

Please look for a trail marker like the one illustrated below on each trail. Trail markers are mounted on 4x4 posts.

When you locate a trail marker, use a pencil or crayon to rub the name of the trail on the corresponding page of your passport.



www.delawareandlehigh.org

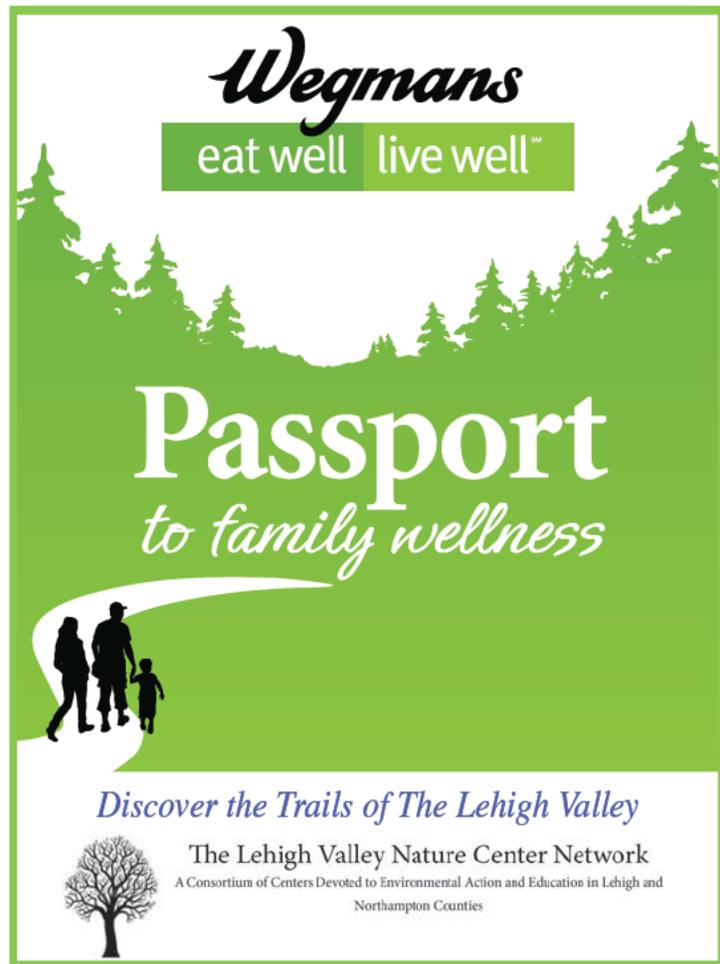
www.gbfox.org

www.DCNR.State.pa.us

www.lgnc.org

www.wildlandspa.org/education/pool.html

www.trexlernaturepreserve.org



Welcome to the Wegmans Passport to Family Wellness

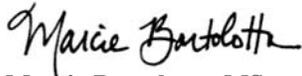
Happy Trails to you! This booklet is full of adventure. It provides an opportunity to experience the outdoors and be active with your friends and family members while discovering the hiking trails and beauty of nature in and around Lehigh Valley.

It's easy. Just take this passport with you and walk the trails. As you walk each trail, record your visit in the passport by using a pencil or crayon to make a rubbing of the designated trail marker (see outside back cover).

After you have visited at least six trails, bring your passport to the Lehigh Valley Nature Center of your choice, and receive a Wegmans coupon for free product and a certificate/gift from one of the local incentive sponsors. When you complete all ten trails, you will be eligible to win the grand prize: a \$100 Wegmans gift card for you and 20 of your friends to enjoy a picnic at the park of your choice. A winner will be chosen every year in mid-July. You do not need to complete a specific number of trails in one year to be eligible – the passport does not expire.

Brought to you by Wegmans and the Lehigh Valley Nature Center Network, we hope this encourages you to get moving more and enjoy the area trails.

Thank you,



Marcie Bartolotta, MS

*Manager, Eat Well. Live Well Community Initiatives
Wegmans Food Markets*

The Lehigh Valley Nature Center Network and Wegman's invite you to discover the trails of the Lehigh Valley: Walking trails that traverse streams, explore a city, climb mountains, uncover history, and entice you to get outside and enjoy the benefits of walking and hiking.

The trails in this Passport are a small part of a much larger trail system in the Lehigh Valley. By publishing these introductory hikes, we hope to raise awareness of the hundreds of trails that the Lehigh Valley has to offer.

We hope this Passport to Wellness helps make walking even more fun than your family imagined, and will demonstrate that exercising in nature helps you leave your worries behind, while strengthening your heart and invigorating your mind.

Happy Trails!

