To avoid contact with the deer tick that may carry Lyme Disease, stay away from tall grass and shrubby areas, wear light-colored clothes, tuck long pants into socks, and check yourself for ticks during and after each visit to the park.

**Lyme Disease Prevention Tips:**

Poricy Ramble: An easy walk along flat gravel paths, traverse a field under the shade of large trees. ADA accessible.

Toddler Trail: An easy walk along a gravel road in woods, within sight of passing trains. Stroller friendly with access to Wilmort Park.

Murray Farm Trail: An easy looping walk along mowed grass trails along the edge of fields and woods. This trail passes the historic 18th century Murray Farmhouse and a frog pond.

Bird Watcher Trail: An easy to moderate hike along mowed grass trails through fields and woods, with some steep steps. Reaches Poricy Pond and more challenging trails.

Cotton Tract Trail: An easy to moderate hike through woods, with several bridges over Poricy Brook. Accessible only through the Ivy Hill neighborhood.

Riparian Trail: A moderate hike on primitive trails in woods along Poricy Pond, with steep steps and inclines. This trail provides access to Wilmort Park.

**These trails are not suitable for horseback**

**Trail Standards:**

**Easy:** short, well-maintained or paced trails intended for casual walking.

**Moderate:** longer trails with some grades/obstructions; intended for hiking (may be suitable for some walkers and runners).

**Challenging:** long, more primitive trails with steep grades, obstructions; intended for hardy, experienced hikers.

Note: At a brisk pace, it takes approximately 20 minutes to walk 1 mile (1.6km).