

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



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. 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

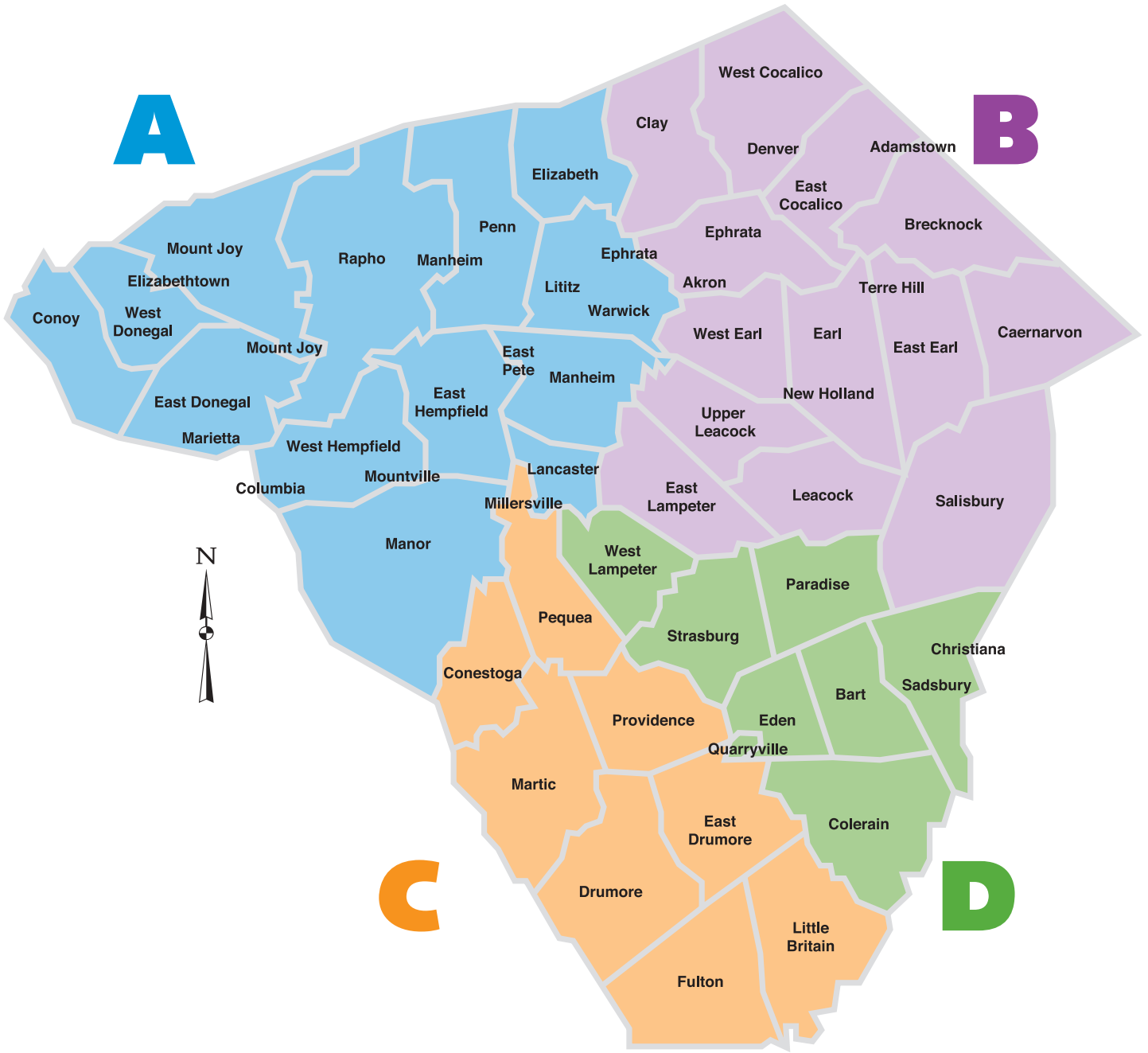


TABLE OF CONTENTS

Quadrant A Parks	3-22	Countywide Parks.	38-39
Quadrant B Parks	22-30	Alphabetical Index.	40-42
Quadrant C Parks.	31-35	Municipality Index.	42-46
Quadrant D Parks.	36-37	Notes.	47-48

