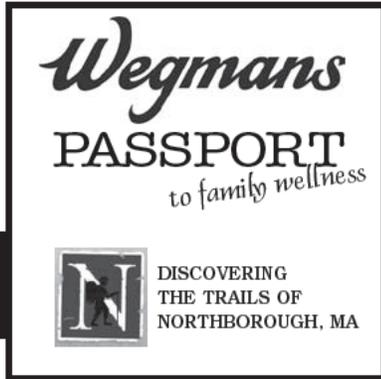


Please look for a trail marker like the one illustrated below on each trail. Trail markers are mounted on 4x4 posts.

When you locate a trail marker, use a pencil or crayon to rub the name of the trail on the corresponding page of your passport.

To record your visit to this trail, find the page for this trail in your Wegmans Passport to Family Wellness and make a rubbing of the box below using a pencil or crayon.

COLD HARBOR TRAIL



Visit www.northboroughtrails.org



DISCOVERING
THE TRAILS OF
NORTHBOROUGH, MA

Welcome to the Wegmans Passport to Family Wellness

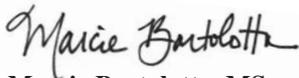
Happy Trails to you! This booklet is full of adventure. It provides an opportunity to experience the outdoors and be active with your friends and family members while discovering the hiking trails and beauty of nature in and around Northborough.

It's easy. Just take this passport with you and walk the trails. As you walk each trail, record your visit in the passport by using a pencil or crayon to make a rubbing of the designated trail marker (see outside back cover).

After you have visited at least four trails, bring your passport to the Northborough Town Hall Planning Department, and receive a Wegmans coupon for free product. When you complete at least seven trails, you will be eligible to win the grand prize: a \$100 Wegmans gift card for you and 20 of your friends to enjoy a picnic at Ellsworth McAfee Park pavilion. A winner will be chosen every year in mid-July. You do not need to complete the nine trails in one year to be eligible.

Brought to you by Wegmans and the Northborough Trails Committee, we hope this encourages you to get moving more and enjoy the area trails.

Thank you,



Marcie Bartolotta, MS

*Manager, Eat Well. Live Well Community Initiatives
Wegmans Food Markets*

Tips for Packing Healthy Picnic Baskets

- **Whole wheat sandwiches are high in fiber** and contain more nutrients than white bread. Also try whole grain tortillas or wraps for variety.
- **Bring fruits and vegetables in a variety of colors** to get optimal nutrients. Pack a container full of colorful fruit salad for a healthy and delicious desert!
- **Bring a whole watermelon, cantaloupe, or honeydew** and slice it open on the spot. Nature's packaging works beautifully to keep these fruits cool and fresh.
- **Cut up veggies for dipping.** Carrots, broccoli crowns, bell pepper strips and cucumbers are just a few options to try. Dip into lowfat dips, hummus or salsa for flavor!
- **Consider alternatives for burgers and hot dogs.** Turkey, low-fat hot dogs, veggie burgers and grilled chicken are available and are lower in cholesterol.
- **Instead of mayonnaise-dripping coleslaw or salads,** make coleslaw and drizzle with fat-free Italian dressing, spicy Dijon mustards or low-fat dressing varieties.
- **Instead of sweetened sodas or fruit juices,** bring seltzer mixed with all-natural fruit juice, unsweetened, iced tea; or bottles of water. Freeze the bottled water the night before, to use as cold packs to keep food cold. When you're ready to eat, you will have an icy bottle of water ready to drink.

**From Theresa Jackson RD, CNSD, CDN
Wegmans Corporate Nutritionist**

Trail Notes:

Walking Tips

Dress in Layers – The weather and even your own body temperature can fluctuate as you walk or hike. Layering allows you to comfortably add or remove clothing as needed during your activity.

Stay Hydrated – If you plan to be active for an hour or less, plain water is typically the best option to keep you hydrated. If your activity will last for more than 1 hour (or the outside temperature is high) a sports drink, juice or milk provide important nutrients and electrolytes to prevent dehydration.

