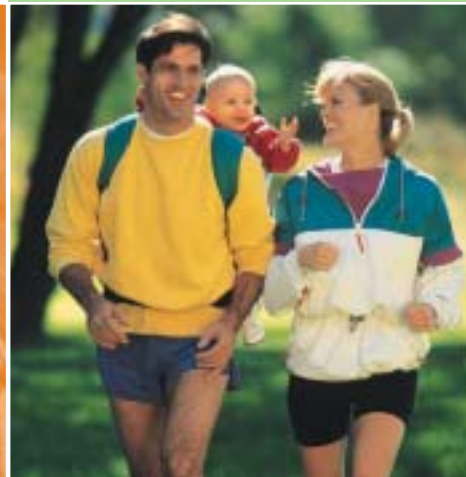


# LANCASTER **ON THE MOVE!**



**A guide to free  
and low cost  
physical activity  
for you and  
your family.**



 **Lancaster General**  
By your side.

[www.LancasterGeneral.org](http://www.LancasterGeneral.org)



Spring 2005

Welcome to the first-ever county-wide parks and recreation guide for Lancaster County – **LANCASTER ON THE MOVE!**

This is a guide to more than 225 *free or low cost* parks, nature preserves, state gamelands, walking and hiking trails, lakes, outdoor clubs and senior recreation opportunities for you to enjoy right here in Lancaster County.

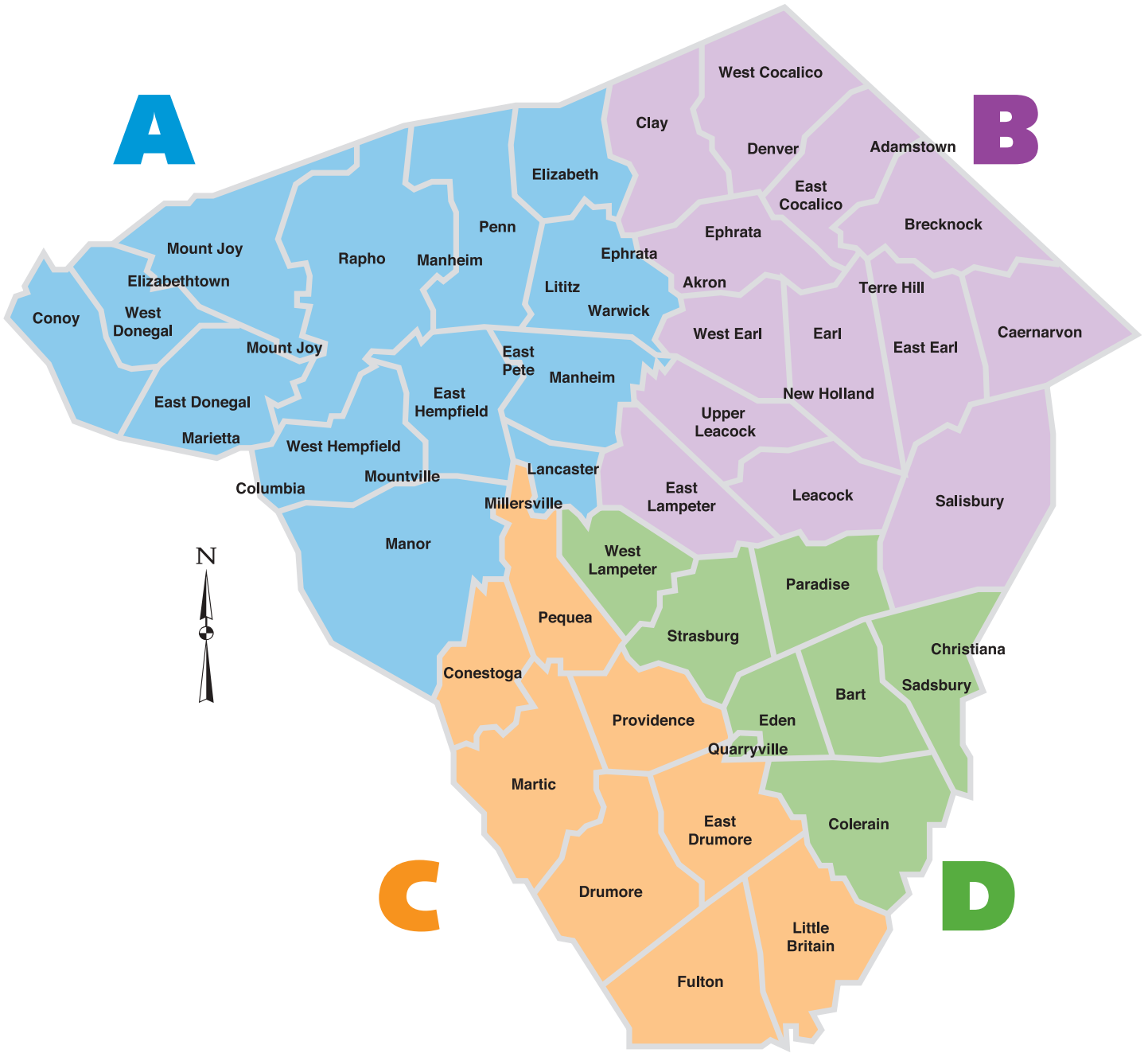
**LANCASTER ON THE MOVE!** was created by Lancaster General in partnership with the Lancaster County Planning Commission to encourage people of all ages and abilities to actively seek out new and interesting ways to get physical. If you are already physically active, this guide will offer you additional venues to enhance your type or level of activity.

If you are *on the move* to get fit, why not enjoy the beautiful Lancaster County landscape while you are at it? Check inside for helpful hints and timely tips on the benefits of regular fitness activities, grab a friend and head for the great outdoors!

