

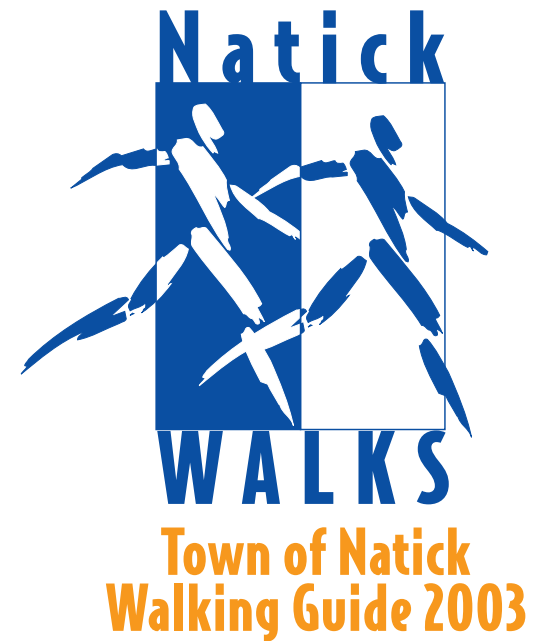
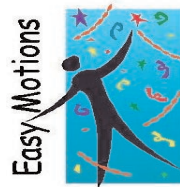
Corporate Sponsors

The following have generously donated their resources to help make the **NatickWALKS** program possible



MetroWest Medical Center

Framingham Union Hospital • Leonard Morse Hospital



Safety Tips

- Check the “Rating” and “Length” to be sure that you are capable of walking this.
- If possible, walk with someone you know.
- Always know where you are.
- Let someone know where you are walking.
- Carry a whistle or loud horn and cell phone
- Take water and a snack.
- Don't walk in the dark, trails are for daylight only

Rating [next to the Trail Name]

A = Accessible (i.e. wheelchairs, handicapped)

1 = Challenge Level 1 (mostly flat and clear)

2 = Challenge Level 2 (hilly, rocky, roots)

Length

All measurements are approximate.

Parking

If there is no parking available; find a legal parking spot elsewhere and walk to the start.

Note: Parking is not allowed on private property.

Trails on Private Property (i.e. in developments):

- No motorized vehicles. Stay on trail, keep noise down, respect privacy, no smoking.

Dog Owners

Keep dogs on leash. Pick up after your dog. It's the law.

Health Tips

- Consult your physician before strenuous exercise.
- Wear comfortable shoes that provide support.
- Eat and drink an hour before walking; bring water.
- Use the restroom before walking (most trails do not have access to bathroom facilities).
- Rest when you are tired.

NOTE:

All public parks & trails in Natick are drug and alcohol free. No motorized vehicles. No weapons. No fireworks. No glass containers. No littering. No smoking. No fires.

* Available in alternative formats upon request.