Pack a Snack – Keeping a healthy snack on hand is a good idea just in case your walk goes a little longer than planned. Snacks that travel well include an apple, banana, granola bar or a small snack bag filled with nuts, trail mix or pretzels.

Wear Sunscreen – Anytime you are out in the sun no matter what time of year it is, it is important to protect your skin by wearing sunscreen.

Bring a Buddy – Having someone to walk with makes the journey safer and more enjoyable.

Good luck on your journey to better health!

Welcome to the Northborough trail network developed and maintained by the Northborough Trails Committee (NTC).

Visit **NorthboroughTrails.org** for more information and additional maps. Distributed throughout the town are approximately 30 miles of hiking trails in 9 different areas. Most of these trails present an easy, relaxing hike for people of all ages; a couple areas are a bit more challenging. Mountain biking is allowed on all the trails except for the Cedar Hill area. Cross-country skiing and/or snowshoeing are encouraged in the winter. Please be respectful of other people on the trails, keep your dogs on leash at all times, remove dog waste and please do not litter. If you would like to report any issues about the trails, the NTC can be reached through our website.

★10 *Sawink Farm Loop Trail*

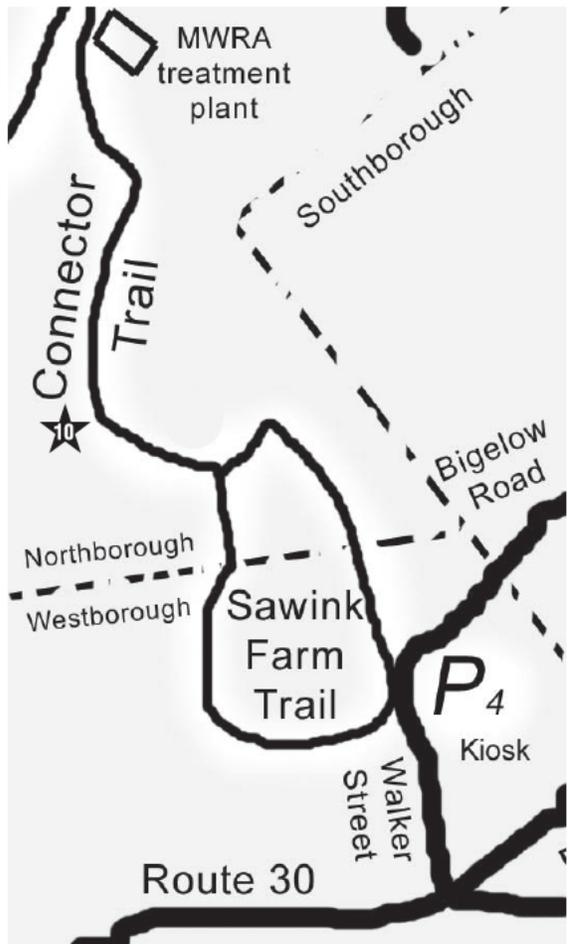
Location: Parking in gravel lot off Walker St. in Westborough

