

# Welcome to the Medford Leas Medford Campus Trails (Oct 2023)

The Medford Leas Life Care Community has about 4 miles of unpaved trails that traverse the woods and meadows that surround its 165-acre campus. These trails are managed in a way that preserves their natural beauty and allows trail walkers, “birders” and other outdoor enthusiasts the opportunity to experience native plants and animals. To preserve their natural beauty, the trails are not extensively groomed. However, every effort is made to keep them safe for exploration while maintaining their ecological integrity.

## — Trails To Explore —

**The Blue-1 (B1) Railroad Trail:** Enter B1 at the wooden bridge near the intersection of Medford Leas Way and Estaugh Way. Walk down the steps and north on this trail on an abandoned railroad track bed to its north end at the Red trail. To return to where you started, walk south on the parallel Y16 trail to Estaugh Way.

**The Yellow-15 (Y15) Cathedral Trail:** Enter Y15 at the corner of Woolman Way and Rushmore Lane and walk through a short meadow to parallel rows of Spruce trees along New Freedom Road that form a “cathedral-like” natural canopy. Continue to walk west through the meadow and south through woodlands to the R8 trail.

**The Red Trail** is a continuous, almost two-mile loop around the perimeter of the Medford Leas campus. It consists of nine segments (R1 through R9) with many entry points. Woodland parts of this trail can present walking challenges, but the meadow parts are flat, regularly mowed and easily traversed.

**The Yellow Trails** are offshoots from the Red and Blue trails that provide closer access to the Rancocas Creek and other areas of interest. The meadow portions of Yellow trails are easy to walk and provide broad scenic vistas. For example, a pleasant walk in the meadows can start at R8 (entered from Estaugh Way), turn left on Y17 pass the historic “Leas Silo” and continues to a resting bench overlooking Wilkins Station Road. To complete the walk, follow Y18 south across the meadow to the R8 trail and follow R8 west to your starting point at Estaugh Way.

**The Blue-2 (B2) Kriebel Way Trail:** Enter this easy to walk trail from the northeast corner of the Medford Leas Farm and Nature Center Parking Lot. While walking the trail be on the lookout for wildflowers and sounds especially in the spring or after a short rain. To return to the Nature Center Parking Lot from the end of this trail at Woolman Way, follow the adjacent easy to walk R1 trail.

**The Blue (B3, B4, B5) Trails:** These heavily wooded trails in the northeast corner of the campus provide interesting views of native New Jersey wildlife. The B4 and B5 trails also provide access to the Y5 and Y7 trails that offer the closest views of Camp Dark Waters and their seasonal activities along the Rancocas Creek. Note: Some parts of these Blue trails may present walking challenges.

## —— Trail Walk Precautions ——

**Stay on the Trails:** Our trails are marked with red, yellow, or blue trail markers. Please stay on these trails to respect our woodlands and meadows and to avoid personal contact with ticks, brambles, poison ivy and vines.

**Ticks:** To avoid ticks, trail walkers should stay in the center of our trails. Late Spring and early Summer are the most active tick seasons — Wearing long pants tucked into your socks and treating your clothes before a walk with DEET or a pyrethrin based product is recommended to give you extra protection during these seasons. Following your walk, a careful inspection of your clothing and yourself for ticks or bugs is also a must best practice. **Ticks cannot jump or fly;** they can only attach when you “touch” a grass tip, tree leaf or leaf litter. So, stay on the trails and be safe.

**Wear Appropriate Shoes: All our trails are unpaved.** Therefore, some sections of the trails may present walking challenges such as uneven surfaces, exposed roots and wet soil or mud. Also, low trail sections may flood after heavy rainfall.

