Warm Weather Tips

Cool Weather Tips

- 1. Plan your workouts for early morning or late evening and not during peak sunshine hours.
- 2. Wear lightweight clothes, avoid cotton, and wear lighter colors versus dark.
- 3. Up your intake of water and bring it with you.
- 4. Protect your skin and use sunscreen.
- 5. Plan a route that has both sunlight and shade areas.



- 1. Pay attention to weather conditions and wind chill.
- 2. Know the signs of frostbite and hypothermia.
- 3. Dress in layers and avoid cotton clothing.
- 4. Protect your head, hands, feet, and ears.
- 5. Use safety gear and sunscreen.
- 6. Drink plenty of fluids!



Contact Us

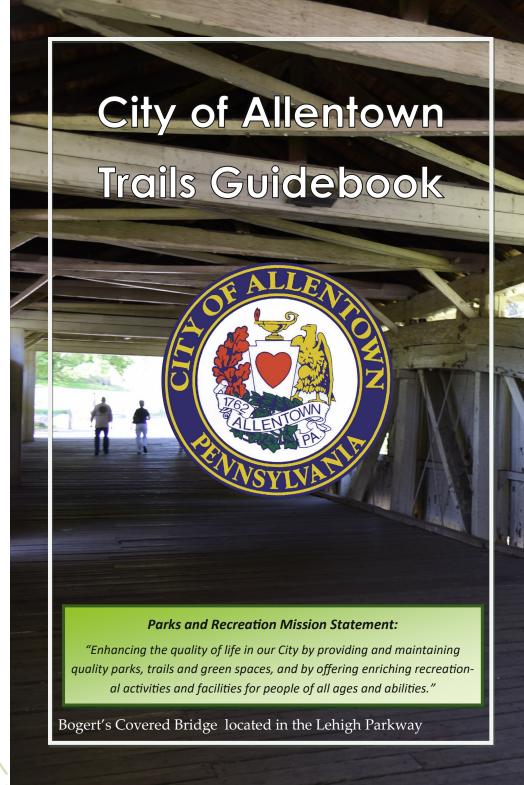
3000 Parkway Blvd Allentown, PA 18104

Phone: 610-437-7750

www.allentownpa.gov/Parks-and-Recreation

https://www.facebook.com/AllentownPA

IG: @AllentownCityPA
Twitter: @AllentownCityPA
LinkedIn: City of Allentown
Tik Tok: @CityofAllentownPA



Welcome!

Dear Friends of Allentown,

Our residents and neighbors are fortunate to be surrounded by an expansive parks system. These places offer respite, relaxation and opportunities to exercise, play and make memories. I encourage you to take every opportunity to visit these fantastic trails, enjoy nature, soak in the scenery and take steps toward living a healthier life through regular exercise.

There is more to the beauty of nature to experience in these green spaces; the waterways, vast variety of trees and abundant wildlife are complemented by beautiful stone work, bridges, public art and historical structures which add to the character that can be found here in Allentown.

This guidebook showcases many of Allentown's most familiar trails through our parks. Additionally, a few paths explore our neighborhoods and business districts offering a glimpse of the treasures in all areas of our city!



