



# Berks Trail Challenge

May 1 to October 31



Reading Hospital

TOWER HEALTH

Advancing Health. Transforming Lives.

TRAIL	DIFFICULTY	TERRAIN	DISTANCE	LOCATION	SYMBOL (write or draw)
<b>Antietam Lake to Mount Penn Loop</b> Via Gravity and Ferndale Trails	Moderate	Natural Pathways	4.6 Miles Loop Trail	230 Angora Road, Reading, PA 19606	
<b>Green Hills Preserve</b>	Easy	Natural Pathways	1.3 Miles Loop Trail	553 Gunhart Road, Mohnton, PA 19540	
<b>Neversink Loop Trail</b> Orange Loop	Moderate	Rugged, Rocky Pathways	4.5 Miles Loop Trail	91 Klapperthal Road, Reading, PA 19606	
<b>Pagoda to Peace Rock White Trail</b>	Easy	Natural Pathways	0.9 Miles Out and Back Trail	98 Duryea Drive, Reading, PA 19602	
<b>Perimeter Trail Loop</b>	Moderate	Natural Pathways	1.3 Miles Loop Trail	Rentschler Arboretum 200 Arboretum Road, Bernville, PA 19506	
<b>Ridgeway Trail at Gibraltar Hill</b>	Moderate	Natural Pathways	3.3 Miles Loop Trail	400 Ridgeway Road, Birdsboro, PA 19508	
<b>Sand Spring and Tom Lowe Trails</b>	Moderate	Natural, Rocky Pathways	4.5 Miles Loop Trail	State Game Lands #110 Parking Lot N Northkill Road, Hamburg, PA 19526	
<b>Union Canal Trail</b>	Moderate	Natural Pathways	9.5 Miles Out and Back Trail	Berks Leisure Area 1901 Tulpehocken Road, Wyomissing, PA 19610	
Your Park/Trail Name Here					
Your Park/Trail Name Here					

**Please Note:** All trail symbols are posted on the trailhead bulletin boards.  
**Please leave the trails better than you found them.**

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## HOW MANY TRAILS CAN YOU EXPLORE BY OCTOBER 31?

1. Register as an individual or a family at [BeWellBerks.org](http://BeWellBerks.org).
2. Visit a trail.
3. Record the unique symbol located at each trail.
4. Complete 6 of the 10 trails. Return your challenge card via email, fax, or mail.

### CONTACT INFORMATION

Name:

Age:

Address:

Email:

### SUBMIT YOUR CHALLENGE CARD BY NOVEMBER 10.

**Email:** [CommunityWellness@towerhealth.org](mailto:CommunityWellness@towerhealth.org)

**Fax:** 484-628-5146

**US Mail (Must be postmarked by November 10):**

Reading Hospital  
Attn: Community Wellness - A2S  
PO Box 16052  
West Reading, PA 19612



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**Please note:** Incentives will not be distributed until after the completion of the challenge.