

Do you have a route to add to this list? Email [info@paip.org](mailto:info@paip.org)



## 2025 Bike & Hike Route Suggestions

Each city has suggested routes that fit into different categories. “Eco Solutions” are trails that highlight responses to climate change and the creation of cleaner, brighter futures. “Disaster/Pollutants” trails highlight past or present environmental damage. “Natural Beauty” trails are particularly scenic, and offer us great opportunities to appreciate creation. Happy exploring!

### Allentown

#### ❖ Eco Solutions

##### ➤ [Dorothy Rider Pool Wildlife Sanctuary](#)

- Visit an urban forest! This 77.5-acre nature preserve hosts the headquarters of Wildlands Conservancy, the main office, and is an outdoor classroom for environmental education for thousands of school-age kids annually. It boasts nearly three miles of trails including the iconic boardwalk on the Floodplain Trail that runs along the Little Lehigh.
- Trails range from .1 miles - .4 miles in length
- This trail is ADA accessible, with dedicated parking located nearby. The PA Tree ID Trail is a great example of native tree species- each labeled for easy identification. This short, flat trail forks to connect to Pheasant Run at both ends.

#### ❖ Disaster/Pollutants

##### ➤ [Lehigh River Water Trail](#)

- The Lehigh River Water Trail is 72-miles long, starting in White Haven, Luzerne County, Pennsylvania and ending in the City of Easton, Northampton County, where the Lehigh River meets its confluence with the Delaware River. The Lehigh River is a state-designated Scenic River that boasts a diversity of plants, fish, and wildlife.

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- The Lehigh river was named among Americas [most endangered rivers](#) in 2023 due to pollution and poorly planned development.
- Accessibility: the path is mostly gravel and includes several access points. Parking is available throughout, including at Lehigh Gorge State Park which includes 26 miles of the trail.
- ❖ Natural Beauty
  - [Trexler Preserve](#)
    - There are a [variety of trails](#) ranging from 2 to 9 miles with varying levels of difficulty.
    - Accessibility: The Covered Bridge Trail is a 1.2-mile trail which is ADA-compliant, making it accessible for those using wheelchairs, mobility equipment, or strollers. This trail also provides a path to Jordan Creek where fishing is possible with the appropriate permits!

## Delaware (State)

- [Northern Delaware Greenway Trail](#)
  - The Northern Delaware Greenway Trail is the longest, oldest, existing, off-road trail in Delaware. It's earned the special designation of [National Recreation Trail](#), a program which recognizes the country's highest-caliber trails that provide recreation access to rural and urban communities, economic development through tourism, and healthy recreation opportunities. The trail also serves as Delaware's section of the [September 11th National Memorial Trail](#) and the [East Coast Greenway](#), whose organizations are both [First State Trail Coalition](#) members.
  - The trail is just over 10 miles long
  - Accessibility: There are 4 designated accessible spaces in the large paved parking lot off of Carr Road at the east end of the trail. All of them are van-accessible with a striped access aisle. The trail surface is asphalt, cement, or wooden boardwalks (with partial railings) and smooth. It is typically 4 to 6 feet wide (with many wider passing spaces). The most accessible portion of the trail is the first 4.8 miles. The majority of the trail is estimated to be in the moderately steep grade category (8% or less) but it gets steeper beginning at about 4.8 miles when going west. Trail goers using wheelchairs/mobility equipment or strollers may need assistance along this entire route due to the consistent sections above a 5% grade (especially if using manual equipment). There are benches and picnic tables along the route for resting.

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## Erie

### ❖ Eco Solutions

#### ➤ [Ashbury Woods](#)

- The Andrew J. Conner Nature Center at Asbury Woods is one of the premier award-winning environmental education centers in northwestern Pennsylvania, providing environmental education programs including school and group programs, public programs, special events, festivals, and summer nature camps. Thousands of visitors participate in outdoor recreational opportunities including hiking, mountain biking, running, cross-country skiing, and more.
- Our 234 natural acres of fields, forests, and wetlands offer over 5 miles of breathtaking trails that are free and open to the public during daylight hours every day. One of the most popular Greenway Trail highlights is access to Walnut Creek at the scenic steel walking bridge that spans the Creek.
- Accessibility: [The Boardwalk Trail](#) just behind the center is a .3-mile trail that is accessible. This specific trail features include mature woods, access to a quiet gazebo and a wetland deck where visitors can see summer dragonflies, turtles, ducks and more.