The Lehigh Valley Nature Center Network

The Lehigh Valley Nature Center Network would like to thank our incentive sponsors:

The Finish Line Running Store, Emmaus

Wild Birds Unlimited, Allentown

PPL, Lehigh Valley

Martins Jacoby Watershed Assn., Bangor Area

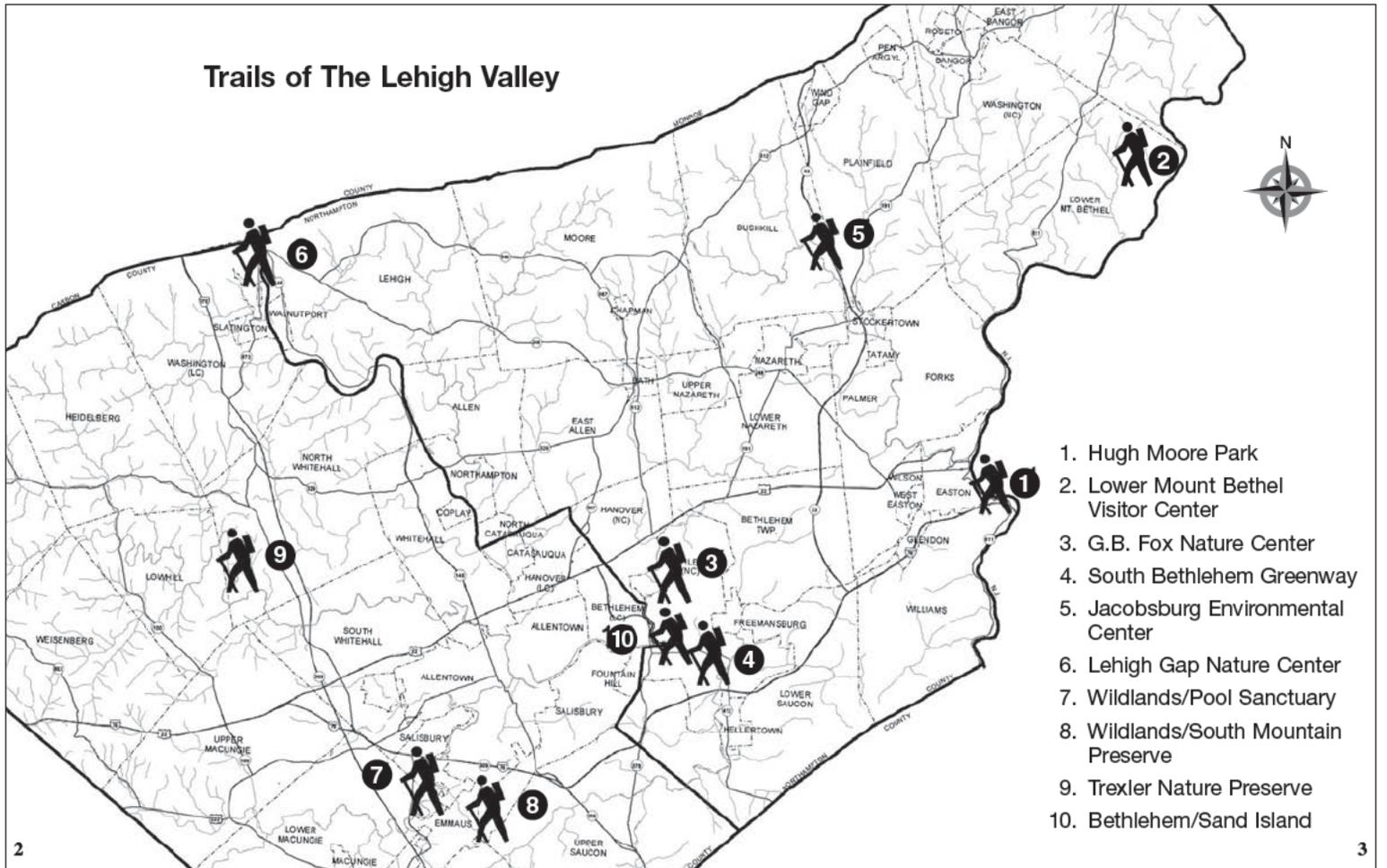
Lehigh Gap Nature Center, Lehigh Gap

G.B. Fox Environmental Center, Bethlehem

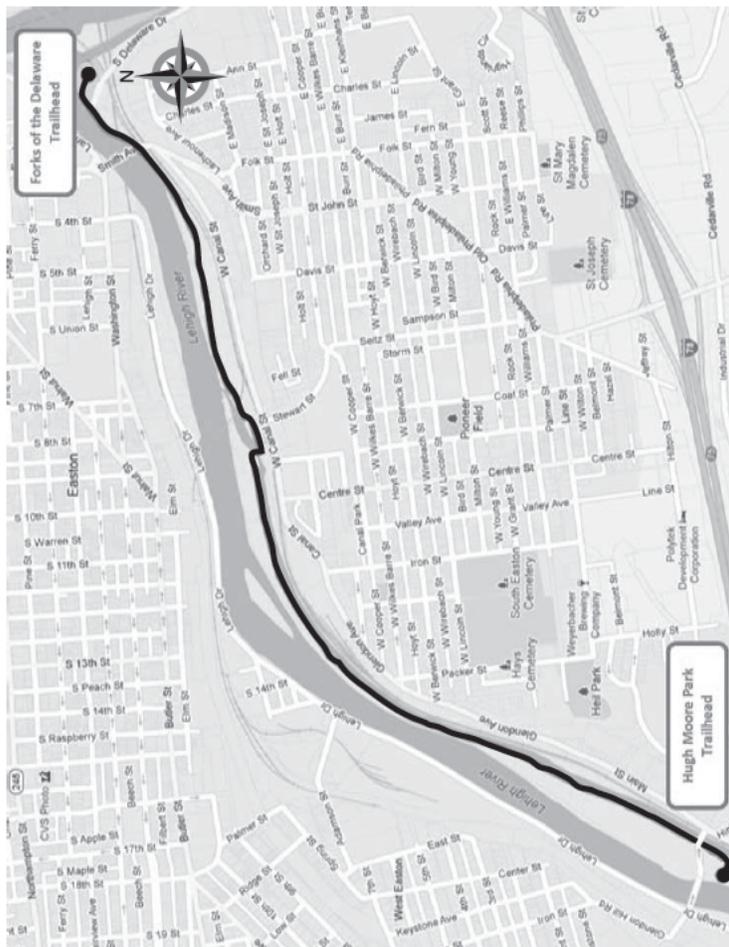
National Canal Museum/D&L National Heritage Corridor, Easton