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

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

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

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



QUADRANT A

My Personal Fitness Challenge

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

Bridge Valley Park

Date Explored: _____
Location: Dahlia Court off PA Rte. 23
Municipality: West Hempfield Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol or pets
Trail Length: N/A
Activities: **Basketball court, playground**
Contact: West Hempfield Township 717-285-5554
Website: 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

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

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

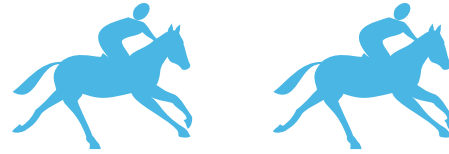
Community Park

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

Physical 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

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

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

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

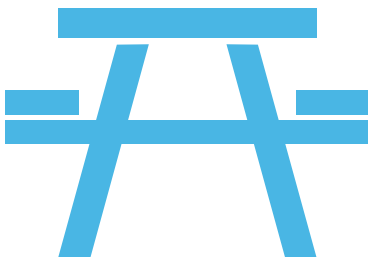
Date Explored: _____
Location: 5736 Pine Street
Municipality: East Petersburg Borough
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No motorized vehicles
Trail Length: 1/4 mile circular path
Trail Surface: Paved
Trail Difficulty: Moderate
Activities: **Walking, jogging and biking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

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

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

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

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

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



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

QUADRANT A

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

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

Think 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

Lake Grubb Park

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

Lancaster 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

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

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



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

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

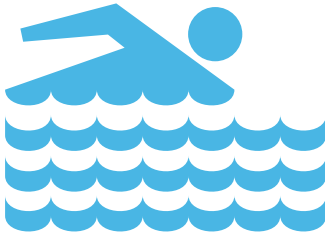
Manor Township Community Park

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

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

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

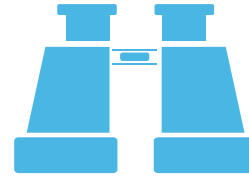
Date Explored: _____
Location: 544 North Penryn Road, Manheim
Municipality: Penn Township
Cost: Free
Hours: Fridays 1-2 pm
Open Season: Year round
Restrictions: Age 60 and over
Trail Length: N/A
Activities: **Unstructured lap swim**
Contact: Town Square Health Club 717-665-2445

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

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

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

Speedwell Forge Park

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

Spring Hill Park

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

State Gameland No. 156

Date Explored: _____
Location: Route 322 and Pumping Station Road
Municipality: Elizabeth Township
Cost: Free
Hours: Dawn to dusk
Open Season: Year round
Restrictions: No alcohol. Hunting and fishing allowed according to state regulations
Trail 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