### ❖ Disaster/Pollutants

#### ➤ [Trolley Line Trail](#)

- Located near Cambridge Springs, this trail follows the route of a planned but uncompleted trolley line. It is a 3.6 mile out and back trail and it's great for birding, hiking, or biking!
- Follow an old railroad grade on the Seneca Division. Wildflowers and historic bridge foundations are highlights of this primitive trail. Watch your step through the ravines, which have rope rails/pulls. Parking areas can be found at both ends Route 408 and Swamp Road
- Accessibility: The trail is unpaved and parts are uneven.

### ❖ Natural Beauty

#### ➤ [Karl Boyes Multi-Purpose National Recreation Trail](#)

- This 13.5 mile loop trail is designated National Recreation Trail and provides easy access with modern restrooms. potable water, picnic tables, benches
- Accessibility: this is an ADA-accessible trail

## Harrisburg

### ❖ Eco Solutions

#### ➤ Jonathan Eshenour Memorial Trail

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- [Jonathan Eshenour Memorial Trail Map - Waltonville Road, Derry to Palmdale](#)
- Takes an average of an hour and a half to complete
- Accessibility info: This is a mostly paved trail with gradual inclines and declines. This trail is wheelchair accessible.
- The Bridge Eco-Village
  - 'For-purpose' real estate development company that acquires old property and turns them into eco-villages
  - The Bridge focuses on on cooperation, collaboration, and community
  - Implements sustainable infrastructure - power, water, and waste
  - [Home | The Bridge](#)
- Tri County Community Action
  - Neighborhood Revitalization - Clean & Green Harrisburg
  - Harrisburg Urban Growers - network of urban and suburban growers, nonprofits, and community stakeholders
  - [Our Programs : Neighborhood Revitalization : Harrisburg Urban Growers](#)
- Harrisburg Composting site
  - [Compost Site | City of Harrisburg](#)
- ❖ Disaster/Pollutants
  - [Capital Area Greenbelt Trail](#) - 20 mile loop
    - The Harrisburg region remains ranked among the worst in the United States for some types of air pollution
    - Lancaster County's flatness and location east of the Appalachian Mountains makes it prone to what are called air inversions, in which pollution lingers close to the ground, especially during the winter months
    - **Natural beauty as well - Reservoir Park** is situated at the highest point in the city. While there you'll be treated to beautiful skyline views of Harrisburg, of the Susquehanna Valley & partial glimpses of the Susquehanna River and the surrounding Blue Mountains.
    - **Five sense garden** - The Garden is structured so visitors can experience nature through each of their five senses: sight, sound, touch, taste and smell.
    - Natural beauty at all these places on the Greenbelt Trail exposing the riders to much of what Harrisburg is made up of.
    - [Capital Area Greenbelt | Pennsylvania Trails](#)
    - [Capital Area Greenbelt | trails.dcnr.pa.gov](#)
    - Accessibility info: There is a ramp for access to the Five Senses Gardens and to Dock Woods. There are many points of entry along the trail. The trail is a mixture of paved, gravel, and crushed stone.
- ❖ Natural Beauty

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- [Stony Valley Rail Trail](#)- (19.5 mi)
  - “History can easily be found underneath your feet and next to the pathway. To get around, mountain bikes, horses, walking strollers and wagons can easily be used on the rail-trail, as well as just walking by foot.”
  - This trail is very “nature based”
  - Yellow spring- a former lumbering and coal mining town
  - Rausch gap- “Once the largest community in Stony Valley with nearly 1,000 residents, Rausch Gap today is filled with ruins, a cemetery, and is home to the one-time "Hilton of the AT," the Rausch Gap Shelter.”
  - Sand Spring- One of two Sand Springs located in Stony Valley and surrounds.
  - Accessibility info: The trail is primarily a dirt and gravel surface and is not fully wheelchair accessible.

## Lancaster

### ❖ Eco Solutions

- Just last month, our hometown of Lancaster, PA became one of the first cities in the world to earn a Gold certification through the LEED for Cities program. This accomplishment got us thinking about how Lancaster City and County make it look easy “being green.” It’s true that our local region, thanks to its strong agricultural heritage and well-known thriftiness and ingenuity of the locals, prioritizes sustainability.
- Turkey Hill ice cream company put in wind turbines throughout the county <https://www.turkeyhill.com/about/green>

### [Enola Low Grade Rail Trail](#)

- 27.6 miles one way
- The Enola Low-Grade Trail (formerly the Atglen-Susquehanna Trail) is open for nearly 29 miles in disconnected segments between the Susquehanna River and Atglen in southeastern Pennsylvania. It follows an abandoned right-of-way of the old Atglen and Susquehanna Branch, one of several branch lines of the Pennsylvania Railroad that linked Atglen with the Harrisburg area.
  - Incorporate turkey hill ice cream
  - will look to find more possible eco solutions along this trail