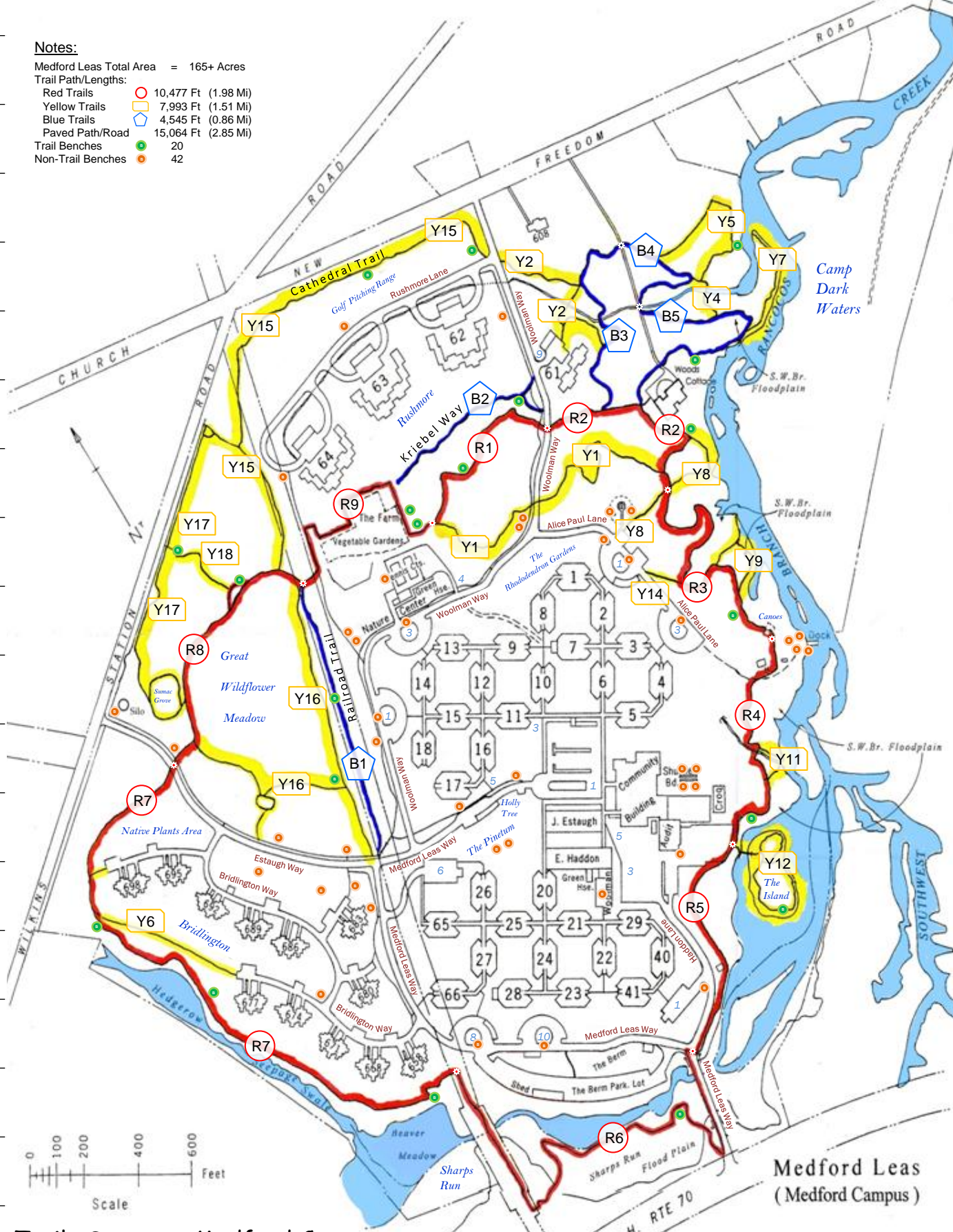
**Beware of Strong Winds:** Do not walk on our trails during periods of high wind or inclement weather because branches may fall from older surrounding trees. Fallen trees and tree material that block our trails are moved to the side of these trails and left for nature’s disposal. Also, during the summer months, the leaf canopy that provides shade can increase trail drying time after a storm.

**Notes:**

Medford Leas Total Area = 165+ Acres

Trail Path/Lengths:

- Red Trails ○ 10,477 Ft (1.98 Mi)
- Yellow Trails □ 7,993 Ft (1.51 Mi)
- Blue Trails ◇ 4,545 Ft (0.86 Mi)
- Paved Path/Road ● 15,064 Ft (2.85 Mi)
- Trail Benches ○ 20
- Non-Trail Benches ○ 42




**Trails System - Medford Campus**




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
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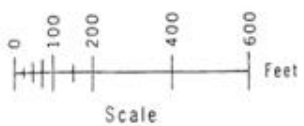
**Medford Leas Trails**

.... With Benches .....

- Blue >> B1, B2, B5
- Red >> R1, R2, R3, R4, R6, R7, R8, R9
- Yellow >> Y5, Y12, Y15, Y16, Y17

.... Without Benches .....

- Blue >> B3, B4
- Red >> R5
- Yellow >> Y1, Y2, Y3, Y4, Y6, Y7, Y8, Y9, Y11



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