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

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

Physical 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

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

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

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

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

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

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

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

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

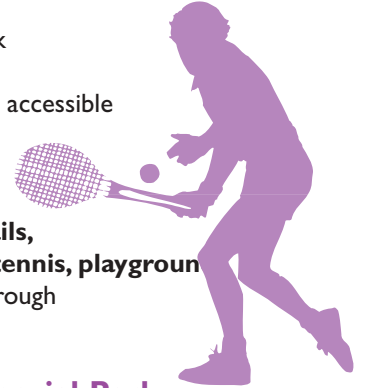
Terraces Park

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

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

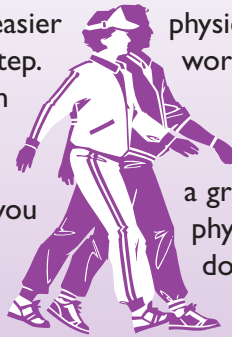
First Steps to Physical Activity

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

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

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

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

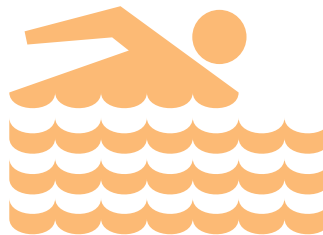
Millersville Borough Park

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

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

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

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

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

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

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

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

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

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



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

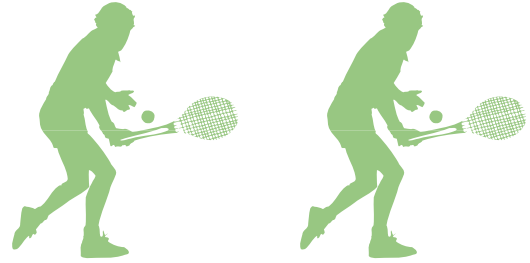
Holtwood Nature Preserve

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

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

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

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

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/

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
 Website: 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

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

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

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



Alphabetical Index

Adamstown Grove Park	Quad B , Page 22	Ephrata Recreation Center	Quad B , Page 24
Alexander-King Nature Preserve	Quad C , Page 31	Ephrata Walking Club	Countywide, Page 38
American Legion/Bainbridge		Fairview Park	Quad A , Page 7
Landing Park	Quad A , Page 3	Falcon Ridge Park	Quad A , Page 7
Amos R. Herr Park	Quad A , Page 3	Farnum Park	Quad A , Page 7
Apple Croft Neighborhood Park	Quad D , Page 36	Fishing Creek Nature Preserve	Quad C , Page 31
Bellaire Woods Nature Preserve	Quad A , Page 3	Fishing Creek Park	Quad B , Page 24
Bell's Run Nature Preserve	Quad C , Page 31	Florin Park	Quad A , Page 7
Bethany Park	Quad B , Page 22	Flory Park	Quad B , Page 24
Bowmansville Memorial Park	Quad B , Page 22	Froehlich Park	Quad A , Page 8
Boyer Nature Preserve	Quad A , Page 3	Gap Park	Quad B , Page 24
Brandon Park	Quad A , Page 3	Glatfelter Community Park	Quad A , Page 8
Brickyard Park	Quad B , Page 22	Hamilton Park	Quad A , Page 8
Bridge Valley Park	Quad A , Page 4	Historic Lancaster Walking Tour	Quad A , Page 8
Broad Street Park	Quad B , Page 23	Hobson Park	Quad B , Page 24
Brubaker Park	Quad B , Page 23	Holly Pointe Nature Preserve	Quad A , Page 8
Buchanan Park	Quad A , Page 4	Holtwood Nature Preserve	Quad D , Page 36
Bucher Park	Quad A , Page 4	Hopeland Community Park	Quad B , Page 25
Cedar Bluff Park	Quad A , Page 4	Horse-Shoe Trail	Countywide, Page 38
Chapel Gate Park	Quad B , Page 23	Huffnagle Park	Quad D , Page 36
Charles Greenway	Quad A , Page 4	Intercourse Community Park	Quad B , Page 25
Chickies Rock County Park	Quad A , Page 4	Ironville Park	Quad A , Page 8
Christiana Southern Park	Quad D , Page 36	Jacobs Creek Park	Quad A , Page 8
Cocalico Senior Center	Quad B , Page 23	Janson Park	Quad A , Page 8
Columbia Senior Center	Quad A , Page 5	Jaycee Park	Quad A , Page 9
Community Park	Quad A , Page 5	John G. Herr Park	Quad A , Page 9
Conestoga Park	Quad C , Page 31	Kelly's Run Pinnacle Trail System	Quad C , Page 31
Conestoga Pines Park & Pool	Quad A , Page 5	Kirkwood Community Park	Quad C , Page 32
Conestoga Trail System	Countywide, Page 38	Lafayette Park	Quad B , Page 25
Conestoga Valley Community Center	Quad B , Page 23	Lake Grubb Nature Park	Quad A , Page 9
Conewago Recreation Trail	Quad A , Page 5	Lake Grubb Park	Quad A , Page 9
Conoy Canal Trail	Quad A , Page 5	Lancaster Bicycle Club	Countywide, Page 38
Conoy Creek Park	Quad A , Page 5	Lancaster Canoe Club	Countywide, Page 38
Conoy Township Park	Quad A , Page 6	Lancaster Climbing Club	Countywide, Page 38
Creswell Park	Quad A , Page 6	Lancaster County Central Park	Quad A , Page 9
D.F. Buchmiller Park	Quad B , Page 23	Lancaster County Central Park Pool	Quad A , Page 10
Denver Community Pool	Quad B , Page 23	Lancaster Family YMCA	Quad A , Page 10
Denver Memorial Park and		Lancaster Hiking Club	Countywide, Page 39
Playground	Quad B , Page 24	Lancaster Junction Recreation Trail	Quad A , Page 10
Donegal Springs Road Park	Quad A , Page 6	Lancaster Neighborhood Senior Center	Quad A , Page 10
Dream Ride Projects	Countywide, Page 38	Lancaster Recreation Commission	
Drumore Township Community Park	Quad C , Page 31	Senior Center	Quad A , Page 10
Eagles View Park	Quad A , Page 6	Lancaster Road Runners Club	Countywide, Page 30
East Cocalico Pool	Quad B , Page 24	Landis Woods	Quad A , Page 10
East Petersburg Community Park	Quad A , Page 6	Leacock Civic Park	Quad B , Page 25
East Petersburg Community Pool	Quad A , Page 6	Legion Park	Quad A , Page 11
East Petersburg Fitness Park	Quad A , Page 7	Leola Community Pool and Park	Quad B , Page 25
Elizabethtown Area Senior Center	Quad A , Page 7	Lincoln Heights Outdoor	
Elizabethtown Borough		Recreation Area	Quad B , Page 25
Community Park	Quad A , Page 7	Lincoln Heights Park	Quad B , Page 26