Difficulty: Easy, some wet, rocky areas

Length: Approx. 0.75 miles to trail marker

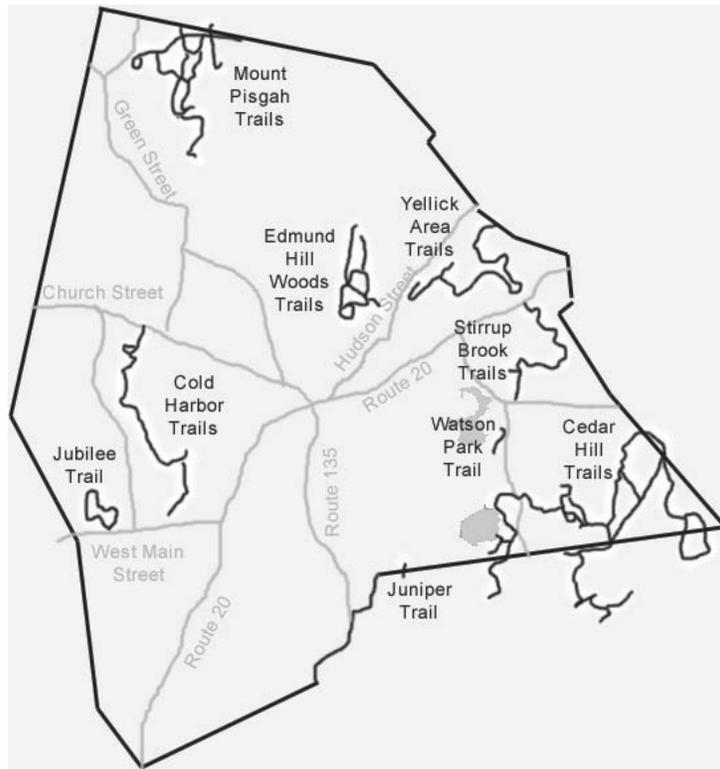
Features: Park in gravel parking area and then walk down Walker St. about 100 feet to trail head. Trail is primarily flat and goes through a beautiful, dense forest. Walking counter-clockwise, at about 0.5 miles, the trail splits: left goes back towards parking area and right crosses a stone wall onto the Connector Trail. Follow trail with stone wall on your left and the trail marker is about 0.2 miles ahead. You can turn around here or continue hiking up to the water treatment plant to join other trails in the Cedar Hill area.

MAKE TRAIL MARKER RUBBING HERE



★ indicates location of trail marker for rubbing.

TRAILS OF NORTHBOROUGH



Cold Harbor Trail



★ indicates location of trail marker for rubbing.

★ *Watson Park Trail*

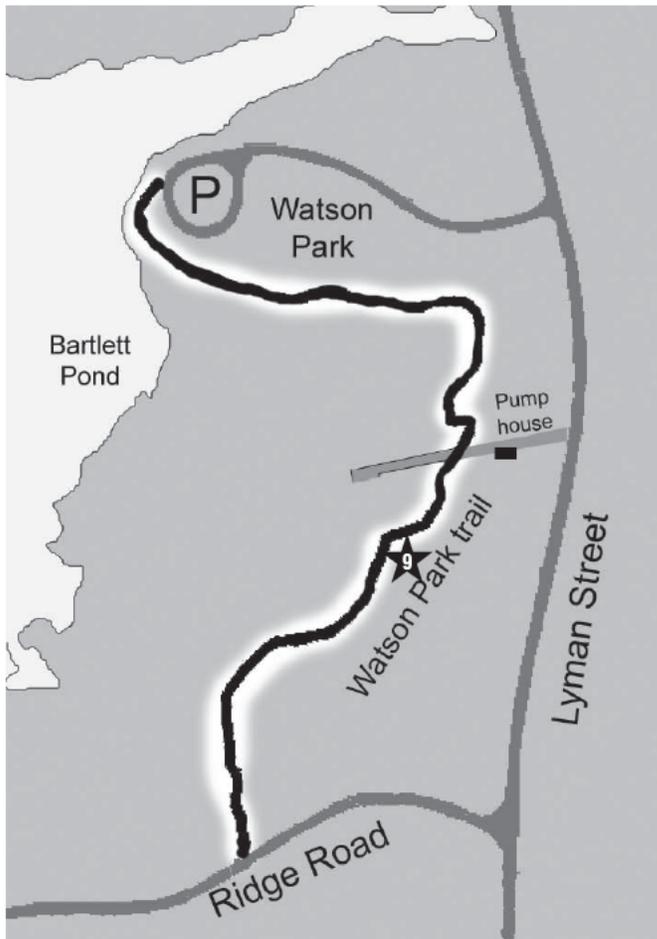
Location: Parking in roundabout off Lyman St.

Difficulty: Easy

Length: Total length of trail is 0.36 miles.

Features: Nice, relatively flat hike starting along banks of Bartlett Pond and going through a small section of woods before entering a meadow. The trail crosses behind a water dept. pump house and re-enters the forest going about 0.25 miles before ending at Ridge Rd. Plans are in the works to create a new loop trail near the Ridge Rd. end.

MAKE TRAIL MARKER RUBBING HERE



★ indicates location of trail marker for rubbing.

★ *Cold Harbor Trail*

Location: Parking lot (known as Carney Park) is located off West Main St. across from Davis St.