Lancaster General  
Lancaster County Planning Commission

*Questions, corrections or additions should be directed to Alice Yoder, director of community health at Lancaster General, 717-544-3283 or [AMYoder@LancasterGeneral.org](mailto:AMYoder@LancasterGeneral.org). Note: This guide includes only those parks and recreation facilities that are one acre or larger. It will be updated every two years.*

# QUADRANT MAP



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# 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  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Basketball court, playground, ball fields, tennis court, volleyball court, shuffleboard**  
Contact: Conoy Township 717-367-4927

### Amos R. Herr Park

Date Explored: \_\_\_\_\_  
Location: Ream Road  
Municipality: East Hempfield Township  
Cost: Daily rates, memberships  
Hours: 12 pm - 8 pm  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: 1/2 mile  
Trail Surface: Unknown  
Trail Difficulty: Easy  
Activities: **Basketball courts, tennis court, walking trail, fitness trail**  
Contact: East Cocalico Township 717-336-1720

### 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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  
Trail Length: N/A  
Activities: **Basketball courts, hiking trails, playground**  
Contact: City of Lancaster 717-291-4711

**P**hysical 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  
Trail Length: N/A  
Activities: **Basketball court, playground**  
Contact: West Hempfield Township 717-285-5554  
Website: [www.twp.west-hempfield.pa.us](http://www.twp.west-hempfield.pa.us)

### **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  
Trail Length: N/A  
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

### **Bucher Park**

Date Explored: \_\_\_\_\_  
Location: 450 Candlewyck Road  
Municipality: Manheim Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A

Activities: **Picnic area, stream, basketball court, tennis courts, baseball fields, soccer field, softball field, playground**  
Contact: Manheim Twp Parks & Recreation  
717-290-7180

### **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  
Trail Length: N/A  
Activities: **Basketball court, swing set**  
Contact: West Hempfield Township 717-285-5554  
Website: [www.twp.west-hempfield.pa.us](http://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: Dirt  
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](http://www.twp.west-hempfield.pa.us)

# QUADRANT A

## Columbia Senior Center

Date Explored: \_\_\_\_\_  
Location: 510 Walnut Street  
Municipality: Columbia Borough  
Cost: Free  
Hours: Mondays 9:30 am  
Open Season: September through May  
Accessibility: \_\_\_\_\_  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **PEPPI, weight resistance walking program**  
Contact: Columbia Senior Center 717-684-4850

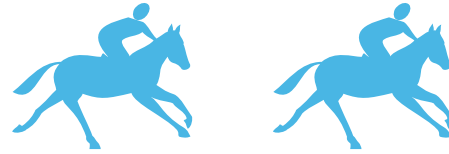
## Community Park

Date Explored: \_\_\_\_\_  
Location: Petersburg Road and Bloomfield Drive  
Municipality: Manheim Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: Unknown  
Trail Surface: Unknown  
Trail Difficulty: Unknown  
Activities: **Pavilions, picnic area, basketball court, volleyball court, trails, natural areas, playground, restrooms**  
Contact: Manheim Twp Parks & Recreation 717-290-7180

## 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  
Trail Length: N/A  
Activities: **Swimming pool, basketball court, volleyball courts, playground, hiking**  
Contact: Lancaster Recreation Commission 717-392-2115  
Website: [www.lancasterrec.org](http://www.lancasterrec.org)

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



## 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, snowmobiling**  
Contact: Lancaster County Parks & Recreation Dept. 717-299-8215  
Website: [www.co.lancaster.pa.us/parks](http://www.co.lancaster.pa.us/parks)

## Conoy Canal Trail

Date Explored: \_\_\_\_\_  
Location: Falmouth to Bainbridge  
Municipality: Conoy Township  
Cost: Free  
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 Creek Park

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

# QUADRANT A

## Conoy Township Park

Date Explored: \_\_\_\_\_  
Location: Governors Stable Road south of Turnpike Road  
Municipality: Conoy Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: Unknown  
Trail Surface: Paved  
Trail Difficulty: Easy  
Activities: **Basketball court, walking trail, playground**  
Contact: Conoy Township 717-367-4927

## 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  
Trail Length: N/A  
Activities: **Ball field, multi-use athletic field**  
Contact: Manor Township 717-397-4769  
Website: [www.manortwp.org](http://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.  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Basketball court, playground**  
Contact: West Hempfield Township 717-285-5554  
Website: [www.twp.west-hempfield.pa.us](http://www.twp.west-hempfield.pa.us)

## 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

## 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**  
Contact: East Petersburg Borough 717-569-9282

## East Petersburg Community Pool

Date Explored: \_\_\_\_\_  
Location: 2575 Graystone Road  
Municipality: East Petersburg Borough  
Cost: \$6/person each visit  
Hours: 12 pm - 8 pm  
Open Season: Year round, Pool is seasonal  
Trail Length: N/A  
Activities: **Outdoor pool**  
Contact: East Petersburg Borough 717-569-9282

# QUADRANT A

## East Petersburg Fitness Park

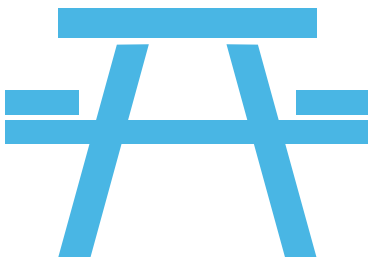
Date Explored: \_\_\_\_\_  
Location: 5736 Pine Street  
Municipality: East Petersburg Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No motorized vehicles  
Trail Length: 1/4 mile circular path  
Trail Surface: Paved  
Trail Difficulty: Moderate  
Activities: **Walking, 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: Varies depending on program  
Open Season: Year round  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **Line dancing, square dancing, PEPPi, weight resistance walking program, qigong, indoor walking**  
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: 7am to 10:30pm  
Open Season: Year round  
Accessibility: Most areas are handicap accessible  
Restrictions: No alcohol or dogs  
Trail Length: Unknown  
Trail Surface: Paved  
Trail Difficulty: Easy  
Activities: **Basketball court, playground, picnic tables, walking trails**  
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 Length: Unknown  
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](http://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  
Trail Length: N/A  
Activities: **Basketball court, playground**  
Contact: West Hempfield Township 717-285-5554  
Website: [www.twp.west-hempfield.pa.us](http://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  
Trail Length: N/A  
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.  
Trail Length: N/A  
Activities: **Ball field, playground**  
Contact: Mount Joy Borough 717-653-2300