Alphabetical Index

Lions Community Park	Quad D , Page 36	Olde Leacock Village Park	Quad B , Page 27
Lititz Community Center	Quad A , Page 11	Over 50 and Fit Walking Club	Quad A , Page 16
Lititz Lion's Park	Quad A , Page 11	Overlook Activities Center	Quad A , Page 16
Lititz Senior Center	Quad A , Page 11	Overlook Community Park	Quad A , Page 16
Lititz Springs Park	Quad A , Page 11	Overlook Park	Quad A , Page 16
Lititz Springs Pool	Quad A , Page 11	Paradise Township Community Park	Quad D , Page 36
Lititz-Warwick Trailway	Quad A , Page 12	Penn Dutch Pacers	
Lloyd H. Fuhrman Park	Quad A , Page 12	Volksmarch Club	Countywide, Page 39
Lockard Park	Quad A , Page 12	Pequea Creek Natural Area	Quad C , Page 32
Locust Street Park	Quad A , Page 12	Perelman Park	Quad A , Page 16
Logan Park	Quad A , Page 12	Pioneer Park	Quad B , Page 27
Long's Park	Quad A , Page 12	Pleasant View Retirement Community	
Longwood Square	Quad A , Page 13	Town Square Health Club	Quad A , Page 17
Loyd Rowland Memorial Park	Quad B , Page 26	Poplar Street Park	Quad A , Page 17
Main Street Park	Quad B , Page 26	PP&L Day Use Area	Quad C , Page 33
Makel Legion Park	Quad A , Page 13	Quarry Road Playground	Quad B , Page 27
Manheim Township High School Pool	Quad A , Page 13	Quarryville American Legion	
Manor Township Community Park	Quad A , Page 13	Park & Pool	Quad D , Page 37
Manor Township Office Park	Quad A , Page 13	R&J Memorial Baseball Field	Quad A , Page 17
Maple Grove Park	Quad A , Page 14	Rannels-Kettle Run Nature Preserve	Quad A , Page 17
Marietta Riverfront Park	Quad A , Page 14	Ray's Woods Nature Preserve	Quad C , Page 33
Martic Township Park	Quad C , Page 32	Reamstown Memorial Park	Quad B , Page 28
Martin E. Grieder Park	Quad A , Page 14	Redcay Park	Quad B , Page 28
Masonic Conference Center Pool	Quad A , Page 14	Reed Run Nature Preserve	Quad C , Page 33
Memorial Park	Quad D , Page 36	Reidenbaugh Park	Quad A , Page 17
Middle Creek Wildlife		Reservoir Park	Quad A , Page 17
Management Area	Quad B , Page 26	Riverfront Park	Quad A , Page 18
Millersville Borough Park	Quad C , Page 32	Rock Springs Nature Preserve	Quad C , Page 33
Millersville Senior Center	Quad C , Page 32	Rotary Park	Quad A , Page 18
Millersville University Pucillo		Rothsville Fireman's Memorial Park	Quad B , Page 28
Gymnasium Pool	Quad C , Page 32	Safe Harbor Recreation Area	Quad C , Page 33
Money Rocks County Park	Quad B , Page 26	Scenic Tours of Lancaster County ...	Countywide, Page 39
Mount Joy Borough Park	Quad A , Page 14	Schaeffer Park	Quad A , Page 18
Mountain Park	Quad B , Page 26	Schoeneck Park	Quad B , Page 28
Mountville Borough Park	Quad A , Page 14	Shenk's Ferry Glen	
Mountville Swimming Pool	Quad A , Page 14	Wildflower Preserve	Quad C , Page 33