Difficulty: Easy

Length: 2.0 miles round trip from P1 to trail marker

Features: The Cold Harbor Trail starts out in a small wooded area and quickly proceeds to an earthen dam that is straight and level. The trail generally goes from fields to forest and back to fields. There's a section of about 200 feet of wood boardwalk that goes through a meadow prior to the trail joining Cherry St. Hikers should then walk along Cherry St. crossing over West St. and rejoining the trail. In this section is the famous floating bridge built in 2002 by the NTC. Once over the bridge, there is the option of hiking straight out to Church St. or adding in the Beaver Loop for some more forest hiking. This trail has little elevation changes but can be wet in some spots year round.

MAKE TRAIL MARKER RUBBING HERE



★ indicates location of trail marker for rubbing.

★ Cedar Hill Trail

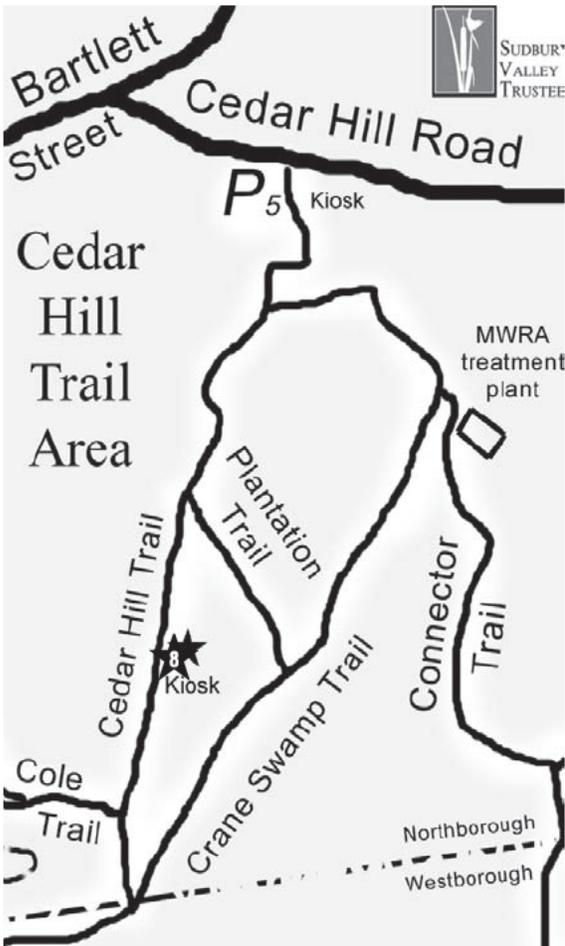
Location: Parking area is located behind building on 360 Cedar Hill Rd. in back left corner of parking lot.

Difficulty: Easy (one section with moderate, slightly rocky climb)

Length: 1.2 mile round trip to kiosk at summit

Features: After passing over the RR tracks and through an open meadow and forested wetland area, the trail heads up a rocky hill to the open meadow summit of Cedar Hill with scenic views. The trail is a segment of the Westborough Charm Bracelet and connects to a larger trail network located in Northborough, Westborough, and Southborough, including the Little Chauncy Trail. Trail is managed by both the Sudbury Valley Trustees and Northborough Trails Committee. No mountain biking is permitted on SVT trails.

MAKE TRAIL MARKER RUBBING HERE



★ indicates location of trail marker for rubbing.

