



LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE

Walking Trails

If you're ready to rev up your walking routine, there are many local trails to choose from. Here's a sampling; you can purchase maps of local walking trails from the Wildlands Conservancy either on their Web site (www.wildlandspa.org) or by calling 610-965-4397 ext. 10.

- Robert Rodale Fitness Park – Trexlertown, PA
- Trexler Memorial Park – Allentown, PA
- Pool Wildlife Sanctuary – Emmaus, PA
- Little Lehigh Parkway – Allentown, PA
- Jordon Creek Park – Allentown, PA
- Louise W. Moore Park – Nazareth, PA
- Bethlehem Township Municipal Park – Bethlehem, PA
- Reimert Memorial Bird Haven – Macungie, PA
- Minsi Lake – Bethlehem, PA
- South Mountain Preserve – Allentown, PA
- Monocacy Way – Bethlehem, PA
- Allentown Rose Garden – Allentown, PA
- Northampton Canal Park – Northampton, PA
- Walnutport Canal Park – Walnutport, PA
- Delaware and Lehigh Trail – Easton, PA
- Nor-Bath Rail Trail – Egypt, PA
- Saucon Creek Park – Bethlehem, PA
- Lehigh University Fields – Bethlehem, PA
- Jacobsburg Environmental Education Center – Wind Gap, PA
- Ironton-Whitehall Rail Trail – Allentown, PA
- Weissport Canal Park – Weissport, PA
- Delaware Water Gap Karamas Trail – Delaware Water Gap, PA
- Green Lane Park – Green Lane, PA
- Lake Nockamixon – Quakertown, PA
- Hamburg Reservoir – Hamburg, PA