Muddy Run Recreation Park	Quad C , Page 32	Sico Park	Quad A , Page 18
Mummau Park	Quad A , Page 15	Silver Lane Park	Quad D , Page 37
Municipal Park	Quad A , Page 15	Silver Mine Park	Quad C , Page 34
Musser Park	Quad A , Page 15	Silver Spring Park	Quad A , Page 18
New Holland Community		Sixth Ward Memorial Park	Quad A , Page 18
Memorial Park	Quad B , Page 27	Skyline Park	Quad A , Page 18
Newville Park	Quad A , Page 15	Snyder Community Park	Quad B , Page 28
Nissley Park	Quad B , Page 27	Solanco Area Senior Center	Quad D , Page 37
Noel S. Dorwart Memorial Park	Quad A , Page 15	Southend Park	Quad A , Page 18
North Fourth Street Playground	Quad B , Page 27	Spanish American Civic Association	
Northeast Neighborhood Park	Quad B , Page 27	Senior Center	Quad A , Page 19
Northwest Corridor Park	Quad A , Page 15	Speedwell Forge Lake	Quad A , Page 19
Old Homestead Recreation Park	Quad B , Page 27	Speedwell Forge Park	Quad A , Page 19
		Spring Hill Park	Quad A , Page 19

Alphabetical Index

State Gameland No. 136	Quad C, Page 34
State Gameland No. 156	Quad A, Page 19
State Gameland No. 220	Quad B, Page 28
State Gameland No. 288	Quad C, Page 34
State Gameland No. 46-70	Quad B, Page 28
State Gameland No. 52	Quad B, Page 29
Stauffer Park	Quad A, Page 19
Steinman Run Nature Preserve	Quad C, Page 34
Stone Quarry Road Park	Quad B, Page 29
Stonemill Greenway	Quad A, Page 20
Stoner Park	Quad A, Page 20
Strasburg Community Park	Quad D, Page 37
Strasburg Jaycee Park	Quad D, Page 37
Susquehannock State Park	Quad C, Page 34
Swan Park	Quad A, Page 20
Sycamore Acres Park	Quad B, Page 29
Terraces Park	Quad B, Page 29
Terre Hill Community Memorial Park	Quad B, Page 29
Theodore A. Parker III Natural Area	Quad C, Page 35
Thomas P. Grater Memorial Park	Quad B, Page 29
Tinney Pavilion	Quad D, Page 37
Trout Run Nature Preserve	Quad C, Page 35
Tucquan Glen Nature Preserve	Quad C, Page 35
Turkey Hill Trail Nature Preserve	Quad A, Page 20
T-Walkers Park City Walking Club	Quad A, Page 20
Upper Leacock Township	
Community Building	Quad B, Page 29
Veterans Memorial Park	Quad A, Page 21
Village Park	Quad B, Page 30
War Memorial Park	Quad A, Page 21
Warwick Township Linear Park	Quad A, Page 21
Warwick Township Lion's Park	Quad A, Page 21
Warwick Township Municipal	
Campus Park	Quad B, Page 30
Washington Boro Park	Quad A, Page 21
West Donegal Township Ball Fields	Quad A, Page 21
West Earl Lions Club Park	Quad B, Page 30
West Earl Township Park	Quad B, Page 30
Westview Park	Quad A, Page 21
Wheatland Hills Park	Quad A, Page 22
Windy Hill Park	Quad D, Page 37
Wissler Run Nature Preserve	Quad C, Page 35
Wolgemuth Park	Quad A, Page 22
Woods Edge Park	Quad A, Page 22
YWCA of Lancaster	Quad A, Page 22

