

Walking Tips

Did you know that walking is the single most important exercise to stimulate bone strength?

Here are some simple tips to get the most out of your walking workout.

- With each step, imagine your leg getting longer and touch the ground with the heel first.
- Evenly distribute your weight between your feet and the heels and balls of the feet.
- Let your arms swing naturally, opposite the leg movement.
- Do not walk farther than you can safely return.
- Start your walking program for short periods and build up your endurance; stop if anything starts to hurt and consult with your doctor.



Steps to a Healthier You!

Lansdowne Borough Walking Tour 1

Brought to you by:



Mercy Fitzgerald Hospital

A member of Mercy Health System

1500 Lansdowne Avenue
Darby, PA 19023
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Lansdowne Economic
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www.LansdownesFuture.org



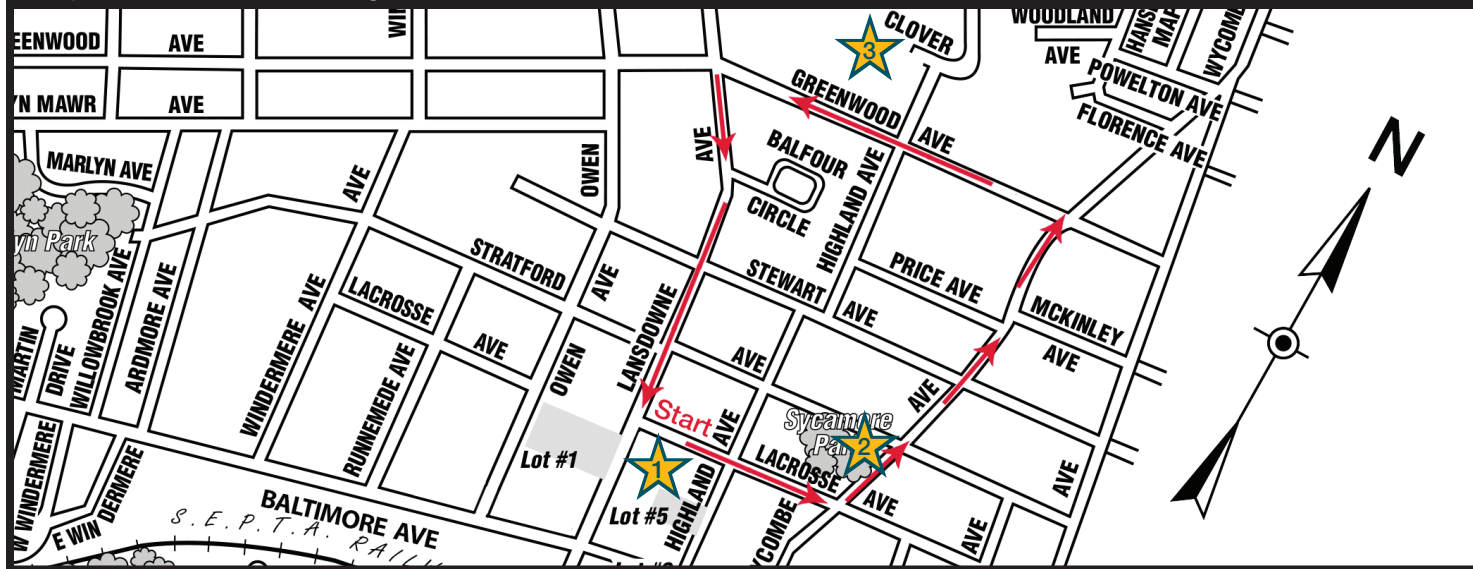
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Map of Lansdowne Borough



Our walk starts at 30 N. Lansdowne Avenue, home of the Lansdowne Farmers Market, and across the crosswalk to the:

Historic Lansdowne Theater



★ Historic Lansdowne Theater

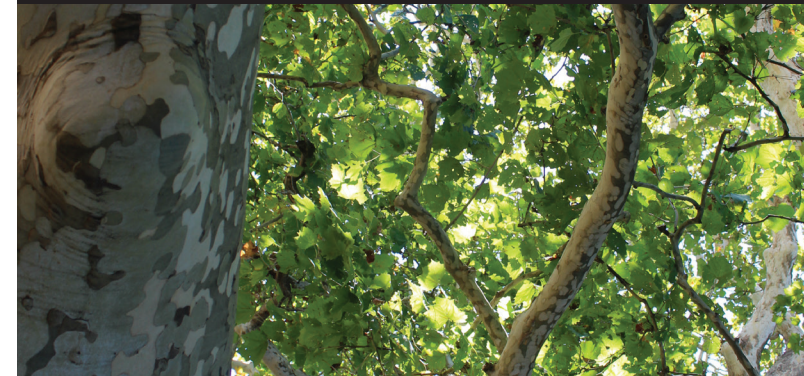
The Lansdowne Theater opened on June 1, 1927, featuring the silent film "Knockout Riley" starring Richard Dix. John J. McGuirk, president of the Stanley Company, the predecessor of Warner Brothers, oversaw the opening event. Mr. McGuirk described The Lansdowne as "the best example of suburban theatre construction around Philadelphia." Adding to the excitement of the day was an appearance by Miss Lansdowne, who flew over the theater in a biplane, dropping roses to the audience below. (That year Miss Lansdowne happened to be an exchange student from Sweden.) Films were shown Monday through Saturday at 2:30, 7:00 and 9:00 p.m. Ticket prices ranged from 15¢ to 35¢. In recognition of the historical and architectural significance of the building, it was added to the National Register of Historic Places in 1987.

Continue your walk north turning right onto Lacrosse Avenue. As you proceed East notice the Lansdowne Sycamore historic site (pictured on the front cover).

★ Sycamore Tree Park

Standing at 108 feet tall with a trunk circumference of 22 feet and a crown width of 129 feet is the Lansdowne Sycamore. The tree is estimated to have been germinated in the mid-1600s. Most recently, the National Arbor Day Foundation honored Lansdowne with a Sterling Community award for promoting continuous, systematic tree care. Lansdowne is the only Pennsylvania city to have earned this award for 10 straight years.

Lansdowne Sycamore



Continuing your walk, turn left onto Wycombe Avenue continuing north. Turn left at E. Greenwood Avenue. This section is known historically as:

Henry Albertson Subdivision National Register Historic District



★ Henry Albertson Subdivision National Register Historic District

This subdivision includes boundaries of the property owned by Henry Albertson, a Philadelphia merchant, in the 1880s. While on E. Greenwood Avenue enjoy the many large trees. Various styles of architecture are represented in the 71 houses in the district including American Four-Square, Colonial Revival, Craftsman, Dutch Colonial, Prairie School, Queen Anne, Shingle and Tudor Revival.

Turn left back onto N. Lansdowne walking back to our start at 30 N. Lansdowne Avenue.

This walk is approximately 1 mile/2,000 steps and takes about 20 minutes if walked at a brisk pace.