hunting, hiking, fishing**

Contact: PA Game Commission SE Regional Office
1-610-926-3136
Website: www.pgc.state.pa.us

State Gameland No. 52

Date Explored: _____
Location: Edwards road, north of PA Turnpike
Municipality: Brecknock Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting allowed according to state regulations.
Trail Length: Varies
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Varies
Activities: **Hunting, nature trails**
Contact: PA Game Commission SE Regional Office
1-610-926-3136
Website: www.pgc.state.pa.us

Stone Quarry Road Park

Date Explored: _____
Location: Stone Quarry Road
Municipality: West Earl Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Trail Surface: Crushed stone
Trail Difficulty: Easy
Activities: **Walking trail**
Contact: West Earl Township 717-859-3201

Sycamore Acres Park

Date Explored: _____
Location: Dawn Avenue
Municipality: Ephrata Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No motorized vehicles, alcohol or drugs
Trail Length: 1.05 miles
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Twelve foot wide trail w/lighting, benches and landscaping**
Contact: Ephrata Recreation Center 717-738-1167
Website: www.ephrataboro.org



Physical activity doesn't have to be very hard to improve your health.

Terraces Park

Date Explored: _____
 Location: Irene Avenue
 Municipality: Ephrata Borough
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Accessibility: Handicap accessible
 Restrictions: No motorized vehicles, alcohol or drugs
 Activities: **Playground, ball field, off-street sledding**
 Contact: Ephrata Recreation Center 717-738-1167
 Website: www.ephrataboro.org

Terre Hill Community Memorial Park

Date Explored: _____
 Location: 210 Lancaster Avenue, Terre Hill
 Municipality: Terre Hill Borough
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Accessibility: Not handicap accessible
 Trail Length: 1/4 mile
 Trail Surface: Mulched
 Trail Difficulty: Easy
 Activities: **Walking trails, basketball, tennis, playground**
 Contact: Terre Hill Borough 717-445-4581

Thomas P. Grater Memorial Park

Date Explored: _____
 Location: Cocalico Street
 Municipality: Ephrata Borough
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Accessibility: Handicap accessible
 Restrictions: No motorized vehicles, alcohol or drugs
 Trail Length: 3/8 mile
 Trail Surface: Paved
 Trail Difficulty: Easy
 Activities: **3 Playgrounds, 2 pavilions, 2 ball fields, 3 tennis courts, 3 swimming pools, bandshell, skate park, playhouse, walking trail**
 Contact: Ephrata Recreation Center 717-738-1167
 Website: www.ephrataboro.org

Upper Leacock Township Community Building

Date Explored: _____
 Location: Hillcrest Avenue
 Municipality: Upper Leacock Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol, no dogs
 Activities: **Ball field, soccer field**
 Contact: Upper Leacock Township 717-656-9755

Village Park

Date Explored: _____
 Location: Village Road, PA 741
 Municipality: West Lampeter Township
 Cost: Free (fee to reserve fields or pavilion)
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol, hunting, motorized vehicles, no camping or fires, pets must be leashed
 Trail Length: 0.75 mile
 Trail Surface: Paved
 Trail Difficulty: Easy
 Activities: **Basketball court, ball field, playground, inline hockey rink, walking path, amphitheater, multi-purpose fields, pavilion**
 Contact: West Lampeter Township 717-464-3731
 Website: www.westlampeter.com

West Earl Lions Club Park

Date Explored: _____
 Location: Newport Road
 Municipality: West Earl Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Surface: Paved
 Trail Difficulty: Easy
 Activities: **Walking and fitness trail**
 Contact: West Earl Township 717-859-3201

West Earl Township Park

Date Explored: _____
 Location: Municipal Drive and Metzler Road
 Municipality: West Earl Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol
 Activities: **Ball field, playground, pavilion, tennis courts, basketball court**
 Contact: West Earl Township 717-859-3201

QUADRANT C

Alexander-King Nature Preserve

Date Explored: _____
Location: King Pen Road, south of Noble Road
Municipality: Little Britain Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: Pets must be leashed. No bikes, alcohol, fishing, horses, vehicles, camping or fires.
Activities: **Hiking, hunting**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

Bell's Run Nature Preserve

Date Explored: _____
Location: Highland Road
Municipality: Colerain Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, hunting, camping or fires. Pets must be leashed.
Trail Length: 1 mile
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Walking**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

Conestoga Park

Date Explored: _____
Location: Kendig Road and Main Street
Municipality: Conestoga Township
Cost: Daily rates, memberships
Hours: Dawn to dusk, pool 12-8 pm
Open Season: Year round, pool is seasonal
Restrictions: No alcohol
Activities: **Ball field, community pool, pavilion**
Contact: Conestoga Township 717-872-4301

Drumore Township Community Park

Date Explored: _____
Location: Furniss Road, west of Rte. 272
Municipality: Drumore Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Playground, ball field, pavilions, open space**
Contact: Drumore Township 717-548-2660

Ferncliff Nature Preserve

Date Explored: _____
Location: Bald Eagle Road
Municipality: Drumore Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, horses, vehicles, hunting, camping or fires. Pets must be leashed.
Trail Length: Varies
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Hiking**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org



Fishing Creek Nature Preserve

Date Explored: _____
Location: Fishing Creek and Fernglen Roads
Municipality: Drumore Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: Pets must be leashed. No bikes, alcohol, vehicles, camping or fires.
Trail Length: 2.1 miles round trip
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, hunting, fishing, horseback riding**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

Freedom Memorial Park

Date Explored: _____
Location: Blue Rock Road/Rte. 999 and Shertzer Lane
Municipality: Millersville Borough
Cost: Fee for pavilion
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, pets must be leashed
Trail Length: 0.5 mile
Trail Surface: Asphalt pavement
Trail Difficulty: Easy
Activities: **Ball fields, basketball courts, playground, pavilions**
Contact: Millersville Borough 717-872-4645
Website: www.millersvilleborough.org

QUADRANT C

House Rock Nature Preserve

Date Explored: _____
Location: Houserock Road
Municipality: Marctic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, horses, vehicles, hunting, camping or fires. Pets must be leashed.
Trail Length: Varies
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Easy to moderate
Activities: **Hiking**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

Kelly's Run Nature Preserve

Date Explored: _____
Location: Access by foot from PPL's Kelly's Run Recreation Area
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, horses, vehicles, camping or fires. Pets must be leashed.
Trail Length: Varies
Trail Surface: Dirt, grass
Trail Difficulty: Moderate to difficult
Activities: **Hiking, hunting**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

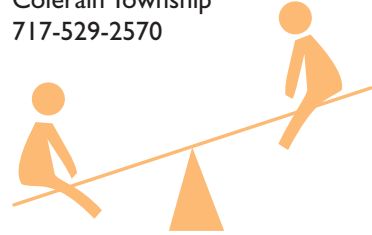
Kelly's Run Pinnacle Trail System

Date Explored: _____
Location: Holtwood Area near Rtes 372 and 272
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No horses
Trail Length: 3/4 to 4 miles
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Easy to difficult
Activities: **Hiking, walking trails**
Contact: PP&L Holtwood Land Management
717-284-6274



Kirkwood Community Park

Date Explored: _____
Location: Buttermilk Lane off Kirkwood Pike (PA Rte. 472)
Municipality: Colerain Township
Cost: Free (donations to reserve park and/or pavilion)
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball field, playground, pavilion**
Contact: Colerain Township
717-529-2570



Martic Township Park

Date Explored: _____
Location: Marticville Road/Rte. 324 near River Road
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, fishing, vehicles, camping, fires. Pets must be leashed.
Trail Length: Varies
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Moderate
Activities: **Hiking, open space, hunting**
Contact: Martic Township 717-284-2167

Millersville Senior Center

Date Explored: _____
Location: 222 North George Street
Municipality: Millersville Borough
Cost: Free
Hours: Mon, Wed, Fri 9 am
Open Season: Year round
Restrictions: Age 60 and over
Activities: **Walking and exercise programs**
Contact: Millersville Senior Center 717-871-9600

Millersville University Pucillo Gymnasium Pool

Municipality: Millersville Borough
Cost: Free
Hours: Wed 1 pm
Restrictions: Age 60 and over
Activities: **Aquatic program, indoor pool**
Contact: YWCA of Lancaster 717-393-1735

QUADRANT C

Muddy Run Recreation Park

Date Explored: _____
Location: Rte. 372 Holtwood Road, 4 1/2 miles west of The Buck (Rte. 272)
Municipality: Martic Township
Cost: Fee for boat rental
Hours: Varies by season
Open Season: April-October
Restrictions: No gas powered boats, no swimming
Activities: **Canoeing, boating, paddle boat rentals, kayaking**
Contact: Muddy Run Boat Dock 717-284-5869

Pequea Creek Natural Area

Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, fishing, horses, vehicles, camping, fires, hunting. Pets must be leashed.
Trail Surface: Dirt, grass
Trail Difficulty: Easy to moderate
Activities: **Hiking**
Contact: PP&L Holtwood Land Management 717-284-6274

PP&L Day Use Area

Date Explored: _____
Location: Pequea Blvd, Rte. 324 and Duck Hill Road
Municipality: Conestoga Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting restricted in certain areas.
Trail Length: Varies
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Fishing, hunting, hiking, biking, birdwatching. Licenses required for fishing/hunting**
Contact: Holtwood Environmental Preserve 1-800-354-8383

Ray's Woods Nature Preserve

Date Explored: _____
Location: Laurel Drive off Rawlinsville Road
Municipality: Providence Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, hunting, fishing, camping or fires. Pets must be leashed.
Trail Length: 0.8 miles
Trail Surface: Dirt, grass, wooded

Trail Difficulty: Moderate
Activities: **Hiking**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Reed Run Nature Preserve