★ 2 Mt. Pisgah Trail Area

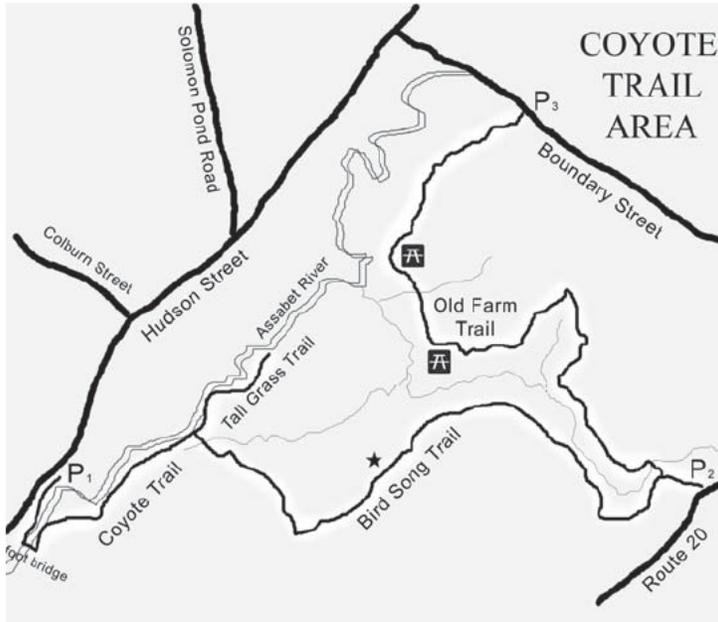
Location: Off-street parking on Smith Road

Difficulty: Moderate

Length: 1.6 miles round trip from parking area

Features: This is the largest network of trails in town. Great care should be exercised in this area as many of the trails go into neighboring towns and continue for many miles. A detailed trail map is highly recommended if you plan to hike beyond trails shown in the passport. Starting at the Smith Rd. parking area, the wide Mentzer Trail proceeds all the way up to the North View of Mt. Pisgah where the tall buildings of downtown Boston can be seen on a clear day. Some sections are a bit wet, quite rocky and may have exposed tree roots.

MAKE TRAIL MARKER RUBBING HERE



★ indicates location of trail marker for rubbing.

★ *Little Chauncy Trail*

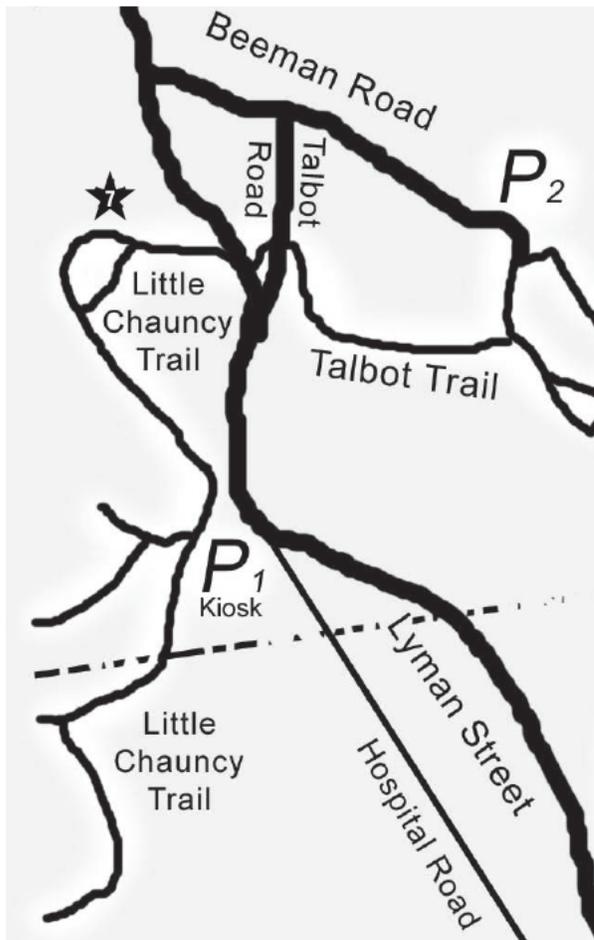
Location: Parking off Lyman St.

Difficulty: Easy

Length: 1.2 miles round trip from parking area to trail marker

Features: Trail initially borders Little Chauncy Pond before heading into mixed species forest and a white pine stand. The trail continues through a historical cattle tunnel located under Lyman Street. The trail is a segment of the Westborough Charm Bracelet and connects to a larger network of trails located in Northborough, Westborough, and Southborough, including the Cedar Hill Trail.

MAKE TRAIL MARKER RUBBING HERE



★ indicates location of trail marker for rubbing.

