

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%

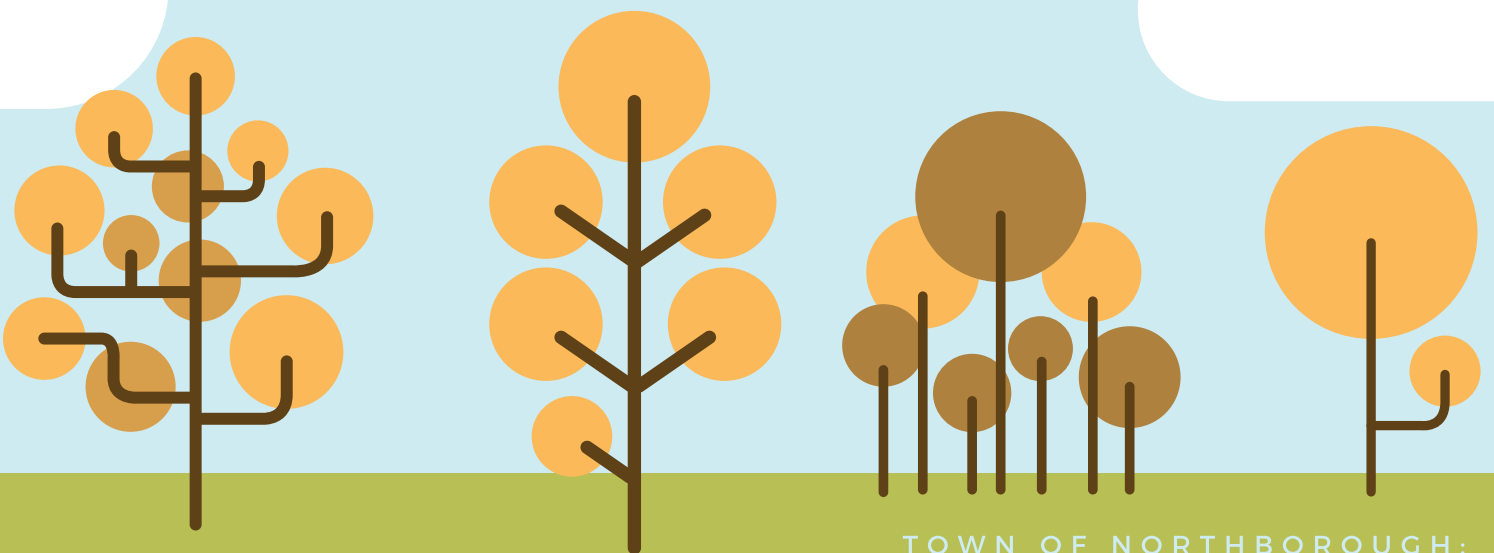
The addition of the Accessible Walking Trail meets the Senior Center's goal of making Northborough "Age Friendly"

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