Municipality Index

Adamstown Borough	Quadrant B
Adamstown Grove Park, Park & Trail	Page 22
Akron Borough	Quadrant B
Broad Street Park, Park	Page 23
Loyd Rowland Memorial Park, Park & Trail	Page 26
Brecknock Township	Quadrant B
Bowmansville Memorial Park, Park	Page 22
Brubaker Park, Park & Trail	Page 23
State Gameland No. 52, State Gamelands	Page 29
Christiana Borough	Quadrant D
Christiana Southern Park, Park & Trail	Page 36
Lions Community Park, Park & Trail	Page 36
City of Lancaster	Quadrant A
Brandon Park, Park	Page 3
Buchanan Park, Park	Page 4
Conestoga Pines Park & Pool, Park & Pool	Page 5
Farnum Park, Park	Page 7
Historic Lancaster Walking Tour, Trail	Page 8
Holly Pointe Nature Preserve, Nature Preserve	Page 8
Lancaster County Central Park, Park & Trail	Page 9
Lancaster County Central Park Pool, Park & Pool	Page 10
Lancaster Family YMCA, Senior Program	Page 10
Lancaster Neighborhood Senior Center, Senior Program	Page 10
Lancaster Recreation Commission	
Senior Center, Senior Program	Page 10
Long's Park, Park	Page 12
Musser Park, Park	Page 15
Northwest Corridor Park, Park & Trail	Page 15
Reservoir Park, Park	Page 17
Sixth Ward Memorial Park, Park	Page 18
Southend Park, Park	Page 18
T-Walkers Park City Walking Club, Club	Page 20
YWCA of Lancaster, Senior Program	Page 22
Clay Township	Quadrant B
Hopeland Community Park, Park	Page 25
Middle Creek Wildlife Management Area, Nature Preserve	Page 26
Snyder Community Park, Park	Page 28
State Gameland No. 46-70, State Gamelands	Page 28

Municipality Index

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

Columbia Borough Quadrant A
Columbia Senior Center, Senior Program Page 5
Glatfelter Community Park, Park & Trail Page 8
Janson Park, Park Page 8
Makel Legion Park, Park Page 13
Rotary Park, Park Page 18

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

Conoy Township Quadrant A
American Legion/Bainbridge Landing Park, Park Page 3
Conoy Canal Trail, Trail Page 5
Conoy Creek Park, Park & Trail Page 5
Conoy Township Park, Park & Trail Page 6

Denver Borough Quadrant B
Denver Community Pool, Pool Page 23
Denver Memorial Park and Playground, Park & Trail Page 24
North Fourth Street Playground, Park Page 27

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

East Cocalico Township Quadrant B
East Cocalico Pool, Park & Pool Page 24
Fishing Creek Park, Park Page 24
Old Homestead Recreation Park, Park Page 27

Reamstown Memorial Park, Park Page 28

East Donegal Township Quadrant A
Charles Greenway, Trail Page 4
Legion Park, Park Page 11
Lloyd H. Fuhrman Park, Park & Trail Page 12
Longwood Square, Park & Trail Page 13
R&J Memorial Baseball Field, Park & Trail Page 17
Riverfront Park, Park Page 18