All incentives will be distributed as available.

Trails of The Lehigh Valley



1. Hugh Moore Park
2. Lower Mount Bethel Visitor Center
3. G.B. Fox Nature Center
4. South Bethlehem Greenway
5. Jacobsburg Environmental Center
6. Lehigh Gap Nature Center
7. Wildlands/Pool Sanctuary
8. Wildlands/South Mountain Preserve
9. Trexler Nature Preserve
10. Bethlehem/Sand Island



1 Hugh Moore Park – D&L Trail

Location: Main parking lot is located off of Lehigh Drive in Glendon; follow the brown canal boat signs from 25th St. south.

Features: There are both natural and historic opportunities to experience including the Lehigh Canal, its locks and historic structures, and 19th century industrial ruins, Josiah White II Canal Boat, Emrick Technology Center & National Canal Museum

Facilities: hiking, biking, nature viewing, picnic tables & pavilions, restrooms, canoeing, boating, historic interpretation, bird watching, playground, and a mule drawn canal boat ride

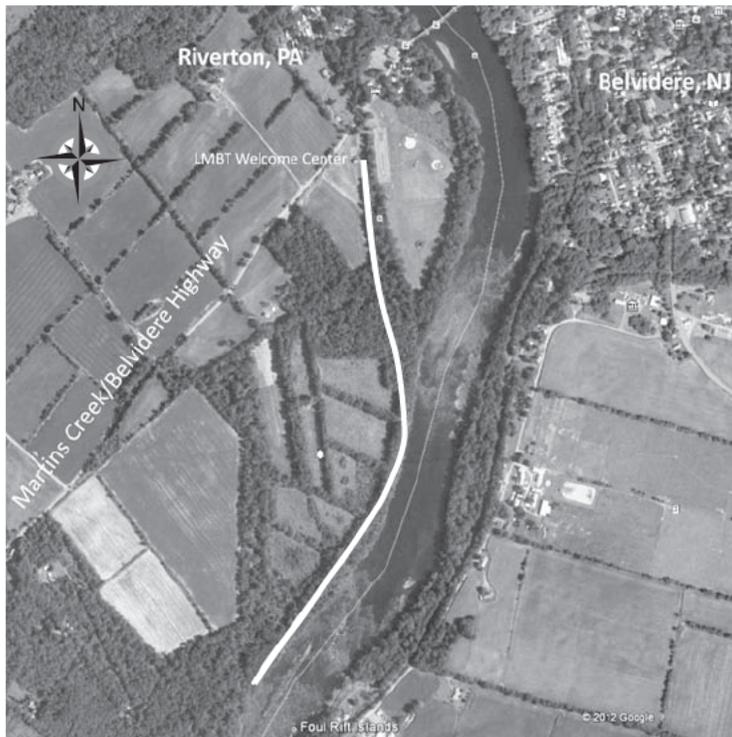
Featured Trail: D&L Trail/Lehigh Canal Towpath

- 3 miles one way and 6 miles round trip from trailhead to the Forks of the Delaware trailhead
- Go back in history and walk on the historic canal towpath where mules used to pull canal boats
- There are multiple trails within Hugh Moore Park

Difficulty: Easy

Website: www.delawareandlehigh.org





② Lower Mount Bethel Township Trail System & PPL Tekening Trails

Location: LMBT trail system is four miles long. Start at the Welcome Center located at 7701 Martins Creek/Belvidere Highway, Bangor, PA; access on DePues Ferry Rd. for the PPL Tekening Trails

Features: Two contiguous trail systems offer a wide variety of trails from macadam to primitive woodland paths along the Delaware River. Geologic features, limestone out-croppings, historical features, Foul Rift overlook, meadow & old growth forest habitat, and opportunities for wildlife, birding, ospreys, and eagle observation

Facilities: walking, jogging, athletic fields, fishing, Welcome Center, picnic facilities, pavilions, rain gardens, ponds, wetlands, macadam trail, butterfly garden, green roof, solar panels, playground, interpretative signage

Trail: The featured trail starts at the LMBT Welcome Center and proceeds south for about 1 mile to reach the PPL Tekening's Blue Trail

Difficulty: Easy to Moderate





③ G.B. Fox Environmental Center – Monocacy Preserve Trail

Location: Main parking lot is located directly across the street from the environmental center at Illick’s Mill, 100 Illicks Mill Road, Bethlehem. Trail begins at parking lot and restrooms are located both inside the Fox Mill and in the park across from the main parking lot.

