



TOWN OF NORTHBOROUGH Community Preservation Committee
 Town Hall Offices • 63 Main Street • Northborough, MA 01532 • 508-393-5019 • 508-393-6996 Fax

FY2023 APPLICATION

The Community Preservation Act provides funding for three core community concerns:

- Acquisition and preservation of open space/recreation
- Creation and support of community housing
- Acquisition and preservation of historic buildings and landscapes

DATE SUBMITTED: 11.1.2021
NAME OF PROJECT: Design of ADA Accessible Trail
NAME OF APPLICANT: Northborough Trails Committee
CONTACT ADDRESS: Planning Office, Town Hall, 63 Main Street,
CONTACT TELEPHONE: 508-393-5015
CONTACT EMAIL ADDRESS: mmcDonald@town.northborough.ma.us
SPONSORING ORGANIZATION: Northborough Trails Committee
CPA CATEGORY: <input checked="" type="checkbox"/> OPEN SPACE/RECREATION <input type="checkbox"/> HOUSING <input type="checkbox"/> HISTORIC
LOCATION: <input checked="" type="checkbox"/> TOWN LAND <input type="checkbox"/> SCHOOL LAND <input type="checkbox"/> PRIVATE LAND
AMOUNT OF CPA FUNDS REQUESTED: \$28,500
OTHER FUNDING SOURCES:
TOTAL COST OF PROJECT: \$28,500
BRIEF DESCRIPTION OF PROJECT, INCLUDING ANY CONSTRUCTION REQUIRED:
<p>Design of the Accessible Trail at the Senior Center by a landscape architect to bring the trail to ADA standards. The Trail has been constructed and is maintained by the Trails Committee as an accessible/more easily accessed trail. The Trails Committee would like to upgrade the access to ADA standards to open the woodland to all members of the community. This would be the first and only accessible trail in Northborough.</p>

PROJECT DESCRIPTION: Please answer the following questions. Applications will be returned as incomplete if all relevant requested information is not provided. Include additional pages of supporting materials and exhibits if necessary.

1. **GOALS:** What are the goals of the proposed project? Who will benefit and why? How will success be measured?

The goal of this project is to complete the design of the accessible trail to ADA standards.

This will be the first accessible woodland trail in the Town of Northborough. Mobility impaired individuals of all ages will be able to access and enjoy the forest of Edmund Hill.

The next step is to apply to other funding programs with a shovel-ready project for construction.

2. **ELIGIBILITY FOR CPA FUNDS:** From your review of the procedural sheet, describe how your project is eligible for the CPA category you have chosen.

This project is eligible under the Recreation and Open Space Criteria:

Open Space:

- Provide opportunities for passive recreation and environmental education.
- Preserve and/or restore threatened or deteriorating public lands.
- Provide connections with existing trails or potential trail linkages.
- Preserve scenic views and/or lands bordering a scenic road.
- Provides connections to existing open space areas.

Recreation:

- Support multiple active and passive recreation uses.
- Serve a significant number of residents.
- Expand the range of recreational opportunities available to Northborough residents of all ages.

See attached Narrative for additional detail.

- 3. COMMUNITY SUPPORT:** What is the nature and level of support and/or opposition for this project? Include either a letter of support from the town board (Housing Partnership, Historic District Commission, Open Space Committee, Recreation Commission etc.) or a letter from the board stating why they do not support this application.

The 2019 Master Plan and 2020 Open Space and Recreation Plan both list increasing accessibility to recreation and open space, as well as trail connections to existing open space as top priorities.

The Northborough Trails Committee and staff worked collaboratively with the DPW, Recreation and Senior Center on a previous submission to the MassDOT for funding this same project. During the application process, the project team had to conduct outreach. The Team advertised and conducted an outdoor informational event during a drive-by lunch senior lunch event, as well as visited local community groups and hosted publicly advertised informational discussions at the Trails Committee and Conservation Commission public meetings. The feedback we received was overwhelmingly supportive. We did not receive any negative feedback.

- 4. BUDGET:** What is the total budget for the project and how will CPA funds be spent? All items of expenditure must be clearly identified and back-up documentation provided. If the project involves construction on Town or school land, it may need to meet procurement and prevailing wage requirements.