Matt Tuerk Mayor

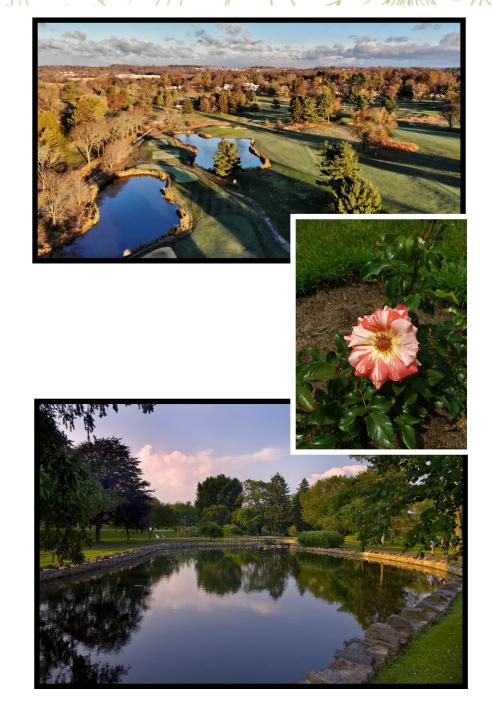
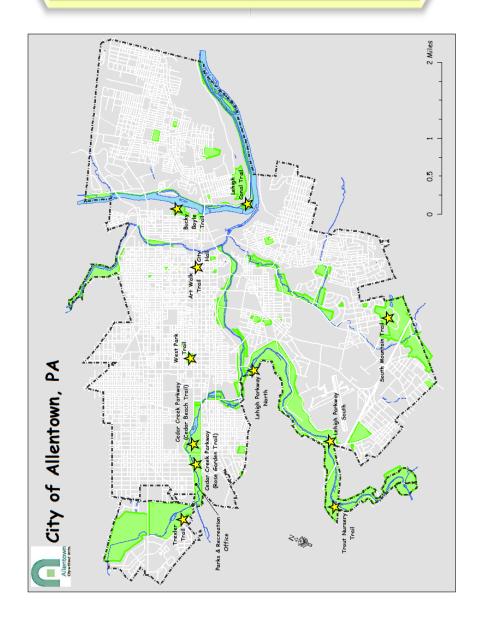




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Tips

ALLENTOWN TRAILS OVERALL MAP





LOCATION:

Between Turner and Linden streets at 15th Street.

PARKING;

On-street parking along Turner and Linden streets.

TRAIL DETAIL:

The paved walking trail is well-shaded due to the abundance of mature trees within the park and follows a loop around the popular fountain in the center of the park.

FEATURES:

This celebrated park honors Allentown's designation as "Band City USA," featuring a band shell that hosts many concerts throughout the summer months. For more information about the history of West Park, visit the kiosk near the band shell.

FACILITIES:

Walking, restrooms, benches, band shell, public art, fountain, arboretum.

NEARBY DESTINATIONS:

Masonic Temple, Scottish Rite Cathedral, Allentown Fairgrounds.

WEBSITES:

www.westpark-ca.org

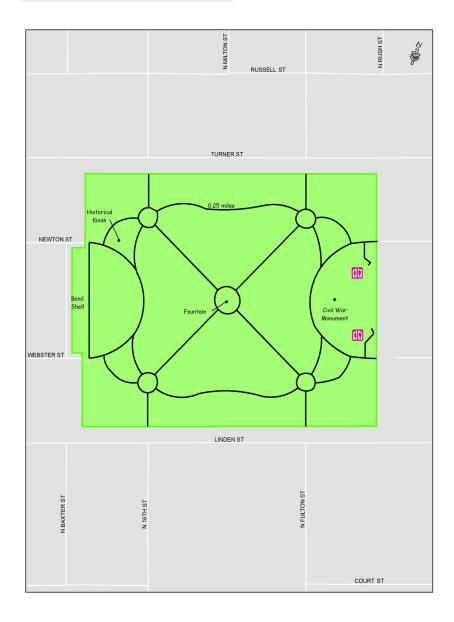
DID YOU KNOW?!

Dedicated in 1909, West Park is Allentown's first official municipal park. It was converted from a vacant city lot while General Trexler served as Chair of the City of Allentown's Planning Commission.

West Park Trail

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DISTANCE: LEVEL: 0.25 miles Easy



GENERAL INFORMATION

PARKS RULES:

- Parks are open from dawn until dusk
- Please leash and clean up after your pets
- No alcohol is permitted
- Park in designated areas
- Please keep our parks beautiful by leaving no litter behind
- Take note of park signage for park-specific rules

TRAIL DETAIL:

Trails range from 0.25–3.0 miles in distance. Most trails are in parks, but some travel through neighborhoods and business districts. They feature nature, historical architecture, cultural neighborhoods, public

art and more.

We think you'll find that the greatest reward truly is discovery of how many great trails can be accessed right in your backyard and that fresh air and a little exploration do wonders for your well-being.

DID YOU KNOW?!