### Disaster/Pollutants

- Northwest Lancaster County River Trail

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- Passes through abandoned canals that were used during the little pittsburg time.
  - On the trail you can see remnants of iron furnaces which used iron ore and water power to heat the iron making it into slag. This would pollute the water along with the land around the furnaces.
  - [Northwest Lancaster County River Trail | Pennsylvania Trails](#)
  - [Northwest Lancaster County River Trail](#) - map
- ❖ Natural Beauty
- [Lititz Ice Cream Ride](#)- 19 mi loop
    - If the enola low grade trail should fall under eco solutions, this trail can replace it as a possible natural beauty trail of lancaster.
    - There two covered bridges on this route, lancaster is known for their unique covered bridges
    - Passes through various landscapes, starts at the ice cream shop, passes small businesses and the Lancaster evangelical church, before heading through a forested area, passes [millport conservancy](#), farmland, Landis valley village and farm museum, and back through town.
  - [Shenks Ferry Wildflower Preserve](#) - 1.7 miles
    - Shenks Ferry is renowned for its display of wildflowers, especially of spring ephemeral species. Wildflowers such as spring beauties, Virginia waterleaf, woodland phlox, wild geranium and a host of other species throughout the season carpet the forested floor.
    - Accessibility: It's a relatively flat, out-and-back trail, known for its wildflower displays, particularly in the springtime. The trail is Gravel and dirt, with some rocky sections.

## Philadelphia

- ❖ Eco Solutions
- Schuylkill River Trail
    - Near the Schuylkill Center for Environmental Education
    - “Beginning on the west bank of the Schuylkill River in southwest Philadelphia, the trail traverses **Bartram’s Garden, the oldest botanical garden in North America**. Resuming on the eastern riverbank as a paved trail, it passes through an **old industrial area—Grays Ferry Crescent—that’s now a park.**”
    - This “trail forms the backbone of the five-county Schuylkill River Greenways National Heritage Area”
    - It is “included in the East Coast Greenway, which one day will span 3,000 miles from Maine to Florida”
    - [Schuylkill River Trail Overview](#)

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- [Schuylkill River Trail | Pennsylvania Trails](#)
- [Schuylkill River Trail - Philadelphia to Mont Clare/Phoenixville](#)
- Accessibility info: Most of the trail is a 10-12 foot wide paved surface with grass shoulders. Between Locust and South street is the Schuylkill Banks Boardwalk which is an additional concrete pathway accessible by an ADA-compliant ramp connected to the south street bridge
- Wissahickon Bike Trail / Forbidden Drive Trail / Lincoln Drive Trail
  - A group of linked trails
    - **Wissahickon Bike Trail:** “The Philadelphia park commission began buying up sections of the valley in the late 1800s to **preserve water quality** downstream in the Schuylkill River, and the creek surroundings returned to a more natural state.”
    - **Forbidden Drive Trail:** “**Constructed in the mid-1800s as a turnpike**, this roadway was renamed Forbidden Drive in **1920 when vehicles were banned** from it.”
      - ◆ 1850 Valley Green Inn - restaurant on trail
    - **Lincoln Drive Trail:** “runs on the opposite side of Wissahickon Creek from Lincoln Drive. The paved trail ends at a trailhead on Ridge Avenue, where it **meets the Schuylkill River Trail.**”
  - [Wissahickon Valley Park Trail System | Pennsylvania Trails](#)
  - The trail is mainly flat dirt, mowed grass, or a paved/crushed stone surface. There is occasional roots along the path. Some trails are more uneven than others and have more roots, rocks, steep inclines, and may include steps, ladders, and stepping stones.
- ❖ Disaster/Pollutants
  - BicyclePA Route E
    - The section of BicyclePA Route E heading south from the Schuylkill River Trail toward Delaware runs “**straight through a refinery area** that makes a unique, yet unexpectedly pleasant, travel experience.”
    - “Also known as the Pennsylvania segment of the East Coast Greenway, the current route takes the cyclist **through the heart of Philadelphia**. It will be shifted gradually to off-road facilities as they are developed.”
    - [BicyclePA Route E](#)
    - [East Coast Greenway](#)
    - Accessibility info: Includes bicycling on roads
- ❖ Natural Beauty
  - Perkiomen Trail
    - Just a beautiful ride; suitable for inexperienced cyclists as well
    - Connects to the Schuylkill River Trail so riders could pick up where they left off.