The budget is just one line item: for the landscape architect to take the preliminary design and create construction plans that meet ADA design standards. The attached estimate shows a 2020 cost of \$24,000. That cost has been adjusted to \$28,500 to include the 15% contingency as well as a 3% annual escalation.

5. **FUNDING:** What additional funding sources are available, committed or under consideration? Include commitment letters and describe any other attempts to secure funding for this project.

The Northborough Trails Committee and staff worked collaboratively with the DPW, Recreation and Senior Center on a previous submission to the MassDOT for funding this same project. Staff has reached out to the AARP and researched local funding opportunities and has not yet found the right match for the proposed path. Once the design is complete, staff may complete the environmental permitting and the project will be shovel ready. This status will make the project much more attractive to other funding sources.

6. **TIMELINE:** What is the schedule for project implementation, including a timeline for all critical elements? This should include the timeline for expenditures, receipt of other funds and/or other revenues, if any.

As soon as the CPC funding is available on July 1, NTC will execute the contract with their landscape architect to complete the design. Once the design is complete, staff will complete the environmental permitting. Once permitting is complete, staff will apply to various funding sources to construct the trail.

- 7. IMPLEMENTATION:** Who will be responsible for implementing the project? Who will the project manager be? What relevant experience does the proposed project manager have? Who else will be involved in project implementation and what arrangements have been made with them?

The Project Managers for this project will be the Conservation Agent, who staffs the Trails Committee, and the DPW Director.

- 8. MAINTENANCE:** If on-going maintenance is required, who will be responsible and how will it be funded?

The Northborough Trails Committee has already committed to maintaining the trail and will continue to maintain it once constructed to ADA standards. DPW has committed to keeping the pavement in good condition and assisting with larger maintenance issues.

ADDITIONAL INFORMATION: If applicable:

- 9. FURTHER DOCUMENTATION:** Documentation that you have control over the site, such as a Purchase and Sale Agreement, option or deed; any feasibility reports, renderings or other relevant studies and material; and any additional information that might benefit the CPC in their consideration of this project.

Please find included with this application the preliminary design for the trail, as well as the estimate for the design and future construction and a supporting narrative letter. Also included is the outreach flier used to solicit public feedback on the trail.



TOWN OF NORTHBOROUGH Trails Sub-Committee

Town Hall Offices • 63 Main Street • Northborough, MA 01532 • 508-393-5019 • 508-393-6996 Fax

October 6, 2021

To: Community Preservation Committee

Re: Application for Funding for Design of ADA Accessible Trail at the Northborough Senior Center/Edmund Hill

Dear Community Preservation Committee Members –

The Northborough Trails Committee is excited to apply for funding for the design of an ADA accessible trail located at the Edmund Hill Conservation Area and the Northborough Senior Center. Our Trails Committee member, Forest Lyford, has been leading hikes for the Senior Center for many years. He recognized and brought forth to the NTC the great need for trails that were more easily accessible to individuals with various mobility impairments. The Town is in need of a trail for less mobile seniors, families with small children and any individual with a physical impairment. Currently, the only ADA accessible area in Northborough is the Town Common, soon to be followed by the redesigned Assabet Park. But there is currently no ADA accessible trail in Northborough.

Edmund Hill Conservation Area was begun in 1962 with a donation from Edwin Proctor to the Northborough Conservation Commission to “preserve (the area) for the enjoyment of the residents of Northborough.” The Trails Committee maintains the amazing trail system in pristine condition. It is enjoyed by residents of Northborough and the surrounding towns daily. The Northborough Senior Center is located at the northern entrance of the conservation area and provides parking for those seeking access to the trails.

One of the goals of this project is to connect and provide greater access to the senior population at the Senior Center. A local landscape architect, Michael Easler, created a preliminary layout based on Forest’s design to assist NTC with the application for funding. That plan is included in this application. While seeking funding, NTC has sought permission and support of the Conservation Commission (owners of the land), and has moved forward on the construction of the trail. NTC volunteers, staff and local service groups have worked to trim limbs, cut back growth and smooth the walking surface by removing small boulders and roots. It is currently open and providing a more accessible trail to those looking for an easier way to access the forested areas of Edmund Hill.