Features: This trail is mainly through riparian habitat that includes many important areas rich in biodiversity. The 19th century grist mill turned nature center is a popular stop while visiting the trail. Other features include a shallow pond and cliffs. Watch out for many birds, reptiles, amphibians, and mammals, like the white-tailed deer and the red fox.

Facilities: hiking, birding, fishing, picnic pavilions, restrooms, gift shop, snacks, drinks, cycling

Featured Trail: Monocacy Preserve Nature Trail

- 1 mile loop from parking lot to Wegmans marker and back to parking lot.
- Train track crossing is necessary and an additional trail is optional that takes you around the back of the pond

Difficulty: Moderate

Website: www.gbfox.org





4 South Bethlehem Greenway

Location: The Greenway begins on S. New Street between 3rd and 4th streets. Parking includes public street parking or in the City parking lot, located between Adams St. and Webster St.

Features: This beautiful urban trail follows the former Norfolk & Southern rail line and features some outstanding views of the former Bethlehem Steel Co. and the new Sands Casino and Resort. Connecting many neighborhoods within South Side Bethlehem, the Greenway also features artwork celebrating the city's industrial history.

Facilities: Walking, biking, The Bethlehem Skate Park, gardens. Restaurants and stores are a short walk from the Greenway. Restrooms are located at the Skate Park, as well as at restaurants and stores where you are a patron.

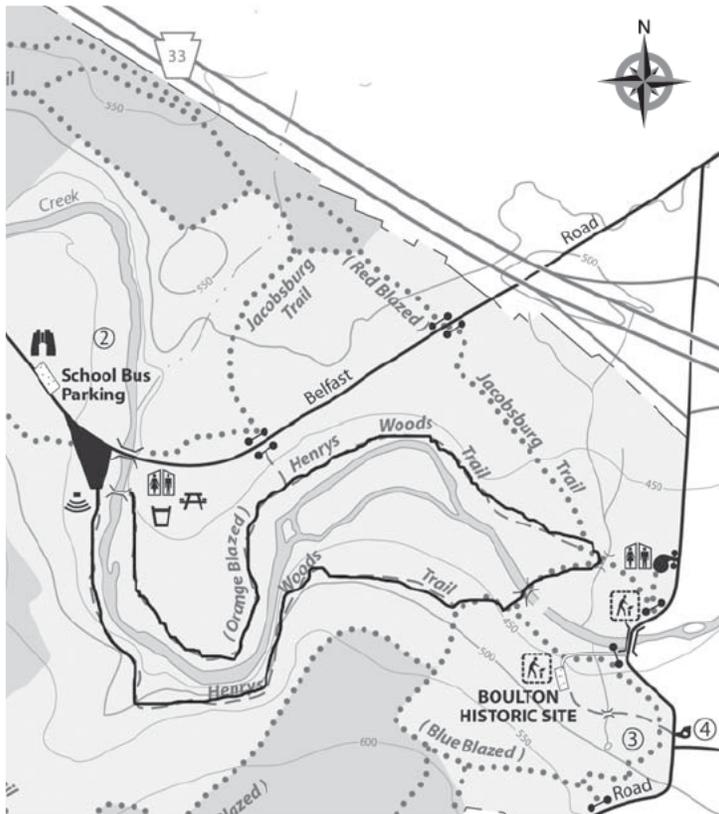
Featured Trail: South Bethlehem Greenway

- 1.4 miles (~ 3 miles when trail is completed)
- Tree covered benches along the trail

Difficulty: Easy (flat, linear, asphalt trail)

Website: www.bethlehem-pa.gov





5 Jacobsburg Environmental Education Center – Henrys Woods Trail

Location: Jacobsburg Environmental Education Center is reached from PA 33 at the Belfast Exit, near Nazareth, PA. Parking for this trail is located along Belfast Road or Henry Road.

Features: Henrys Woods is an old growth forest surrounding the Bushkill Creek, traversed by a loop trail that connects the main parking lot to the Boulton Historic Site.

Facilities: The 1,168 acre center offers 18.5 miles of trails for hiking, biking, and horseback riding. The Bushkill Creek provides fishing opportunities and about 937 acres are open to hunting, trapping, and dog training. A picnic area, amphitheater, and restroom facilities are also available.

