Trail	Length in Miles	Time to Hike	Difficulty	Permitted Activities	Prohibited Activities
Conestoga Trail System	3.3	1.5 hr.	Easy to Moderate	H, S	B, C, E
Conestoga Valley Association	1.8	45 min.	Moderate	B, H, S	C, E
Equestrian	3.8	1.5 hr.	Easy	B, C, E, H, S	
Fitness	1	20 min.*	Easy	C, H, S	B, E
Kinglet	.3	10 min.	Easy	B, C, E, H, S	
Mill Creek	1.3	30 min.	Moderate	H, S	B, C, E
Scout	1.2	1 hr.	Moderate	B, H, S	C, E
Warbler	.3	15 min.	Moderate	B, H, S	C, E
Wildflower	.4	10 min.	Moderate	H, S	B, C, E

Activity Key:
B = Off-road biking
C = Cross country skiing
E = Horseback riding
H = Hiking
S = Snowshoeing

* Time noted does not include the time it takes to complete the trail's exercises.

Trail Rules[1]

- Enjoy the trails from dawn to dusk
- The trails are designed for non-motorized vehicles[2]
- Alcoholic beverages are prohibited
- Leave no trace, carry out what you carry in
- Pets are permitted on the trails, but must be kept on a leash
- Remove all horse/pet waste from the trails
- Ride your horse at a walking pace
- Walk/ride single file past other trail users
- Keep right, announce your intentions, pass with care
- Discharging firearms from or across the trails is prohibited
- Please stay on designated trails
- Biking and horseback riding are prohibited in the Kiwanis Natural Area

[1]A complete list of the Park Rules and Regulations is posted at each entrance of the Park. A listing is also available at the Park Office and on the Department's website at www.lancastercountyparks.org.

[2]Individuals with mobility disabilities may refer to the Department's ADA accessiblity policy regarding the use of powered mobility devices on the trails. This policy is available on the Park website at www.lancastercountyparks.org and at the Park Office.

Lancaster County
Board of Commissioners

Lancaster County
Department of Parks & Recreation
Administrative Office
1050 Rockford Road
Lancaster, PA 17602

717-299-8215
Fax: 717-295-5942
parks@co.lancaster.pa.us
www.lancastercountyparks.org

Rev. 10/12

Trail Descriptions

Conestoga Trail System

The Conestoga Trail System (CTS) traces a salmon-blazed route across the park on its way from northern Lancaster County to the Mason-Dixon Trail in York County. The CTS enters Central Park in the Williamson Area, an area of upland woods dominated by sugar maple, northern red oak, tulip poplar, and American basswood.

The CTS passes Indian Rock, a limestone bluff providing an impressive view of the Conestoga River and Lancaster City. From there, the trail goes through more woods, a meadow, and then descends through another wooded area to Mill Creek's floodplain. Along this stretch, hikers will see a variety of lowland trees and shrubs, including American sycamore, black walnut, boxelder and spicebush. They will also pass through the Muhlenberg Native Plant & Wildflower Meadow before the trail exits the park.

Conestoga Valley Association Trail

Constructed by the Conestoga Valley Association (CVA), a conservation group, the CVA trail's blue-blazed route follows the Conestoga River. Beginning near the South Duke Street bridge, the trail goes through the Williamson Area. Traveling the same route as the CTS, the CVA passes Indian Rock.

The trail then heads north and follows the Conestoga River along its grassy floodplain then ascends a ridgeline through more upland woods. The CVA trail descends the ridgeline, returning to the Conestoga's floodplain, where it follows the river through an area of lowland trees, including American sycamore, common hackberry, and honey locust.

Equestrian Trail / Cross Country Ski Trail

Central Park's longest trail, the Equestrian Trail is marked with signs made from recycled plastic. Three separate but connected loops comprise this trail, which is characterized by small grade changes, wide tread, and high overhead clearance. This trail's width makes it ideal for horse riding and group hiking. Each loop of this trail features different scenery.

Parking for larger horse trailers is available in the grass lot along Golf Road, at the head of the southern loop. The southern loop passes along Mill Creek and through the Muhlenberg Native Plant & Wildflower Meadow. The western loop passes through a wooded bird nesting area and around the Garden Rental Plots. Finally, the eastern loop passes through mown fields encircling several ball fields.

Fitness Trail

Built in 1997, the Fitness Trail features nine exercise stations, including a climbing wall, vault bar, balance beam, chin-up bar and steps. Each station along this one-mile, loop trail features instructions and illustrations.

Kinglet Trail

This nearly flat, white-blazed trail, located behind the County Swimming Pool, provides an easy loop hike. Because this trail path is wide, it is ideal for horses and groups of hikers. The trail passes through a stand of mature trees, including American beech, hickory, white ash, and white pine. In winter, the western leg of the loop affords excellent views of the Conestoga River. This trail includes a westward leg that passes through upland woods.

Mill Creek Trail

This easy to moderately difficult, yellow-blazed trail takes hikers through a natural area, an area being preserved for wildlife and in which construction is prohibited. The Mill Creek flows around this wooded area, establishing its boundaries.

The trail passes along the creek, through stands of mature hardwoods and loops from upland species, such as American beech, sugar maple, and hickories on the ridge top to lowland species, such as American and slippery elms, American sycamore, boxelder, and honey locust. In early spring, Virginia bluebells, wild geraniums and other native wildflowers bloom along this trail. The former Hinkletown covered bridge spans both Mill Creek and the trail.