A coordinated application with NTC, the Department of Public Works, the Recreation Department and the Senior Center to the Massachusetts Department of Transportation Shared Winter Streets and Spaces Program was unfortunately not awarded. Staff has contacted other funding opportunities to determine eligibility but has not yet found a match. The completion of

the design to bring the trail to ADA standards will allow staff to complete environmental permitting and once the permitting is complete, the project will be “shovel ready” and very competitive to the MA Trails Grant program, among others.

This application is eligible for CPC Funding under the Open Space and Recreation Criteria:

Open Space:

- Provide opportunities for passive recreation and environmental education AND
- Preserve scenic views and/or lands bordering a scenic road AND
- Provides connections to existing open space areas.

The proposed design connects the existing senior center campus which contains a recreation pond currently used for fishing and picnicking by residents. The path will create ADA access from the Senior Center to the pond and the trail system beyond which contains a variety of woodland habitat ranging from quiet, cushioned pine grove, to red maple reclamation forest constructed in 2010, to wetland stream and deciduous forest. Once constructed, this path will create opportunity for additional recreation such as a park and activities like horseshow pits and wildlife viewing.

- Preserve and/or restore threatened or deteriorating public lands.
This area of the Edmund Hill Conservation Area was vandalized in 2019 with the removal of hundreds of small trees. The NTC and Conservation Commission have been monitoring the area to encourage re-growth. The cleared areas have opened pathways that are being utilized by this design.
- Provide connections with existing trails or potential trail linkages.
The proposed layout connects to the existing Birdsong Trail that leads deeper into the forest and other trails in the network. In addition to a trail network, Edmund Hill also contains a recently updated interpretive trail with 22 stations exhibiting historic, cultural and environmental features of the area.

Recreation:

- Support multiple active and passive recreation uses.
As stated above, this path will connect the pond and trails, as well as the Senior Center patio, and future activities like horseshoe pits and wildlife viewing.
- Serve a significant number of residents AND
- Expand the range of recreational opportunities available to Northborough residents of all ages.
Once the path is brought up to ADA standards residents of all ages and abilities will be able to use the trail. In addition to less mobile seniors looking for an easy hike, the proposed layout provides multiple loops and entrances/exits. This will allow residents to choose a short walk, a loop or spend a longer time in the forest or around the pond. The path will be accessible to wheelchairs, walkers, strollers, tricycles and small children. NTC has discussed in future making one loop accessible to the visually impaired with a handrail.

The Northborough Trails Committee is already advertising and maintaining the trail. It currently needs feet to walk it and "tamp it in." We encourage you to go visit and see the amazing opportunity this trail will provide to residents of all abilities in Northborough and beyond. Please consider this application to help the NTC and the Town of Northborough accomplish the goal of providing an ADA accessible trail to all those who want to experience our beautiful woods. Please contact our staff, Mia McDonald, Conservation Agent, with any questions at mmcdonald@town.northborough.ma.us or 508-393-5015.

Sincerely,

Bob Mihalek
Chair, Northborough Trails Committee



LOCUS MAP:
NORTHBOROUGH, MA

BEARFOOT ROAD

POND OVERLOOK

SENIOR CENTER
PATIO CONNECTION

TRAIL HEAD
GATHERING SPACE

NATIVE MEADOW
BUFFER PLANTING

SCENIC REST POINT
(TYP. OF 5)

GOLDFINCH TRAIL (EXISTING)

SMART TRAIL (EXISTING)

NORTHBOROUGH SENIOR CENTER ACCESSIBLE TRAIL OPTION 1



Weston & Sampson

Northborough Woodland Accessible Walking Trail

at the Northborough Senior Center
119 Bearfoot Rd, Northborough, MA

An Age-Friendly Initiative

Physical activity is a key component of healthy aging! The CDC reports that the benefits of staying active for older adults includes improvements in physical, mental, and emotional health. Being outdoors and exposed to nature is also linked to improved well-being and physical health.

