

WILDWOODS TRAILS

X1 GRANT WARNER BRIDGE	YELLOW TRAIL	.96
X2 CULVERT	BLUE TRAIL	.20
X3 JACK RICH BRIDGE	RED TRAIL	.25
X4 BOARDWALK BRIDGE	PINK TRAIL	.31
X5 (FUTURE USE)	WHITE TRAIL	.10
X6 PHYLLIS ARMSTRONG BRIDGE	PERIMETER	.56
X7 CULVERT	N-S DIKE	.77
X8 ELAINE LUCKEY BRIDGE	E-W DIKE	.20
X9 BOARDWALK BRIDGE		

KEY

BRIDGE OR CULVERT	BENCH	PICNIC TABLE	BAT HOUSE

SCALE: ONE INCH = 0.08 MILE = 420 FT
MILEAGE BETWEEN DOTS



WILDWOODS TRAILS

CAMPUS TRAILS

X1 MALCOLM MILLAR BRIDGE	GREEN ROUTE	1.25
	RED ROUTE	.86
	BLUE ROUTE	.76

SCALE: ONE INCH = 0.08 MILE = 420 FT
MILEAGE BETWEEN DOTS

KEY

BRIDGE OR CULVERT	BENCH	PICNIC TABLE	BAT HOUSE

- Wear light-colored apparel.
- Tuck pants into socks.
- Use a repellent with DEET or picaridin or treat your clothing with permethrin.
- Walk in the center of the trails.
- Look carefully for ticks when you get back inside; check yourself and clothing for ticks.
- If you are concerned about a tick bite, call your healthcare professional.

To ensure that all visitors enjoy their experience on the trails, remember to carry out everything you carried in. Pick up any litter you may find, deposit it in a plastic bag and drop it in a trash receptacle. Take a camera. Photo opportunities abound – flowers, grasses, remnants of the property's historic agricultural past, footprints, birds and sometimes small animals.

Stop. Pause. Be still. Breathe.

Take in the world around you using your senses — seeing, smelling, hearing, touching.

Notice how this makes you feel inside.

Feel your feet on the ground and sense yourself in this moment and place.

"I go to nature to be soothed and healed and to have my senses put in order." John Burroughs

Record your observations, discoveries and/or feelings below.

[illegible]

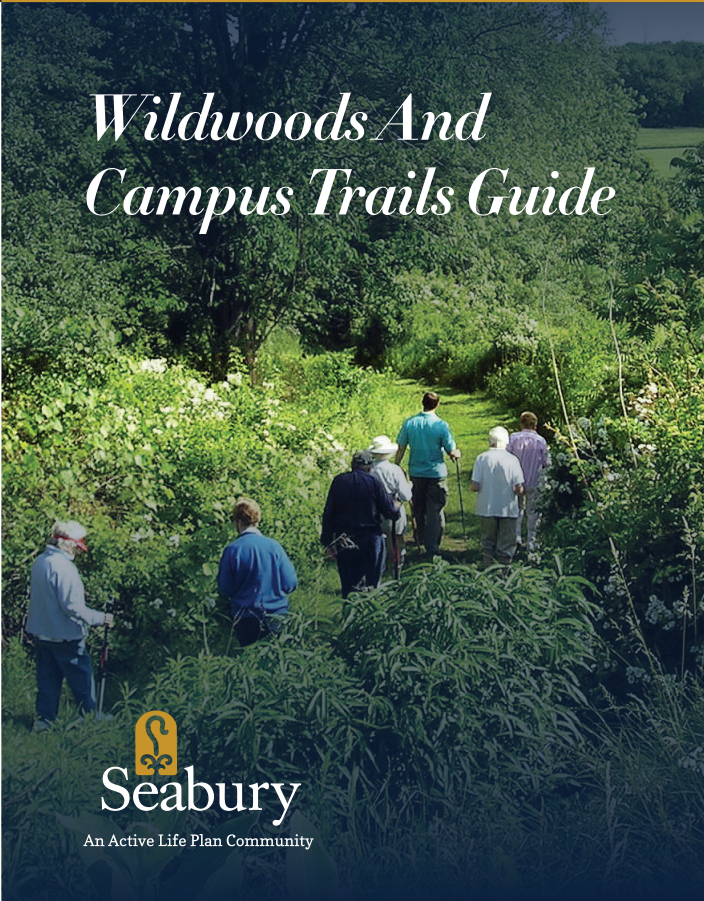
TRAILS MAINTENANCE AND SUPPORT

The Seabury Residents' Trails Committee, via its smaller trails crew made up of committee members and other residents, is responsible for maintaining the trails system. This labor is the foundation and heart of the trails undertaking. Without this regular group of men and women there would be no trails. The crew meets weekly for ongoing maintenance and at other times for special projects. The highly-acclaimed trails attest to their efforts. Interested persons are encouraged to join the crew in this important endeavor. The committee also arranges group hikes and events on and/or about the trails for Residents and SAH Members. The committee meets monthly and the time and place of those meetings is listed on the Seabury Independent Residents' calendar. Residents and SAH Members are welcome to come to committee meetings.


For more information, contact:
Resident Services
860-243-6065 | www.seaburylife.org



860.286.0243 200 Seabury Drive
www.seaburylife.org Bloomfield, CT 06002

A group of people, seen from behind, are walking along a narrow dirt trail that winds through a dense, sun-dappled forest. The trail is flanked by tall grasses and wildflowers. The people are dressed in casual outdoor attire, including hats and walking sticks. The overall atmosphere is peaceful and scenic.

Wildwoods And Campus Trails Guide



Seabury

An Active Life Plan Community

Enjoy Seabury's trails in any season...

- Walking for exercise
- Hiking through woodlands, meadows, wetlands and ponds
- Cross country skiing and snow-shoeing
- Birdwatching
- Enjoying wildflowers from spring into fall
- Finding moments of peace and quiet
- Experiencing nature close-up and in distant vistas

In 2004, Betty-Lisle Swanson suggested to the Buildings and Grounds Committee the idea of creating trails on Seabury property outside of Seabury Drive. The idea was enthusiastically accepted. In 2005, guided by the leadership of Seabury Residents Jim Trail and Jack Rich, an 11-member Trails Committee met to discuss the possibility of establishing hiking trails on Seabury's 66-acre campus. This property includes wetlands, meadows and woodlands.

Soon after gaining approval of the trails project from Bloomfield's Wetlands Commission and Parks and Recreation, committee members were out in the fields of shoulder-high grasses, forging their way through raspberry bushes, grapevines and brush. They followed a guiding philosophy that every tree is a destination and meandering is better than straight.

The first trail opened to Seabury Residents in May 2006 – and that was just the beginning. Work was already underway to create an even more elaborate trail system. Today, Seabury boasts 11 hiking trails, some of which are on state-owned land. The trails provide a safe outdoor environment for the Seabury community for physical exercise, enjoying the outdoors in every season and celebrating the natural beauty of this place.

Have A Wonderful Walk!