★ 3 *Coyote Trail in Great Meadow Area*

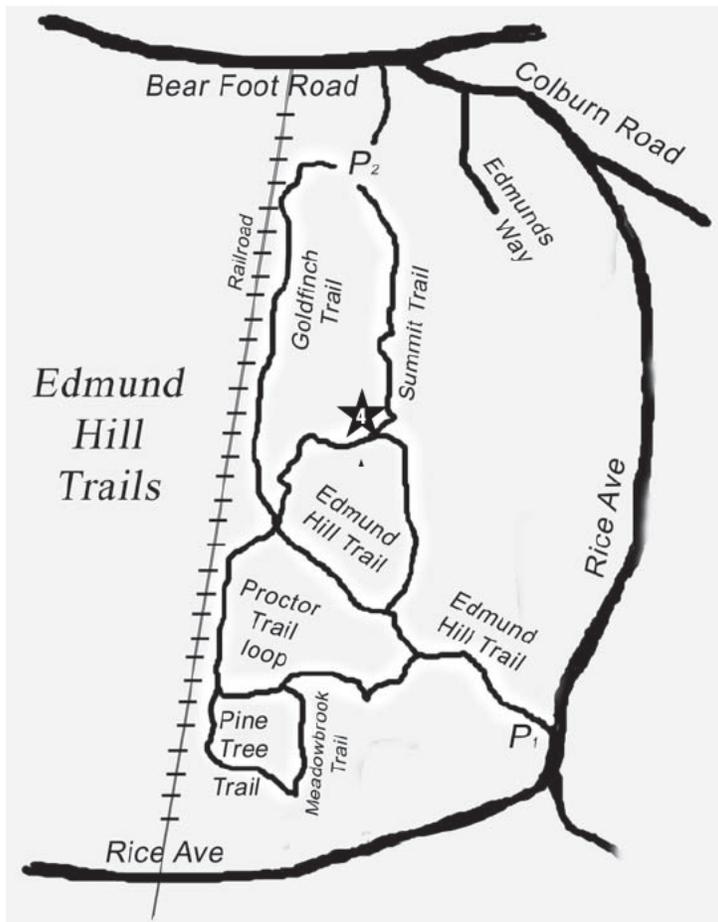
Location: Parking located off Hudson St., Boundry St and also Main St (Rt. 20)

Difficulty: Easy

Length: 2.0 miles round trip from P1 to trail marker

Features: All three parking areas are suitable for access. If parking at P2, please avoid parking in the church parking lot next to the trailhead. These trails traverse some very beautiful, mature hardwood and coniferous forests. The terrain can be a bit steep or wet in places, but there are no long hills to climb. There is one tricky section along the Assabet River when entering from the Hudson St. (P1) parking area. Two nice areas along the Old Farm Trail have picnic tables for a relaxing place to eat lunch and look out over the wetland flood plain of the Assabet River.

MAKE TRAIL MARKER RUBBING HERE



★ indicates location of trail marker for rubbing.

★ *Stirrup Brook Trail*

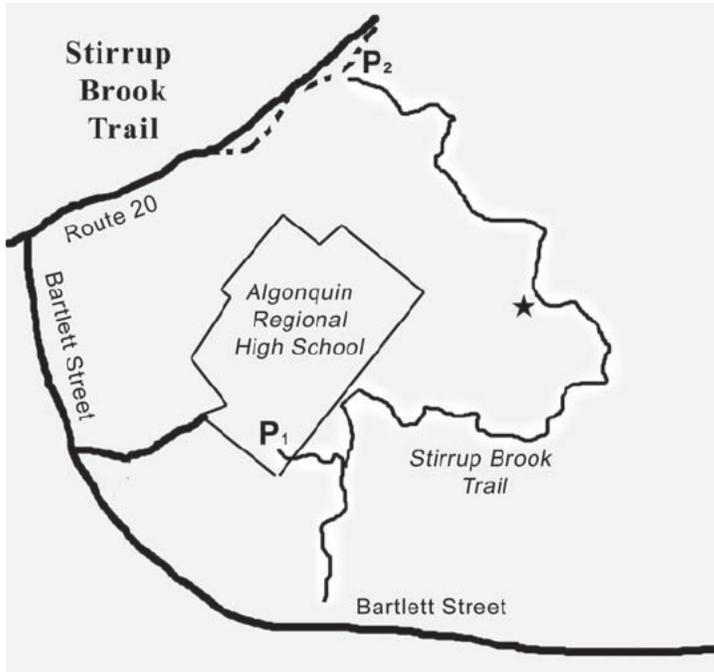
Location: Upper parking lot of Algonquin Regional High School (P1) or near concrete barriers across from church on Rt.20 heading east (P2)