Date Explored: _____
Location: House Rock Road
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, camping, or fires. Pets must be leashed.
Trail Length: 3.1 miles roundtrip
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, hunting**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Rock Springs Nature Preserve

Date Explored: _____
Location: Mason Dixon Road, west of US Route 222
Municipality: Fulton Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, hunting, fishing, camping or fires. Pets must be leashed.
Trail Length: 0.9 miles
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Moderate
Activities: **Hiking**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Safe Harbor Recreation Area

Date Explored: _____
Location: River Road and Main Street
Municipality: Conestoga Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or hunting
Trail Length: Varies
Trail Surface: Dirt, grass
Trail Difficulty: Varies
Activities: **Tennis courts, quoit boxes, playgrounds, ball field, pavilions, fishing, hiking**
Contact: Safe Harbor 717-872-0291

QUADRANT C

Shenk's Ferry Glen Wildflower Preserve

Date Explored: _____
Location: Green Hill Road
Municipality: Conestoga Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, camping, horses, bikes.
Pets must be leashed.
Trail Length: Varies
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Walking trails, regulated hunting (with license)**
Contact: Holtwood Environmental Preserve
1-800-354-8383

Silver Mine Park

Date Explored: _____
Location: 200 Silver Mine Road, Conestoga
Municipality: Pequea Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Accessibility: Handicap accessible
Restrictions: No alcohol, hunting or motorized vehicles.
Pets must be leashed.
Trail Length: 2.3 miles hike & bike
3.5 miles nature trails
Trail Surface: Macadam (hike & bike trail)
Dirt & grass (nature trails)
Trail Difficulty: Moderate
Activities: **Walking trails, horseback riding trail, baseball diamond, soccer field, playground, catch & release fishing, pavilions with grills**
Contact: Pequea Township 717-464-2322

State Gameland No. 136

Date Explored: _____
Location: Puseyville Road, south of Kirkwood Pike (Rte. 472)
Municipality: Colerain Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting allowed according to state regulations.
Trail Length: Varies
Trail Surface: Dirt, grass
Trail Difficulty: Varies
Activities: **Hiking, hunting**
Contact: PA Game Commission SE Regional Office
1-610-926-3136
Website: www.pgc.state.pa.us

State Gameland No. 288

Date Explored: _____
Location: River Road and Marticville Road (PA Route 324)
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting and fishing allowed according to state regulations
Activities: **Fishing, hunting**
Contact: PA Game Commission SE Regional Office
1-610-926-3136
Website: www.pgc.state.pa.us

Steinman Run Nature Preserve

Date Explored: _____
Location: Stump Road between Red Hill Road and Rawlinsville Road
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, horses, vehicles, camping, or fires. Pets must be leashed.
Trail Length: 2 1/2 miles
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, hunting**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

Susquehannock State Park

Date Explored: _____
Location: From Route 372 west of Buck, turn south on Susquehannock Drive to Park Drive
Municipality: Drumore Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Horseback riding is prohibited at the overlook, scenic view area and Rhododendron Trail.
Trail Length: 5 miles of trails
Trail Surface: Dirt, grass
Trail Difficulty: Varies
Activities: **Playground, ball fields, pavilions, hiking trail, horseback riding trail**
Contact: Susquehannock State Park 717-432-5011



QUADRANT C

Theodore A. Parker III Natural Area

Date Explored: _____
Location: Route 222 south past Quarryville, left on Blackburn Road to Wesley Road
Municipality: Drumore Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting and fishing allowed during authorized seasons.
Trail Length: 1 mile
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, cross country skiing, hunting, fishing**
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215
Website: www.co.lancaster.pa.us/parks

Trout Run Nature Preserve

Date Explored: _____
Location: Pennsy Road between Marticville Road/ Rte. 324 and Sigman Road
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, horses, vehicles, camping, or fires. Pets must be leashed.
Trail Length: Up to 1.2 miles
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, hunting, fishing, trail**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Tucquan Glen Nature Preserve

Date Explored: _____
Location: River Road and Tucquan Glen Road
Municipality: Martic Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, vehicles, camping, or fires. Pets must be leashed.
Trail Length: 2.4 miles
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Difficult
Activities: **Hiking, hunting, fishing, horseback riding**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Wissler Run Nature Preserve

Date Explored: _____
Location: Furniss Road off River Road
Municipality: Drumore Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, camping or fires. Pets must be leashed.
Trail Length: 18 miles
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Easy to moderate
Activities: **Hiking, fishing, hunting**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org



Benefits of Regular Activity

- ✓ Improved health, fitness and self-esteem
- ✓ Better posture and balance
- ✓ Weight control
- ✓ Stronger muscles and bones
- ✓ Feeling more energetic
- ✓ Relaxation and reduced stress
- ✓ Continued independent living in later life

Health Risks of Inactivity:

- ✓ Premature death
- ✓ Heart disease
- ✓ Obesity
- ✓ High blood pressure
- ✓ Adult-onset diabetes
- ✓ Osteoporosis
- ✓ Stroke
- ✓ Depression
- ✓ Colon cancer

QUADRANT D

Playing It Safe

- Wear comfortable footwear that provides good cushioning and support.
- Wear comfortable clothing that suits your activity – and the weather!
- Wear safety gear whenever appropriate (e.g., a helmet for cycling and in-line skating, along with knee, elbow and wrist protectors; protective eye goggles for squash).

Apple Croft Neighborhood Park

Date Explored: _____
Location: Apple Blossom Drive, west of Lampeter Road
Municipality: West Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Open space**
Contact: West Lampeter Township 717-464-3731

Christiana Southern Park

Date Explored: _____
Location: Southern end of Christiana Borough
Municipality: Christiana Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles
Trail Length: 1/8 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Walking trail, playground**
Contact: Christiana Borough 610-593-5199

D.F. Buchmiller Park

Date Explored: _____
Location: Route 222 south of Lancaster City
Municipality: West Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or hunting
Trail Length: 1/2 mile
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Hiking, ball field, tennis courts, playgrounds, cross country skiing, fishing, pavilions**
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215
Website: www.co.lancaster.pa.us/parks

Greider's Run Nature Preserve

Date Explored: _____
Location: PA 222, Willow Street Pike
Municipality: West Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, horses, vehicles, hunting, camping or fires. Pets must be leashed.
Trail Length: Varies
Trail Surface: Dirt, grass
Trail Difficulty: Easy
Activities: **Hiking**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

Heatherfield Neighborhood Park

Date Explored: _____
Location: Woodhall Drive
Municipality: West Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, no motorized vehicles
Activities: **Walking trail, playground**
Contact: West Lampeter Township 717-464-3731
Website: www.westlampeter.com



Homewood Nature Preserve

Date Explored: _____
Location: Keneagy Hill Road, south of Route 741
Municipality: Paradise Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, bikes, hunting, camping or fires. Pets must be leashed.
Trail Length: 0.8 mile
Trail Surface: Dirt, grass
Trail Difficulty: Moderate
Activities: **Hiking, fishing**
Contact: Lancaster County Conservancy 717-392-7891
Website: www.lancasterconservancy.org

QUADRANT D

Huffnagle Park

Date Explored: _____
Location: Oak Lane
Municipality: Quarryville Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Trail Length: 1/4 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Ball field, walking path, playground**
Contact: Quarryville Borough 717-786-2404

Lions Community Park

Date Explored: _____
Location: South of Sadsbury Avenue
Municipality: Christiana Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bicycles, skateboards or motorized vehicles
Trail Length: 1/4 mile
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Baseball field, tennis courts, walking path**
Contact: Christiana Borough 610-593-5199

Memorial Park

Date Explored: _____
Location: Park Avenue
Municipality: Quarryville Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol
Activities: **Ball fields**
Contact: Quarryville Borough 717-786-2404

Millcreek Trail

Date Explored: _____
Location: Conard Road, east of Lampeter Road, west of Windy Hill Road
Municipality: West Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, hunting, motorized vehicles
Trail Length: 1.5 miles
Trail Surface: Mulch
Trail Difficulty: Easy

Activities: **Creekside walking trail with interpretive signs**
Contact: West Lampeter Township 717-464-3731
Website: www.westlampeter.com

Paradise Township Community Park

Date Explored: _____
Location: London Vale Road in Paradise
Municipality: Paradise Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol, hunting, motorized vehicles or fires
Trail Length: 4800 feet
Trail Surface: Paved
Trail Difficulty: Easy
Activities: **Walking trail, tennis court, playground, basketball court**
Contact: Paradise Township 717-587-7711

Quarryville American Legion Park & Pool

Date Explored: _____
Location: Park Avenue
Municipality: Quarryville Borough
Cost: Free park, fee for pool
Hours: Dawn to dusk, pool 12-8 pm
Open Season: Year round, pool is seasonal
Restrictions: No alcohol
Activities: **Playground, pavilion, basketball court, hockey rink, pool, inline skating rink**
Contact: Southern End Community Assoc
717-806-0123



Shiprock Woods Nature Preserve

Date Explored: _____
Location: Shiprock Road
Municipality: West Lampeter Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No bikes, alcohol, fishing, horses, vehicles, hunting, camping or fires. Pets must be leashed.
Trail Length: Varies
Trail Surface: Dirt, grass, wooded
Trail Difficulty: Moderate to difficult
Activities: **Hiking**
Contact: Lancaster County Conservancy
717-392-7891
Website: www.lancasterconservancy.org

QUADRANT D

Solanco Area Senior Center

Date Explored: _____
 Location: 184 South Lime Street
 Municipality: Quarryville Borough
 Cost: Free
 Hours: Mon-Fri 8 am
 Open Season: Year round
 Restrictions: Age 60 and over
 Activities: **Walking and exercise programs**
 Contact: Solanco Area Senior Center 717-786-4770

Southgate Neighborhood Park

Date Explored: _____
 Location: Southgate Drive, north of Millport Road
 Municipality: West Lampeter Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol or motorized vehicles
 Activities: **Open space**
 Contact: West Lampeter Township 717-464-3731
 Website: www.westlampeter.com

