

Become a Senior Trailblazer! A Few Short, Fun, Easy Trails

A collaboration of Acton Council on Aging, Board of Health and Natural Resource Departments.



Summer may be winding down and with early fall coming soon; it's a great time to enjoy Acton's natural beauty. Try a walk with a friend or neighbor, or maybe meet someone new as you explore the short, fun and easy trails in Acton. All the trails are easy to get to and all have accessible parking spots.

The Council on Aging Board encourages you to Become a Senior Trailblazer – try any or all of the walks. After your walks, you can share your experiences on the Council on Aging Facebook page. People who take all 4 walks will earn a Certificate from the Acton Health Department. Let us know when you complete them.

HELPFUL HINTS:

Please visit <https://trails.actonma.gov/> for maps or more information.

- Always tell someone where you are going and when to expect you back.
- Bring water to drink.
- There are no public restrooms at these locations, except at NARA park, which has some porta-potties.
- Bring your cell phone in case of emergency.
- Wear insect repellent and sunscreen

NARA Park – Level 1. Easy

Parking address: 25 Ledge Rock Way. Designated ADA parking spots. Trail surface: paved with a short way on a wooden boardwalk. Sights: loop around beautiful pond. 800 feet are shared with the Bruce Freeman Rail Trail. Keep right at all times. Level. Distance: $\frac{1}{2}$ mile walk around the pond. You can choose to walk one whole mile paved walk around all of NARA. There are some slopes making this a Level 2 rating.



Acton Arboretum – Level 1. Easy

Parking Address: 2 Taylor Road. There are 2 designated ADA parking spots. Trail surface: part paved, part stone dust. Some pebbles and bits of grass. Some bumps in asphalt. Sights: gardens, trees, boardwalks, bridges. Distance: $\frac{1}{4}$ mile Orchard Loop; or 1/2 mile Wildflower Loop. Entrance will soon be under construction for better accessibility with smooth walkway around kiosk.



Assabet River Rail Trail – Level 1 Easy - KEEP RIGHT TO LET OTHERS PASS.

Parking Address: 20 Maple Street. Designated ADA parking spots. Trail Surface: paved and level. Watch for acorns, wet leaves, sticks/branches. Sights: Fort Pond Brook, historic information panel, beautiful woodlands, lovely mill pond. Farm Fields. Distance: as far as you want to go! Walk for 10 minutes out and 10 minutes back. Walk 0.7 miles to the boardwalk through the wetlands near Main Street. Walk all the way to Maynard!

Bruce Freeman Rail Trail – Level 1. Easy - KEEP RIGHT TO LET OTHERS PASS.

Parking Address: 120 Concord Road, parking lot at Ice House Pond with designated ADA parking spots. Trail Surface: paved and level. Watch for acorns, leaves, sticks/branches. Sights: dappled sunlight, woodlands, Nashoba Brook. Distance: As far as you want to go! Time your walk. Walk 10 minutes out, and 10 minutes back.