

Lehigh Valley Greenways Conservation Landscape SUCCESS STORY

By: CAT-Coalition for
Appropriate Transportation
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Everybody Rides LV 2023! (Awarded 2023)

SUMMARY

Everybody Rides LV 2023 included 71 group bike rides with 623 participants on a combination of trails and streets. Rides took place in more than 15 Lehigh Valley municipalities at various days/times to encourage as many people as possible to join.

The rides were geared to bring new people out on the trails and as such offered: (1) beginner friendly routes, (2) routes that were adjustable for varying abilities, (3) lessons on trailside bike care/trail etiquette/rules of the road.



CHALLENGE

Trails have the amazing potential to connect people, promoting healthy living, recreation, and the region's green assets. Yet, for many reasons there are people who have not discovered or explored the Lehigh Valley's trails.

To newbies, riding a bike on a trail can be unfamiliar and unnerving without support and camaraderie of fellow riders. Group bike rides provide access to people who are new to the adventures just beyond their neighborhoods. CAT's group bike rides provide a social network of shared experience, knowledge, and care. While there is an element of fitness, our rides are never a race, for there is joy in experiencing nature on a trail, discovering a local bakery, or just riding and talking with new friends.

CAT envisions a Lehigh Valley where walking, bicycling, and transit prevail. We want to reach anyone who has an interest to get outside and move!

FUNDING

Grant Award:
\$4,300

Match:
\$5,075

Total Project Cost:
\$9,375

PARTNERSHIP IS KEY

Partnering organizations included: City of Bethlehem, City of Allentown, Café the Lodge, City of Easton, Delaware & Lehigh National Heritage Corridor, Adventure Cycling Association, Community Bike Works, Lehigh Valley Planning Commission, Treatment Trends, Pennsylvania State Police, St Luke's Health Network, Lehigh Valley Health Network, Lehigh Valley IronPigs



SOLUTION

CAT engaged in this project to activate THE LINK Trails Network, showing how trails can be (1) connected to each other and (2) accessed from neighborhoods via local streets.

Another big goal was to build a supportive trail community that (1) rides more often with more skills & care, and (2) rides to destinations that make it more fun and supports local businesses.

Bottom line – bikes take us places! Trails makes it more fun and offer more options for transportation and recreation if they connect where we need to go.

RESULTS

CAT offered various rides under this 2023 Lehigh Valley Greenways Mini-Grant, including:

- Weekly Women's Rides on D&L Trail
- Weekly Over the Hill Rides on various trails & streets (D&L Trail, Saucon Rail Trail, Nor-Bath Trail) to various destinations (bakeries, ice cream, coffee, lunch)
- Bike2Work Basics Rides with adult clients in Allentown (Jordan Creek Greenway Trail & local streets) —these rides also included practice loading bike on LANTA Bus
- LVBike2Work Week Rides with Mayors & city staff in Bethlehem & Allentown
- Bike Ride from CAT to Lehigh Valley IronPigs game
- Women's Overnight Rides from Bethlehem to Ringing Rocks State Park and Nockamixon State Park
- (For everyone) Bike Camping Overnight from Bethlehem to Jim Thorpe via the Nor-Bath and D&L Trails
- Holiday Lights Bike Rides from CAT to Little Lehigh Parkway
- Training rides for (9) new Ride Leaders

Contact



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