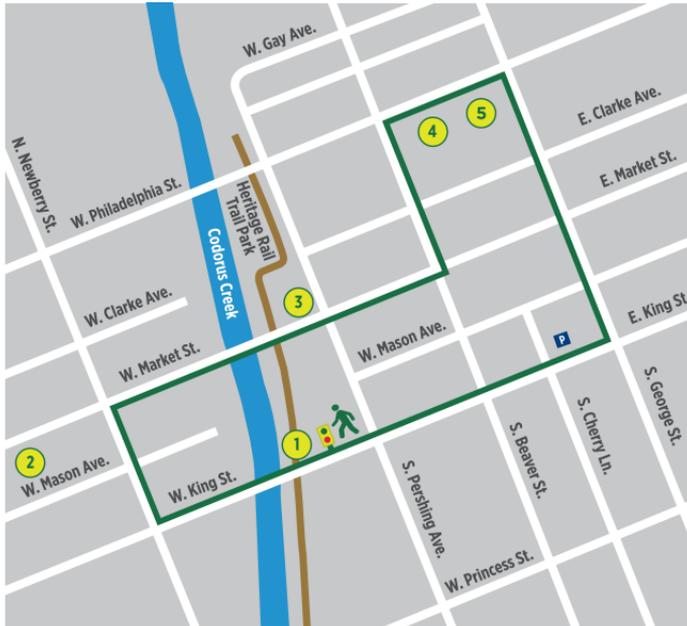


# Downtown York Route



**pennsylvania**  
DEPARTMENT OF HEALTH™

- 1** Heritage Rail Trail Park
- 2** Penn Market
- 3** Colonial Courthouse
- 4** Central Market
- 5** Appell Center
- P** Parking
-  Start/Stop

..... Distance 1.23 Miles

Steps to a Healthier You

[pawalkworks.com](http://pawalkworks.com)

# Downtown York Route

1

## **Heritage Rail Trail Park**

Heritage Rail Trail County Park, in southern York County, extends more than twenty-one miles, winding through scenic areas. The ADA trail is a 10-foot wide compacted stone surface designed for hiking, bicycling, running and horseback riding. This linear park connects the historic district of downtown York, Pennsylvania with Maryland's Torrey C. Brown Trail while traveling through 11 different municipalities. The park is open year-round, dawn until dusk.

2

## **Penn Market**

Penn Market was originally constructed in 1866 and continues to operate year-round as the oldest continually operating farmers market in York. Find an abundance of fresh locally grown fruits and vegetables that are available during the growing season. Fresh local meats and poultry products are offered by local butchers. Stands sell prepared foods as well as made to order breakfast and lunch.

3

## **Colonial Courthouse**

The Colonial Courthouse is one of several featured exhibits in the Colonial Complex. The reconstructed Colonial Courthouse highlights the story of the Second Continental Congress when they worked out of York during the winter of 1777-1778, and adopted the Articles of Confederation.

4

## **Central Market**

The Central Market has over 125 years of history in this building. It is both a grassroots commercial operation and a community gathering place. Market shoppers enjoy locally grown flowers and produce, baked goods, fresh seafood, meats, deli products, unique artisan crafts and many specialty items provided by 50+ vendors.

5

## **Appell Center**

The Appell Center for the Performing Arts features two historic theaters – the Strand Theatre built in 1925 and the Capitol Theatre built in 1906. The 1,262-seat Strand Theatre is a glittering example of Italian Renaissance architecture and features 1,800 pounds of gold leaf and murals adorning the walls. The Strand Theatre prospered during the days of vaudeville and silent film in the roaring 20's and is the center for entertainment in York City today.