East Earl Township Quadrant B
Money Rocks County Park, Park & Trail Page 26
Terre Hill Community Memorial Park, Park & Trail Page 29

East Hempfield Township Quadrant A
Amos R. Herr Park, Park & Trail Page 3
Jacobs Creek Park, Trail Page 8
Lancaster Junction Recreation Trail, Trail Page 10
Noel S. Dorwart Memorial Park, Park Page 15
Over 50 and Fit Walking Club, Club Page 16
Wheatland Hills Park, Trail Page 22

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

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

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

Elizabethtown Borough Quadrant A
Elizabethtown Area Senior Center, Senior Program Page 7
Elizabethtown Borough Community Park, Park & Trail Page 7

Municipality Index

Masonic Conference Center Pool, Pool Page 14
Poplar Street Park, Park Page 17

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

Ephrata Township Quadrant B
Sycamore Acres Park, Park Page 29

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

Lancaster Township Quadrant A
Hamilton Park, Park Page 8
Maple Grove Park, Park Page 14
Spanish American Civic Association
Senior Center, Senior Program Page 19
Stonemill Greenway, Park & Trail Page 20

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

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

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

Manheim Borough Quadrant A
Logan Park, Park Page 12
Mummau Park, Park Page 15
Swan Park, Park & Trail Page 20
Veterans Memorial Park, Park & Pool Page 21

Manheim Township Quadrant A
Bucher Park, Park Page 4
Community Park, Park & Trail Page 5
Jaycee Park, Park Page 9
Landis Woods, Park & Trail Page 10
Manheim Township High School Pool, Pool Page 13
Municipal Park, Park Page 15
Overlook Activities Center, Trail Page 16
Overlook Community Park, Park & Trail Page 16
Overlook Park, Park Page 16
Perelman Park, Park & Trail Page 16
Reidenbaugh Park, Park & Trail Page 17
Schaeffer Park, Park Page 18
Skyline Park, Park Page 18
Stauffer Park, Park & Trail Page 19
Stoner Park, Park & Trail Page 20

Manor Township Quadrant A
Boyer Nature Preserve, Nature Preserve Page 3
Creswell Park, Park Page 6
John G. Herr Park, Trail Page 9
Manor Township Community Park,
Park & Trail Page 13
Manor Township Office Park, Park Page 13
Martin E. Grieder Park, Park & Trail Page 14
Turkey Hill Trail Nature Preserve,
Nature Preserve Page 20
Washington Boro Park, Park Page 21
Woods Edge Park, Park Page 22

Marietta Borough Quadrant A
Marietta Riverfront Park, Trail Page 14
War Memorial Park, Park Page 21

Martic Township Quadrant C
Kelly's Run Pinnacle Trail System, Trail Page 31
Martic Township Park, Trail Page 32
Muddy Run Recreation Park, Park Page 32
Pequea Creek Natural Area, Trail Page 32
Reed Run Nature Preserve, Nature Preserve Page 33

