



EASY-DOES-IT WALKS ON BAINBRIDGE

Everyone's idea of "easy" is little different but these variations were put together thinking of those among us with health issues, recovering from

surgery, or with little ones. Each is under a mile, has no hills, and uses good, level trail or quiet roads. They are based on longer walks in the new edition of *Walks on Bainbridge*, available for \$14.95 at Eagle Harbor Books, Bay Hay and Feed, Wildernest, and Dana's.

The first idea is part of Walk 3: West Port Madison. See the map on page 7. Do the section of the walk in the West Port Madison Nature Preserve. The path is relatively level and on a shaded trail in nice forest. You can add on strolls down the Gordon Dr or Broom St to road-end shore access points.

The second idea is part of Walk 6: Manzanita on forest trails that are wide and level, and mostly shaded by beautiful large trees. (Manzanita's trails can be a muddy in wet weather. Step off the trail for horses.) See the map on page 23. A nice easy loop is to go south from the parking area a bit to the signed main entrance to trails, then go straight to the central north-south trail. Turn right on that and take it straight-ish northward, making right turns at one of the major trail along the park's north end, then heading south to return on the very straight north-south trail along the east side of the park back to the parking area — a gentle mile or less.

The third idea is part of Walk 11: The Grand Forest. Everyone thinks of the Grand Forest for long walks with lots of ups and downs in the forest. But if you park in the lot on Mandus Olsen shown on the map on page 35, you can avoid ups and downs. From there, walk straight up the gravel lane (not actually shown as trail or road on the map.) When you come to the crossing trail, make a left onto the short trail (near the restroom icon on the map) that will bring you out at the top of the Land Trust's Hilltop property to find nice benches with vistas across at the meadow. Continue along the edge of the meadow, following the trail past the farm buildings (shown on the map), and continue on the dirt road back through the woods to the parking lot. This is a very easy, nearly level walk of just over half a mile with nice, varied scenery.

The fourth idea is part of Walk 17: Murden Cove. Park in the Manitou Beach lot shown on page 49 and walk the road eastward. Much of the outer lane is a protected walking path. Great views over the water. No shade but good level walking.

The fifth idea is part of Walk 18: Wing Point. Those with handicapped stickers can park in the small lot at Hawley Way NE. That leads directly to a lovely new handicapped-accessible boardwalk with a couple of places to sit and admire nature in the Land Trust-protected back-beach marsh. Eagle Harbor views with ferries coming and going make this worth finding. (If you don't have a handicapped placard, the trail to the shore from shoulder parking on Wing Point Way is short and shady, but it does include a gentle grade as the trail drops from the road and down towards the beach.)

Idea 6 is to take almost any portion of Walk 19 along the Eagle Harbor Waterfront. Parking on Brien near the Senior Center might be the easiest for the section east and west from Waterfront Park. Or park near Doc's on Parfitt Way to explore the section to the west and the Moritani Preserve. See map on page 61.

Idea 7 is has several options within the Land Trust-protected Gazzam Lake Nature Preserve, Walk 20. The Preserve has miles and miles of trail but a couple of nice short, shady and level walks are possible. See map on page 61. **Option 1:** Park at the Deerpath Lane parking lot (at the restroom symbol) and take the Main Trail to the Veterane Trail marker, or as far as you like; turn around and retrace your steps. In this area, the main trail is wide, level, shady and beautiful! **Option 2:** Start at the Deerpath lot but take the Peters trail to the gravel road (a blue dashed line on the map), turn left on that and walk until you get to a signed trail leading to the left; turn around and retrace your route. This is nice walking, has virtually no cars, and in the forest. **Option 3:** Park at the Marshall Rd parking lot and walk the Main Trail as far as you wish and then retrace your steps. **Option 4:** Park in the Schel Chelb playground lot near Lynwood Center and amble along the shady trail to Baker Hill Rd and back, and then sit and watch the kids play.

Idea 8: A section of the Crystal Springs walk on page 65. This area is much-loved for level, long or short sunny road walks along the water with great views. The pier parking lot allows for a quick walk out the pier, and shaded benches are a wonderful place to sit and contemplate our good fortune to enjoy such a view. Walk as far as you like along the level Crystal Springs Drive in either direction, then turn and retrace your steps.

Idea 9: Blakely Harbor Park. Map on page 78. Park along Blakely Harbor Dr near the restroom symbol for a loop on great trails with fantastic views of the harbor. Take the trail to the new footbridge and across the inner harbor, then continue to the right through the woods (this trail is a bit less manicured), then take a right and to through the meadow and back along the shoulder of a short section of Country Club Rd to where you parked. Woods, meadow, water, and restored habitat through a property that Land Trust helped protect! Perfect.

Idea 10: Nutes Pond. Map on page 81. A short, shady half-mile walk through woods with views of the pond. Note: This trail is less level than others described here.

Idea 11: Fort Ward Park. Lower Fort Ward hardly bears mentioning because *everyone* knows about it. But in addition to the lower wide paved trail near the water, head to upper Fort Ward Park and park in the upper parking lot. The sign is a bit hard to see so go slowly so you don't drive right past it. From the parking lot, take the Main Trail north through beautiful shady forest. The trail on this portion has very little elevation change and for the most part is wide and even. Walk as far as you want, but turn around where it starts to descend because it is mostly rather steeply downhill from there.