Scout Trail

This white-blazed trail loops around the Mill Creek Camping Area and passes through several different woodland habitats as it crosses the park. The loop around the Mill Creek camping area is dominated by lowland tree species, such as American and slippery elms, American sycamore, black walnut, and boxelder. Fragrant spicebush is also prevalent.

Heading north, the Scout Trail continues along Mill Creek and then ascends a series of switchbacks through upland woods, featuring sugar maple, white ash, and tulip poplar trees. The trail ends at Indian Rock.

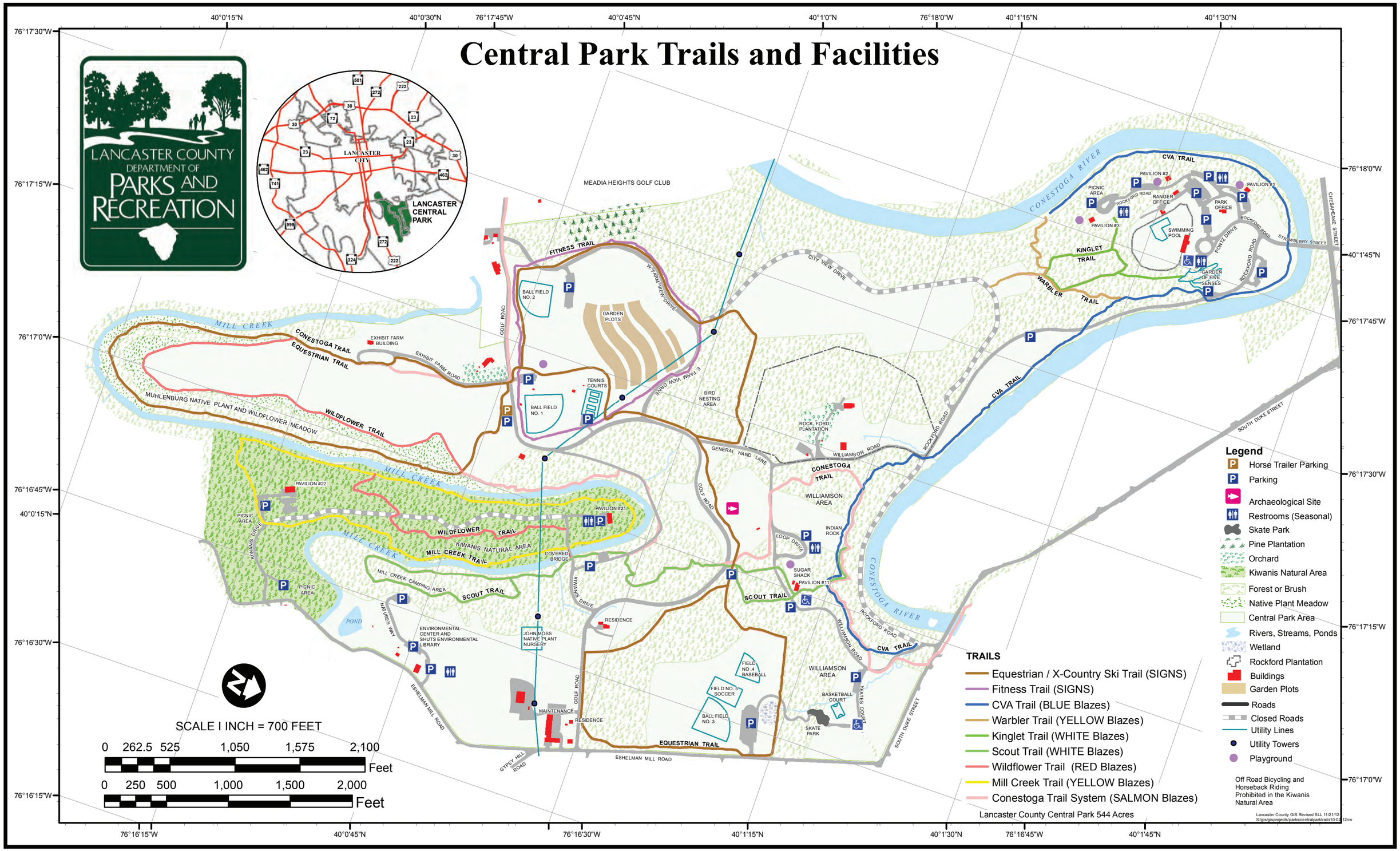
Warbler Trail

Yellow blazes designate the Warbler Trail. Beginning east of the garden, the Warbler Trail traverses a sidehill route overlooking the Conestoga River.

This trail passes through mature upland woods filled with common hackberry, red oak, tulip poplar, chestnut oak, and American elm trees. The diversity of tree species and presence of dead snags make this woodland ideal habitat for birds.

Wildflower Trail

Blazed with red paint, the Wildflower Trail provides an easy, wooded walk along a narrow path connecting Kiwanis Road to Kiwanis Drive. In early spring, wildflowers of all kinds bloom on the forest floor along this trail. Hikers can see several species, such as spring beauty, trillium, trout lily, and wild ginger, to name only a few.

LANCASTER COUNTY
DEPARTMENT OF
PARKS AND
RECREATION

Central Park Trails and Facilities