Difficulty: Easy

Length: 1.8 miles round trip to trail marker

Features: Trail goes through forests and meadows, crosses streams, parts of trail parallel the high school cross-country trail. At 0.3 miles is a “Nature’s Classroom” area with three picnic tables. Trail marker is mounted on a post at the junction with the high school cross country trail. Great area for trail running, mountain biking and X-C skiing. Some beaver activity is causing a bit of trail flooding.

MAKE TRAIL MARKER RUBBING HERE



★ Edmund Hill Trails

Location: Access from Rice Ave (P1) or Northborough Senior Center off Bear Foot Road (P2)

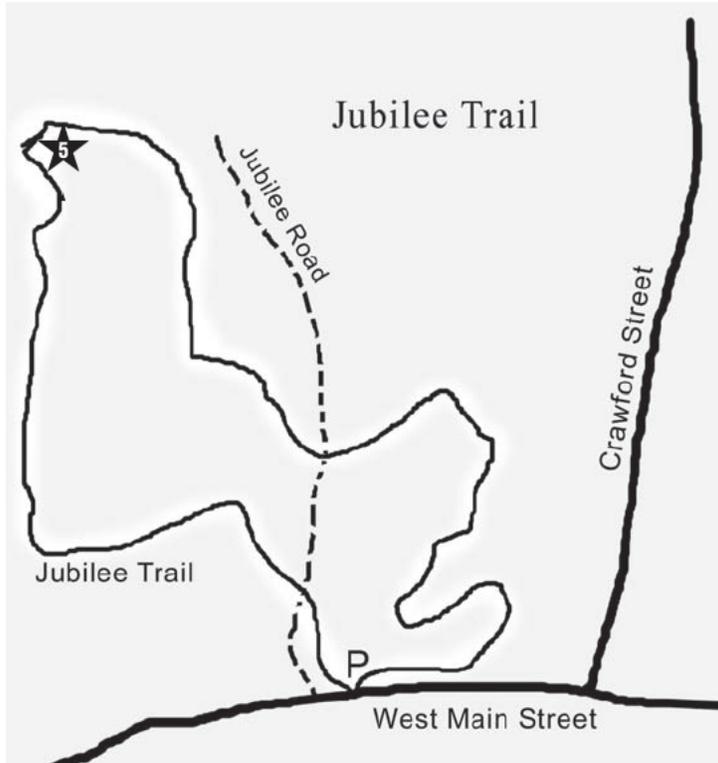
Difficulty: Moderate

Length: 1.1 mile round trip from P1

Features: Both parking areas are suitable for access. Hike the Edmund Hill Trail to the Upper Loop to find the trail marker at junction of Upper Loop and Summit trail. There is ample parking at the Senior Center for large groups. These trails traverse a glacial moraine and contain beautiful, mature hardwood and coniferous trees. Several trees in this area are among the tallest of their species in the state. The terrain can be a bit steep or wet in places, and there is a nice hill to climb on the Summit Trail. This is an excellent and challenging area for trail running.

MAKE TRAIL MARKER RUBBING HERE

★ indicates location of trail marker for rubbing.



★ Jubilee Trail

Location: Parking on the shoulder of West Main St. just past the church at the corner of West Main and Crawford

Difficulty: Generally easy, with a couple short steep sections

Length: Entire loop is 1.1 miles

Features: A beautiful forest managed by the New England Forestry Foundation. The whole trail winds through the woods in a very nice loop. Excellent area for trail running. Proceeding counter-clockwise, the trail crosses Jubilee Rd. at 0.4 miles and again at 1.0 miles.

MAKE TRAIL MARKER RUBBING HERE

★ indicates location of trail marker for rubbing.