Our Mission is to support the park along the Cynwyd Heritage Trail and its natural, educational, and recreational resources. We help to coordinate volunteer time, and fund-raise to promote amenities along the trail and its tributaries. In 2008, The Friends of The Cynwyd Trail (FOCHT) was founded by a group of dedicated volunteers committed to supporting the construction of the Trail. Currently, the Friends focus on supporting the volunteer efforts in beautifying the park.

2019 CLEAN-UP DAYS
Saturday & Sunday, June 15th & 16th
Saturday & Sunday, September 20th & 21st
Saturday & Sunday, November 16th & 17th
We will meet at Barmouth Station 8:30am. Dates & meet place can change, so please see emails & cynwydtrail.org for the latest clean-up information.

TRAILHEADS
Cynwyd Station Park Trailhead
321 Conshohocken State Road, Bala Cynwyd, PA 19004
Bala Cynwyd Park Trailhead
398 Trevor Lane, Bala Cynwyd, PA 19004
Barmouth Trailhead
175 East Levering Mill Road, Bala Cynwyd PA 19004
Belmont Trailhead
Belmont Ave and Rock Hill Road, Bala Cynwyd PA 19004

MEMBERS OF OUR BOARD
Barrett Dunigan • Beth Yount
Bruce D. Reed • Bryan Shipenberg
Debra Nathanson • Drew Ries • Harry Conry
Irene Marks • Jim Mundy • Karen Snetselaar
Kim Rosen • Kitty Rapalyea • Marc Cooper
Melissa Shipenberg • Michael Mastaglio
Michele Diacik • Nancy Goldenberg
Rosanna D’Orazio

The Friends of the Cynwyd Heritage Trail

Fitness Bootcamp on the Trail has started
Contact Jerry from General Fitness Company
Training Schedule: Bootcamp: Wednesday & Friday 6am. Wednesdays 6pm
Please call or email for confirmation Call (484) 231-8500
Email: info@generalfitnesscompany.com. generalfitnesscompany.com to sign up.
Friends of The Cynwyd Trail Attend the Ribbon Cutting Ceremony for The Kelly

Representatives from Lower Merion Township along with local business and civic leaders joined award-winning developer Cross Properties at a ribbon cutting celebration to officially open The Kelly, the first of three new multifamily communities to be built by Cross Properties as part of its $110 Million NoBA District revitalization plan. The Kelly is located in Bala Village at 10 Union Avenue.

Participating in the ribbon cutting staged on the grassy lawn of the The Kelly’s second floor courtyard were Terrence Foley, President and CEO of the City Avenue Special Services District, Elizabeth Rogan, AICP, Commissioner, Lower Merion Board of Commissioners, Ward 7, Harry Conry, Vice President, of The Friends of Cynwyd Heritage Trail, David Blumenfeld, President, Cross Properties and Kevin Michals, Managing Partner, Cross Properties.

Bala Boy Scouts, Troop 1 Clear Cynwyd Station

Manayunk Arts Festival Enters Its 30th Year

Artists and crafters prepare to take Main Street Saturday, June 22nd from 11am-7pm and Sunday, June 23rd from 11am-6pm

The Manayunk Development Corporation is pleased to announce the 30th Annual Manayunk Arts Festival! The tradition of being the tri-state area’s largest outdoor juried art festival will continue as Main Street hosts approximately 300 different local and nationally known artists and crafters. Nearly 200,000 collectors, buyers, and designers will visit Main Street for this event.

This event will feature artists from seven different disciplines: fiber, glass & ceramics, jewelry, mixed media, painting & drawing, photography, and wood & sculpture. Visitors can also enjoy food and beverages from Manayunk’s renowned restaurants and cool off by shopping at Manayunk’s unique boutiques and stores.

You can park at the CVS on Belmont Ave or Barmouth Station Trailhead and walk over the Manayunk Bridge to attend! This event is free and is HAPPENING rain or shine!

Belmont Trailhead Address: You can park in the CVS parking lot. Intersection of Rock Hill Road and Belmont Avenue

Barmouth Station: 175 East Levering Mill Road, Bala Cynwyd PA 19004 (at the end of E. Levering Mill Rd after crossing Belmont Avenue)
Best Ways To Preserve Nature While Hiking

Every month millions of people take at least a one day hike into the wilderness either using a national hiking trail or a local park trail. There are significant physical and emotional benefits to getting out into nature and going for a long walk, including stress reduction and better core strength. However, more people hiking means more stress on the environment and more potential damage that could be done to the ecosystem in the area. Hikers who are enjoying some time in the outdoors should always be considerate of the land and make sure that they do these five things to protect the health and beauty of the places they like to hike:

**Use A Trail Map** - You should always use a trail map when you’re hiking. A trail map will ensure that you will be able to find out where you need to go if your GPS goes down or our phone isn’t working. And a trail map will also help protect the environment by keeping hikers on the trails that are designed for them. Staying on the trails that are just for hikers will help minimize damage to the trails in the area and the plants and grasses that grow along the trails. Trail maps are usually posted at regular intervals on long trails but on shorter trails you will need to have a paper copy of the map.

**Know Where The Safe Water Is** - You will probably need to fill up your water bottle at least once during the hike. You also may want to clean up a little if you are going on an overnight hike. On your trail map mark off sources of water that are safe and clean for you to use that will not contaminate the water that the animals in the area drink. If you are washing up, or washing out your water bottle with soap, make sure that you only use water that is at least 300 yards from any water source that animals use to do that.

**Take Out The Trash** - You should be eating before, during, and after your hike to keep your energy up. However, you should not be leaving your food wrappers and trash in the wild. Never litter or leave your trash behind. If everyone did that the area would soon be buried in trash. Take all of your trash with you and dispose of it properly in trash and recycling containers. There are usually trash bins at the start and end of the trail, and if there are picnic spots on the trail there may be trash containers there too.

**Don’t Disturb The Animals** - The animals who live in the wild may be used to humans walking by but that doesn’t mean that they’re tame or that you should try to approach them. They are still wild animals who could get angry or frightened if you approach them. They also could be made sick by food designed for humans so don’t try to lure them over to you with food.

**Don’t Take Shortcuts** - If you get a particularly tough section of trail you might be tempted to take a shortcut and avoid it. Don’t. When you go off the trail and make your own trails you can permanently damage the soil and the landscape in that area.

This article was created Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only.

Upcoming Events on The Trail

**June**
- Bootcamp: Every Wednesday and Friday at 6am
- Sustainability Fair, 6/15, WLH Cemetery, FOCHT Table
- FOCHT Summer Clean Up Weekend, 6/15 & 6/16 9am - 12pm

**July**
- Bootcamp, Every Wednesday and Friday at 6am
- 4th of July Parade/Park, FOCHT Table
- FOCHT Board Meeting, 7/8 6:45pm

**August**
- Bootcamp, Every Wednesday and Friday at 6am
- WLH Brew Masters Event, 8/24

**September**
- Bootcamp, Every Wednesday and Friday at 6am

**October**
- Bootcamp, Every Wednesday and Friday at 6am
- Special Board Meeting/Annual Meeting Prep, 10/14 6:45pm
- Run4UrLife 5K Run, 10/19, West Laurel Hill Cemetery

**November**
- Bootcamp, Every Wednesday and Friday at 6am
- FOCHT Board Meeting/Annual Meeting, 11/11 6:30pm
- FOCHT Fall Clean Up Weekend, 11/16 & 11/17 9am - 12pm
- FOCHT Peter Brigham Memorial Walk, 11/29

-Calendar subject to change