

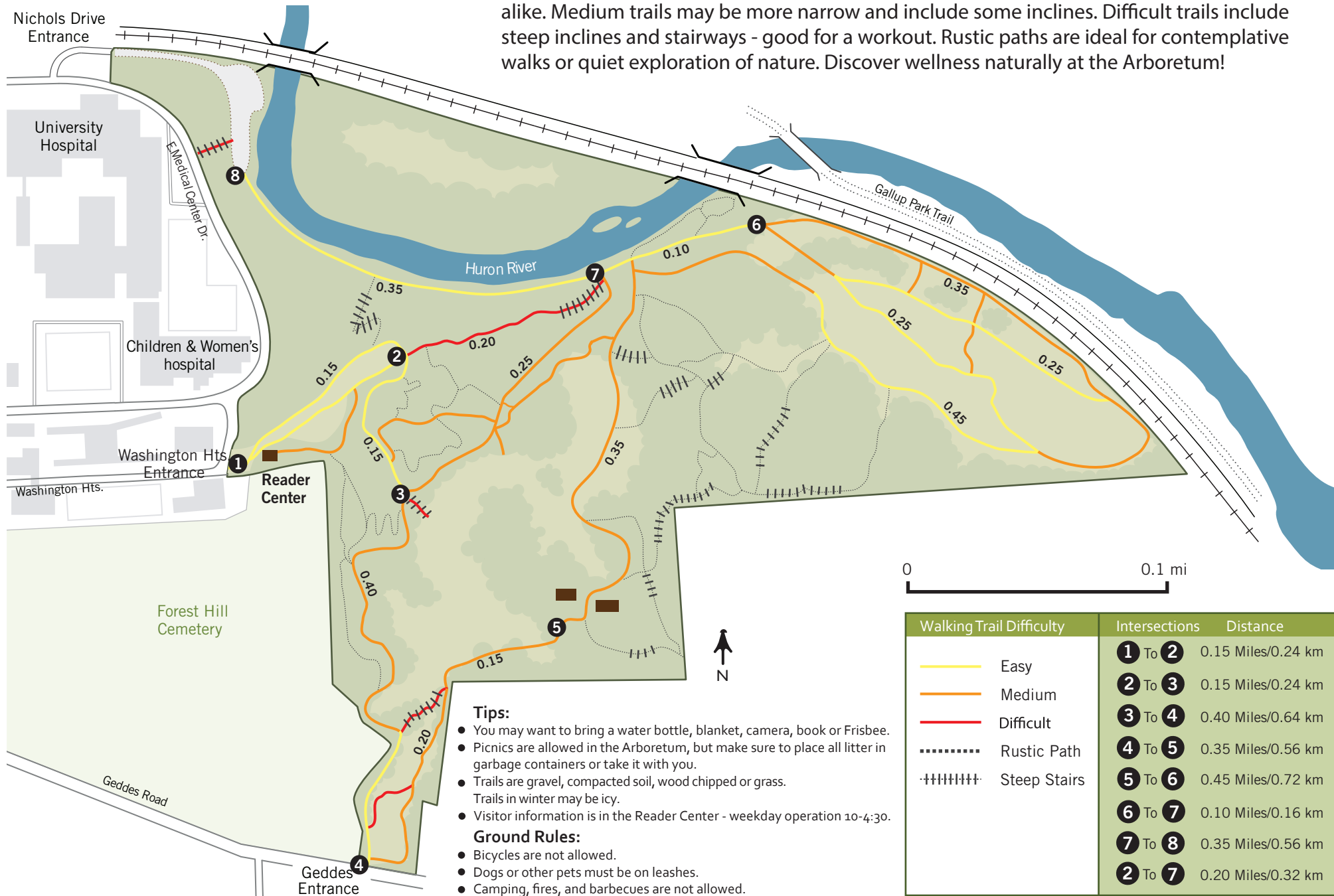
# Nichols Arboretum Walking Trail Guide

INCREASING WELLNESS & REDUCING STRESS



## Walking Trail Overview

Nichols Arboretum features a variety of walking trails of varying technical difficulty. There are four trails outlined in this guide. Easy trails are flat, wide and ideal for walkers and runners alike. Medium trails may be more narrow and include some inclines. Difficult trails include steep inclines and stairways - good for a workout. Rustic paths are ideal for contemplative walks or quiet exploration of nature. Discover wellness naturally at the Arboretum!



### Tips:

- You may want to bring a water bottle, blanket, camera, book or Frisbee.
- Picnics are allowed in the Arboretum, but make sure to place all litter in garbage containers or take it with you.
- Trails are gravel, compacted soil, wood chipped or grass. Trails in winter may be icy.
- Visitor information is in the Reader Center - weekday operation 10-4:30.

### Ground Rules:

- Bicycles are not allowed.
- Dogs or other pets must be on leashes.
- Camping, fires, and barbecues are not allowed.

Walking Trail Difficulty	Intersections	Distance
— Easy	1 To 2	0.15 Miles/0.24 km
— Medium	2 To 3	0.15 Miles/0.24 km
— Difficult	3 To 4	0.40 Miles/0.64 km
..... Rustic Path	4 To 5	0.35 Miles/0.56 km
Steep Stairs	5 To 6	0.45 Miles/0.72 km
— Easy	6 To 7	0.10 Miles/0.16 km
— Medium	7 To 8	0.35 Miles/0.56 km
— Easy	2 To 7	0.20 Miles/0.32 km