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- Also connects to BicyclePA Route E
- [Perkiomen Trail | Pennsylvania Trails](#)
- [Perkiomen Trail | trails.dcnr.pa.gov](#)
- [Perkiomen Trail | montcopa.org](#)
- Accessibility info: The trails is mostly crushed stone, but some sections are Paved

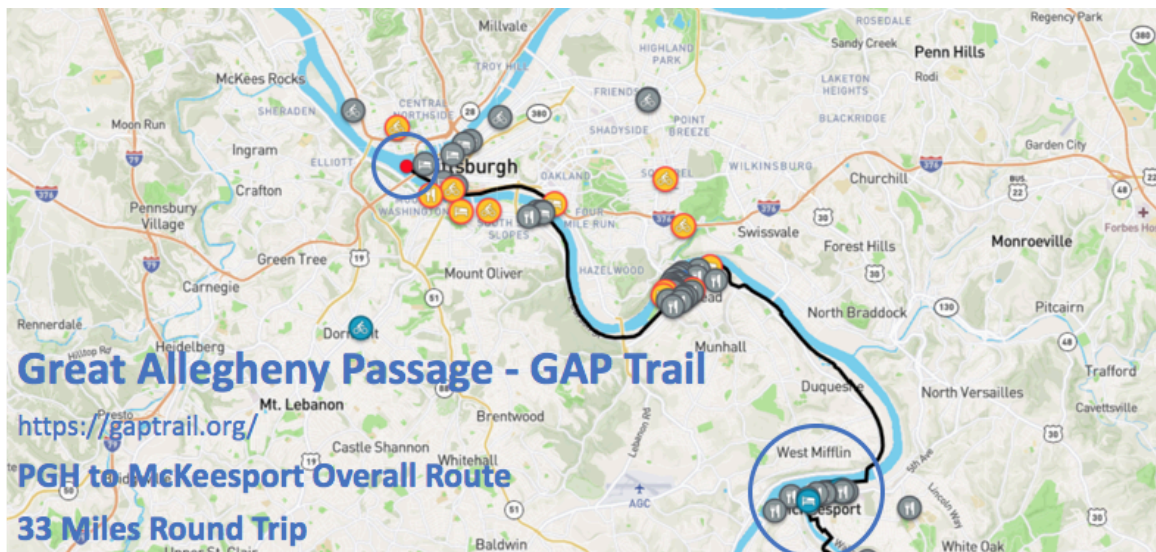
❖ Other Suggestions

- List of 10 family-friendly trails near Philadelphia

<https://www.instagram.com/reel/C4lfbNGLxpu/?igsh=N3h2ODM2a3VyNTI3>

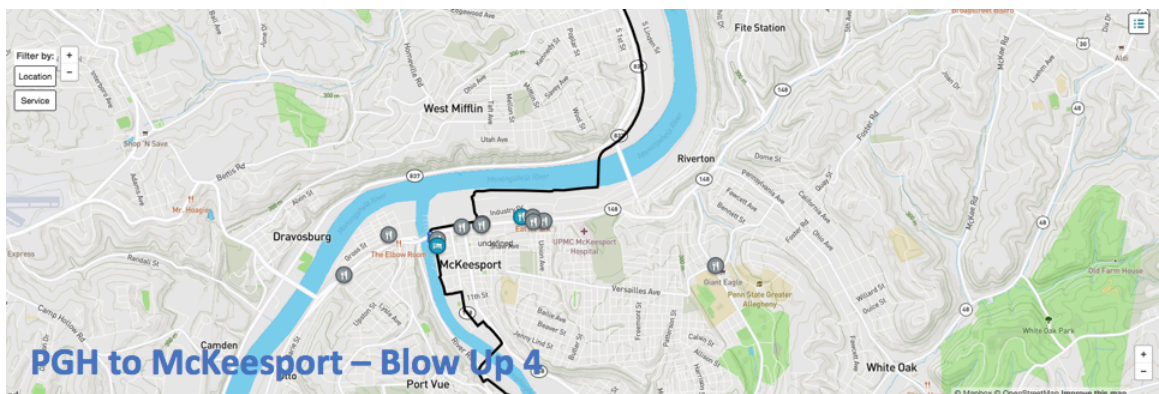