# QUADRANT A

## Froehlich Park

Date Explored: \_\_\_\_\_  
Location: West Main Street  
Municipality: Mountville Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Football field, open space**  
Contact: Mountville Community Services Foundation  
717-285-4644

## Glatfelter Community Park

Date Explored: \_\_\_\_\_  
Location: Lancaster Avenue (PA Rte. 462), across from  
13th Street  
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,  
playground, ball fields, track, pavilions**  
Contact: Columbia Borough 717-684-2468

## Hamilton Park

Date Explored: \_\_\_\_\_  
Location: Maple Avenue and Spring Grove Avenue  
Municipality: Lancaster Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Basketball courts, ball field, playground,  
pavilion**  
Contact: Hamilton Park Playground Association



**P**hysical 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!

## Historic Lancaster Walking Tour

Date Explored: \_\_\_\_\_  
Location: 100 South Queen Street, Lancaster  
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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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  
Trail Length: N/A  
Activities: **Basketball court, playground, open  
space, pavilion**  
Contact: West Hempfield Township 717-285-5554  
Website: [www.twp.west-hempfield.pa.us](http://www.twp.west-hempfield.pa.us)

## 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: Cinders

# QUADRANT A

Trail Difficulty: Easy  
Activities: **Playground, walking/biking trail**  
Contact: East Hempfield Township 717-898-3100

## Janson Park

Date Explored: \_\_\_\_\_  
Location: Cherry and Sixth Streets  
Municipality: Columbia Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol or pets  
Trail Length: N/A  
Activities: **Basketball court, playground, ball field**  
Contact: Columbia Borough 717-684-2468

## Jaycee Park

Date Explored: \_\_\_\_\_  
Location: 1031 Edgemoor Court  
Municipality: Manheim Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
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](http://www.manortwp.org)

## Lake Grubb Nature Park

Date Explored: \_\_\_\_\_  
Location: Rte. 23 at Hempfield Hill 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

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

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](http://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](http://www.twp.west-hempfield.pa.us)

## 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 & volleyball courts, ball fields, soccer field, playgrounds**  
Contact: Lancaster County Parks & Recreation Dept.  
717-299-8215  
Website: [www.co.lancaster.pa.us/parks](http://www.co.lancaster.pa.us/parks)

# QUADRANT A

## Lancaster County Central Park Pool

Date Explored: \_\_\_\_\_  
Location: Chesapeake Street  
Municipality: City of Lancaster  
Cost: Daily rates, memberships  
Hours: 11:30 am - 7 pm Mon-Sat, 12:30-7 pm Sun  
Open Season: Year round, Pool is seasonal  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Outdoor pool, volleyball court, baseball field, playground**  
Contact: Lancaster County  
Parks & Recreation Dept.  
717-299-8215  
Website: [www.co.lancaster.pa.us/parks](http://www.co.lancaster.pa.us/parks)

## Lancaster Family YMCA

Date Explored: \_\_\_\_\_  
Location: 572 North Queen Street  
Municipality: City of Lancaster  
Cost: Free up to 2 days/week  
Hours: Mon-Fri 9:30-10:30 am  
Open Season: Year round  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **Aquatic program**  
Contact: Lancaster Family YMCA 717-394-7474

## 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](http://www.co.lancaster.pa.us/parks)



## Lancaster Neighborhood Senior Center

Date Explored: \_\_\_\_\_  
Location: 601 South Queen Street  
Municipality: City of Lancaster  
Cost: Free  
Hours: Wednesdays 10:15 am  
Open Season: September through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **PEPPI, weight resistance, walking**  
Contact: Lancaster Neighborhood Senior Center  
717-299-3943

## Lancaster Recreation Commission Senior Center

Date Explored: \_\_\_\_\_  
Location: 525 Fairview Avenue  
Municipality: City of Lancaster  
Cost: Free  
Hours: Mondays 10 am  
Open Season: September through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **PEPPI, weight resistance walking program**  
Contact: LRC Senior Center 717-399-7671

## Landis Woods

Date Explored: \_\_\_\_\_  
Location: 2369 Lititz Pike  
Municipality: Manheim Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: Unknown  
Trail Surface: Unknown  
Trail Difficulty: Unknown  
Activities: **Picnic area, stream, natural area, trails, Boettcher House Museum, restrooms**  
Contact: 717-569-2426

# 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

## 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  
Trail Length: N/A  
Activities: **Pavilion, playground, ball fields**  
Contact: East Donegal Township 717-426-3167  
Contact Email:  
Website:

## Lititz Community Center

Date Explored: \_\_\_\_\_  
Location: 301 Maple Avenue, Lititz  
Municipality: Warwick Township  
Cost: Free  
Open Season: January through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **Aquatic program**  
Contact: Lititz Community Center 717-626-5096

## 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  
Trail Length: N/A  
Activities: **Ball field, playground**  
Contact: Lititz Borough 717-626-2044

## Lititz Senior Center

Date Explored: \_\_\_\_\_  
Location: 201 West Market Street, Lititz  
Municipality: Warwick Township  
Cost: Free  
Hours: Mondays 10 am  
Open Season: September through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **PEPPI, weight resistance walking program**  
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](http://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

# QUADRANT A

## 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: 0.9 mile  
Trail Surface: Paved  
Trail Difficulty: Easy  
Activities: **Walking trail**  
Contact: Warwick Township 717-626-8900  
Website: www.warwicktownship.org