Featured Trail: Henry Woods Trail

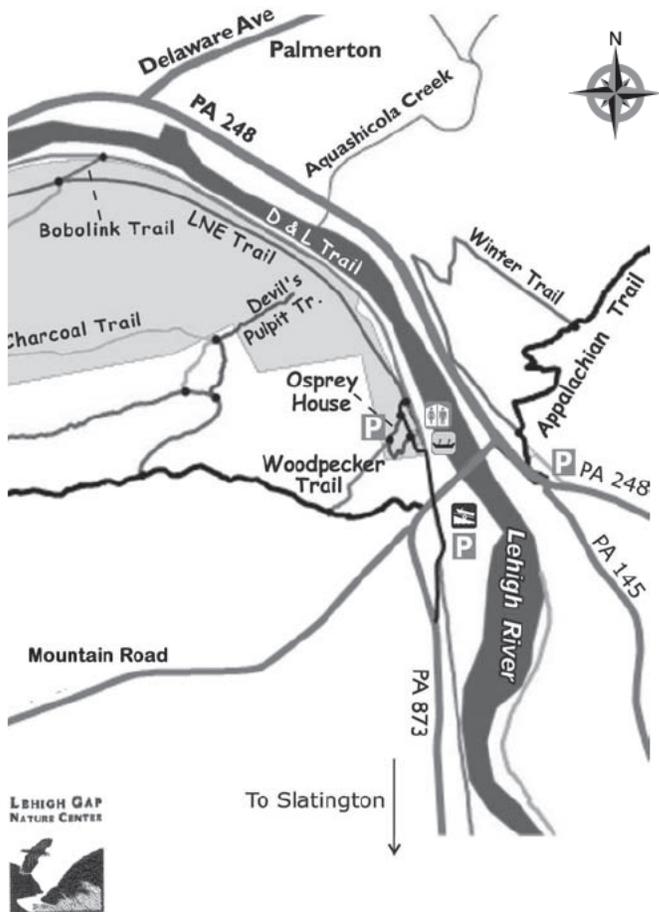
- 1.9 miles
- The passport rubbing post is located near the water fountain by the restrooms
- There are multiple trails within Jacobsburg Environmental Education Center

Difficulty: Moderate

Website: www.dcnr.state.pa.us



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6 Lehigh Gap Nature Center – Osprey Loop Trail

Location: Park at the Osprey House at Lehigh Gap Nature Center north of Slatington. For directions, visit <http://lgnc.org/maps-directions>

Features: Begins with a steep uphill section then levels off and follows LNE trail (old Lehigh & New England Railroad bed), the Bobolink Trail (downhill), and the D&L Trail (old Lehigh Valley Railroad bed). Outstanding views of Lehigh River and grassland re-vegetation area on this formerly barren site.

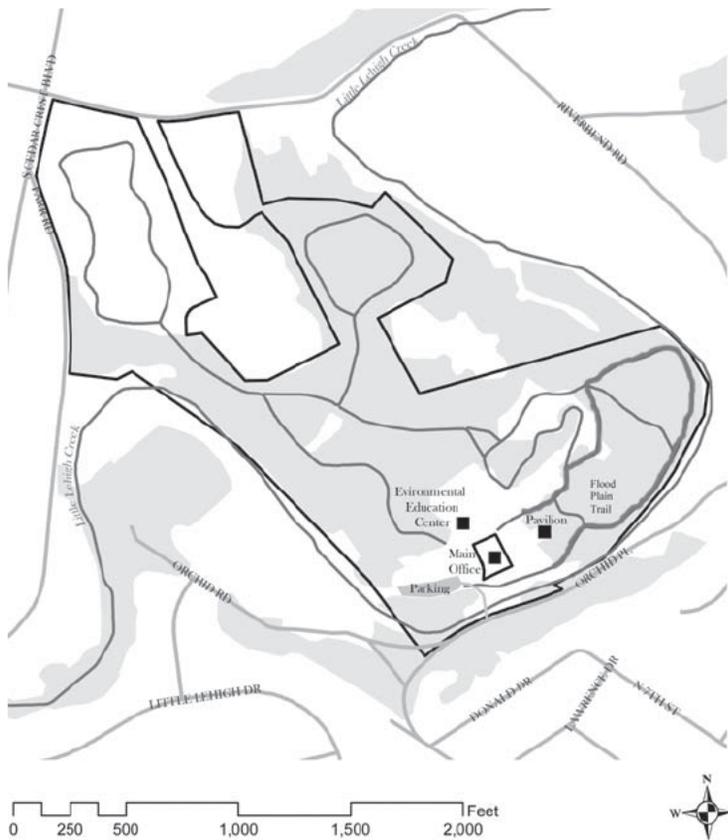
Facilities: Osprey House visitor and education center with displays, information, gift shop, restrooms, snacks and drinks. Extensive native plant habitat gardens around Osprey House.

Featured Trail: First section rocky and steep; remainder on packed limestone railroad grades.

- 2.5 miles
- Connects to all other refuge trails and Appalachian Trail via the Prairie Warbler and Woodpecker Trails. D&L Trail extends south and north from this trail.