Strasburg Community Park

Date Explored: _____
 Location: 145 Precision Avenue in Strasburg
 Municipality: Strasburg Borough
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Length: 1 mile
 Trail Surface: Crushed stone
 Trail Difficulty: Inner path easy, outer path difficult
 Activities: **Walking trails**
 Contact: Strasburg Community Park Fdn
 717-687-8027

Strasburg Jaycee Park

Date Explored: _____
 Location: Miller Street
 Municipality: Strasburg Borough
 Cost: Free (fee for pavilion)
 Hours: Dawn to dusk
 Open Season: Year round
 Activities: **Tennis courts, basketball court, ball field, volleyball court, pavilion**
 Contact: Strasburg Borough 717-687-7732

Tinney Pavilion

Date Explored: _____
 Location: S. Fulton and Funk Streets
 Municipality: Strasburg Borough
 Cost: \$50/day
 Hours: Dawn to dusk

Open Season: Year round
 Activities: **Ball field, quirts, playground**
 Contact: Strasburg Borough 717-687-7732

Windy Hill Park

Date Explored: _____
 Location: Wolgemuth Drive
 Municipality: West Lampeter Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol
 Activities: **Open space**
 Contact: West Lampeter Township 717-464-3731

Woodcrest Neighborhood Park

Date Explored: _____
 Location: Woodcrest Drive, north of Conard Road
 Municipality: West Lampeter Township
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No alcohol or motorized vehicles
 Activities: **Open space**
 Contact: West Lampeter Township 717-464-3731
 Website: www.westlampeter.com

Calories burned for every 30 minutes of exercise

Based on Weight

Exercise	120 lbs.	175 lbs.	250 lbs.
Walking – 3 mph	101	147	210
Dancing – Moderately	108	158	225
Golf	130	189	270
Recreational swimming	137	200	285
Free weight lifting	139	203	290
Tennis	144	210	300
Nautilus weight training	147	214	305
Walking – 4 mph	151	221	315
Dancing – Vigorously	162	236	338
Cycling – 10 mph	180	263	375
Universal weight training	190	277	395
Downhill skiing	216	315	450
Racquetball	245	357	520
Aerobics	277	404	578
X-country skiing	281	410	585
Jogging – 6 mph	288	420	600

Safe Stretching

- Start with five minutes of light activity (easy walking, etc.) beforehand, or do your stretching after your endurance or strength activity.
- Stretch slowly and smoothly without bouncing or jerking. Use gentle, continuous movement or stretch-and-hold (for 10-30 seconds) whichever is right for the exercise.
- Aim for stretched, relaxed feeling – avoid pain, don't hold your breath, and breathe in a natural rhythm. Seek help from a fitness professional or get a good book on stretching if you're not sure what to do.

Conestoga Trail System

Municipality: Countywide
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Length: 63 miles
 Trail Surface: Dirt, grass, wooded
 Trail Difficulty: Difficult
 Activities: **Hiking**
 Contact: Lancaster Hiking Club
 Website: <http://community.lancasteronline.com/lancasterhikingclub/>

Cycle Smart

Municipality: Countywide
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Length: Varies
 Trail Surface: Paved, on road
 Trail Difficulty: Varies
 Activities: **Youth bicycling, bicycle safety education, time trial competitions**
 Contact: Cycle Smart 717-397-2503
 Website: www.CycleSmartUSA.org

Ephrata Walking Club

Date Explored: _____
 Location: Call for locations
 Municipality: Countywide
 Cost: \$25/person annually
 Hours: Mondays 7:30 am
 Open Season: Year round
 Restrictions: Age 55 and over
 Trail Length: Up to 2 miles
 Trail Surface: Outdoor
 Trail Difficulty: Easy
 Activities: **Walking club**
 Contact: Ephrata Community Hospital Wellness Ctr. 717-336-6578

Horse-Shoe Trail Club

Date Explored: _____
 Location: Across Northern Lancaster County
 Municipality: Countywide
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: No motorized vehicles
 Trail Length: 24.2 miles across northern Lancaster County
 Trail Surface: Dirt, grass, wooded
 Trail Difficulty: Moderate to difficult
 Activities: **Hiking, horseback riding**
 Contact: Horse-Shoe Trail Club
 Website: www.hstrail.org

Lancaster Bicycle Club

Date Explored: _____
 Location: Check website for locations
 Municipality: Countywide
 Cost: \$12/person annually
 Hours: Dawn to dusk
 Open Season: Year round
 Restrictions: Cyclists under age 16 must be accompanied by an adult
 Trail Length: Varies
 Trail Surface: Paved, on road
 Trail Difficulty: Easy to difficult
 Activities: **On road, guided bicycling**
 Contact: Lancaster Bike Club
 Website: www.lancasterbikeclub.org



Lancaster Canoe Club

Date Explored: _____
 Location: Check website for locations
 Municipality: Countywide
 Cost: \$20/household annually
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Length: Varies
 Activities: **Canoeing, kayaking**
 Website: www.lancastercanoecub.org



Lancaster Hiking Club

Municipality: Countywide
 Cost: \$8/person annually
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Length: 5 to 7 miles, occasionally 10 to 20 miles
 Trail Surface: Dirt, grass, wooded, some paved
 Trail Difficulty: Easy to difficult
 Activities: **Walking and hiking**
 Contact: Lancaster Hiking Club
 Website: <http://community.lancasteronline.com/lancasterhikingclub/>

Lancaster Red Rose USA Dance, Inc.

Date Explored: _____
 Location: Farm & Home Center, 1383 Arcadia Road
 Municipality: Countywide
 Cost: \$8 members / \$10 non-members
 Hours: Vary
 Open Season: Year round
 Restrictions: No smoking
 Activities: **Ballroom dancing, social dancing, dance demonstrations, mixers, dance lessons**
 Contact: Judy Flowers 717-203-7986 or 898-8353
 Judy53@comcast.net
 Website: www.redrosedance.zoomshare.com

Lancaster Road Runners Club

Date Explored: _____
 Location: Check website for locations
 Municipality: Countywide
 Cost: \$15/person, \$20/family annually
 Hours: Sundays at Lancaster Central Park 7:30 am
 Open Season: Year round
 Trail Length: Varies
 Trail Surface: Paved, walking/hiking trails
 Trail Difficulty: Varies
 Activities: **Running, walking**
 Contact: Irrclub@yahoo.com
 Website: www.Irrclub.org

Penn Dutch Pacers Volksmarch Club

Municipality: Countywide
 Cost: \$10/family annually
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Length: Varies, 5km & 10km
 Trail Surface: Paved, unpaved
 Trail Difficulty: Mostly easy
 Activities: **Walking**
 Contact: Pete Byrne 717-393-6700
 Website: www.penndutchpacers.org

Scenic Tours of Lancaster County

Date Explored: _____
 Location: Check website for cue sheets
 Municipality: Countywide
 Cost: Free
 Hours: Dawn to dusk
 Open Season: Year round
 Trail Length: 7 to 84 miles
 Trail Surface: Paved, on road
 Trail Difficulty: Easy to difficult
 Activities: **Self-guided, on-road bicycle rides from Lancaster Bicycle Club**
 Contact: Lancaster Bike Club
 Website: www.lancasterbikeclub.org/st/st.asp



Nutrition & Physical Activity Resources

This final section entitled “Nutrition and Physical Activity Resources” includes facilities and organizations which offer a variety of programs and services.

For specific details regarding costs for programs, classes or services that interest you, please contact the individual facilities directly



Nutrition & Physical Activity Resources

NUTRITION

Community Action Program/WIC

Contact: Sharon Wasneuski
Address: 601 S Queen Street
Lancaster, PA 17603
Phone: 717-509-3686
Website: www.caplance.org
Email: swasneuski@caplanc.org
Program: Nutrition assessment/counseling, supplemental foods for women, infants, and children

Ephrata Community Hospital

Contact: Fran Hadley
Address: 69 West Church Street
Stevens, PA 17578
Phone: 717-336-6578
Website: www.ephratahospital.org
Email: franhadley@ephratahospital.org
Program: Weight management programs, individual consultations

Lancaster County Association of Family and Consumer Sciences

Website: www.lcafcs.org
Program: Nutrition education

Lancaster General Health Wellness Center

Contact: Ivonne Lambie
Address: 2100 Harrisburg Pike
Lancaster, PA 17604
Phone: 717-544-3865
Website: www.lancastergeneralhealth.org/content/LG_Education_Wellness_Center.htm
Email: ilambie2@lghealth.org
Program: Healthy weight management programs

Penn State Cooperative Extension

Contact: Nancy Wiker, M. Ed. or Lynda Lueck-Stoner
Address: 1383 Arcadia Road, Room 140
Lancaster, PA 17601
Phone: 717-394-6851
Email: nwiker@psu.edu or ljl15@psu.edu
Program: Nutrition education, wellness, agricultural sciences, and strength training

MARTIAL ARTS

Advantage Tae Kwon Do LLC

Address: 732 Creekside Lane
Lititz, PA 17543
Phone: 717-627-1115
Website: www.advantagetaekwon-do.com
Program: Tae Kwon Do, kickboxing, self-defense

America's Best Karate East Coast

Address: Universal Athletic Club, 2323 Oregon Pike
Lancaster, PA 17601
Phone: 717-569-5396
Website: www.abkec.com
Email: jireland@abkec.com
Program: Karate, dojo etiquette, black belt

Bradley Karate Studio

Address: 833 Second Street
Lancaster, PA 17603
Phone: 717-393-0052
Website: www.bradleykarate.com
Program: Kickboxing, belt system

Ephrata Martial Arts

Address: 248 W Fulton Street
Ephrata, PA 17522
Phone: 717-738-2244
Website: www.ephratamartialarts.com
Email: ephratamartialarts@hotmail.com
Program: Kickboxing, grappling, sambo, submission wrestling, mixed martial arts, Kung Fu, self-defense for kids, teens & adults

Fear Not Martial Arts

Address: 1285 Manheim Pike
Lancaster, PA 17601
Phone: 717-299-1077
Website: www.fearnot-martialarts.com
Email: fearnot@earthlink.net
Program: Martial arts, self-defense, character development programs

Kim's Studios of Tae Kwon Do

Address: 1659-A Old Philadelphia Pike
Lancaster, PA 17602
Phone: 717-392-7100
Website: www.kimstudiolancaster.com
Email: eddie@kimstudiolancaster.com
Program: Tae Kwon Do

Nutrition & Physical Activity Resources

Kung Fu Center

Address: 2074 Bennett Avenue
Lancaster, PA 17601
Phone: 717-295-3000
Website: www.kungfupirit.com
Email: info@kungfupirit.com
Program: Kung Fu, Tai Chi Chuan, Chin Na (grappling),
weapons training, self-defense training, kick-boxing
and more!