## 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

### **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.

## Lockard Park

Date Explored: \_\_\_\_\_  
Location: East New Street  
Municipality: Mountville Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Playground, pavilion**  
Contact: Mountville Borough 717-285-5547

## Locust Street Park

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

## Logan Park

Date Explored: \_\_\_\_\_  
Location: West High Street  
Municipality: Manheim Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Basketball courts, volleyball courts, tennis courts, playgrounds, fitness trail, walking trail, pavilions**  
Contact: City of Lancaster 717-291-4711

## 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.

### 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 Length: Unknown  
 Trail Surface: Wood chips  
 Trail Difficulty: Easy  
 Activities: **Playground, walking trail**  
 Contact: East Donegal Township 717-426-3167

### Makel Legion Park

Date Explored: \_\_\_\_\_  
 Location: Avenue N  
 Municipality: Columbia Borough  
 Cost: Free  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Restrictions: No alcohol or pets  
 Trail Length: N/A  
 Activities: **Basketball court, playground, ball field, pavilion**  
 Contact: Columbia Borough 717-684-2468

### Manheim Township High School Pool

Date Explored: \_\_\_\_\_  
 Location: School Road, North of Neffsville  
 Municipality: Manheim Township  
 Cost: \$3/person, \$6/family each visit  
 Hours: Thursdays 7:15-8:45 pm  
 Open Season: Year round  
 Restrictions: Manheim Twp residents only, children under 14 must be accompanied by an adult  
 Trail Length: N/A  
 Activities: **Pool, family swim**  
 Contact: Manheim Twp Parks & Recreation 717-290-7180

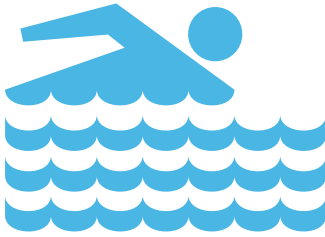
### Manor Township Community Park

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  
 Trail Length: N/A  
 Activities: **Ball field, natural area**  
 Contact: Manor Township 717-397-4769  
 Website: www.manortwp.org





## 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  
 Trail Length: N/A  
 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](http://www.manortwp.org)

## Masonic Conference Center Pool

Date Explored: \_\_\_\_\_  
 Location: 1244 Bainbridge Road, Elizabethtown  
 Municipality: Elizabethtown Borough  
 Cost: \$3/person each visit  
 Hours: Tuesdays 7 am-9 pm  
 Open Season: Year round  
 Trail Length: N/A  
 Activities: **Indoor pool splash bash swimming, floating, diving**  
 Contact: GEARS Office 717-367-0355

## 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.  
 Trail Length: N/A  
 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  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Restrictions: No alcohol  
 Trail Length: N/A  
 Activities: **Ball field, playgrounds, pavilion, 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  
 Trail Length: N/A  
 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  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Picnic area, basketball court, baseball field, softball field, municipal garden, soccer fields, playground, restrooms**  
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.

## 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  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Playground**  
Contact: West Donegal Township 717-367-7178

## Noel S. Dorwart Memorial Park

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  
Trail Length: N/A  
Activities: **Open space**  
Contact: East Hempfield Township 717-898-3100

## 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 Length: Unknown  
Trail Surface: Paved  
Trail Difficulty: Easy  
Activities: **Basketball court, walking trail, playground**  
Contact: City of Lancaster 717-291-4711

# QUADRANT A

## Over 50 and Fit Walking Club

Date Explored: \_\_\_\_\_  
Location: Lancaster General Health Campus, Harrisburg  
Pike & Rohrerstown Road  
Municipality: East Hempfield Township  
Cost: \$30/person annually  
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 Wellness Center  
717-544-3138

## Overlook Activities Center

Date Explored: \_\_\_\_\_  
Location: 2042 Lititz Pike  
Municipality: Manheim Township  
Cost: Free  
Hours: 7 am - 1 pm Mon-Fri  
Open Season: September through May  
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**  
Contact: Overlook Activities Center 717-560-4185  
Website: [www.manheimtownship.org](http://www.manheimtownship.org)

## Overlook Community Park

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  
Trail Length: Unknown  
Trail Surface: Unknown  
Trail Difficulty: Unknown  
Activities: **Soccer fields, trails, miniature golf, golf driving range, baseball fields, natural areas, restrooms**  
Contact: Manheim Twp Parks & Recreation  
717-290-7180



## 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.

## Overlook Park

Date Explored: \_\_\_\_\_  
Location: 2042 Lititz Pike  
Municipality: Manheim Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Pavilion, picnic area, playground, 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  
Trail Length: Unknown  
Trail Surface: Unknown  
Trail Difficulty: Unknown

# QUADRANT A

Activities: **Canoe launch, trail, natural area, streams, pond**  
Contact: Manheim Twp Parks & Recreation  
717-290-7180

## Pleasant View Retirement Community Town Square Health Club

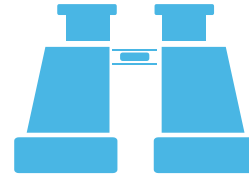
Date Explored: \_\_\_\_\_  
Location: 544 North Penryn Road, Manheim  
Municipality: Penn Township  
Cost: Free  
Hours: Fridays 1-2 pm  
Open Season: Year round  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **Unstructured lap swim**  
Contact: Town Square Health Club 717-665-2445

## 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  
Trail Length: N/A  
Activities: **Ball field**  
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 Length: Unknown  
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](http://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  
Trail Length: Unknown  
Trail Surface: Unknown  
Trail Difficulty: Unknown  
Activities: **Basketball court, volleyball court, tennis courts, baseball fields, soccer fields, trails, playground**  
Contact: Manheim Twp Parks & Recreation  
717-290-7180

