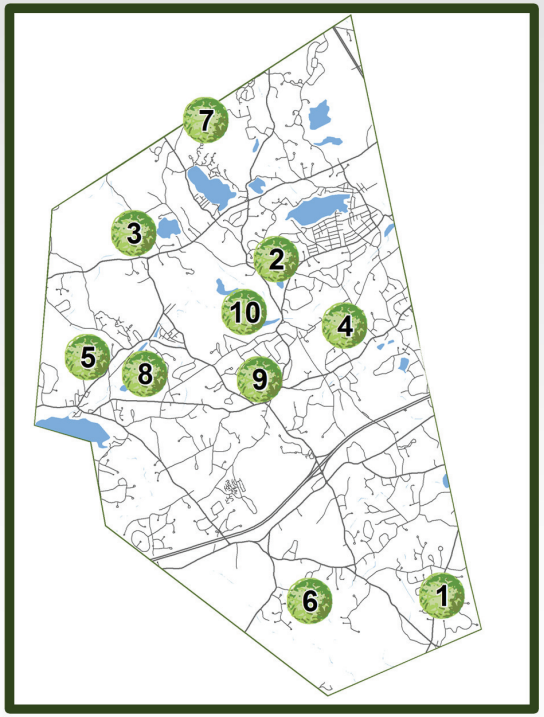

TRAIL LOCATIONS

MOSQUITO AND TICK TIPS

- Dress properly
- Apply insect repellant
- Avoid dawn and twilight hours
- Perform regular tick checks
- Remove ticks according to doctor-recommended techniques
- Seek medical attention if infections or symptoms follow tick bites

HEALTHY WESTFORD COMMITTEE

To support the community members of Westford in improving their personal health and safety and that of their households, public spaces, and ecosystems.

www.westfordma.gov/708/Healthy-Westford-Committee

Find us on Facebook!

TEN AMAZING TRAILS

IN WESTFORD MASSACHUSETTS

FIND MORE TRAILS

www.westfordconservationtrust.org/

Or purchase the 2014 Westford Trails brochure ($5) at Town Hall or the Roudenbush Community Center

Healthy Westford Committee

Discover These Westford Trails

Experience the nature our town offers: over 2,000 acres of conserved land and over sixty miles of trails. There are trails for everyone: young, old, athletic, contemplative. Come explore!

1) Bruce Freeman Rail Trail (♿)

1.8 mi. in Westford; paved, wide, and flat
Find out more at http://brucefreemanrailtrail.org/
This well-shaded former rail line stretches from Lowell through Westford and is ideal for walking, running, biking, snowshoeing, and for strollers.

2) Grassy Pond Life Course & Trail (Easy)

Intersection of Villanova Dr and Plain Rd
*0.5 mi. loop + side trails; wide, flat, stroller-friendly**
The loop around the pond is sprinkled with exercise stations and a geocache, and is popular with dog-walkers. Look for pink lady slipper flowers in early summer.

3) Slifer Conservation Land (Easy)

Entrance on Keyes Rd, between Wing & Gould Rds
~1.0 mi. figure-eight loop; flat and wide
Take a picnic along on this short trail and find the garden steps to Keyes Pond, a tiny foot bridge, and enormous rhododendrons (blooming in early June).

4) Cider Mill Pond (Moderate)

Entrance on Lowell Rd, between Barn Ln & Stony Brook Rd
0.5-1.0 mi. trails; varied elevation, uneven terrain
Explore this gorgeous shady trail network: find the "Indian Grinding Stone" and the old cider mill foundation.

5) Kissacook Hill Trails (Moderate)

Entrance behind Day School, 185 N Main St
1.0 mi. loop; sometimes narrow, uneven terrain
Wildflowers and birds abound on this trail, and the white birches are spectacular in autumn. The view up top is worth the trip, and features a natural classroom.

6) Nashoba Brook Watershed (Easy)

Entrances at Trailside Way & Texas Rd
1.5 mi. loop + side trails; narrow & rocky, mostly flat
Explore more than 500 acres! See Nashoba Pond, glacial boulders, wetlands, wildlife, and wildflowers.

7) Greystone Pond (Easy)

Entrance near Greystone Fields, off Russell's Way
2.0 mi.; stroller-friendly in parts, then narrow*
Circumnavigate the pond or take some of the side trails into the woods, and be sure to look for the handiwork of local beavers.

8) Stone Arch Trail (Easy)

Entrance on Cold Springs Rd, between Forge Village Rd & Pine Ridge Rd
*0.7 mi.; wide, stroller-friendly**
Walk to the iconic Stone Arch Bridge, traverse half-mile meandering side trails, including Russell Bird Sanctuary, and spot the abundant wildlife.

9) Tom Paul Trail (Moderate)

Main entrance across from Town Hall, at 55 Main St
3.0 mi.; narrow, crosses streets, varied elevation
Stretching from Cold Spring Road to Town Hall, this trail features wetlands, streams, old stone walls, and is the longest trail contained in town.

10) Stony Brook Conservation (Moderate)

Main entrance at intersection of Plain & Depot Rds
1.75 mi. pond loop; wide variability
A network of trails, including the beautiful loop around Burge's Pond and the trail along Stony Brook, makes this town favorite perfect for hiking, dog-walking, fishing, and more.

***For strollers with large or jogging wheels**