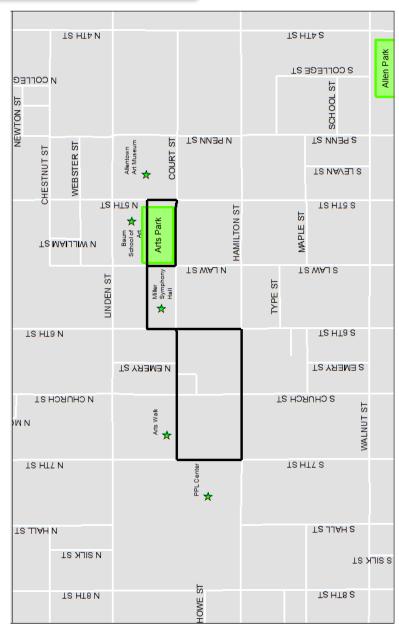
The City of Allentown boasts more park space per capita than any other city of its size.





Arts Walk Trail

DISTANCE: LEVEL: 0.57 miles Easy



LOCATION:

The trail begins at the Lil' Le-Hi Trout Nursery located at 2910 Fish Hatchery Road.

PARKING:

Primary parking for this trail is located at the parking lot at the Trout Nursery.

TRAIL DETAIL:

This gravel trail follows Lehigh Creek. It features beautiful views of the waterway while traveling over rolling hills.



FEATURES:

This scenic path brings explorers to the Lil' Le-Hi Trout Nursery, the Fly Shop, the Museum of Indian Culture and across both a footbridge and Bogert's Bridge. This trail features Blue Bird boxes behind the Museum of Indian Culture along the Lenape Trail.

FACILITIES:

Walking, jogging, fly-fishing, birding, restrooms, pavilion, benches, bridges, ancient trails, arboretum, local landmarks, family fun.

NEARBY DESTINATIONS:

Museum of Indian Culture

WEBSITES:

www.museumofindianculture.org

DID YOU KNOW?!

The Lil' Le-Hi Trout
Nursery is the oldest continuously operated facility
of its kind in the country.



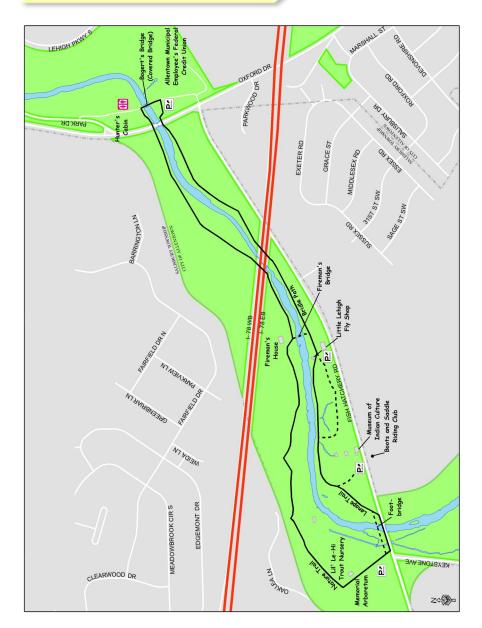




Trout Nursery Trail

DISTANCE: 2.2 miles

<u>LEVEL:</u> Moderate



LOCATION:

This path can be accessed by any point and loops from end to end on 7th, Hamilton, 6th, or 5th Streets.

PARKING:

There is street parking as well as various parking decks around the area.

DID YOU KNOW?!

The Allentown Art Museum was incorporated in 1939, and its collection was housed in the Stone House near the Rose Garden, now the Friends of the Allentown Parks Office. The museum moved to its current site in 1956.

TRAIL DETAIL:

This path follows sidewalks and the Arts Walk downtown. One will be treated to art, architecture, a fountain, a park, sculptures, picnic tables, and more.

FEATURES:

This path showcases the abundant art in downtown Allentown as this path travels through Allentown's Arts District. From a vibrant mural and sculptures to studios and museums, there is no shortage of culture.

FACILITIES:

Walking, jogging, benches, public art, local businesses.

NEARBY DESTINATIONS:

Allentown Art Museum, The Baum School of Art, Miller Symphony Hall, YEA, Zion's Liberty Bell Shrine Museum, PPL Center, and more.