Difficulty: Moderate, then easy

Website: www.lgnc.org



7 Pool Wildlife Sanctuary – Floodplain Trail

Location: From I-78 go south on Cedar Crest Blvd. (Rt. 29) 1.3 miles to Riverbend Rd. turn left and go 0.8 mile to Orchid Place. Turn right and go 0.3 mile to the entrance to the Pool Wildlife Sanctuary.

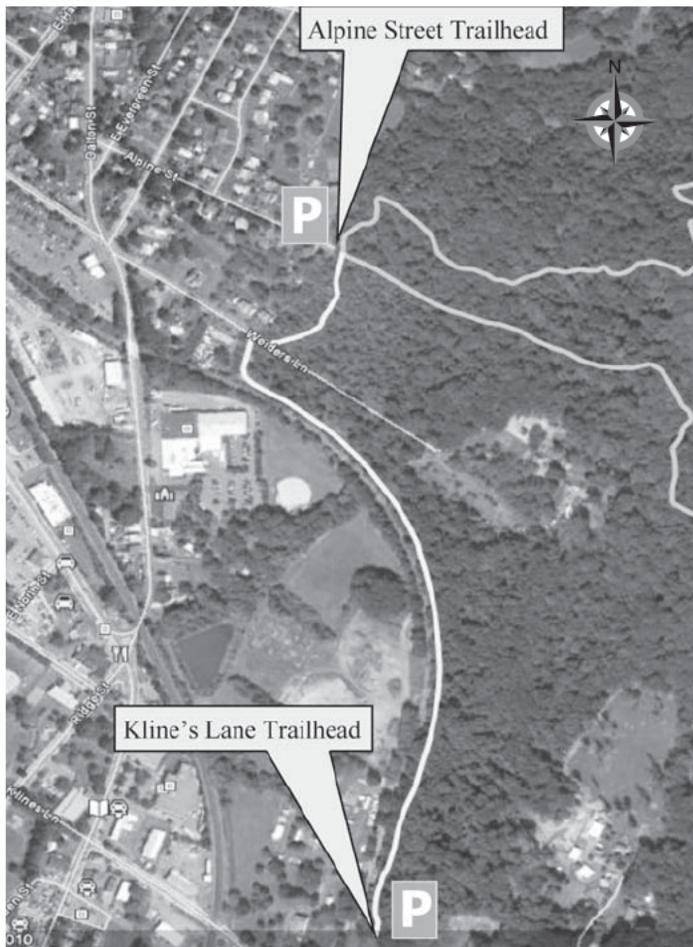
Features: The 77-acre Sanctuary has a 2.3 mile trail system. The sanctuary offers excellent nature viewing and a bird blind for birdwatchers

Facilities: Hiking, walking, fishing, picnic pavilion, pergola, restrooms.

Featured Trail: Flood Plain (Boardwalk Trail)

- Recommended for families with children over the age of four.
- 0.3 mile loop trail runs along the side of the Little Lehigh Creek on a raised boardwalk before it passes by a forest pond that leads to the Pennsylvania Tree Identification Grove and the picnic pavilion.
- Dogs on leash are welcome
- A map of all the trails is available in the office of Wildlands Conservancy located at the sanctuary

Difficulty: Easy



8 South Mountain Preserve – Gateway Trail

Location: From I-78 go to Lehigh Street south approximately 1.5 miles to East Main St. in Emmaus. Go straight through the intersection 0.2 mile to Klines Lane. Turn left and go 0.3 mile to the trail head on the left at 111 Klines Lane.

Features: The trails pass through a mature forest that includes intriguing geological features and the remnants of 19th century mining operations.

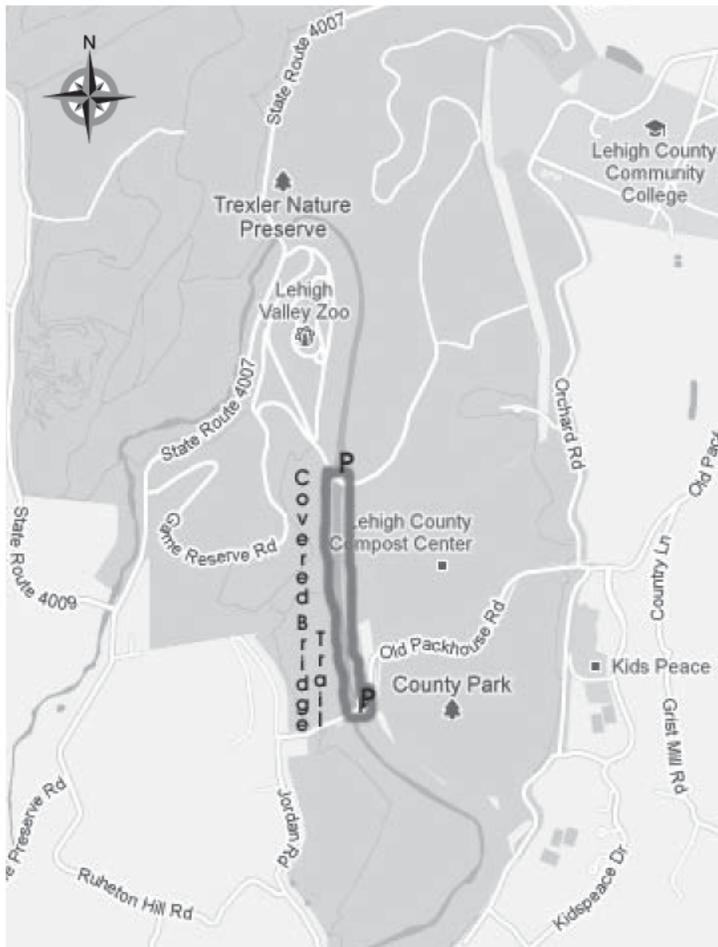
Facilities: Hiking, mountain biking, birding, nature watching, picnic tables at the trail head.