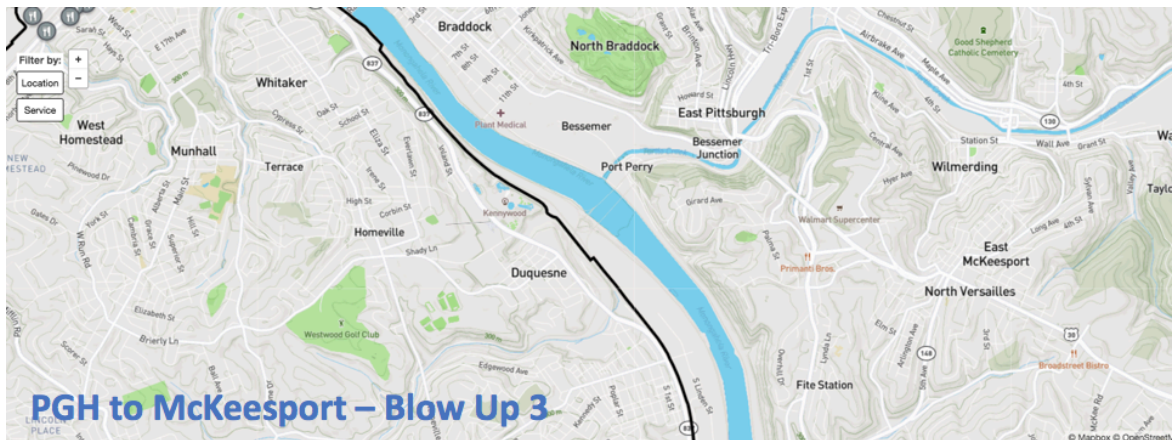
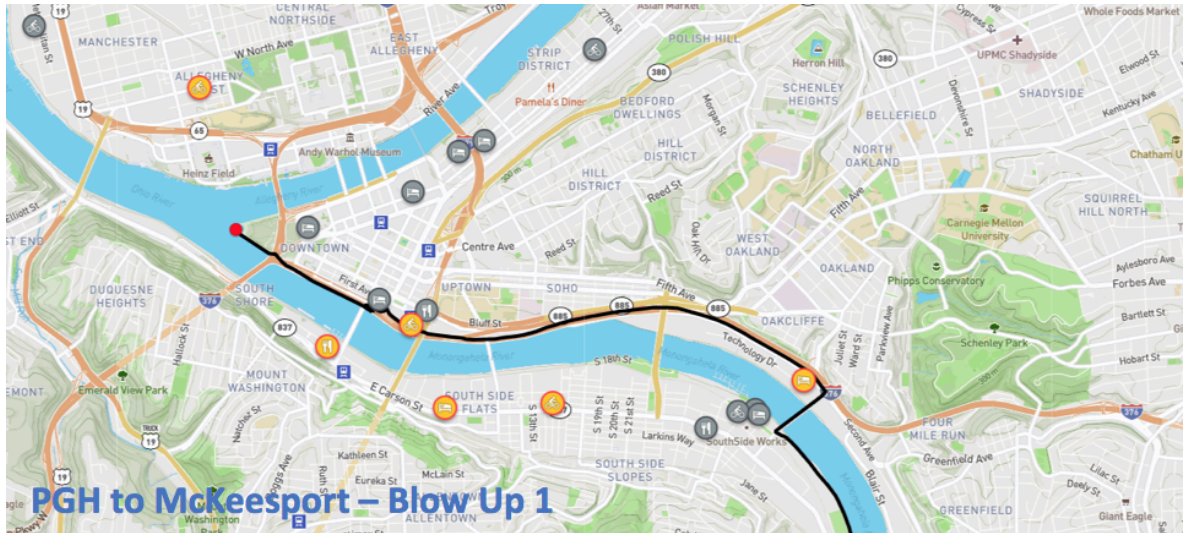
## Pittsburgh

- Great Allegheny Passage - GAP Trail - Downtown PGH Start and Finish
  - [America's Friendliest Long-Distance Rail-Trail - GREAT ALLEGHENY PASSAGE](#)
  - PGH to McKeesport & Back - Overall Suggested Route
  - 33 Miles Round Trip
  - Accessibility info: The trail is wheelchair accessible and features benches and picnic tables along the route. From Downtown Pittsburgh to McKeesport, all but one mile of the trail is paved.