## 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  
Trail Length: N/A  
Activities: **Street hockey rink, basketball court, volleyball court, playground, pavilion**  
Contact: City of Lancaster 717-291-4711

# QUADRANT A

## 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.  
Trail Length: N/A  
Activities: **Pavilion, playground, river access**  
Contact: East Donegal Township 717-426-3167

## Rotary Park

Date Explored: \_\_\_\_\_  
Location: Commerce Street underneath the Columbia-Wrightsville Bridge  
Municipality: Columbia Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol or pets  
Trail Length: N/A  
Activities: **Basketball court, playground, whiffle ball field**  
Contact: Columbia Borough 717-684-2468

## Schaeffer Park

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

## Sico Park

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

## 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  
Trail Length: N/A  
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](http://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  
Trail Length: N/A  
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  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Swimming pool, wading pool, tennis court, 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  
Trail Length: N/A  
Activities: **Ball field, playground, basketball court**  
Contact: City of Lancaster 717-291-4711

# QUADRANT A

## Spanish American Civic Association Senior Center

Date Explored: \_\_\_\_\_  
Location: 545 Pershing Avenue  
Municipality: Lancaster Township  
Cost: Free  
Hours: Tuesdays 10 am  
Open Season: September through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **PEPPI, weight resistance walking program**  
Contact: SACA Senior Center 717-295-7989

## 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 Length: Unknown  
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](http://www.fish.state.pa.us)

## 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](http://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 Length: Unknown  
Trail Surface: Dirt, grass  
Trail Difficulty: Moderate  
Activities: **Hiking, fishing, hunting**  
Contact: PA Game Commission SE Regional Office 1-877-877-9470  
Website: [www.pgc.state.pa.us](http://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  
Trail Length: Unknown  
Trail Surface: Unknown  
Trail Difficulty: Unknown  
Activities: **Picnic area, playground, tennis courts, volleyball court, softball field, trails, soccer fields, historic buildings**  
Contact: Manheim Twp Parks & Recreation 717-290-7180



# QUADRANT A

## Stonemill Greenway

Date Explored: \_\_\_\_\_  
Location: Stonemill Road  
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  
Trail Length: Unknown  
Trail Surface: Unknown  
Trail Difficulty: Unknown  
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

## 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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 each visit  
Hours: Mall Hours  
Open Season: Year round  
Trail Length: 1.35 miles one time around  
Trail Surface: Indoor  
Trail Difficulty: Easy  
Activities: **Indoor walking**  
Contact: 717-299-4233

### ***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 A

## 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  
Trail Length: N/A  
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 Length: Unknown  
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

**P**hysical activity doesn't have to be very hard to improve your health.

## 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  
Trail Length: N/A  
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: West Ridge Road  
Municipality: West Donegal Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Ball field, basketball courts, playground**  
Contact: Mount Joy Borough 717-653-2300

## QUADRANT A

### 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

### Wolgemuth Park

Date Explored: \_\_\_\_\_  
Location: Elizabethtown Road  
Municipality: Mount Joy Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Playground, open play area**  
Contact: Manor Township 717-397-4769  
Website: [www.manortwp.org](http://www.manortwp.org)

### YWCA of Lancaster

Date Explored: \_\_\_\_\_  
Location: 110 North Lime Street, Lancaster City  
Municipality: City of Lancaster  
Cost: Free  
Hours: Mon or Thurs 1:30-2:30 pm  
Open Season: Year round  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **Aquatic program**  
Contact: Lancaster YWCA 717-393-1735

## 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

### 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  
Trail Length: N/A  
Activities: **Pavilion, basketball court, volleyball court, playground**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: [www.ephratarec.com](http://www.ephratarec.com)

### 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  
Trail Length: N/A  
Activities: **Ball field, tennis courts, pavilions, playground**  
Contact: Brecknock Township 717-445-5933

### 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

## QUADRANT B

Trail Difficulty: Easy to moderate  
Activities: **Tennis court, basketball court, pond, playground, walking trail**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: www.ephratarec.com

### Broad Street Park

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

### Brubaker Park

Date Explored: \_\_\_\_\_  
Location: Dry Tavern Road (PA Route 897), south of Fivepointville  
Municipality: Brecknock Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: Less than 1 mile  
Trail Surface: Dirt  
Trail Difficulty: Easy  
Activities: **Ball fields, soccer field, roller hockey rink, tennis courts, pavilions, playground, walking trail**  
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  
Trail Length: N/A  
Activities: **Soccer field, basketball court, ball field, playground, pavilion**  
Contact: West Cocalico Township 717-336-8720

### Cocalico Senior Center

Date Explored: \_\_\_\_\_  
Location: 156 West Main Street, Reinholds  
Municipality: West Cocalico Township  
Cost: Free

Hours: Tuesdays 9:30 am  
Open Season: September through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **PEPPI, weight resistance walking program**  
Contact: Cocalico Senior Center 717-336-7489

### Conestoga Valley Community Center

Date Explored: \_\_\_\_\_  
Location: 333 West Main Street, Leola at The Meadowbrook  
Municipality: Upper Leacock Township  
Cost: \$2/person Silver Program  
Hours: Mon-Sat 10 am-3 pm; Sun 2-4 pm  
Open Season: Year round  
Restrictions: Age 60 or 62 and over depending on program  
Trail Length: N/A  
Activities: **Seniors Tai Chi, the "Silver Program"**  
Contact: Conestoga Valley Community Center 717-656-0746

### 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

### Denver Community Pool

Date Explored: \_\_\_\_\_  
Location: Reinholds Road, just north of the PA Turnpike  
Municipality: Denver Borough  
Cost: Daily rates, memberships  
Hours: 12-8 pm  
Open Season: May to September  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Community pool**  
Contact: Denver Borough 717-336-6106, 717-336-2831