The proposed accessible walking trail, to be located at 119 Bearfoot Road, was inspired by our very own seniors hikers, and also the Town's Master Plan goals of creating more passive recreation opportunities, to better link existing open spaces, and to create a more walkable community. The trail will touch on the various types of land around the senior center: pine grove, deciduous forest, reclamation forest, wetland/stream, and around the pond.

COMMUNITY & COLLABORATION

Northborough's Senior Center, Recreation Dept, Trails Committee, Dept of Public Works, Open Space

Grant Funded

Committee, and the Conservation Commission worked with the community to pursue the Shared Winter Streets & Spaces Grant.

ADA ACCESSIBLE

The new Accessible Walking Trail would allow access to recreation to a wide range of abilities. It will be

.5 Miles

suitable for wheelchairs and walkers, with designated resting spots, and a paved surface.



AGE FRIENDLY

There are over 3,800 seniors currently living in Northborough, that's over 25% of the population!

25%

The addition of the Accessible Walking Trail meets the Senior Center's goal of making Northborough "Age Friendly"

KEY LOCATION

A direct and convenient connection with an everyday destination, the trail would offer a physical protection

119 Bearfoot Rd

from traffic and promotes social supports, such as walking groups, that strengthen social networks to help people increase their physical activity.



TOWN OF NORTHBOROUGH
SENIOR CENTER
RECREATION DEPT
TRAILS COMMITTEE
DEPT OF PUBLIC WORKS
OPEN SPACE COMMITTEE
CONSERVATION COMMISSION

DRAFT Cost Estimate - Northborough Senior Center Trail
Town of Northborough, MA
12/22/2020

Alternates

Demo & Site Prep.

Demolition	1	LS	\$10,000	\$10,000	
Tree and Stump Removal	1	LS	\$30,000	\$30,000	
Construction Fencing (equipment storage)	500	LF	\$8	\$4,000	
Erosion Controls	500	LF	\$10	\$5,000	
Rough Grading (Pathways)	3,000	SY	\$2	\$6,000	
Fine Grading (Rest Areas)	2,000	SY	\$3	\$6,000	
			Subtotal:	\$61,000	

Pavement

Cement Concrete Pavement (Bench Pads)	10	SY	\$75	\$750	
Gravel Sub-base for Cement Concrete Walk @ 8"d	7	CY	\$35	\$231	
Bituminous Concrete Pavement (Pathways)	395	TON	\$190	\$75,136	
Gravel Sub-base for Bituminous Concrete @8"d	561	CY	\$35	\$19,639	
Bituminous Concrete Pavement (Additional Connector)	34	TON	\$190		\$6,448
Gravel Sub-base for Bituminous Concrete @8"d	22	CY	\$35		\$784
			Subtotal:	\$95,756	

Amenities

Benches	5	EA	\$2,000	\$10,000	
Wayfinding Signage	5	EA	\$500	\$2,500	
			Subtotal:	\$12,500	

Landscaping and Drainage

Native Meadow Planting (by others)	3,022	SY	\$12.00		
			Subtotal:		

Base Project Subtotal

\$169,256

Design/Engineering	\$24,000
Contingency (15%)	\$25,388
Mobilization, Overhead and Profit (12%)	\$20,311
Base Project Total	\$238,956
Alternates	

\$9,184



Town of Northborough

Conservation Commission

63 Main Street

Northborough, Massachusetts 01532-1994
(508) 393-5015 Office (508) 393-6996 Fax

December 21, 2020

Re: Accessible Woodland Trail
119 Bearfoot Road/Northborough Senior Center

To Whom It May Concern-

The Northborough Conservation Commission unanimously voted to support and approve the application to the Shared Winter Streets and Spaces Program and the future construction of an ADA compliant walking path on the land they own and manage at 119 Barefoot Rd/Northborough Senior Center. As one of the top goals for the Town of Northborough Master Plan and the Open Space and Recreation Plan, we feel this project would benefit everyone in town.

The construction of this walkway would be a wonderful contribution to the Senior Center and provide a valuable connection to the open space and trail network on Edmund Hill. The Commission is extremely grateful for the opportunity to apply for this grant and we hope you consider this application a worthy project. Thank you for your consideration.

Sincerely,

Greg Young, Chair

Northborough Conservation Commission