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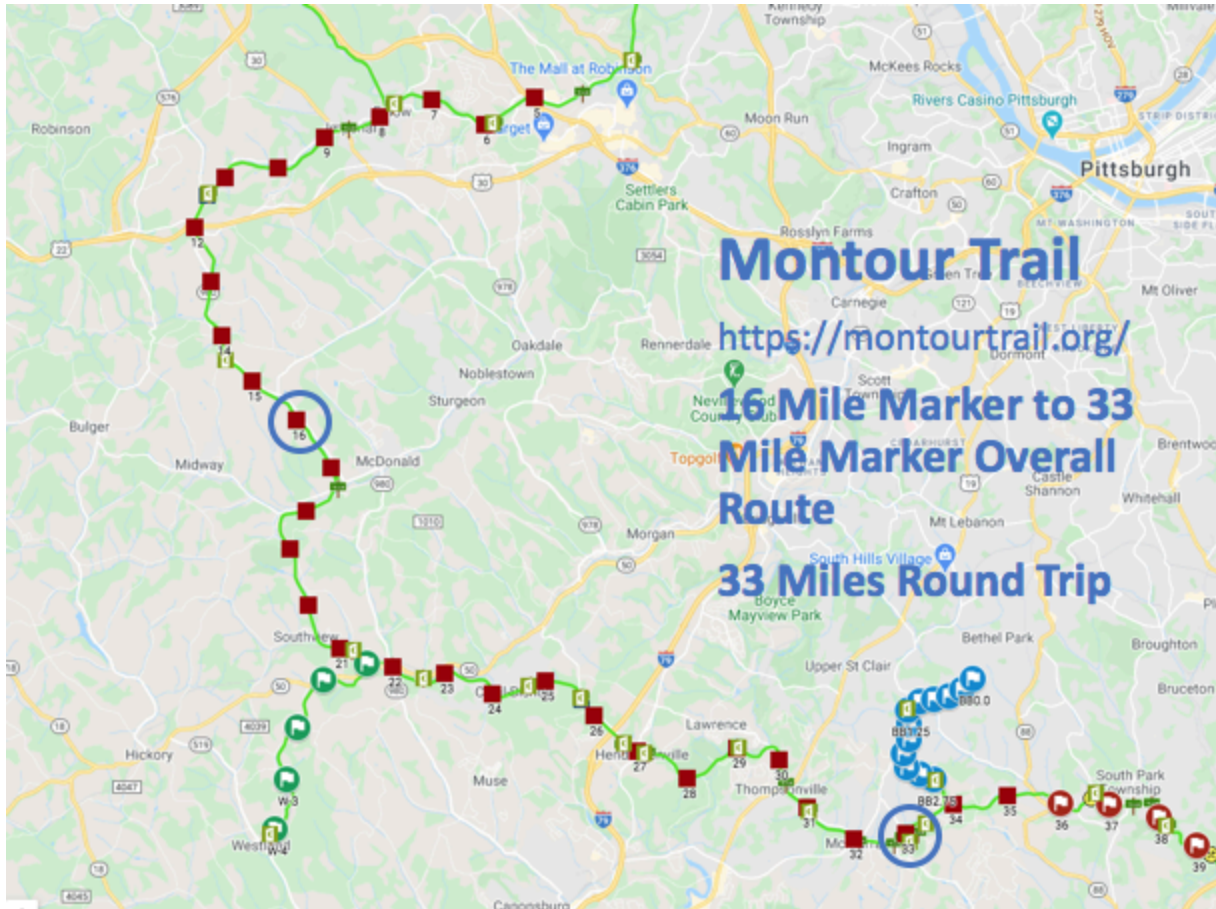
- EcoSolutions Sites Along the Trail
  - Fort Pitt Museum/John Heinz History Center
    - Geothermal Heat Pump System for Heating, Cooling & Humidification
    - Energy saving lighting
    - Variable Frequency Drive (VFD) pumps and motors
    - CO2 sensors to reduce ventilation at times of low occupancy
    - Building Automation System (BAS) for HVAC, electrical and plumbing