Municipality Index

State Gameland No. 288, State Gamelands	Page 34
Steinman Run Nature Preserve, <i>Nature Preserve</i>	Page 34
Trout Run Nature Preserve, Nature Preserve	Page 35
Tucquan Glen Nature Preserve, Trail	Page 35
Millersville Borough	Quadrant C
Millersville Borough Park, Park & Trail	Page 32
Millersville Senior Center, Senior Program	Page 32
Millersville University Pucillo Gymnasium Pool, Senior Program	Page 32
Mount Joy Borough	Quadrant A
Donegal Springs Road Park, Park	Page 6
Florin Park, Park	Page 7
Mount Joy Borough Park, Park	Page 14
Sico Park, Park	Page 18
Westview Park, Park	Page 21
Mount Joy Township	Quadrant A
Bellaire Woods Nature Preserve, <i>Nature Preserve</i>	Page 3
Conewago Recreation Trail, Trail	Page 5
Wolgemuth Park, Park	Page 22
Mountville Borough	Quadrant A
Froehlich Park, Park	Page 8
Lockard Park, Park	Page 12
Mountville Borough Park, Park	Page 14
Mountville Swimming Pool, Pool	Page 14
Spring Hill Park, Park & Trail	Page 19
New Holland Borough	Quadrant B
New Holland Community Memorial Park, <i>Park</i>	Page 27
Paradise Township	Quadrant D
Holtwood Nature Preserve, Nature Preserve	Page 36
Paradise Township Community Park, <i>Park & Trail</i>	Page 36
Penn Township	Quadrant A
Pleasant View Retirement Community Town Square Health Club, Senior Program	Page 17
Pequea Township	Quadrant C
Silver Mine Park, Trail	Page 34
Providence Township	Quadrant C
Ray's Woods Nature Preserve, <i>Nature Preserve</i>	Page 33
Quarryville Borough	Quadrant D
Huffnagle Park, Park & Trail	Page 36
Memorial Park, Park	Page 36
Quarryville American Legion Park & Pool, Park & Pool	Page 37
Solanco Area Senior Center, Senior Program	Page 37
Salisbury Township	Quadrant B
Gap Park, Trail	Page 24
Strasburg Borough	Quadrant D
Strasburg Community Park, Trail	Page 37
Strasburg Jaycee Park, Park	Page 37
Tinney Pavilion, Park	Page 37
Upper Leacock Township	Quadrant B
Conestoga Valley Community Center, <i>Senior Program</i>	Page 23
Leola Community Pool and Park, <i>Park & Pool</i>	Page 25
Olde Leacock Village Park, Park & Trail	Page 27
Quarry Road Playground, Park	Page 27
Upper Leacock Township Community Building, Ball Fields	Page 29
Warwick Township	Quadrant A
Lititz Community Center, Senior Program	Page 11
Lititz Senior Center, Senior Program	Page 11
Lititz-Warwick Trailway, Trail	Page 12
Rothsville Fireman's Memorial Park, Park	Page 28
Warwick Township Linear Park, Park & Trail	Page 21
Warwick Township Lion's Park, Park & Trail	Page 21
Warwick Township Municipal Campus Park, <i>Park</i>	Page 30
West Cocalico Township	Quadrant B
Chapel Gate Park, Park	Page 23
Cocalico Senior Center, Senior Program	Page 23

Municipality Index

Main Street Park, Park Page 26
Schoeneck Park, Park Page 28
State Gameland No. 220, State Gamelands Page 28

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

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

West Hempfield Township Quadrant A
Bridge Valley Park, Park Page 4
Cedar Bluff Park, Park Page 4
Chickies Rock County Park, Park & Trail Page 4
Eagles View Park, Park Page 6
Fairview Park, Park & Trail Page 7
Falcon Ridge Park, Park Page 7
Ironville Park, Park Page 8
Lake Grubb Nature Park, Trail Page 9

Lake Grubb Park, Park & Trail Page 9
Silver Spring Park, Park Page 18

West Lampeter Township Quadrant D
Apple Croft Neighborhood Park, Park Page 36
D.F. Buchmiller Park, Park & Trail Page 23
Northeast Neighborhood Park, Park Page 27
Silver Lane Park, Park Page 37
Village Park, Park Page 30
Windy Hill Park, Park Page 37

Countywide Quadrant Countywide
Conestoga Trail System, Trail Page 38
Dream Ride Projects, Club Page 38
Ephrata Walking Club, Club Page 38
Horse-Shoe Trail, Trail Page 38
Lancaster Bicycle Club, Club Page 38
Lancaster Canoe Club, Club Page 38
Lancaster Climbing Club, Club Page 38
Lancaster Hiking Club, Club Page 39
Lancaster Road Runners Club, Club Page 30
Penn Dutch Pacers Volksmarch Club, Club Page 39
Scenic Tours of Lancaster County, Club Page 39

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