WEBSITES:

www.hamiltondistrictmainstreet.com www.baumschool.org
www.millersymphonyhall.org www.libertybellmuseum.org
www.allentownartmuseum.org www.yea.org www.pplcenter.com

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Bucky Boyle Trail

DISTANCE: 0.25 miles

LEVEL: Easy



LOCATION:

Main entrance is on Springhouse Road between Tilghman Street and Parkway Boulevard.

PARKING:

Large lot at Springhouse Road entrance.

TREXLER

TRAIL DETAIL:

Main loop is 1.2 miles in length with two additional loops branching off for a total of 1.7 miles. Upper loops contain slight elevation increase to overlook. Monument and public art located along upper path.

FEATURES:

This beautiful passive park features a semi-shaded paved trail. Three different loops allow walkers to adjust distance based on their ability. There is a scenic overlook at the General Trexler monument.

FACILITIES:

Walking, jogging, bicycling, birding, restrooms, benches, public art, reflective pool. Bicycling is permitted seven days a week. Please follow directional signage.

DID YOU KNOW?!

The park bears the name of the Father of Allentown's Parks, General Harry C. Trexler. Park visitors can walk the grounds of his former summer home, previously named Springwood. The actual building still stands along the main walking loop.

NEARBY DESTINATIONS:

Allentown Municipal Golf Course, Cedar Creek Parkway

WEBSITES:

http://trexlertrust.org/trusthistory/general-mrs-trexler/

http://www.allentowngolf.org

Trexler Trail

<u>DISTANCE:</u> <u>LEVEL:</u> Easy 1.2-2.5 miles to Moderate



LOCATION:

Located on the Lehigh River off of Front Street, in between Gordon and Linden streets.

PARKING:

Access to the parking lot is located at the intersection of Front and Gordon streets.

TRAIL DETAIL:

This paved path travels through the park and past the baseball fields and basketball courts.

DID YOU KNOW?!

This park was originally named Riverfront Park, but was renamed in 1972 after minor-league baseball star, George "Bucky" Boyle, who helped revitalize the park. His overall goal was to reach Allentown youth through sports programs; he believed this would help them become good citizens.

FEATURES:

This park boasts amazing views of the Lehigh River and Adam's Island. The playground and spray park are popular attractions during the warmer weather months, and the fields are frequently used by local youth.

FACILITIES:

Walking, jogging, fishing, restrooms, pavilion, benches, playground, baseball fields, basketball courts, aquatic spay park (open 12pm–7pm during the summer), access to Lehigh River.



NEARBY DESTINATIONS:

America On Wheels Museum

WEBSITES:

www.americaonwheels.org







Cedar Creek Parkway

DISTANCE: LEVEL: 0.5-1.0miles Easy

(Cedar Beach Trail)



LOCATION:

Park can be accessed off of Emaus Avenue and South 10th Street.

PARKING:

Parking is available along the loop.

DID YOU KNOW?!

A little more than a century ago, a large-scale harvesting project cleared nearly all of the trees on South

Mountain

TRAIL DETAIL:

This park features hiking trails which are accessible off of the paved loop, used for both walking and driving. Trails through the woods can be steep in places; hiking shoes are recommended.



FEATURES:

Wildlife, ponds, great views and much more is in store for you. The park also includes a pavilion and reservoir.

FACILITIES:

Walking, hiking, fishing, birding, wildlife, pavilion, ponds.

NEARBY DESTINATIONS:

Lehigh County Humane Society, Mack Pool, Dixon St. Dog Park

WEBSITES:

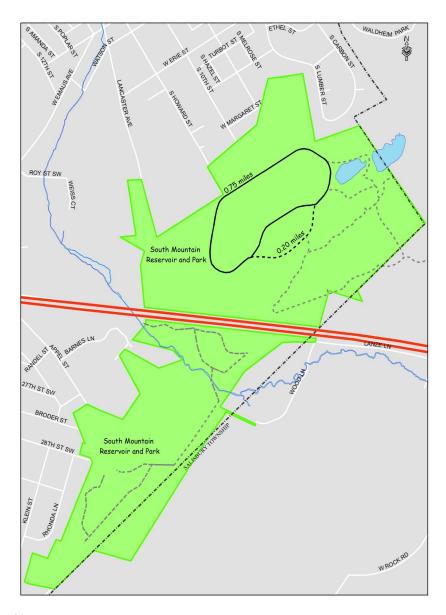
www.thelehighcountyhumanesociety.org



South Mountain

DISTANCE: 0.75 mile

LEVEL: Easy to Difficult



LOCATION:

Main entrance is located between Hamilton and Linden Street off Ott Street.

