



## **1<sup>st</sup> Saturday Walks. Walking in Nature – A Prescription for Better Health**

*RWJ Hamilton, D&R Canal State Park, Friends for the Abbott Marshlands, and the Tulpehaking Nature Center join together to offer a series of 1<sup>st</sup> Saturday walks for those not generally comfortable outdoors or alone on trails without a walking companion.*

RWJ Hamilton has long been a proponent of the benefits of a holistic approach to health and is a wellness leader in the community.

Regular exercise can have a tremendous positive impact on overall health and well-being but there are additional benefits in taking these walks in natural environments, such as parks and other green spaces.

Walking is greatly beneficial for the body and mind. Taking exercise out into nature augments these benefits, so that getting to better health may be just a walk in the park!

Come discover the Abbott Marshlands with a knowledgeable guide. Each 1<sup>st</sup> Saturday Walk will explore a different part of this rich and diverse natural area. **Guides will vary; locations also will vary so that all marshland trails will be explored during the year.** The meeting place will be listed with the trip date; walks are from 10 am to noon. In case of inclement weather, check the marsh website calendar ([www.abbottmarshlands.org](http://www.abbottmarshlands.org)); any cancellations will be listed before 9 am. A light drizzle will not cancel.

Trails are well marked, but differ in difficulty from level to hilly. For information about the Abbott Marshlands, locations, and the calendar, see: [www.abbottmarshlands.org](http://www.abbottmarshlands.org).

**All 1<sup>st</sup> Saturday Abbott Marshlands Walks will begin promptly at 10 am and last until noon.**

In addition to RWJ – Hamilton, Friends for the Abbott Marshlands, and Tulpehaking Nature Center, and D&R Canal State Park, these walks are cosponsored by Mercer County Park Commission and the Bordentown Twp. Environmental Commission.

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***March 3 - Abbott Brook Trail at Watson Woods, Roebing Park – meet at Tulpehaking Nature Center, 157 Westcott Ave., Hamilton. Guides: Charlie Fisher & Mary Leck..***

**April 7 - Spring Lake Trail, Roebbling Park.** Meet at Spring Lake. Take South Broad St. to Sewell Ave., turn onto Sewell, drive to end, turn left and drive down the hill to the parking lot. Trail is flat. Guide: Kelly Rypkema.

**May 5 - Northern Community Park, Bordentown Twp.** Meet at NCP parking lot on Groveville Road, between Rts. 130 and 206. There is one gentle hill. Focus will be spring wild flowers. Guide: Pat Coleman.

**June 2 - Bordentown Bluffs, D&R Canal State Park.** Meet at end of Stanton Ave., Bordentown Twp. (Take US-206 south of I-195; take 1st right after Pointe Breeze apartments. Look for Abbott Marshlands logo; street sign is missing). There is one steep hill, which can be avoided. There should still be some Mountain Laurel in bloom. Guides: Stephanie Fox and Mary Leck.

**July 7 - D&R Canal State Park Towpath.** Walk along the historic towpath from Lock 1 to an eagle nest. Meet at the Light Rail station parking lot 100 W. Park St., Bordentown, NJ. 08505. We will walk through Bordentown, admiring the architecture, cross Crosswicks Creek, and then explore Lock 1, and the Canal towpath. Path is flat. Guide: Stephanie Fox.

**August 4 - Abbott Trail, Watson Woods.** Meet at Tulpehaking Nature Center, 157 Westcott Ave., Hamilton. There is a gentle hill. Guide: Kelly Rypkema

**September 1 - Roebbling Park - Island Trail.** Meet at Spring Lake, Roebbling Park. Take South Broad St. to Sewell Ave., turn onto Sewell, drive to end, turn left and drive down the hill to the parking lot. Trail is flat. Guide: Kelly Rypkema

**October 6 - D&R Canal State Park Towpath (north end).** Meet at north end of tow path, near park gate. Take NJ 29 south, from Lalor St., take first exit toward Lamberton Road. Park along the edge of road near the park gate entrance. Trail is flat. Guide: Stephanie Fox.

**November 3 - Bordentown Bluffs, D&R Canal State Park.** Meet at end of Stanton Ave., Bordentown Twp. (Take US-206 south of I-195; take 1st right after Pointe Breeze apartments. Look for Abbott Marshlands logo; street sign is missing. There is one steep hill, which can be avoided. Guide: Mary Leck.

**December 1 - Northern Community Park, Bordentown Twp.** Meet at NCP parking lot on Groveville Road, between Rts. 206 and 130. There is a gentle hill. Guide: Pat Coleman.