

Hike the Highlands

The Great Outdoors, Close To Home –
The Pennsylvania Highlands



Photo: Tom Gettings, Wildlands Conservancy

Hike 5 South Mountain Preserve

The **South Mountain Preserve** trail system is within the 650-acre Robert Rodale Reserve. Hikers can explore over three miles of hillside trails that wind through boulders that are two billion years old, surrounded by old 19th century quarries and mature hardwood forests. The preserve provides prime breeding habitat for amphibians and nesting habitat for more than 59 species of birds. Expect easy to moderate hiking on natural-surfaced trails including some uphill climbs and shared-use with mountain bikers.

For more information:
Wildlands Conservancy
Phone: 610-965-4397
Website: http://wildlandspa.org/recreation/rec_programs.html
*Additional trail map available on-site (Alpine Street, Emmaus, PA)



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Directions to South Mountain Preserve



From I-78 take exit 57 (Lehigh St.). Go south on Lehigh St. (towards Emmaus) for 0.3 mile. Turn left onto 31st St. for 0.3 mile. Turn right onto Emmaus Ave for 0.5 mile. (Emmaus Ave. turns into Dalton Ave.) Keep to the left at the Y to stay on Dalton Ave. Turn left onto Alpine St. and go 0.2 mile to the trailhead. Parking is to the left.

Where are the Highlands?

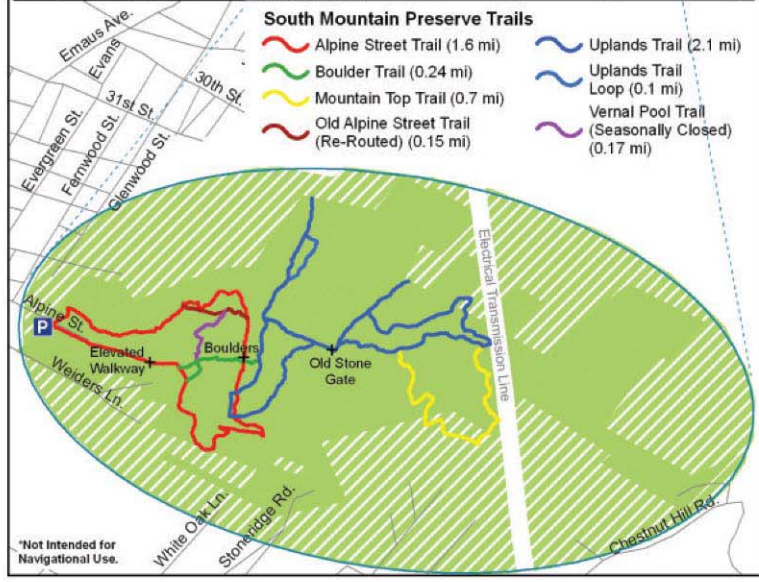
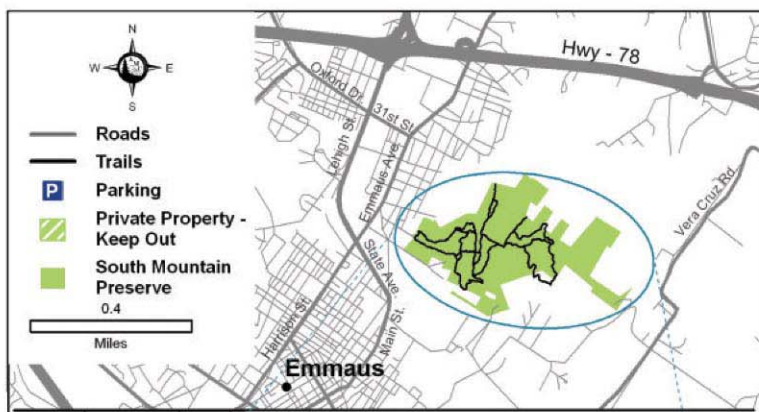


The Highlands region is 3.5 million acres running from south-central Pennsylvania, through New Jersey, New York and into northwestern Connecticut. For more information: www.highlandscoalition.org.

The Appalachian Mountain Club offers a variety of recreational activities in the Highlands. To find an activity in your area, visit: <http://trips.outdoors.org/>. To order Hike the Highlands cards, learn about upcoming events, and help protect this region, visit: www.outdoors.org/hiketehighlands.



Wildlands Conservancy has been preserving, protecting, restoring, and enhancing the land, water, ecological, and recreational resources of the Lehigh Valley and the Lehigh River valley since 1973.



South Mountain Preserve	Date	Miles Hiked

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