Lancaster Tang Soo Do School of Karate

Address: 1140 Elizabeth Avenue
Lancaster, PA 17601
Phone: 717-397-1093

Lititz World Tang Soo DO Inc.

Address: 400 N Cedar Street
Lititz, PA 17543
Phone: 717-626-1111
Website: www.lititztangsoodo.com

Mimidis Karate

Address: 111 Rohrerstown Road
Lancaster, PA 17603
Phone: 717-397-6009
Website: www.mimidiskarate.com
Program: Karate, self defense, self control, self esteem, self
confidence, self discipline

Mixed Martial Arts Academy Aiki Jujitsudo

Address: 48 E Main Street
Ephrata, PA 17522
Phone: 717-733-0129

Nyes Boxing Gym

Address: 1130 Marshall Avenue
Lancaster, PA 17601
Phone: 717-299-9650
Website: www.nyesgym.com
Program: Boxing, kickboxing, self-defense

Squires Academy of Martial Arts

Address: 301-G E Main Street
Landisville, PA 17538
Phone: 717-898-7760
Website: www.squiresacademy.com
Email: glenn.squires@squiresacademy.com
Program: Tae Kwon Do ages 5 to adult

Taeguk Tae Kwon Do

Address: 1980 Old Philadelphia Pike
Lancaster, PA 17602
Phone: 717-572-4390

Yim's Martial Arts

Address: 1319 Millersville Pike
Lancaster, PA 17603
Phone: 717-569-2585
Website: yimsmartialarts.com
Program: Karate, Tae Kwon Do, Tang Soo Do

DANCE

Adagio Dance Academy

Address: 245 Butler Avenue
Lancaster, PA 17601
Phone: 717-394-7871
Program: Dance

Arthur Murray Dance Studio

Address: 1357B Fruitville Pike
Lancaster, PA 17601
Phone: 717-393-0734
Website: www.arthurmurray.com
Email: dancewithus@aol.com
Program: Dance

Ballet Theatre of Lancaster

Address: PO Box 4511
Lancaster, PA 17604
Phone: 717-672-0826
Website: www.ballettheateroflancaster.org
Email: contactus@ballettheateroflancaster.org
Program: Ballet, dance

Ballroom on the Square

Address: 355 West Chestnut Street
Lancaster, PA 17603
Phone: 717-813-6144
Website: www.ballroomonthesquare.com
Email: barbra@ballroomonthesquare.com
Program: Dance

Carols Academy of Dance

Address: 1138 Elizabeth Avenue
Lancaster, PA 17601
Phone: 717-393-6151
Website: www.carolsacademyofdance.com
Email: Cadance@epix.net
Program: Dance

Nutrition & Physical Activity Resources

Class Act Dance Studio

Address: 110 S Railroad Avenue
New Holland, PA 17557
Phone: 717-355-5588
Website: www.classactdancestudio.com
Email: info@classactdancestudio.com
Program: Dance

Crickets Performing Arts

Address: 1 N Main Street, Suite 3
Manheim, PA 17545
Phone: 717-664-4018
Website: www.cricketsperformingarts.com/meet.html
Email: infocrickets@dejazzd.com
Program: Dance

Dance Discovery

Address: 21 N Mulberry Street
Lancaster, PA 17603
Phone: 717-391-0972
Website: www.mulberryartstudios.com/dance06.html
Email: mulberryartstudios@comcast.net
Program: Dance

Dancers Edge

Address: Multiple locations
Phone: 717-285-4982
Website: <http://dancersedge.home.att.net>
Email: dancersedge@att.net
Program: Ballet, Pointe, jazz, tap, modern, creative movement, pilates, yoga, dance

Encore Dance Center

Address: 780 Eden Road
Lancaster, PA 17601
Phone: 717-569-1828
Website: www.encoredance.net
Program: Ballet, jazz, tap, lyrical, pointe
Email: edc1@ptd.net

Grant Street Dance Company

Address: 27 E New Street
Lancaster, PA 17602
Phone: 717-431-2444
Website: www.newmovementcenter.com/company.htm
Email: TraceyD@dejazzd.com
Program: Intergenerational dance groups, movement artists, performing arts

Joan Horn School of Dance

Address: 125 Shenk Avenue
Strasburg, PA 17579
Phone: 717-687-7664
Program: Dance

Lancaster School of Ballet

Address: 2690 Lititz Pike
Lancaster, PA 17601
Phone: 717-569-0955
Website: www.lancasterschoolofballet.com
Email: lancasterschoolofballet@yahoo.com
Program: Ballet, dance

The Laurel Ballet Company

Address: Multiple locations
Phone: 717-354-2735
Programs: Ballet

Lititz Academy of Dance

Address: 620 Paxton Place, Suite 107
Lititz, PA 17543
Phone: 717-560-4000
Website: <http://lititzacademyofdance.com>
Email: lad40@verizon.net
Program: Dance

Moonlight Ballroom

Address: 141 Oakridge Drive
Mountville, PA 17554
Phone: 717-824-5371
Website: www.dancelancaster.com
Email: moonlightballroom@gmail.com
Program: Dance, ballroom

New Movement Center of Lancaster

Address: 27 West New Street
Lancaster, PA 17603
Phone: 717-431-2444
Email: www.newmovementcenter.com
Program: Dance

Silver Spring Dance Conservatory

Address: 3730 Marietta Avenue
Columbia, PA 17512
Phone: 717-285-0550
Website: www.ssdcdance.org
Email: ssdcdance@embarqmail.com/ssdcdance@comcast.net
Program: Dance, ballroom

Studio Jo

Address: 1929 Lincoln Hwy E
Lancaster, PA 17602
Phone: 717-951-7637
Program: Dance

Nutrition & Physical Activity Resources

Susquehanna Dance Center

Contact: Shari Vegso-Wilson
Address: 200 College Avenue
Mountville, PA 17554
Phone: 717-676-9039
Website: www.susquedance.com
Email: susquedance@aol.com

Tinas School of Dance

Address: 48 W Main Street
Leola, PA 17540
Phone: 717-556-0705
Program: Dance

Willow Street Dance Steps

Address: 2908 Willow Street Pike N
Willow Street, PA 17584
Phone: 717-464-9330
Program: Dance

NON-PROFIT

American Heart Assoc.

Contact: Lindsey Harper
Address: 610 Community Way
Lancaster, PA 17603
Phone: 717-393-0725
Website: www.americanheart.org
Email: beth.werkheiser@heart.org

American Lung Assoc.

Address: 101 Good Drive, Suite 1
Lancaster, PA 17603
Phone: 717-397-5203
Website: www.lungusa.org

Arthritis Foundation

Contact: Rachel Albright
Address: 3544 North Progress Avenue, Suite 204
Harrisburg, PA 17110
Phone: 717-397-6271
Website: www.arthritis.org
Email: ralbright@arthritis.org

Epilepsy Foundation Eastern Pennsylvania (EFEPA)

Contact: Kerri Michnya
Phone: 1-800-887-7165, extension 104
Email: kmichnya@efepa.org
Program: Monthly support group meeting at Lancaster General Hospital. All meetings are the fourth Wednesday of the month from 6-8 p.m. in the Stager Conference room.

Jewish Community Alliance of Lancaster

Contact: Andrew DeWitt
Address: 2120 Oregon Pike
Lancaster, PA 17601
Phone: 717-569-7352
Email: ljcc@dejazzd.com

SouthEast Lancaster Health Services

Contact: Jim Kelly
Address: 625 South Duke Street, PO Box 598
Lancaster, PA 17608
Phone: 717-299-6371
Website: www.selhs.org
Email: jkelly@selhs.org

Welsh Mountain Medical & Dental Center

Contact: Terri Trimble
Address: 584 Springville Road
New Holland, PA 17557
Phone: 717-354-4711
Website: www.welshmountain.com
Email: wmm&dc@paonline.com

CLUBS

Ephrata Biking Club

Address: 130 South Academy Drive
Ephrata, PA 17522
Phone: 717-738-1167
Website: www.ephratarec.com
Email: ahess@ephratarec.com
Program: Group rides touring Ephrata & surrounding area

Ephrata Hiking Club

Address: 130 South Academy Drive
Ephrata, PA 17522
Phone: 717-738-1167
Website: www.ephratarec.com
Email: ahess@ephratarec.com
Program: Easy and hard trails

Ephrata Running Club

Address: 130 South Academy Drive
Ephrata, PA 17522
Phone: 717-738-1167
Website: www.ephratarec.com
Email: ahess@ephratarec.com
Program: Year-round

Nutrition & Physical Activity Resources

Ephrata Triathlon Club

Address: 130 South Academy Drive
Ephrata, PA 17522
Phone: 717-738-1167
Website: www.ephratarec.com
Email: ahess@ephratarec.com
Program: Beginners & veteran competitors

Ephrata Walking Club

Address: Ephrata Community Hospital Wellness Center
Ephrata, PA 17522
Phone: 717-336-6578
Website: www.ephratahospital.org
Program: Age 55+, easy outdoor walking

Hempfield Triathlon Club

Contact: Joe Ruiz
Address: 950 Church Street
Landisville, PA 17538
Phone: 717-898-3102
Website: www.hempfieldtri.com
Email: joe_ruiz@comcast.net
Program: Running, swimming, cycling

Horse-Shoe Trail Club

Address: PO Box 182
Birchrunville, PA 19421-0182
Website: www.hstrail.org
Email: Mike@HSTrail.org
Program: Year-round hiking and horseback riding

Lancaster Bicycle Club

Address: PO Box 535
Lancaster, PA 17608
Website: www.lancasterbikeclub.org
Program: Year-round cycling

Lancaster Canoe Club

Contact: John & Ruth Daniels
Address: 2324 Old Philadelphia Pike
Lancaster, PA 17602
Phone: 717-397-2945
Website: www.lancastercanoecub.org
Email: lcc@ctsu.com
Program: Year-round, trip length varies

Lancaster Hiking Club

Address: Box 7922
Lancaster, PA 17604
Website: <http://community.lancasteronline.com/lancasterhikingclub>
Email: jonhamilton@comcast.net
Program: Year-round hiking

Lancaster Red Rose USA Dance Inc.