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- <https://www.dcnr.pa.gov/StateParks/FindAPark/PointStatePark/Pages/default.aspx>
- <https://www.heinzhistorycenter.org/fort-pitt/>
- <http://www.phmc.state.pa.us/portal/communities/pa-heritage/pennsylvania-history-goes-green.html>
- Pittsburgh Technology Center & Mill 19 Remediated Brownfield Sites
  - Pittsburgh Tech Ctr is a remediated brownfield recreated as a tech office park
  - Mill 19 is a brownfield remediation pursuing LEED Gold Certification and has the largest solar array of its kind installed on the entire mill, which was renovated into a high tech office space and incubator for university groups and new firms
  - <https://ridc.org/news/mill-19s-rooftop-solar-array-largest-of-its-kind-switched-on/#:~:text=Pittsburgh%2C%20PA%E2%80%94November%2020%2C,Mill%2019%20at%20Hazelwood%20Green>
  - <https://ridc.org/properties/browse-portfolio/pittsburgh-technology-center/>
- Disaster Pollution Sites Along the Trail
  - Rivers of Steel Homestead Works Pump House & Labyrinth
    - Museum with many sustainable features via an ESCO project
    - Brownfield Remediation
    - Rain Garden
    - Windstax Vertical Wind Turbine
    - Beautiful art project (labyrinth) that documents all of the former steel mill sites along the Monongahela River
    - <https://riversofsteel.com/ribbon-cutting-ceremony-at-the-pump-house/>
    - <https://www.lotstolove.org/greenspace-alliance/green-infrastructure-installed-historic-pump-house-homestead/>
    - <https://riversofsteel.com/attractions/pump-house/>
- Natural Beauty Sites Along the Trail
  - Point State Park Historic Site
    - <https://www.dcnr.pa.gov/StateParks/FindAPark/PointStatePark/Pages/default.aspx>
    - <https://riversofsteel.com/attractions/pump-house/>
  - Tour of the River and the Biodiversity Along the Trail
    - Bald Eagle Sightings near the Glenwood Bridge
    - <http://www.aswp.org/pages/hays-nest>
- Montour Trail - Spur of the GAP Trail - South Hills Area of PGH
  - [Montour Trail – A multi-use rail-trail in Allegheny and Washington Counties, Pennsylvania](#)
  - 34 Mile Marker to 16 Mile Marker and Back - Overall Suggested Route
  - 34 Miles Round Trip
  - Accessibility info: Most of the trail's surface is hard-packed crushed limestone which isn't always smooth. The Peters Township paved section (Called the Arrowhead Trail) is the best part for wheelchair use as it is an asphalt surface from Route 19 to Brush Run Road.
  - See here for more information:  
<https://montourtrail.org/visit/mobility-impaired/>



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- EcoSolutions Sites Along the Trail
  - Tandem Connection Bike Shop
    - Local shop serving local food
  - I will find more
- Disaster Pollution Sites Along the Trail
  - Fracking pads and Train Line that carries compressed natural gas
  - Mile Markers 18, 20 and 21.5
  - Highway construction along the way too
  - I will find more
- Natural Beauty Sites Along the Trail
  - Some of the most beautiful trail in PA
  - Almost all under tree cover
  - I go here every weekend for Forest Bathing
  - I will insert photos later
- **Butler-Freeport Trail - North Hills area of PGH, Butler county**
  - <http://www.butlerfreeporttrail.org/on-the-butler-freeport-community-trail/>
  - Outside Freeport to outside Butler suggested
  - Approximately 35 miles one way
  - Accessibility info: This trail is accessible to wheelchairs and other mobility devices. The trail is mostly level with minimal elevation changes. There may be

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some sections with loose gravel or uneven surfaces, but it is generally well-maintained.



- Three Rivers Heritage Trail - Downtown PGH Area but on North Side of City
  - [Three Rivers Heritage Trail](#)
  - Millvale to Westhall Street Overall Route
  - Approximately 6 Miles One Way
  - Could Ride 2 - 3 Round Trips of 12 Miles Each for a Total of 24 - 36 Miles
  - Accessibility info: The Millvale trailhead has at least one designated accessible space in its paved parking lot. The trail is mostly paved and flat

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- EcoSolutions Sites Along the Trail
  - Millvale is part of the TriBoro EcoDistrict
    - Millvale
    - Etna
    - Sharpsburg
  - Many ... Many sustainable features of this EcoDistrict
    - [Triboro Ecodistrict – New Sun Rising](#)
- Disaster Pollution Sites Along the Trail
  - Remediated Brownfield at Washington's Landing
    - Local DEP is Headquartered here
    - <https://riverlifepgh.org/riverfront-guide/washingtons-landing/>
    - <https://www.cmu.edu/steinbrenner/brownfields/Case%20Studies/pdf/washingtons-landing1herrs%20island.pdf>
    - <https://www.cmu.edu/steinbrenner/brownfields/Case%20Studies/pdf/washingtons-landing-update.pdf>
- Natural Beauty Sites Along the Trail
  - Kayaking along PGH's NorthShore
    - <https://www.ventureoutdoors.org/kayak-pittsburgh/>
- ❖ Disaster/Pollutants
  - Allegheny Passage Trail
    - Through a coal mining corridor



