



Dust off those walking shoes & join the Striders of St. John's & the UPG for our weekly walks beginning on the last two weeks in April and in May. All are welcome, including family, friends, & even dogs (except when dogs are not permitted per the location - will be noted in the location description)! Weather permitting, all walks begin at 7:00 PM on Wednesday evenings from April 20 through the Fall. For variation, the location changes each week. Walk for an hour of exercise at your own pace - some of us walk quickly, some of us amble along, but we all have fun! Join us for fellowship & exercise! Let's be good stewards of the gift

God first gave us...our bodies.

Walking schedule for April 2022:

04/20/2022 Greenway on the Southside - park in St. John's parking lot

04/27/2022 Hanover Township on Jacksonville Rd - meet in the parking lot near the path entrance to the playground area

Walking schedule for May 2022:

05/04/2022 Sand Island/Tow Path, Bethlehem, meet near the Ice House

05/11/2022 Hellertown Rail Trail, meet at Grist Mill, Walnut Street Trail Entrance

05/18/2022 Palmer Walking Trail/Bikeway - Meet at Mine Lane Road parking lot (by Fairview Park baseball field) in Palmer Township

05/25/2022 Bethlehem Township Municipal Park - Meet in parking lot (NO DOGS PERMITTED)

More great walking locations to come in June! If you have a favorite place to go walking, let us know & we will try to work it into the schedule.