Contact: Judy Flowers
Address: Farm & Home Center, 1383 Arcadia Road
Lancaster, PA 17601
Phone: 717-203-7986
Website: www.redrosedance.zoomshare.com
Email: judy53@comcast.net
Program: Ballroom & social dancing, dance demo, mixers, lessons

Lancaster Road Runners Club

Address: PO Box 7172
Lancaster, PA 17604
Website: <http://lrrclub.org>
Program: Year-round walking, hiking, and running

WELLNESS BUSINESS

Absolute Pilates

Phone: 717-393-9611

Evolution Power Yoga

Phone: 717-391-1060

Inside Out Wellness

Phone: 717-468-2623 or 888-WELL-360

Kinder Associates

Phone: 717-569-3969

Personal Training Institute

Phone: 717-560-6750

Pilates in Motion

Phone: 717-314-1597

Tranquility

Phone: 717-285-9955

Willow Street Dance Steps

Phone: 717-464-9330

Yoga Path

Phone: 717-392-3992

Nutrition & Physical Activity Resources

FITNESS CENTERS

Body and Soul Women's Fitness Studio

Address: 618 Columbia Avenue
Lancaster, PA 17603
Phone: 717-509-7777
Website: www.bsfstudio.com
Program: Cardiovascular and strength training equipment, programs for the mind, body and spirit, personal training, Zumba, fitness bootcamp

Briala Bodyworks, LLC

Address: 407 West Chestnut Street
Lancaster, PA 17603
Phone: 717-396-1108
Program: Yoga

Curves

Address: Multiple locations
Website: www.curves.com

Figure Firm Spa, Inc.

Address: 1400 Elm Avenue
Lancaster, PA 17603
Phone: 717-393-3131

Formula Fitness

Address: 2160 Lincoln Highway East
Lancaster, PA 17602
Phone: 717-291-5959
Website: www.formulafitness.com

Harmony Fitness

Address: 3695 Marietta Avenue
Lancaster, PA 17601
Phone: 717-285-3476
Website: www.harmony-fitness.com
Program: Circuit and aerobic equipment, hand weights, stretch bands, balance balls

LA Fitness

Address: 1300 A Lititz Pike
Lancaster, PA 17601
Phone: 717-295-1990
Website: www.LAFitness.com

Pilates in Motion

Address: 27 East New Street
Lancaster, PA 17602
Phone: 717-314-1597
Website: www.pilatesmotion.com

Planet Fitness

Address: 1319 Millersville Pike or 366 Carerra Drive
Lancaster, PA 17603
Phone: 717-397-8623 or 717-560-6560
Website: www.planetfitness.com

Quest Total Fitness

Address: 830 Plaza Boulevard
Lancaster, PA 17601
Phone: 717-399-4066

Universal Athletic Club

Address: 2323 Oregon Pike
Lancaster, PA
Phone: 717-569-5396
Website: www.universalathleticclub.com

Yoga Path

Address: 428 North Duke Street
Lancaster, PA 17602
Phone: 717-392-3992
Website: www.yogapath.com

OTHER

Center for Women's Health

Contact: Sue Auxier
Address: 169 Martin Avenue
Ephrata, PA 17522
Phone: 717-721-5750
Website: www.ephratahospital.org
Program: Fitness classes

Girls On the Run

Contact: Carrie Johnson and Jennifer West
Website: www.gotrlancaster.org
Program: 10-week program for girls age 8-13. Combines running with character building through coaching.

Nutrition & Physical Activity Resources

Lancaster City and County Medical Society

Contact: Beverly Shank
Address: 480 New Holland Avenue, Suite 8202
Lancaster, PA 17602
Phone: 717-393-9588
Email: lancmedsoc@comcast.net
Program: PALCO/Programs on childhood obesity

Swim America

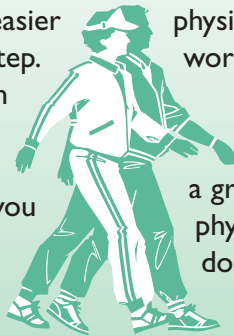
Contact: Gwyn Atkinson
Phone: 717-892-1523
Sites: Hempfield Rec Center, Franklin & Marshall College
Summer
Sites: Hempfield Rec Center, Landisville Pool,
Locust Heights Pool, Mountville Pool
Email: gwynswim@comcast.net

First Steps to Physical Activity

Starting to increase your physical activity is easier than you think. Planning to start is the first step. Getting information is one step everyone can take, and you've already taken that step by picking up this book! You don't need a grand plan to start, just keep it simple. Every time you take a step you make progress. Congratulate yourself with each step.

Some easy ways to get started with physical activity are to learn more about activities. You can watch a class or try a class. Many programs offer a free trial. You can read about an activity to learn how to do it or observe other people as they participate in the sport or activity.

There are many ways to add physical activity to your life. Start slowly and build up. Every little bit counts; add up your activities throughout the day. Build



physical activity into your life at home, at school, at work, at play.... and on the way.

Including physical activity in your life does not need to cost a lot of money. This guide offers a great listing of free and low cost places to be physically active. Choose activities that you like to do. You can find some time every day to add physical activity to your routine.

You're never too young or too old to start living actively. People feel better when they are physically active. Physical activity can be a family thing, or you can do it on your own or with a friend. You can join an organized activity, or you can take a walk in the park.

The key is to take a first step and you already have by reading **LANCASTER ON THE MOVE!**

Lancaster General Health would like to thank Lauri Ahlskog, Lancaster County Planning Commission, for all the time and research she put into LANCASTER ON THE MOVE!

Alphabetical Index

Adamstown Grove Park Quad **B**, Page 22
Adamstown YMCA Quad **B**, Page 22
Alexander-King Nature Preserve Quad **C**, Page 31
American Legion/Bainbridge Landing Park Quad **A**, Page 3
Amos R. Herr Park Quad **A**, Page 3
Apple Croft Neighborhood Park Quad **D**, Page 36
Bellaire Woods Nature Preserve Quad **A**, Page 3
Bell's Run Nature Preserve Quad **C**, Page 31
Berry Patch Quad **B**, Page 22
Bethany Park Quad **B**, Page 22
Bon View Estates Linear Park Quad **B**, Page 22
Bowmansville Memorial Park Quad **B**, Page 22
Boyer Nature Preserve Quad **A**, Page 3
Brandon Park Quad **A**, Page 3
Brickyard Park Quad **B**, Page 23
Bridge Valley Park Quad **A**, Page 4
Bridle Path Park Quad **A**, Page 4
Broad Street Park Quad **B**, Page 23
Brubaker Park Quad **B**, Page 23
Buchanan Park Quad **A**, Page 4
Cedar Bluff Park Quad **A**, Page 4
Chapel Gate Park Quad **B**, Page 23
Charity Gardens Community Park Quad **B**, Page 23
Charles Greenway Quad **A**, Page 4
Chickies Rock County Park Quad **A**, Page 4
Christiana Southern Park Quad **D**, Page 36
Clearbrook Park Quad **A**, Page 5
Cobbler Courts Quad **B**, Page 23
Cocalico Senior Center Quad **B**, Page 23
Columbia River Park Quad **A**, Page 5
Columbia Senior Center Quad **A**, Page 5
Conestoga Park Quad **C**, Page 31
Conestoga Pines Park & Pool Quad **A**, Page 5
Conestoga Trail System Countywide, Page 39
Conestoga Valley Community Center ... Quad **B**, Page 24
Conewago Recreation Trail Quad **A**, Page 5
Conoy Canal Trail Quad **A**, Page 5
Conoy Park East / Park West Quad **A**, Page 5
Conoy Township Park Quad **A**, Page 5
Cove Outlook Park Quad **A**, Page 6
Creswell Park Quad **A**, Page 6
Cycle Smart Countywide, Page 39
D.F. Buchmiller Park Quad **D**, Page 36
Denver Community Pool Quad **B**, Page 24