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- Goes from Pittsburgh to Washington
- “views the march of progress from a mercantile society to the early industrialization of coal mines and iron-works to the Forge of the Universe to the environmental recovery of the post-industrial era.”
- “The Pittsburgh and Lake Erie was built west from Pittsburgh to Youngstown, Ohio in 1875 to serve the growing iron and steel industry. It built the Youghiogheny Branch in 1883 to tap the enormous coal and coke resources on the west bank of the Youghiogheny River.”
- “some of the railroad artifacts you'll encounter are old railroad stations at Cumberland, Frostburg, Meyersdale, Ohiopyle, and Connellsville; numerous telegraph poles, mileposts, foundations for signals and abandoned grades that led to long-closed industries.”
- [America's Friendliest Long-Distance Rail-Trail - GREAT ALLEGHENY PASSAGE](#)
- [Great Allegheny Passage | traillink.com](#)
- [Great Allegheny Passage | trails.dcnr.pa.gov](#)

## Scranton

### ❖ Eco Solutions

- D&H Trail - Simpson or Forest City Trailhead to Starucca (or New York State Line)
  - this trail roughly parallels Bicycle PA Route L
  - views of Wind Turbines
  - Accessibility Info: parts of the trail are accessible for wheelchairs. Along the trail, surfaces vary from pavement to stone dust to the unimproved soils and cinders of rail beds, depending on what section you are in. see this guide for more information:  
<https://lhva.org/docs/guidebook.pdf>

### ❖ Disaster/Pollutants

- Penobscot Ridge Mountain Bike Trail
  - Goes across a “nondangerous” mine and near environmentally conserved properties
  - [Penobscot Mountain Bike Trails "The Fatty Playground"](#)
  - Accessibility info; The Long Logan Loop and Tote Road are mostly level with a wide, hard, low-gradient trail suitable for strollers, wheelchairs, and people with mobility challenges. The other trails



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are the same surface and width, but include more slopes and higher gradients of twists and turns.

➤ [Dick and Nancy Eales Preserve at Moosic Mountain - Nature Conservancy](#)

- Mountain Bike trail that provides views of the Wind power to the North, the Susquehanna Nuclear Power Plant to the south, coal tailing piles, and the [Keystone Sanitary Landfill](#) at the heart of local Environmental Justice action and 38% of in-state waste comes from fracking drill cuttings and fluids.
- Park at the Price Chopper Plaza and ride to the Preserve passing the [landfill](#) along Marshwood Road. Along the way keep your eyes out for lumps of coal tailings now covered by forest on your left and right.
- Then enjoy the remarkable beauty of the Eales Preserve unique heath barren ecology!
- Accessibility Info: There are 11 different trails with varying difficulty levels. Many trails feature steep and rocky terrain that is not accessible to wheelchairs. See here for more info;  
<https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/dick-and-nancy-eales-preserve-at-moosic-mount/>

❖ Natural Beauty

➤ Luzerne County Levee Trail

- Part of the trail goes along the susquehanna river. The trail consists of a system of interconnected paved trails built atop the flood protection levees in the Wyoming Valley.
- Consists of some open greenspace surrounded by trees providing a nice peaceful bike ride with nature.
- [Luzerne County Levee Trail](#)
- [Luzerne County Levee Trail | Pennsylvania Trails](#)
- Accessibility Info: The trail is wheelchair accessible and offers numerous trailheads and parking options. The trails are paved.

## State College

❖ [Community bike partners](#)

❖ Eco Solutions

➤ [Purdue Mountain Loop \(25 mi\)](#)

- Penn state Composting facility is near purdue mountain loop
- Game lands 176

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- University park airport
- Purdue mountain rd
- Wesleyan church
- Bellefonte historical railroad society
- Finishes next to stadium
- Many different landscapes, passes many small businesses
- Land and water research building can be incorporated

❖ Disaster/Pollutants

- [Circleville bike path and deerfield loops \(9.5\)](#)
  - Circleville Farms is slated to be turned into a residential development, so that farmland may be gone soon
  - Vast Circleville Farms manure pile
    - “No, you don't have to climb a manure pile, but you do have to climb a short 8.5% grade to get past it just before crossing Blue Course Drive.”
  - Blue Golf course (environmental concerns, ex. fertilizer)
  - Old railroad bed

❖ Natural Beauty

- [Scotia Loop \(33.3 mi\)](#)
  - Begins and ends in town
  - Travels through patton township nature recreation
  - Circleville park
  - State game lands 176 along a stream (gets far out into woods)
  - Agricultural land
- [Lower Trail | Pennsylvania Trails](#)
  - Riders come from 3 neighboring counties to ride this trail, especially in the Spring, and it is well known.
  - Friend of PA IPL Greg Williams has been doing habitat restoration on it for over 4 years and has planted about 4000 native trees and shrubs on it. He has had 100s of volunteers work with him on it.
- [Cycling Routes, Loops, Races and Tips](#)