

## 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 2

Brought to you by:



**Mercy Fitzgerald Hospital**

A member of Mercy Health System

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## Map of Lansdowne Borough



Our walk starts at 30 N. Lansdowne Avenue, home of the Lansdowne Farmers Market. From the front of the market area, walk through the parking lot, heading to Owen Avenue. Turn left down Owen Avenue noticing this historic location on the right:

## ★ The Mary Owen House

Located at 12 Owen Avenue, this house is the oldest residence in Lansdowne and was built in 1732 with an addition built in 1790. Local tradition tells of Generals Lafayette and Washington stopping here. They were on their way from the Battle of Brandywine at Chadds Ford heading to Valley Forge. Traveling through Chester over Kings Highway (now Chester Pike) with their troops, they turned onto Darby and Radnor Road, now Lansdowne Avenue.

Continuing down Owen Avenue, turn right onto Baltimore Avenue then turn right onto Runnemeade. This area is known as:

## ★ Lansdowne Park National Register Historic District

The Lansdowne Park Historic District illustrates the transformation of a rural eighteenth-century farm into a late nineteenth- and early twentieth-century middle-class Philadelphia suburb. Lansdowne Park is distinctive for its unique architecture; no other community in Delaware County has as large and cohesive a collection of Queen Anne-style residential architecture. The district also includes the largest collection of buildings designed by a locally prominent architect, William H. Free.

Turn right onto Lacrosse Avenue and continue on turning left back onto Owen Avenue.

## Lansdowne Park National Register Historic District



Turn left onto Stratford Avenue and turn left on Windermere Avenue. When you reach Baltimore Avenue, turn left returning back to Owen Avenue. At Owen, turn left and then turn right to cross back through the parking lot to the front of the Farmers Market lot to be sure you are completing the full walk.

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

## The Mary Owen House

