

LEHIGH VALLEY BIKE TRAILS GUIDE

Paved trails, mountain biking, and scenic routes for every rider

The Lehigh Valley is one of eastern Pennsylvania's best places to ride, with a deep network of flat rail-trails, a historic canal towpath along the Lehigh River, and forested singletrack for mountain bikers.

IN THIS GUIDE

1. D&L Trail (Delaware & Lehigh)
2. Lehigh Gorge Section (D&L Trail)
3. Ironton Rail Trail
4. Nor-Bath Trail
5. Saucon Rail Trail
6. Lehigh Canal Towpath (D&L Trail)
7. Karl Stirner Arts Trail
8. Mountain Biking — South Mountain Preserve & Trexler Nature Preserve
9. Tips & Planning

D&L TRAIL (DELAWARE & LEHIGH)

Allentown, Bethlehem & Easton (and beyond to Jim Thorpe) — The region's flagship multi-use trail, part of a roughly 140-mile (eventually ~165-mile) corridor along historic canal and railroad routes. Within the Valley, a continuous ~16-mile stretch runs from Allentown through Bethlehem to Easton on a largely flat, mostly crushed-stone towpath — ideal for families and casual riders on hybrid or gravel bikes. Note a current trail gap between Northampton and Allentown.

LEHIGH GORGE SECTION (D&L TRAIL)

Jim Thorpe to White Haven (Carbon County, just north of the Valley) — A spectacular ~26-mile, gently downhill ride through Lehigh Gorge State Park along the Lehigh River. Outfitters in Jim Thorpe and White Haven rent bikes and run shuttles, so you can ride one-way for 10 to 36 miles. It's outside the Valley proper but the most popular day trip from it.

IRONTON RAIL TRAIL

Whitehall Township, Coplay & North Whitehall — A paved former iron-ore railway path totaling about 9.2 miles, built around a roughly 5-mile loop plus a ~3.9-mile spur toward Ironton. Flat and very accessible, it's a favorite of walkers, joggers, and cyclists of all ages — and the loop means you finish where you started.

NOR-BATH TRAIL

Northampton to Bath (Northampton County) — A pleasant ~5.9-mile rail-trail through farmland and residential areas between Northampton and Bath, ending near Jacksonville Park. The surface is a mix of asphalt and crushed stone (only about a mile is fully paved), so a hybrid or gravel bike is the comfortable choice. Easy parking at both ends.

SAUCON RAIL TRAIL

Hellertown to Coopersburg (Lower & Upper Saucon townships) — A 7.5-mile, mostly flat rail-trail with few hills, linking four Southern Lehigh communities. Four trailside parks offer parking, restrooms, and picnic spots, making it one of the Valley's most family-friendly rides.

LEHIGH CANAL TOWPATH (D&L TRAIL)

Allentown to Easton along the Lehigh River — The ~16-mile canal-towpath portion of the D&L Trail through the Valley's most scenic river corridor, passing riverside parks, restored 1829-era canal structures at Hugh Moore Park, and shady woodland. Mostly flat crushed-stone with a few paved stretches near Easton.

KARL STIRNER ARTS TRAIL

Easton (along Bushkill Creek) — A 1.75-mile fully paved urban trail lined with public art and sculpture, connecting the Simon Silk Mill to downtown Easton. A short, scenic ride that pairs perfectly with the eastern end of the D&L Trail.

MOUNTAIN BIKING – SOUTH MOUNTAIN PRESERVE & TREXLER NATURE PRESERVE

Emmaus (South Mountain) & Schnecksville/Lowhill (Trexler) — For off-road riders, South Mountain Preserve in Emmaus (a ~440-acre Wildlands Conservancy property with about 12 miles of trails) offers technical, climbing singletrack and rewarding descents, while Trexler Nature Preserve has fast, flowy, well-draining purpose-built trails — including Jack O'Diamonds, one of the first public jump lines of its kind. Jacobsburg State Park near Belfast adds 18+ miles of beginner-to-intermediate multi-use trails.

TIPS & PLANNING

Most paved and crushed-stone trails are open year-round and shared with pedestrians, so ride at a courteous speed and call out when passing. A hybrid or gravel bike handles the Valley's crushed-stone rail-trails and canal towpath best; a true road bike is happiest on pavement, and a mountain bike belongs on South Mountain, Trexler, or Jacobsburg. Bike rentals and shuttles are available in Jim Thorpe and White Haven for the Lehigh Gorge section. For road riding, the low-traffic rural roads of western Lehigh County roll through the Lehigh Valley wine country — a federally recognized wine region (AVA since 2008) with 30+ wineries and Pennsylvania's first wine trail — offering beautiful scenery and plenty of stops. Always check official trail sites for current conditions and any gap detours before a long ride.

LEHIGHVALLEY.COM

EXPLORE THE LEHIGH VALLEY

Download more free local guides at lehighvalley.com/guides

© 2026 LehighValley.com — All rights reserved