Denver Memorial Park and Playground Quad **B**, Page 24
Donegal Springs Road Park Quad **A**, Page 6
Drumore Township Community Park ... Quad **C**, Page 31
Eagles View Park Quad **A**, Page 6
East Cocalico Pool Quad **B**, Page 24
East Lampeter Community Park Quad **B**, Page 24
East Petersburg Community Park Quad **A**, Page 6
East Petersburg Community Pool Quad **A**, Page 6
East Petersburg Fitness Park Quad **A**, Page 7
Elizabethtown Area Senior Center Quad **A**, Page 7
Elizabethtown Borough Community Park Quad **A**, Page 7
Ephrata Borough Linear Park Trail Quad **B**, Page 24
Ephrata Recreation Center Quad **B**, Page 25
Ephrata Township Community Park Quad **B**, Page 25
Ephrata Walking Club Countywide, Page 39
Fairview Park Quad **A**, Page 7
Falcon Ridge Park Quad **A**, Page 7
Farnum Park Quad **A**, Page 7
Ferncliff Nature Preserve Quad **C**, Page 31
Fishing Creek Nature Preserve Quad **C**, Page 31
Fishing Creek Park Quad **B**, Page 25
Florin Park Quad **A**, Page 7
Flory Park Quad **B**, Page 25
Freedom Memorial Park Quad **C**, Page 31
Froehlich Park Quad **A**, Page 7
Gap Park Quad **B**, Page 25
Glatfelter Community Park Quad **A**, Page 8
Grandview Park Quad **A**, Page 8
Greider's Run Nature Preserve Quad **D**, Page 36
Hamilton Park Quad **A**, Page 8
Heatherfield Neighborhood Park Quad **D**, Page 36
Hempfield Area Recreation Commission Quad **A**, Page 8
Historic Lancaster Walking Tour Quad **A**, Page 8
Holly Pointe Nature Preserve Quad **A**, Page 8
Homewood Nature Preserve Quad **D**, Page 36
Hopeland Community Park Quad **B**, Page 25
Horse-Shoe Trail Club Countywide, Page 39
House Rock Nature Preserve Quad **C**, Page 32
Huffnagle Park Quad **D**, Page 37
Intercourse Community Park Quad **B**, Page 25
Ironville Park Quad **A**, Page 8
Jacobs Creek Park Quad **A**, Page 9
Janson Park Quad **A**, Page 9

Alphabetical Index

Jaycee Park	Quad A, Page 9	Longwood Square	Quad A, Page 13
John G. Herr Park	Quad A, Page 9	Luiz Muñoz Marin Senior Center	Quad A, Page 13
Kelly's Run Nature Preserve	Quad C, Page 32	Main Street Park	Quad B, Page 27
Kelly's Run Pinnacle Trail System	Quad C, Page 32	Makle Park	Quad A, Page 13
Kirkwood Community Park	Quad C, Page 32	Manheim Township Community Park	Quad A, Page 13
Lafayette Park	Quad B, Page 25	Manor Township Community Park	Quad A, Page 13
Lake Grubb Nature Park	Quad A, Page 9	Manor Township Office Park	Quad A, Page 13
Lake Grubb Park	Quad A, Page 9	Maple Grove Park	Quad A, Page 14
Lampeter-Strasburg YMCA	Quad B, Page 26	Marietta Riverfront Park	Quad A, Page 14
Lancaster Bicycle Club	Countywide, Page 39	Martic Township Park	Quad C, Page 32
Lancaster Community Park	Quad A, Page 9	Martin E. Grieder Park	Quad A, Page 14
Lancaster Canoe Club	Countywide, Page 39	Mascot Park	Quad B, Page 27
Lancaster County Central Park	Quad A, Page 10	Masonic Conference Center Pool	Quad A, Page 14
Lancaster County Central Park Pool	Quad A, Page 10	Memorial Park (Mount Joy)	Quad A, Page 14
Lancaster Family YMCA	Quad A, Page 10	Memorial Park (Quarryville)	Quad D, Page 37
Lancaster Hiking Club	Countywide, Page 40	Middle Creek Wildlife Management Area	Quad B, Page 27
Lancaster Junction Recreation Trail	Quad A, Page 10	Millcreek Trail	Quad D, Page 37
Lancaster Neighborhood Senior Center	Quad A, Page 10	Millersville Senior Center	Quad C, Page 32
Lancaster Recreation Center	Quad A, Page 10	Millersville University Pucillo Gymnasium Pool	Quad C, Page 32
Lancaster Recreation Commission Senior Center	Quad A, Page 10	Money Rocks County Park	Quad B, Page 27
Lancaster Red Rose USA Dance, Inc.	Countywide, Page 40	Mount Joy Borough Park	Quad A, Page 14
Lancaster Road Runners Club	Countywide, Page 40	Mountain Park	Quad B, Page 27
Landisville Pool	Quad A, Page 11	Mountville Borough Park	Quad A, Page 14
Landis Woods	Quad A, Page 11	Mountville Swimming Pool	Quad A, Page 14
Leacock Civic Park	Quad B, Page 26	Muddy Run Recreation Park	Quad C, Page 33
Legion Park	Quad A, Page 11	Mummau Park	Quad A, Page 15
Leola Community Pool and Park	Quad B, Page 26	Municipal Park	Quad A, Page 15
Lincoln Heights Outdoor Recreation Area	Quad B, Page 26	Musser Park	Quad A, Page 15
Lincoln Heights Playground	Quad B, Page 26	New Holland Community Memorial Park	Quad B, Page 27
Lions Community Park	Quad D, Page 37	New Holland Recreation Center	Quad B, Page 27
Lititz Lion's Park	Quad A, Page 11	Newville Park	Quad A, Page 15
Lititz Recreation Center	Quad A, Page 11	Nissley Park	Quad B, Page 28
Lititz Senior Center	Quad A, Page 11	Noel S. Dorwart Park/Farmingdale Trail	Quad A, Page 15
Lititz Springs Park	Quad A, Page 11	North Fourth Street Playground	Quad B, Page 28
Lititz Springs Pool	Quad A, Page 11	Northeast Neighborhood Park	Quad B, Page 28
Lititz-Warwick Trailway	Quad A, Page 12	Northwest Corridor Park	Quad A, Page 15
Little Chiques Park	Quad A, Page 12	Nutrition & Physical Activity Resources	Page 41
Lloyd H. Fuhrman Park	Quad A, Page 12	Dance	Page 43
Lockard Park	Quad A, Page 12	Adagio Dance Academy	Page 43
Locust Street Park (Columbia)	Quad A, Page 12	Arthur Murray Dance Studio	Page 43
Locust Street Park (Lititz)	Quad A, Page 12	Ballet Theatre of Lancaster	Page 43
Logan Park	Quad A, Page 13	Ballroom on the Square	Page 43
Long's Park	Quad A, Page 13	Carols Academy of Dance	Page 43
		Class Act Dance Studio	Page 44

Alphabetical Index

Crickets Performing Arts	Page 44	Lititz World Tang Soo DO Inc.	Page 43
Dance Discovery	Page 44	Mimidis Karate	Page 43
Dancers Edge	Page 44	Mixed Martial Arts Academy Aiki Jujitsudo	Page 43
Encore Dance Center	Page 44	Nyes Boxing Gym	Page 43
Grant Street Dance Company	Page 44	Squires Academy of Martial Arts	Page 43
Joan Horn School of Dance	Page 44	Taeguk Tae Kwon Do	Page 43
Lancaster School of Ballet	Page 44	Yim's Martial Arts	Page 43
The Laurel Ballet Company	Page 44	Non-Profit	Page 45
Lititz Academy of Dance	Page 44	American Heart Assoc.	Page 45
Moonlight Ballroom	Page 44	American Lung Assoc.	Page 45
New Movement Center of Lancaster	Page 44	Arthritis Foundation	Page 45
Silver Spring Dance Conservatory	Page 44	Epilepsy Foundation Eastern PA (EFEPA)	Page 45
Studio Jo	Page 44	Jewish Community Alliance of Lancaster	Page 45
Susquehanna Dance Center	Page 45	SouthEast Lancaster Health Services	Page 45
Tina's School of Dance	Page 45	Welsh Mountain Medical & Dental Center	Page 45
Willow Street Dance Steps	Page 45	Nutrition	Page 42
Clubs	Page 45	Community Action Program/WIC	Page 42
Ephrata Biking Club	Page 45	Ephrata Community Hospital	Page 42
Ephrata Hiking Club	Page 45	Lancaster County Association of Family and Consumer Sciences	Page 42
Ephrata Running Club	Page 45	Lancaster General Health Wellness Center	Page 42
Ephrata Triathlon Club	Page 46	Penn State Cooperative Extension	Page 42
Ephrata Walking Club	Page 46	Other	Page 47
Hempfield Triathlon Club	Page 46	Center for Women's Health	Page 47
Horse-Shoe Trail Club	Page 46	Girls on the Run	Page 47
Lancaster Bicycle Club	Page 46	Lancaster City and County Medical Society	Page 47
Lancaster Canoe Club	Page 46	Swim America	Page 48
Lancaster Hiking Club	Page 46	Wellness Business	Page 46
Lancaster Red Rose USA Dance Inc.	Page 46	Absolute Pilates	Page 46
Lancaster Road Runners Club	Page 46	Evolution Power Yoga	Page 46
Fitness Centers	Page 47	Inside Out Wellness	Page 46
Body and Soul Women's Fitness Studio	Page 47	Kinder Associates	Page 46
Briala Bodyworks, LLC	Page 47	Personal Training Institute	Page 46
Curves	Page 47	Pilates in Motion	Page 46
Figure Firm Spa, Inc.	Page 47	Tranquility	Page 46
Formula Fitness	Page 47	Willow Street Dance Steps	Page 46
Harmony Fitness	Page 47	Yoga Path	Page 46
LA Fitness	Page 47	Old Homestead Recreation Park	Quad B, Page 28
Pilates in Motion	Page 47	Over 50 and Fit Walking Club	Quad A, Page 15
Planet Fitness	Page 47	Overlook Activities Center	Quad A, Page 16
Quest Total Fitness	Page 47	Overlook Community Campus	Quad A, Page 16
Universal Athletic Club	Page 47	Overlook Park	Quad A, Page 16
Yoga Path	Page 47	Paradise Township Community Park	Quad D, Page 37
Martial Arts	Page 42	Penn Dutch Pacers Volksmarch Club	Countywide, Page 40
Advantage Tae Kwon Do LLC	Page 42	Pequea Creek Natural Area	Quad C, Page 33
America's Best Karate East Coast	Page 42	Perelman Park	Quad A, Page 16
Bradley Karate Studio	Page 42	Pioneer Park	Quad B, Page 28
Ephrata Martial Arts	Page 42		
Fear Not Martial Arts	Page 42		
Kim's Studios of Tai Kwon Do	Page 42		
Kung Fu Center	Page 43		
Lancaster Tang Soo DO School of Karate	Page 43		