Featured Trail: South Mountain Gateway Trail:

- Recommended for families with children over the age of four.
- 0.7 mile trail that is a flat crushed stone surface with sections of raised boardwalk over wetland areas.
- Dogs on leash welcome.
- There are maps of the preserve's trails on the kiosks located at the Klines Lane and Alpine St. trail heads.

Difficulty: Easy





9 Trexler Nature Preserve – Covered Bridge Trail

Location: N on Rt. 309 to Schnecksville, Pa. Continue to Mill Creek Rd. Go 2 miles south on Mill Creek Rd. to Game Preserve Rd. turn left and go .25 mile to the entrance to the Lehigh Valley Zoo. Continue past the zoo parking area and ford the Jordan Creek (drive through the shallow creek). The Covered Bridge Trail begins at the ford area.

Features: The trail runs along and crosses the Jordan Creek.

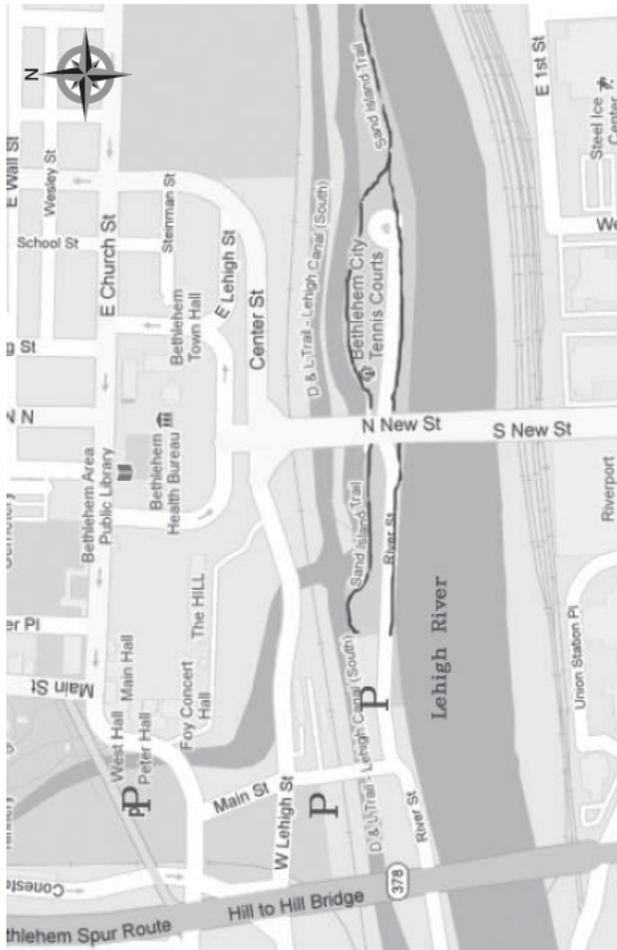
Facilities: 26 miles of hiking, mountain biking, birding, & nature watching trails, picnic tables at the trail head.

Featured Trail: The Covered Bridge Trail

- Recommended for families with children over the age of four.
- The 1.2 mile Covered Bridge Trail is a flat crushed stone covered trail that is ADA approved.
- Hiking, walking, fishing, horseback riding, mountain biking, snow shoeing, cross country skiing, & kayaking
- There are kiosks located throughout the preserve that have “User Guides” complete with a detailed map of all the trails and locations of activities.

Difficulty: Easy





10 Sand Island – Bethlehem

Location: Sand Island is accessible by bridge from the tip of Main St. There is public parking at both ends of the bridge.

Features: Sand Island is located in the heart of the City of Bethlehem and is approximately 1 mile in length and an average of 250 feet in width. The Lehigh River surrounds the south side of the island and the Lehigh Canal and Monocacy Creek border the north side. A thin strip of land used as the canal towpath extends west to Allentown and east toward Easton.

Facilities: Walking, biking, birding, gardens, and canoe/kayak put-in. Restaurants and stores are a short walk from Sand Island. Restrooms are located by the Tennis Courts, as well as at restaurants and stores where you are a patron.