PARKING:

There is a large parking lot that can be accessed from the Ott Street entrance. Additional small lot is along Linden Street.

DID YOU KNOW?!

The playground, constructed in 2010, features accessible equipment designed for children of all ability levels.

TRAIL DETAIL:

The tree-lined walking trail along Lake Muhlenberg is partially paved and is about a half mile in length.

FEATURES:

This park is perfect for families, featuring a 19,000 square foot playground, multiple sport courts and Cedar Beach Pool. Lake Muhlenberg provides an ideal spot for a short nature walk. The arboretum located in the southwest corner of the park features a wide variety of trees. This park hosts a range of special events and festivals throughout the warmer months.

FACILITIES:

Walking, jogging, bicycling, fishing, birding, restrooms, pavilion, benches, playground, youth exercise equipment, volleyball courts, basketball courts, public pool, public art, lake, arboretum, family fun.

NEARBY DESTINATIONS;

Muhlenberg College, Malcolm W. Gross Rose Garden

WEBSITES:

www.muhlenberg.edu



Cedar Creek Parkway

DISTANCE: LEVEL: 1.3 miles Easy

(Rose Garden Trail)





LOCATION:

Trail starts at Bogert's Bridge which is located at the intersection of Oxford Dr. and Fish Hatchery Rd.

PARKING:

There is a lot adjacent to Bogert's Bridge. There is also a lot at Robin Hood Bridge, which can be accessed from Park Drive off of Jefferson Street.

TRAIL DETAIL:

This trail follows the Little Lehigh Creek through scenic green spaces on both paved and gravel surfaces.

DID YOU KNOW?!

Bogert's Bridge was built in 1841.

Part of this trail transforms into Lights in the Parkway in the winter months.

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FEATURES:

Those who travel this trail will experience the beauty of two bridges and several historic buildings. Many areas along the creek are ideal for fishing. Part of the trail follows the bridle path which is used by the Boots and Saddle Riding Club. This park is popular for many races and walks in the warmer months.

FACILITIES:

Walking, jogging, fishing, biking, wildlife, restrooms, bridges, disc golf, WPA stonework, local landmarks.

NEARBY DESTINATIONS:

Boots and Saddle Riding Club, Lil' Le-Hi Trout Nursery

WEBSITES:

www.lightsintheparkway.com

Lehigh Parkway South

DISTANCE: LEVEL: 3.0 miles Moderate

(Bogert's Bridge)



DID YOU KNOW?!

The Rose Garden is named after Malcolm W. Gross who dreamed of creating a park where citizens could enjoy dozens of varieties of roses while he served as mayor in the 1920s. The Rose Garden was completed in 1931. A bronze bust bearing his likeness can be found along the path

LOCATION:

2700 Parkway Boulevard, just west of the intersection of Ott Street and Parkway Boulevard.

PARKING:

On street parking along Parkway Boulevard, small parking lot located off Honochick Drive.

TRAIL DETAIL:

The main loop is 1.3 miles of a paved walking trail through one of the city's most popular parks. A footbridge intersects the trail creating two smaller loops, one of which features ten wellness stations designed for people over the age of 50, five of which are handicapped-accessible.

FEATURES:

The highlight of this trail, the scenic Rose Garden is in peak blooming season from May through August and becomes a popular location for weddings and prom pictures. Because of its year

-round beauty, many frequent this park as part of their regular exercise routine.

NEARBY DESTINATIONS:

Friends of the Allentown Parks office, Cedar Crest College, Trexler Park.

WEBSITES:

www.allentownparks.org www.cedarcrest.edu www.rosegarden-na.org



Lehigh Canal Trail

1.5 miles

Easy

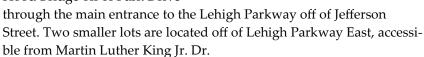


LOCATION:

This trail begins in the parking lot adjacent to the Robin Hood Bridge and proceeds north.

