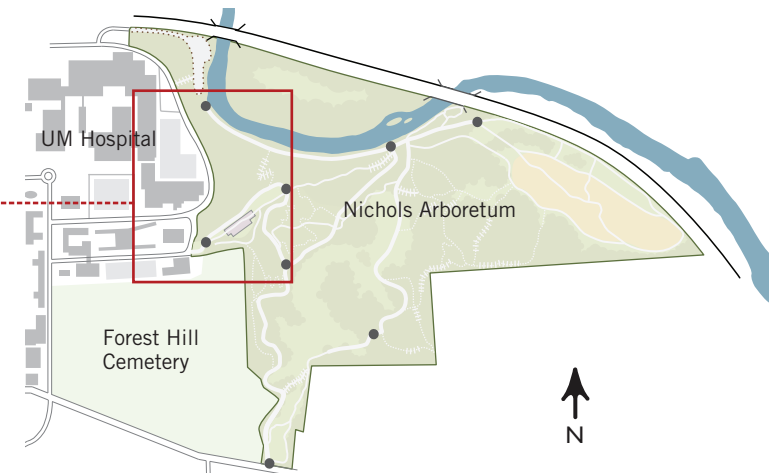
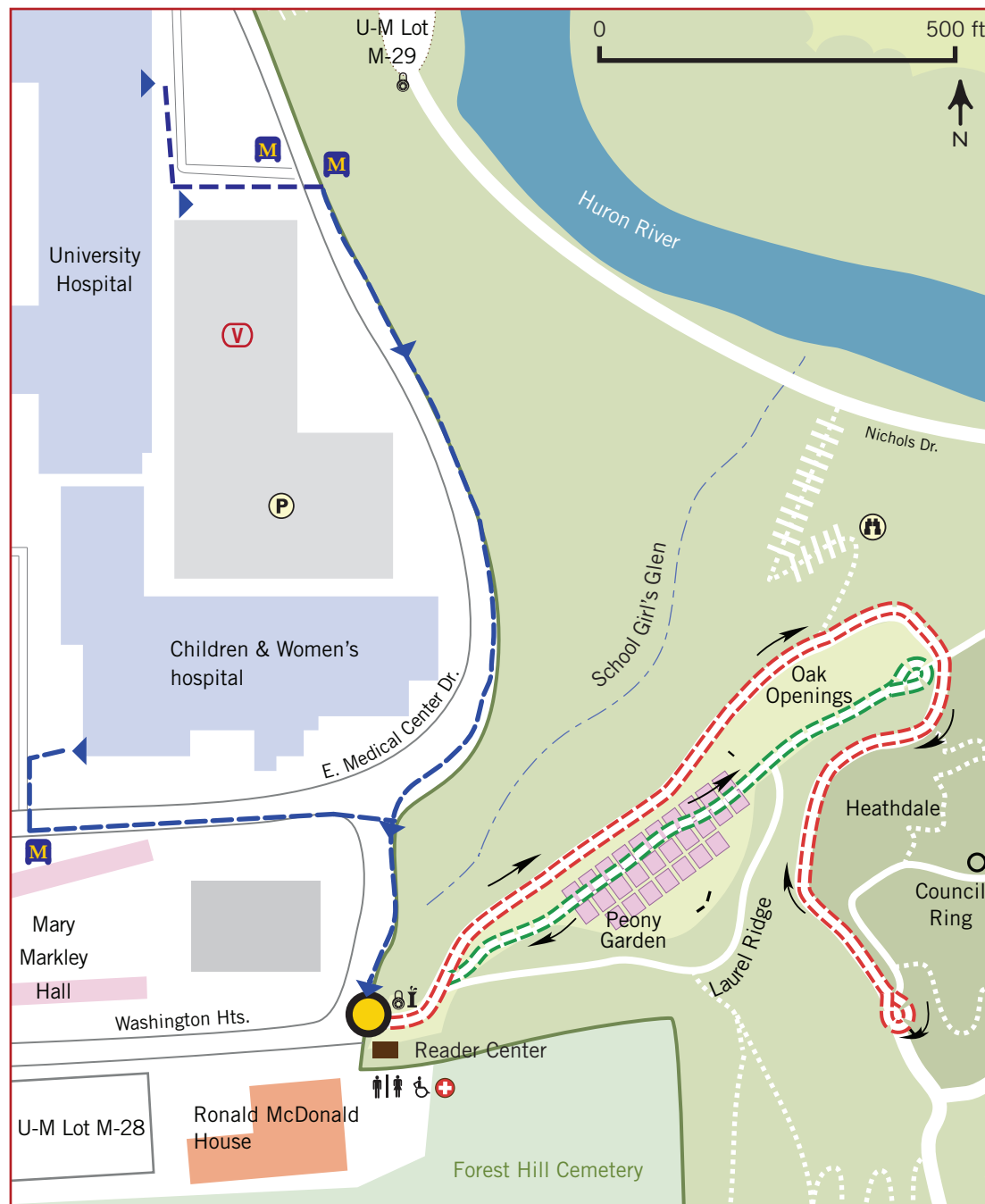


# Nichols Arboretum Walks Guide

INCREASING WELLNESS & REDUCING STRESS



Two suggested wheelchair routes at the Nichols Arboretum Washington Heights entrance



## Suggested Wheelchair Routes Overview

Neither of these routes are paved, these are trails that are mostly smooth and level. **The first route** travels along a wooded ridge, edged with oaks, and conifers. The turnaround point on this route is at an overlook of the Heathdale collection of Appalachian plants, in May the Rhododendrons bloom. **The second route** travels through the Peony garden which typically has its peak bloom in late May and early June. The route also passes the Oak Openings garden, a native plant garden providing 4 season interest.

Trail Information	Features	Trail
<b>1st Route</b>	♿ Bathroom	--- 1st Route
Length: 20 minutes	🚰 Drinking Fountain	--- 2nd Route
0.5 mile	🚲 Bike Rack	--- Path to Arb
Difficulty: Easy	🏠 Scenic Overlook	➡ Circulation
Material: Fine Gravel	🅑 Public Parking	🟡 Start here
<b>2nd Route</b>	🚑 First Aid	— Primary Trail
Length: 10 minutes	☎ Emergency Phone	— Secondary Trail
0.3 mile	🅑 Emergency Parking	⋯ Rustic Path
Difficulty: Easy	🚌 UM Bus stop	⋈ Steep
Material: Wood Chips	🪑 Bench	