Alphabetical Index

Pleasant View Retirement Community	
Town Square Health Club	Quad A , Page 16
Poplar Street Park	Quad A , Page 16
PP&L Day Use Area	Quad C , Page 33
Quarry Road Playground	Quad B , Page 28
Quarryville American Legion	
Park & Pool	Quad D , Page 37
R&J Memorial Baseball Field	Quad A , Page 16
Rannels-Kettle Run Nature Preserve	Quad A , Page 17
Ray's Woods Nature Preserve	Quad C , Page 33
Reamstown Memorial Park	Quad B , Page 28
Redcay Park	Quad B , Page 28
Reed Run Nature Preserve	Quad C , Page 33
Reidenbaugh Park	Quad A , Page 17
Reservoir Park	Quad A , Page 17
Riverfront Park	Quad A , Page 17
Rock Springs Nature Preserve	Quad C , Page 33
Rotary Park	Quad A , Page 17
Rothsville Fireman's Memorial Park	Quad A , Page 17
Safe Harbor Recreation Area	Quad C , Page 33
Scenic Tours of Lancaster County	Countywide, Page 40
Schaeffer Park	Quad A , Page 18
Schoeneck Park	Quad B , Page 29
Shenk's Ferry Glen	
Wildflower Preserve	Quad C , Page 34
Shiprock Woods Nature Preserve	Quad D , Page 37
Silver Mine Park	Quad C , Page 34
Silver Spring Park	Quad A , Page 18
Sixth Ward Memorial Park	Quad A , Page 18
Skyline Park	Quad A , Page 18
Snyder Community Park	Quad B , Page 29
Solanco Area Senior Center	Quad D , Page 38
Southend Park	Quad A , Page 18
Southgate Neighborhood Park	Quad D , Page 38
Speedwell Forge Lake	Quad A , Page 18
Speedwell Forge Park	Quad A , Page 19
Spring Hill Park	Quad A , Page 19
State Gameland No. 136	Quad C , Page 34
State Gameland No. 156	Quad A , Page 19
State Gameland No. 220	Quad B , Page 29
State Gameland No. 288	Quad C , Page 34
State Gameland No. 46-70	Quad B , Page 29
State Gameland No. 52	Quad B , Page 28
Stauffer Park	Quad A , Page 19
Steinman Run Nature Preserve	Quad C , Page 34
Stone Quarry Road Park	Quad B , Page 29
Stonemill Greenway	Quad A , Page 19
Stoner Park	Quad A , Page 19
Strasburg Community Park	Quad D , Page 38
Strasburg Jaycee Park	Quad D , Page 38
Susquehannock State Park	Quad C , Page 34
Swan Park	Quad A , Page 19
Sycamore Acres Park	Quad B , Page 29
Terraces Park	Quad B , Page 30
Terre Hill Community Memorial Park	Quad B , Page 30
The Lakes Park	Quad A , Page 20
Theodore A. Parker III Natural Area	Quad C , Page 35
Thomas P. Grater Memorial Park	Quad B , Page 30
Tinney Pavilion	Quad D , Page 38
Trout Run Nature Preserve	Quad C , Page 35
Tucquan Glen Nature Preserve	Quad C , Page 35
Turkey Hill Trail Nature Preserve	Quad A , Page 20
T-Walkers Park City Walking Club	Quad A , Page 20
Upper Leacock Township	
Community Building	Quad B , Page 30
Veterans Memorial Park	Quad A , Page 20
Village Park	Quad B , Page 30
War Memorial Park	Quad A , Page 20
Warwick Township Linear Park	Quad A , Page 20
Warwick Township Lion's Park	Quad A , Page 20
Warwick Township Municipal	
Campus Park	Quad A , Page 21
Washington Boro Park	Quad A , Page 21
West Donegal Township Ball Fields	Quad A , Page 21
West Earl Lions Club Park	Quad B , Page 30
West Earl Township Park	Quad B , Page 30
Westview Park	Quad A , Page 21
Wheatland Hills Park	Quad A , Page 21
Windolph Landing Nature Preserve	Quad A , Page 21
Windy Hill Park	Quad D , Page 38
Wissler Run Nature Preserve	Quad C , Page 35
Wolgemuth Park	Quad A , Page 21
Woodcrest Neighborhood Park	Quad D , Page 38
Woods Edge Park	Quad A , Page 21

Municipality Index

Adamstown Borough Quadrant B
Adamstown Grove Park, Park & Trail Page 22
Adamstown YMCA Page 22

Akron Borough Quadrant B
Broad Street Park, Park Page 23

Brecknock Township Quadrant B
Bowmansville Memorial Park, Park Page 22
Brubaker Park, Park & Trail Page 23
State Gameland No. 52, State Gamelands Page 28

Christiana Borough Quadrant D
Christiana Southern Park, Park & Trail Page 36
Lions Community Park, Park & Trail Page 37

City of Lancaster Quadrant A
Brandon Park, Park Page 3
Buchanan Park, Park Page 4
Conestoga Pines Park & Pool, Park & Pool Page 5
Farnum Park, Park Page 7
Historic Lancaster Walking Tour, Trail Page 8
Holly Pointe Nature Preserve,
Nature Preserve Page 8
Lancaster County Central Park, Park & Trail Page 10
Lancaster County Central Park Pool,
Park & Pool Page 10
Lancaster Family YMCA, Senior Program Page 10
Lancaster Neighborhood Senior Center,
Senior Program Page 10
Lancaster Recreation Commission
Senior Center, Senior Program Page 10
Long's Park, Park Page 13
Luis Muñoz Marin Senior Center,
Senior Center Page 13
Musser Park, Park Page 15
Northwest Corridor Park, Park & Trail Page 15
Reservoir Park, Park Page 17
Sixth Ward Memorial Park, Park Page 18
Southend Park, Park Page 18
T-Walkers Park City Walking Club, Club Page 20

Clay Township Quadrant B
Charity Gardens Community Park, Park Page 23
Hopeland Community Park, Park Page 25
Middle Creek Wildlife Management Area,
Nature Preserve Page 27
Snyder Community Park, Park Page 29
State Gameland No. 46-70, State Gamelands Page 29

Colerain Township Quadrant C
Bell's Run Nature Preserve, Nature Preserve Page 31
Kirkwood Community Park, Park Page 32
State Gameland No. 136, State Gamelands Page 34

Columbia Borough Quadrant A
Columbia River Park, Park Page 5
Columbia Senior Center, Senior Program Page 5
Glatfelter Community Park, Park & Trail Page 8
Janson Park, Park Page 9
Locust Street Park, Park Page 12
Makle Park, Park Page 13
Rotary Park, Park Page 17

Conestoga Township Quadrant C
Conestoga Park, Park & Pool Page 31
PP&L Day Use Area, Park & Trail Page 33
Safe Harbor Recreation Area, Park & Trail Page 33
Shenk's Ferry Glen Wildflower Preserve,
Nature Preserve Page 34

Conoy Township Quadrant A
American Legion/Bainbridge
Landing Park, Park Page 3
Conoy Canal Trail, Trail Page 5
Conoy Park East/Park West, Park & Trail Page 5
Conoy Township Park, Park & Trail Page 5

Denver Borough Quadrant B
Bon View Estates Linear Park, Park Page 22
Denver Community Pool, Pool Page 24
Denver Memorial Park and Playground,
Park & Trail Page 24
North Fourth Street Playground, Park Page 28

Drumore Township Quadrant C
Drumore Township Community Park, Park Page 31
Ferncliff Nature Preserve, Trail Page 31
Fishing Creek Nature Preserve,
Nature Preserve Page 31
Susquehannock State Park, State Gamelands Page 34
Theodore A. Parker III Natural Area,
Park & Trail Page 35
Wissler Run Nature Preserve,
Nature Preserve Page 35

East Cocalico Township Quadrant B
East Cocalico Pool, Park & Pool Page 24
Fishing Creek Park, Park Page 25

Municipality Index

Old Homestead Recreation Park, Park Page 28
Reamstown Memorial Park, Park Page 28

East Donegal Township Quadrant A
Bridle Path Park, Park Page 4
Charles Greenway, Trail Page 4
Clearbrook Park, Playground & Basketball Page 5
Legion Park, Park Page 11
Lloyd H. Fuhrman Park, Park & Trail Page 12
Longwood Square, Park & Trail Page 13
R&J Memorial Baseball Field, Park & Trail Page 16
Riverfront Park, Park Page 17

East Earl Township Quadrant B
Money Rocks County Park, Park & Trail Page 27
New Holland Recreation Center, Pool Page 27
Terre Hill Community Memorial Park, Park & Trail Page 30

East Hempfield Township Quadrant A
Amos R. Herr Park, Park & Trail Page 3
Hempfield Area Recreation Commission, Fitness Programs Page 8
Jacobs Creek Park, Trail Page 9
Lancaster Junction Recreation Trail, Trail Page 10
Landisville Pool, Pool Page 11
Noel S. Dorwart Memorial Park, Park Page 15
Over 50 and Fit Walking Club, Club Page 15
Wheatland Hills Park, Trail Page 21