PARKING:

Can be accessed from the Robin Hood Bridge off of Park Drive



TRAIL DETAIL:

This paved and gravel trail explores the northeast section of Lehigh Parkway. This path is a loop which can start at either parking area.

FEATURES:

This wooded area along the Little Lehigh Creek features fitness equipment accessible from the path. Visitors can also admire the beautiful WPA stonework on the Lehigh Parkway wall near the Robin Hood Bridge.

FACILITIES:

Walking, jogging, bicycling, fishing, biking, restrooms, benches, bridges, fitness equipment, WPA stonework.

NEARBY DESTINATIONS:

Schreiber's Bridge, Stone and Log House, Bogert's Bridge, Hunter's Cabin.

https://www.facebook.com/LehighValleyDiscClub

DID YOU KNOW?!

The Lehigh Parkway Disc Golf Course hosted the 18th Deaf Disc Golf National Championship in 2018!



Lehigh Parkway North

DISTANCE: LEVEL:

1.3 miles Easy to

Moderate

(Robin Hood Bridge)



LOCATION:

Off of S. Albert Street on the east side of Allentown, along the Lehigh River.

PARKING:

From S. Albert Street, make a right just after the railroad tracks and go over the bridge to a parking area.

TRAIL DETAIL:

This gravel trail connects to the Delaware and Lehigh River Corridor Trail, which extends to Sand Island in Bethlehem and on to Easton.

FEATURES:

Boasting beautiful views of the Lehigh River, this park provides an ideal opportunity to link to longer trails including the D&L Trail and the East Side River Trail.

FACILITIES:

Walking, jogging, bicycling, fishing, birding, restrooms, pavilion.

NEARBY DESTINATIONS:

Keck Park, D&L Trail

DID YOU KNOW?!

The Wildlands Conservancy leads guided Bike & Boat trips throughout the warmer months, providing an opportunity to explore the Lehigh River by canoe and bicycle.

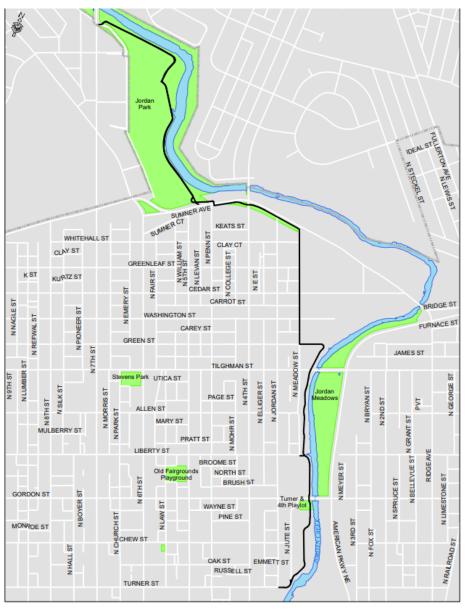
WEBSITES:

www.delawareandlehigh.org www.wildlandspa.org

Jordan Creek Greenway Trail

DISTANCE: 1.7 miles

LEVEL: Easy to Moderate



LOCATION:

Intersection of W. Turner and N. Jordan Streets to Jordan Park on the north end of Allentown, along the Jordan Creek.

PARKING:

- On Street Parking on W. Turner and N. Jordan Streets
- Lot Parking at Jordan Park
- Lot Parking at Jordan Meadows Park

TRAIL DETAIL:

This asphalt trail connects to an existing trail through Whitehall Township ending at Jordan Creek Parkway.

FEATURES:

The newest addition to the Allentown trail network provides increased recreational access to the Jordan Heights Neighborhood. The JCG trail includes directional signage, information kiosk, mile markers and lighting.

FACILITIES:

Walking, jogging, bicycling, fishing, birding, restrooms, pavilion, basketball, handball, skatepark, exercise equipment, playground

NEARBY DESTINATIONS:

Jordan Park

Jordan Meadows Park

WEBSITES:

www,allentownparksandrec.com

DID YOU KNOW?!

This trail was made possible
by funding through
DCNR's Keystone Recreation and Park Conservation
Fund