## QUADRANT B

### Denver Memorial Park and Playground

Date Explored: \_\_\_\_\_  
Location: Main Street, west of Sixth Street  
Municipality: Denver Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: 1/2 mile  
Trail Surface: Macadam  
Trail Difficulty: Easy  
Activities: **Playground, rollerblade rink, ball fields, football field, basketball court, volleyball court, shuffleboard courts, pavilions, walking trail**  
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

### Ephrata Recreation Center

Date Explored: \_\_\_\_\_  
Location: 130 S. Academy Drive  
Municipality: Ephrata Borough  
Cost: \$8/person/visit or membership required  
Hours: Mon-Fri 5am-10pm, Sat 8am-10pm, Sun 11am-6pm  
Open Season: Year round  
Accessibility: Handicap accessible  
Restrictions: No alcohol or drugs  
Trail Length: N/A  
Activities: **Gymnasium, indoor swimming pool, racquetball, game room, multi-purpose rooms, fitness center, cardio center**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: www.ephratarec.com

### 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  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Ball fields, basketball court, tennis court, playground, volleyball court**  
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**  
Contact: Salisbury Township 717-768-8059

### Hobson 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

## QUADRANT B

### 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  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Ball field, playground, pavilion, sand volleyball court**  
Contact: East Lampeter Township 717-393-1567

### 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.

Trail Length: N/A  
Activities: **Enclosed pavilion, playground, ball field**  
Contact: Leacock Township 717-768-8585

### 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.

### Leola Community Pool and Park

Date Explored: \_\_\_\_\_  
Location: Main Street and Glenola Drive, Leola  
Municipality: Upper Leacock Township  
Cost: Free park, fee for pool  
Hours: Dawn to dusk, Pool 12-8 pm  
Open Season: Year round, Pool is seasonal  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Playground, exercise trail, basketball court, volleyball court, ball field, tennis courts, 3 pools, pavilions**  
Contact: Upper Leacock Township 717-656-9755

### 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.ephratarec.com](http://www.ephratarec.com)

## QUADRANT B

### Lincoln Heights Park

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  
Trail Length: N/A  
Activities: **Playground**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: www.ephratarec.com

### Loyd Rowland 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

### 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  
Trail Length: N/A  
Activities: **Basketball court, playground, pavilion**  
Contact: West Cocalico Township 717-336-8720



### 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, archery range; membership required  
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

## QUADRANT B

### New Holland Community Memorial Park

Date Explored: \_\_\_\_\_  
Location: 400 Block of East Jackson Street  
Municipality: New Holland Borough  
Cost: Free park, fee for tennis/golf  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol, motorized vehicles or fires  
Trail Length: N/A  
Activities: **Tennis courts, pitch & putt, street hockey area, horseshoes, quoits, baseball diamond, basketball courts, playground**  
Contact: New Holland Borough 717-354-4567

### 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  
Trail Length: N/A  
Activities: **Playground, ball field, basketball court, pavilion**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: [www.ephratarec.com](http://www.ephratarec.com)

### North Fourth Street Playground

Date Explored: \_\_\_\_\_  
Location: Fourth and Pine Streets  
Municipality: Denver Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Playground, ball field**  
Contact: Denver Borough 717-336-2831

### 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  
Trail Length: N/A  
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  
Trail Length: N/A  
Activities: **Playground, open space**  
Contact: East Cocalico Township 717-336-1720

### Olde Leacock Village Park

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

### 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  
Trail Length: N/A  
Activities: **Playground**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: [www.ephratarec.com](http://www.ephratarec.com)

### 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  
Trail Length: N/A  
Activities: **Playground**  
Contact: Upper Leacock Township 717-656-9755

## QUADRANT B

### 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  
Trail Length: N/A  
Activities: **Playground, ball fields, soccer/hockey field, basketball courts, tennis court, volleyball court, pavilions**  
Contact: East Cocalico Township 717-336-1720

### 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  
Trail Length: N/A  
Activities: **Playground, basketball court**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: [www.ephratarec.com](http://www.ephratarec.com)

### Rothsville Fireman's Memorial Park

Date Explored: \_\_\_\_\_  
Location: Picnic Woods Road, Rothsville  
Municipality: Warwick Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Ball field, playground, pavilion, volleyball court**  
Contact: Rothsville Fire Company 717-626-7805

### Schoeneck Park

Date Explored: \_\_\_\_\_  
Location: Queen Street in Schoeneck  
Municipality: West Cocalico Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Accessibility: \_\_\_\_\_  
Restrictions: No alcohol  
Trail Length: N/A  
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  
Trail Length: N/A  
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  
1-877-877-9470  
Website: [www.pgc.state.pa.us](http://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  
1-877-877-9470  
Website: [www.pgc.state.pa.us](http://www.pgc.state.pa.us)

# QUADRANT B

## 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  
1-877-877-9470  
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 Length: Unknown  
Trail Surface: Crushed stone  
Trail Difficulty: Easy  
Activities: **Walking trail**  
Contact: West Earl Township 717-859-3201

## Sycamore Acres Park

Date Explored: \_\_\_\_\_  
Location: Sycamore Drive  
Municipality: Ephrata Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Accessibility: Handicap accessible  
Restrictions: No motorized vehicles, alcohol or drugs  
Trail Length: N/A  
Activities: **Playground, basketball court**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: www.ephratarec.com

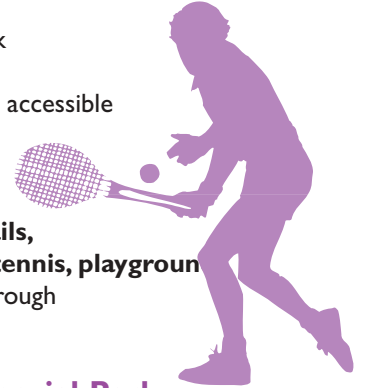
## Terraces Park

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  
Trail Length: N/A

Activities: **Playground, ball field, off-street sledding**  
Contact: Ephrata Recreation Center 717-738-1167  
Website: www.ephratarec.com