East Lampeter Township Quadrant B
East Lampeter Community Park, Park & Trail Page 24
Flory Park, Park & Trail Page 25
Lafayette Park, Park Page 25

East Petersburg Borough Quadrant A
East Petersburg Community Park, Park & Trail Page 6
East Petersburg Community Pool, Pool Page 6
East Petersburg Fitness Park, Park & Trail Page 7

Elizabeth Township Quadrant A
Rannels-Kettle Run Nature Preserve, Nature Preserve Page 17
Speedwell Forge Lake, Lake & Trail Page 18
Speedwell Forge Park, Park & Trail Page 19
State Gameland No. 156, State Gamelands Page 19

Elizabethtown Borough Quadrant A
Elizabethtown Area Senior Center, Senior Program Page 7
Elizabethtown Borough Community Park, Park & Trail Page 7
Masonic Conference Center Pool, Pool Page 14
Poplar Street Park, Park Page 16

Ephrata Borough Quadrant B
Bethany Park, Park Page 22
Brickyard Park, Park & Trail Page 23
Ephrata Borough Linear Park Trail, Trail Page 24
Ephrata Recreation Center, Park Page 25
Lincoln Heights Outdoor Recreation Area, Park & Trail Page 26
Lincoln Heights Park, Park Page 26
Mountain Park, Park & Trail Page 27
Nissley Park, Park Page 28
Pioneer Park, Park Page 28
Redcay Park, Park Page 28
Sycamore Acres Park, Park Page 29
Terraces Park, Park Page 30
Thomas P. Grater Memorial Park, Park & Trail Page 29

Ephrata Township Quadrant B
Ephrata Township Community Park, Recreation Center Page 25

Fulton Township Quadrant C
Rock Springs Nature Preserve, Nature Preserve Page 33

Lancaster Township Quadrant A
Hamilton Park, Park Page 8
Lancaster Community Park, Park Page 9
Maple Grove Park, Park Page 14
Stonemill Greenway, Park & Trail Page 19
Windolph Landing Nature Preserve, Trail Page 21

Leacock Township Quadrant B
Intercourse Community Park, Park & Trail Page 25
Leacock Civic Park, Park Page 26

Lititz Borough Quadrant A
Lititz Lion's Park, Park Page 11
Lititz Springs Park, Park & Trail Page 11
Lititz Springs Pool, Pool Page 11
Locust Street Park, Park Page 12

Municipality Index

Little Britain Township Quadrant C
Alexander-King Nature Preserve,
Nature Preserve Page 31

Manheim Borough Quadrant A
Logan Park, Park Page 13
Mummau Park, Park Page 15
Swan Park, Park & Trail Page 19
Veterans Memorial Park, Park & Pool Page 20

Manheim Township Quadrant A
Jaycee Park, Park Page 9
Landis Woods, Park & Trail Page 11

Manheim Township
Community Park, Park & Trail Page 13
Municipal Park, Park Page 15
Overlook Activities Center, Trail Page 16
Overlook Community Campus, Park & Trail Page 16
Overlook Park, Park Page 16
Perelman Park, Park & Trail Page 16
Reidenbaugh Park, Park & Trail Page 17
Schaeffer Park, Park Page 18
Skyline Park, Park Page 18
Stauffer Park, Park & Trail Page 19
Stoner Park, Park & Trail Page 19

Manor Township Quadrant A
Boyer Nature Preserve, Nature Preserve Page 3
Creswell Park, Park Page 6
John G. Herr Park, Trail Page 9
Manor Township Community Park,
Park & Trail Page 13
Manor Township Office Park, Park Page 13
Martin E. Grieder Park, Park & Trail Page 14
Turkey Hill Trail Nature Preserve,
Nature Preserve Page 20
Washington Boro Park, Park Page 21
Woods Edge Park, Park Page 21

Marietta Borough Quadrant A
Marietta Riverfront Park, Trail Page 14
War Memorial Park, Park Page 20

Martic Township Quadrant C
House Rock Nature Preserve, Trail Page 32
Kelly's Run Nature Preserve, Trail Page 32
Kelly's Run Pinnacle Trail System, Trail Page 32
Martic Township Park, Trail Page 32
Muddy Run Recreation Park, Park Page 33
Pequea Creek Natural Area, Trail Page 33

Reed Run Nature Preserve, Nature Preserve Page 33
State Gameland No. 288, State Gamelands Page 34
Steinman Run Nature Preserve,
Nature Preserve Page 34
Trout Run Nature Preserve, Nature Preserve Page 35
Tucquan Glen Nature Preserve, Trail Page 35

Millersville Borough Quadrant C
Freedom Memorial Park, Park Page 31
Millersville Senior Center, Senior Program Page 32
Millersville University Pucillo
Gymnasium Pool, Senior Program Page 32

Mount Joy Borough Quadrant A
Donegal Springs Road Park, Park Page 6
Florin Park, Park Page 7
Grandview Park, Park Page 8
Little Chiques Park, Park Page 12
Memorial Park, Park Page 14
Mount Joy Borough Park, Park Page 14
The Lakes Park, Park Page 20
Westview Park, Park Page 21

Mount Joy Township Quadrant A
Bellaire Woods Nature Preserve,
Nature Preserve Page 3
Conewago Recreation Trail, Trail Page 5
Cove Outlook Park, Ball Fields, Trails Page 6
Wolgemuth Park, Park Page 21

Mountville Borough Quadrant A
Froehlich Park, Park Page 7
Lockard Park, Park Page 12
Mountville Borough Park, Park Page 14
Mountville Swimming Pool, Pool Page 14
Spring Hill Park, Park & Trail Page 19

New Holland Borough Quadrant B
New Holland Community Memorial Park,
Park Page 27
New Holland Recreation Center,
Fitness Programs Page 27

Paradise Township Quadrant D
Homewood Nature Preserve, Nature Preserve Page 36
Paradise Township Community Park,
Park & Trail Page 37

Penn Township Quadrant A
Pleasant View Retirement Community Town
Square Health Club, Senior Program Page 16

Municipality Index

Pequea Township Quadrant C
Silver Mine Park, Trail Page 34

Providence Township Quadrant C
Ray's Woods Nature Preserve,
Nature Preserve Page 33

Quarryville Borough Quadrant D
Huffnagle Park, Park & Trail Page 37
Memorial Park, Park. Page 37
Quarryville American Legion
Park & Pool, Park & Pool. Page 37
Solanco Area Senior Center, Senior Program .. Page 38

Salisbury Township Quadrant B
Gap Park, Trail Page 25

Strasburg Borough Quadrant D
Strasburg Community Park, Trail. Page 38
Strasburg Jaycee Park, Park Page 38
Tinney Pavilion, Park Page 38

Upper Leacock Township Quadrant B
Berry Patch, Park Page 22
Cobbler Courts, Park & Trail Page 23
Conestoga Valley Community Center,
Fitness Program Page 24
Leola Community Pool and Park,
Park & Pool. Page 26
Mascot Park, Park Page 27
Quarry Road Playground, Park Page 28
Upper Leacock Township
Community Building, Ball Fields. Page 30

Warwick Township Quadrant A
Lititz Recreation Center, Fitness Program Page 11
Lititz Senior Center, Senior Program Page 11
Lititz-Warwick Trailway, Trail. Page 12
Rothsville Fireman's Memorial Park, Park ... Page 17
Warwick Township Linear Park, Park & Trail .. Page 20
Warwick Township Lion's Park, Park & Trail ... Page 20
Warwick Township Municipal Campus Park,
Park Page 24

West Cocalico Township Quadrant B
Chapel Gate Park, Park Page 23
Cocalico Senior Center, Senior Program Page 23
Main Street Park, Park. Page 27
Schoeneck Park, Park. Page 29
State Gameland No. 220, State Gamelands Page 29

West Donegal Township Quadrant A
Newville Park, Park. Page 15
West Donegal Township Ball Fields,
Ball Fields Page 21

West Earl Township Quadrant B
Stone Quarry Road Park, Trail Page 29
West Earl Lions Club Park, Trail. Page 30
West Earl Township Park, Park Page 30

West Hempfield Township Quadrant A
Bridle Path Park, Playground & Field Page 4
Bridge Valley Park, Park. Page 4
Cedar Bluff Park, Park Page 4
Chickies Rock County Park, Park & Trail. Page 4
Eagles View Park, Park Page 6
Fairview Park, Park & Trail Page 7
Falcon Ridge Park, Park. Page 7
Ironville Park, Park Page 8
Lake Grubb Nature Park, Trail Page 9
Lake Grubb Park, Park & Trail Page 9
Silver Spring Park, Park. Page 18

West Lampeter Township Quadrant D
Apple Croft Neighborhood Park, Park Page 36
D.F. Buchmiller Park, Park & Trail Page 36
Greider's Run Nature Preserve, Trail Page 36
Heatherfield Neighborhood, Park. Page 36
Lampeter-Strasburg YMCA Page 26
Millcreek Trail, Trail. Page 37
Northeast Neighborhood Park, Park Page 28
Shiprock Woods Nature Preserve, Trail Page 37
Southgate Neighborhood Park, Park Page 38
Village Park, Park Page 30
Windy Hill Park, Park Page 38
Woodcrest Neighborhood Park, Park Page 38

Countywide Quadrant Countywide
Conestoga Trail System, Trail. Page 39
Cycle Smart, Club Page 39
Ephrata Walking Club, Club Page 39
Horse-Shoe Trail Club, Trail Page 39
Lancaster Bicycle Club, Club Page 39
Lancaster Canoe Club, Club. Page 39
Lancaster Hiking Club, Club. Page 40
Lancaster Red Rose USA Dance, Inc., Club .. Page 40
Lancaster Road Runners Club, Club Page 40
Penn Dutch Pacers Volksmarch Club, Club .. Page 40
Scenic Tours of Lancaster County, Club Page 40