Featured Trail: Sand Island Trail

- 1 mile
- Tree covered benches along the trail
- Connects to the D&L Canal Tow Path Trail
- West end of Island scheduled for beautification by 2014

Difficulty: Easy

Website: www.bethlehem-pa.gov



Hugh Moore Park - D&L Trail	Lower Mt. Bethel Township - PPL Tekening Trail
G.B. Fox Environmental Center - Monocacy Preserve	City of Bethlehem - South Bethlehem Greenway
Jacobsburg Environmental Center - Henrys Woods	Lehigh Gap Nature Center - Osprey Loop Trail

Wildlands Conservancy - Pool Wildlife Sanctuary	Wildlands Conservancy - South Mountain Preserve
Trexler Nature Preserve - Covered Bridge Trail	City of Bethlehem - Sand Island

Lehigh Valley Trail Rub Blocks

Match the correct labeled square above with the trail name on the found rub block. Place the paper square over the trail name on the rub block. Use a pencil or a crayon to create an image of the trail name on the paper.

You Walk, You Win!

Important Information for Passport Holder: If you (or your partner/family) walk 6 trails or all ten trails, you can pick up special award incentives at the Lehigh Valley Nature Center of your choice. Here's how it works:

- 1) Be sure to bring a pencil and your passport with you when you hike any of the ten trails.
- 2) Look for the Wegman's rubbing block while you're walking. Hint: it's located on top of a 3-foot tall post in an easy to spot place along the trail, but you'll have to walk awhile to reach it.
- 3) Open your Passport to the page with all the trail names each in its own square. Lay the appropriate square on top of the trail name on the rub block, and fill the square with your pencil to create an image of the trail name.

Once you have SIX BLOCKS filled, fill out the form below and bring your passport to any of the Lehigh Valley Nature Centers to receive a Wegmans gift certificate and a gift or certificate donated by one of our sponsors.

Once you have filled ALL TEN BLOCKS, bring your passport to any of the Lehigh Valley Nature Centers, and just in time for the summer season, your name will be entered into a drawing for a FREE family picnic*, sponsored by Wegman's and The Lehigh Valley Nature Center Network.

WEGMAN'S FAMILY PICNIC DRAWING FORM

Your Name _____

Address _____ Apt # _____

City _____ State _____ Zip _____

Email _____ Phone _____

* Picnic prize includes a \$100 gift certificate from Wegman's and a free rental of a park pavilion in the Lehigh Valley.

* We apologize that we cannot contact all Passport Owners to inform them of the status of the drawing. The winner's name will be posted on the Wegman's Facebook Page.

Locations for Passport pickup and Redemption



Hugh Moore Park

Delaware & Lehigh National Heritage Corridor, Inc.
2750 Hugh Moore Park Rd.
Easton, PA 18042
610-923-3548

Office: 2nd floor, Emrick Center – Hours 8:30-4:00 M-F
www.delawareandlehigh.org



G.B. Fox Environmental Center at Illick's Mill

100 Illick's Mill Rd.
Bethlehem, Pa 18017
610-419-0218

www.gbfox.org
Hours: Seasonal –
Currently open noon – 5:00 pm Thursday- Sunday



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Jacobsburg Environmental Education Center

835 Jacobsburg Road
Wind Gap Pa. 18091
610-746-2801

Office hours M-F 8-4 but Center property is open
Sunrise to sunset seven days a week.
www.DCNR.State.pa.us



Lehigh Gap Nature Center

P.O. Box 198
Slatington, PA 18080
610-760-8889
www.lgnc.org

Hours - 9-3 daily as long as volunteer is available



Lower Mt Bethel

Lower Mount Bethel Township Office
204 Hutchison Ave.
Martins Creek, PA 18063
Hours: M-F, 9:30-5:00
610-252-5074



Wildlands Conservancy

Pool Wildlife Sanctuary

Wildlands Conservancy
3701 Orchid Place
Emmaus, PA 18049
Phone: 610-965-4397 FAX: 610-965-722
www.wildlandspa.org/education/pool.html



Trexler Nature Preserve

Trexler Environmental Center
4935 Orchard Rd.
Schnecksville, Pa. 18078
610- 871-1444
www.trexlernaturepreserve.org

Day Hiking Tips

(Taken from LL Bean On-line content)

1. Carry your clothing and food in different colored stuff sacks to keep your pack organized so you can easily find what you need.
2. Always carry plenty of water. Three quarts per person per day is a good rule of thumb. Warmer conditions and/or rugged terrain may necessitate carrying more. Take drinks often to stay well hydrated. Filter or treat water from natural sources.
3. Fill your canteens before you leave home. It is better to be prepared than to rely on backcountry water sources.
4. Carry more food than you think you will need. It is better to bring extra snacks home with you than to go hungry.
5. Practice minimum impact hiking. Carry out whatever you pack in so others can enjoy the surroundings. If you can, help pick up what previous visitors may have left behind.
6. When you choose a hike, consider the ability levels of all members of your party.
7. Hike only as fast as the slowest member of your group.
8. Acquaint yourself with the area and specific trail(s) you plan to hike so you can set a reasonable timetable for your hike.
9. Start off slowly to avoid excess fatigue part way through your hike.
10. Make sure your vehicle is in good running order and your gas tank is full.
11. Check weather conditions before you leave.