## Terre Hill Community Memorial Park

Date Explored: \_\_\_\_\_  
Location: 210 Lancaster Avenue, Terre Hill  
Municipality: East Earl Township  
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.ephratarec.com

## 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  
Trail Length: N/A  
Activities: **Ball field, soccer field**  
Contact: Upper Leacock Township 717-656-9755

## QUADRANT B

### Village Park

Date Explored: \_\_\_\_\_  
Location: Villager Road  
Municipality: West Lampeter Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Basketball court, volleyball court, ball field, playground, gazebo, inline skating rink**  
Contact: West Lampeter Township 717-464-3731

### 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  
Trail Length: N/A  
Activities: **Soccer fields, ball fields, playground, pavilion**  
Contact: Warwick Township 717-626-8900  
Website: [www.warwicktownship.org](http://www.warwicktownship.org)

### 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 Length: Unknown  
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  
Trail Length: N/A  
Activities: **Ball field, playground, pavilion, tennis courts, basketball court**  
Contact: West Earl Township 717-859-3201

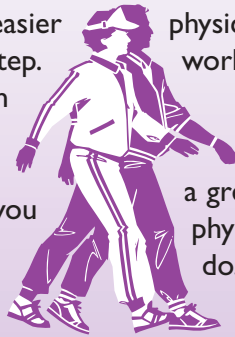
## First Steps to Physical Activity

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!**



## 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  
 Trail Length: N/A  
 Activities: **Hiking, hunting**  
 Contact: Lancaster County Conservancy  
 717-392-7891  
 Website: [www.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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  
 Trail Length: N/A  
 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  
 Trail Length: N/A  
 Activities: **Playground, ball field, pavilions, open space**  
 Contact: Drumore Township 717-548-2660

## Fishing Creek Nature Preserve

Date Explored: \_\_\_\_\_  
 Location: Fishing Creek and Ferngled 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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  
 717-284-2278



## QUADRANT C

### Kirkwood Community Park

Date Explored: \_\_\_\_\_  
Location: Buttermilk Lane off Kirkwood Pike (PA Rte. 472)  
Municipality: Colerain Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
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: Pets must be leashed. No alcohol, fishing, horses, vehicles, camping, fires, hunting  
Trail Length: Varies  
Trail Surface: Dirt, grass, wooded  
Trail Difficulty: Moderate  
Activities: **Hiking, open space**  
Contact: Martic Township 717-284-2167

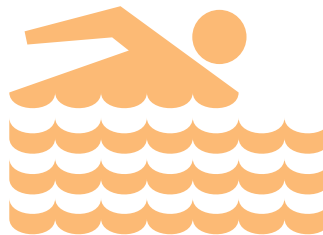
### Millersville Borough Park

Date Explored: \_\_\_\_\_  
Location: Manor Avenue, Blue Rock Road/Rte. 999 and Shertzer Lane  
Municipality: Millersville Borough  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: 0.6 mile  
Trail Surface: Grass  
Trail Difficulty: Easy  
Activities: **Ball fields, basketball courts, playground, tennis courts, volleyball courts, shuffleboard court, pavilions, horseshoe pits**  
Contact: Millersville Borough 717-872-4645

### Millersville Senior Center

Date Explored: \_\_\_\_\_  
Location: 222 North George Street  
Municipality: Millersville Borough  
Cost: Free  
Hours: Fridays 9:30 am  
Open Season: September through May  
Restrictions: Age 60 and over

Trail Length: N/A  
Activities: **PEPPI, weight resistance walking program**  
Contact: Millersville Senior Center 717-871-9600



### Millersville University Pucillo Gymnasium Pool

Municipality: Millersville Borough  
Cost: Free  
Open Season: February through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **Aquatic program, indoor pool**  
Contact: YWCA of Lancaster 717-393-1735

### 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: \$8 first hour, \$4/hour after  
Hours: Fri-Sun 7am-5pm Sept-May, Mon-Sun 7am-5pm Summer  
Open Season: Year round  
Restrictions: No gas powered boats  
Trail Length: N/A  
Activities: **Canoeing, boating, paddle boat rentals**  
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: Pets must be leashed. No alcohol, fishing, horses, vehicles, camping, fires, hunting  
Trail Length: Unknown  
Trail Surface: Dirt, grass  
Trail Difficulty: Easy to moderate  
Activities: **Hiking**  
Contact: Martic Township 717-284-2167

# QUADRANT C

## 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 Road 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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: Pets must be leashed. No bikes, alcohol, fishing, camping, or fires  
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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.org)

## Rock Springs Nature Preserve

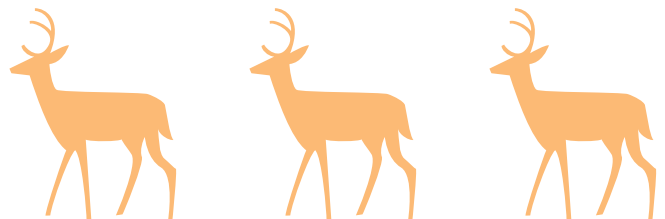
Date Explored: \_\_\_\_\_  
Location: Mason Dixon road, west of US Route 222  
Municipality: Fulton Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No bikes, alcohol, hunting, fishing, camping or fires. Pets must be leashed.  
Trail Length: 0.9 miles  
Trail Surface: Dirt, grass, wooded  
Trail Difficulty: Moderate  
Activities: **Hiking**  
Contact: Lancaster County Conservancy  
717-392-7891  
Website: [www.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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: 717-872-0291

## 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  
 Restrictions: No alcohol, hunting or motorized vehicles  
 Trail Length: Unknown  
 Trail Surface: Paved, dirt, rocky  
 Trail Difficulty: Moderate  
 Activities: **Walking trails, horseback riding trail**  
 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 1-877-877-9470  
 Website: [www.pgc.state.pa.us](http://www.pgc.state.pa.us)