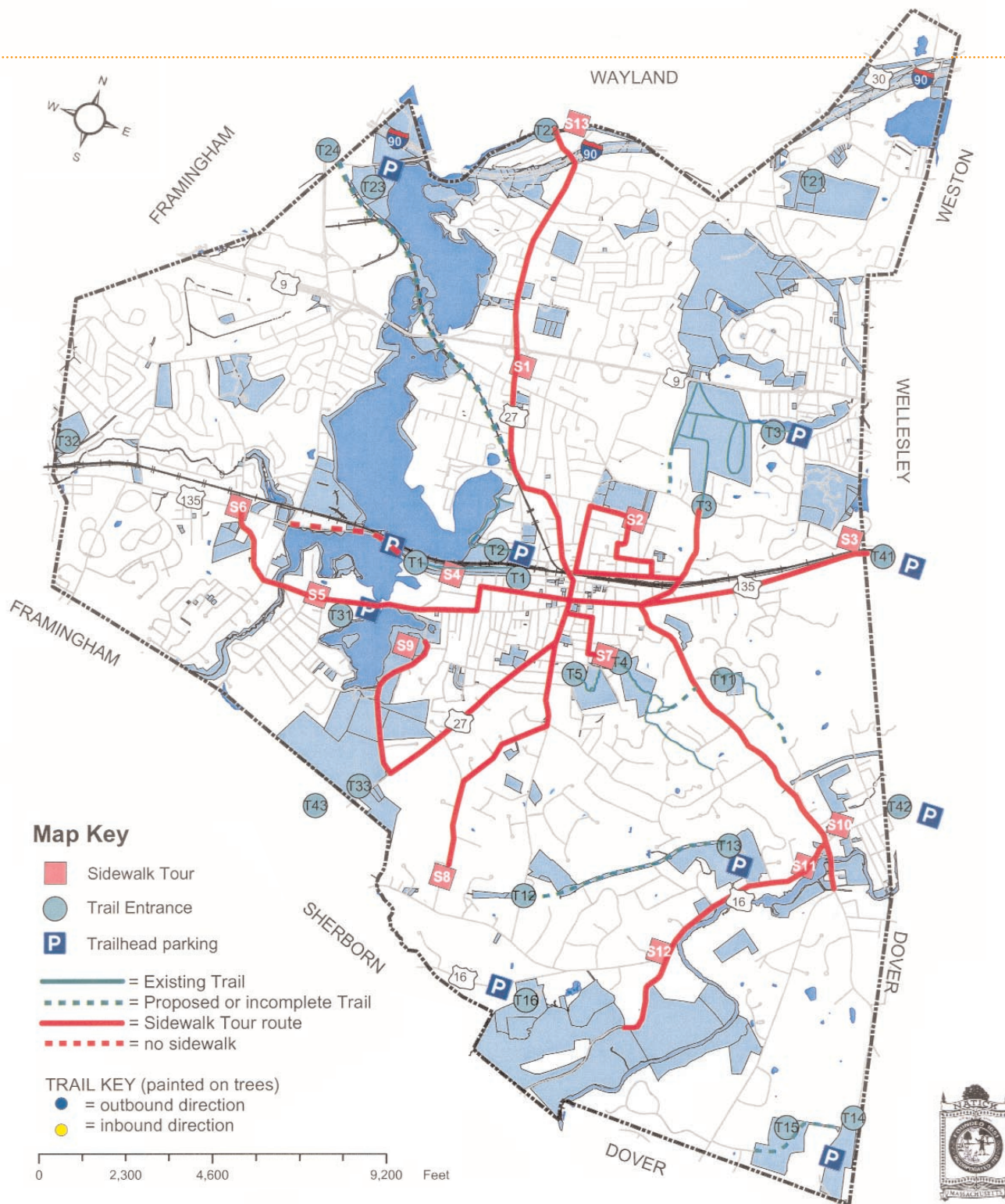
For more information contact
natickwalks@mail.com

(Rev. 1, April 2003)

Presented by:

- Natick Human Services
- Natick Community Coalition
- Natick Conservation Commission
- Natick Open Space Committee
- Natick Recreation & Parks
- Natick Community Development Office
- Natick Planning Board
- Natick Bicycle & Pedestrian Advisory Committee

Trail List



Central Natick

- T1 Middlesex Path (A) [1.2 mi, up & back]
- T2 Pegan Cove Park (1) [1.5 mi]
- T3 Town Forest (A & 2) [3.0 mi]
- T4 Coolidge Woods (1 & 2) [1.2 mi]
- T5 Coolidge Hill (2) [0.5 mi]

South Natick

- T11 Broads Hill (crosses private property)
- T12 Sudbury Aqueduct (1) [proposed]
- T13 Natick Community Organic Farm (1) [0.5 mi]
- T14 Pegan Hill (end of Pegan Lane) (2) [1.0 mi]
- T15 Alice & George Mumford Forest (2) [proposed]
- T16 Broadmoor/Mass Audubon (A & 1)

North Natick

- T21 Winter Woods (1) [0.7 mi]
- T22 Snake Brook Trail (1 & 2) [0.7 mi]
- T23 Cochituate State Park (A, 1 & 2)
- T24 Cochituate Rail Trail (1) [proposed]

West Natick

- T31 Old Dell Park Cemetery (A)
- T32 Morency Woods (1) [no signs]
- T33 Sassamon Trace Golf Course (A & 1) [proposed]

Near Natick

- T41 Wellesley College (1) [Wellesley]
- T42 Elm Bank Reservation (A & 1) [Wellesley]
- T43 Peters Hill (1) [Sherborn]

Sidewalk Tours

- S0 Downtown Natick Historic Tour [0.5 mi]
- S1 Downtown – up N. Main St. to RT9 [1.1 mi]
Middlesex Path & Pegan Cove Park [0.5 mi]
- S2 Downtown – to Walnut Hill to Town Forest [1 mi]
- S3 Downtown – to Wellesley College [2.2 mi]
- S4 Downtown – Henry Wilson Historic District [.75 mi]
- S5 Downtown – to cemeteries [1.0 mi]
- S6 Downtown – to Henry Wilson Shoe Shop [2.25 mi]
- S7 Downtown – to Coolidge Park & trails [0.4 mi]
- S8 Downtown – to Williamson Cider Mill [1.5 mi]
- S9 Downtown – South to Natick High School [1.5 mi]
- S10 Downtown – to South Natick Center [2.0 mi]
- S11 South Natick – along RT 16 [1.5 mi]
- S12 S. Natick Ctr & John Eliot Historic District [1.0 mi]
- S13 North Natick up RT 27 to Snake Brook Trail [2.0 mi]