## 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.

## 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  
 Trail Length: N/A  
 Activities: **Fishing, hunting**  
 Contact: PA Game Commission SE Regional Office 1-877-877-9470  
 Website: [www.pgc.state.pa.us](http://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: Pets must be leashed. No bikes, alcohol, fishing, horses, vehicles, camping, or fires  
 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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

## 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](http://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: Pets must be leashed. No bikes, alcohol, horses, vehicles, camping, or fires  
 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.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: Pets must be leashed. No bikes, alcohol, vehicles, camping, or fires  
 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.org)

## 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).

## 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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.org)



## QUADRANT D

### 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  
Trail Length: N/A  
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

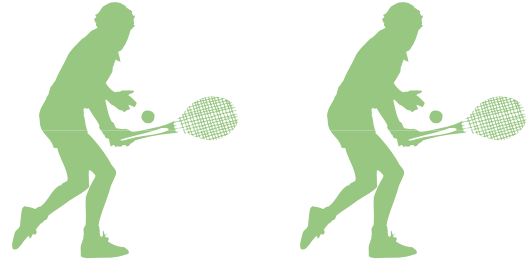
### Holtwood Nature Preserve

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.lancastercountyconservancy.org](http://www.lancastercountyconservancy.org)

### 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  
Trail Length: N/A  
Activities: **Ball fields**  
Contact: Quarryville Borough 717-786-2404

### 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**  
Contact: Paradise Township 717-587-7711

## QUADRANT D

### 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  
Trail Length: N/A  
Activities: **Playground, pavilion, basketball court, hockey rink, pool**  
Contact: Southern End Community Assoc  
717-806-0123

### Silver Lane Park

Date Explored: \_\_\_\_\_  
Location: Woodhall Drive  
Municipality: West Lampeter Township  
Cost: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Restrictions: No alcohol  
Trail Length: N/A  
Activities: **Open space**  
Contact: West Lampeter Township 717-464-3731

### Solanco Area Senior Center

Date Explored: \_\_\_\_\_  
Location: 184 South Lime Street  
Municipality: Quarryville Borough  
Cost: Free  
Hours: Tuesdays 9:30 am  
Open Season: September through May  
Restrictions: Age 60 and over  
Trail Length: N/A  
Activities: **PEPPI, weight resistance walking program**  
Contact: Solanco Area Senior Center 717-786-4770

### 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  
Hours: Dawn to dusk  
Open Season: Year round  
Trail Length: N/A  
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: Free  
Hours: Dawn to dusk  
Open Season: Year round  
Trail Length: N/A  
Activities: **Ball field, volleyball court, quoits, 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  
Trail Length: N/A  
Activities: **Open space**  
Contact: West Lampeter Township 717-464-3731



## Conestoga Trail System

Municipality: Countywide  
 Cost: Free  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Trail Length: 61 miles  
 Trail Surface: Dirt, grass, wooded  
 Trail Difficulty: Difficult  
 Activities: **Hiking**  
 Contact: Lancaster Hiking Club  
 Website: [www.conestogatrail.org](http://www.conestogatrail.org)

## Dream Ride Projects

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: Dream Ride Projects 717-397-2503  
 Website: [www.dreamrideprojects.org](http://www.dreamrideprojects.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

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: Up to 24 miles  
 Trail Surface: Dirt, grass, wooded  
 Trail Difficulty: Moderate to difficult  
 Activities: **Hiking, horseback riding**  
 Contact: Horse-Shoe Trail Club  
 Website: <http://n99.com/hst/>

## 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](http://www.lancasterbikeclub.org)

## Lancaster Canoe Club

Date Explored: \_\_\_\_\_  
 Location: Check website for locations  
 Municipality: Countywide  
 Cost: \$15/person annually  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Trail Length: Varies  
 Activities: **Canoeing**  
 Contact: Bob Kochubka 717-336-5625  
 Website: <http://come.to/paddle>



## Lancaster Climbing Club

Date Explored: \_\_\_\_\_  
 Location: Check website for locations  
 Municipality: Countywide  
 Cost: \$5/person annually  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Trail Length: N/A  
 Activities: **Climbing**  
 Website: [www.geocities.com/lancasterclimbingclub/](http://www.geocities.com/lancasterclimbingclub/)

# COUNTYWIDE

## Lancaster Hiking Club

Municipality: Countywide  
 Cost: \$8/person annually  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Trail Length: 4 to 7 miles  
 Trail Surface: Dirt, grass, wooded, some paved  
 Trail Difficulty: Easy to difficult  
 Activities: **Walking and hiking**  
 Contact: Lancaster Hiking Club  
 Contact Email: [hjdrake@hydrosoft.net](mailto:hjdrake@hydrosoft.net)  
 Website: [www.lancastercounty.com/hikingclub/](http://www.lancastercounty.com/hikingclub/)

## Lancaster Road Runners Club

Date Explored: \_\_\_\_\_  
 Location: Check website for locations  
 Municipality: Countywide  
 Cost: \$15/person, \$20/family annually  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Trail Length: Varies  
 Trail Surface: Paved  
 Trail Difficulty: Varies  
 Activities: **Running**  
 Website: [www.geocities.com/lrrclub](http://www.geocities.com/lrrclub)

## Penn Dutch Pacers Volksmarch Club

Municipality: Countywide  
 Cost: \$10/person annually  
 Hours: Dawn to dusk  
 Open Season: Year round  
 Trail Length: Varies  
 Trail Surface: Paved, unpaved  
 Trail Difficulty: Varies  
 Activities: **Walking**  
 Contact: Pete Byrne 717-393-6700  
 Website: [www.ava.org/clubs/pdp](http://www.ava.org/clubs/pdp)

## 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](http://www.lancasterbikeclub.org/st/st.asp)

### 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



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