



Chiesa Farm

The Rick Abrams
Memorial Trail Network



ACROSS
LEXINGTON
2016

About ACROSS Lexington

ACROSS LEXINGTON (Accessing Conservation land, Recreation areas, Open space, Schools, and Streets) is a project of the Greenways Corridor Committee, appointed by the Lexington Board of Selectmen to develop a 40-mile network of marked routes throughout the town for the use of walkers, runners, and trail bikers. Six routes totaling 22.3 miles have been completed to date.

One of the single best things you can do for your health is to get moving. According to numerous studies, walking, running, or biking 30 minutes a day, 5 days a week, significantly reduces problems associated with diabetes and blood pressure, builds muscle tone, and helps fight depression.

This brochure includes a wealth of information to start you exploring the natural wonders and historic pathways of Lexington. So get on your feet, enjoy the outdoors, and start living better!



Resources

The information from these organizations' websites will enhance your outdoor experience in Lexington!

acrosslexington.org – ACROSS Lexington is a network of pedestrian and bicycle routes through open spaces and town streets that link many parts of the town.

landlockedforest.com – Burlington Landlocked Forest is a 250-acre parcel of forest land in Burlington that borders Lexington. It offers 13 miles of trails.

lexingtonma.gov/conservation/conland.cfm – Lexington has 1300+ acres of conservation land. This link will take you to maps of the 26 conservation parcels.

folb.net – The Friends of Lexington Bikeways (FoLB) promotes and supports bicycling and the shared use of bicycle routes, including the Minuteman Commuter Bikeway, in and around Lexington.

arlington2020.org/reservoir/ – The Reservoir Committee of Arlington's Vision 2020 Environmental Task Group is dedicated to the preservation and enhancement of the Arlington Reservoir.

ACROSS Lexington is a 2016 winner of the Richard Bechtel Design Award. See www.bfearc.com for award details.

In Memoriam – Rick Abrams (1956–2014) was a founding member of the Greenways Corridor Committee, and an enthusiastic and dedicated advocate of ACROSS Lexington and the health benefits of walking.

Donations to support ACROSS Lexington are welcome and may be sent to

ACROSS Lexington Trust Fund
Town of Lexington
1625 Massachusetts Ave.
Lexington, MA 02420

*Please make checks out to **Town of Lexington**, and write **Rick Abrams ACROSS Lexington Trust Fund** on the memo line.*

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Ticks and mosquitos in the Lexington area may carry harmful diseases. Know your risk and stay informed! Visit www.lexingtonma.gov/health.cfm (click on Lexington's Public Health Division) or www.mass.gov/MosquitosAndTicks.

tourlexington.us – Events, dining, lodging, and getting around.

everybodywalk.org – This site is loaded with helpful information about the health and other benefits of walking and being active.

massbike.org – This is the leading bicycle advocacy organization in Massachusetts and is an excellent bike safety resource.

foagm.org – The Friends of Arlington's Great Meadows is dedicated to the protection and stewardship of the 183-acre Arlington's Great Meadows, located in the Town of Lexington.

lexfarm.org – Lexfarm is a community-based farm located on the Town's Busa Farm property, offering memberships, education, CSA shares, food donation programs, and volunteer opportunities.

nemba.org – The New England Mountain Biking Association promotes responsible mountain biking and advocates for protection and preservation of trails and open space.

ACROSS Lexington routes - points of interest continued from reverse side

12 Old Reservoir, known today by locals as "The Res," once provided drinking water to Lexington and the surrounding areas. Now it's a popular recreational site for swimming and skating.

13 Dunback Meadow, Lexington's largest conservation area, was once used for harvesting peat and pasturing cows. Today it's known as an excellent birding site.

14 Three Watersheds originate in Lexington at about this junction: the watersheds of the Charles River, the Shawsheen River, and the Mystic River. The streams move and clean water, provide wildlife habitats, create wetlands, and offer aesthetic pleasure to visitors.

15 Upper Vine Brook–Cotton Farm conservation area comprises 52 mostly wetland acres. A trail on its eastern edge passes an active apple orchard and a picnic area.

16 The Battle Green saw the first battle of the American Revolution. On April 19, 1775, 80 Lexington Minutemen faced 800 British Regulars. A statue of John Parker, leader of the militia, memorializes those who fought.

17 Arlington's Great Meadows, a 183-acre parcel of land owned by Arlington but located in Lexington, is the largest piece of undeveloped land in the two towns. Arlington purchased the land in 1871 as a supplementary water-storage area but used it for that purpose only briefly. The Meadows remains a valuable buffer against flooding in the downstream area.

18 Infinity Pond is a certified vernal pool—full in the spring but dry in the summer. Aquatic animals such as fairy shrimp, spotted salamanders, and wood frogs thrive there: the pool has no fish that would attack their eggs and young.

19 The area known as **Sun Valley**—along Whipple Hill, Locke Lane, and Fairlawn Lane—was developed in the 1950s. Many of its original ranch-style homes had unheated sunrooms.

20 Whipple Hill conservation area is named for Joseph Reed Whipple, who owned a produce and dairy farm in the late 1800s. Glaciers dragged huge boulders here, leaving deep scratches that are still evident. Whipple Hill's 374-foot summit is the highest point in Lexington. On a clear day you can see mountains to the north and west.

21 Lexington Community Farm (LexFarm), a nonprofit community-based farm, sells its produce through shares and a farm stand. It offers hands-on education and volunteer programs and donates to food pantries.

22 The **Arlington Reservoir**, built in 1873, originally supplied water to Arlington. The Town of Arlington maintains a swimming beach along Lowell Street.

23 The **Cataldo Reservoir** links the Minuteman Bikeway to the Arlington Reservoir.

24 Meagherville Conservation Land was originally purchased by Mark Meagher in the 1890s for house lots. The houses were never built, however, because he was unwilling to bring water and gas to the area. Meagherville contains the largest stand of American beech remaining in Lexington.

25 Poor Farm was the site of Lexington's poorhouse, which included a farm, from 1845 until it closed in 1925. The property provided food and housing for Lexingtonians who were struggling.

26 Hastings Park is a picnic area that includes a gazebo where summer music concerts are held.

27 On the summit of **Fiske Hill**, British Colonel Smith tried to rally his troops as they retreated from the battle in Concord. Instead of standing to fight the Provincials, his soldiers fled and he was wounded.

28 Minuteman National Historic Park brings to life the battles of April 19, 1775, in Lexington and Concord through the preservation, restoration, and interpretation of significant sites and events of the day when Colonists took up arms in defense of liberty and touched off the American Revolution. The five-mile Battle Road Trail between Lexington and Concord winds through fields and forests and is accessible from several parking areas.

29 The **First Normal School** (1 Hancock St.), or teachers' college, established in 1839, was the first such college in the US. Originally built for the Lexington Academy in 1822, it is now the Masonic Temple.

30 The **Jonathan Harrington House** (1 Harrington Rd.) dates from about 1739. Harrington was wounded in the battle on the Green on April 19, 1775, and died near his doorstep.

31 Buckman Tavern (1 Bedford St.), built in 1710, is Lexington's oldest tavern. The Lexington militia gathered here on April 19, 1775.

32 Cary Memorial Library (1874 Mass. Ave.), established in 1868, now houses over 250,000 volumes, materials on the Lexington area and the Revolutionary period, and many works of art.

33 The **Lexington Depot** (13 Depot Square), built in 1846, is one of the last surviving train shed depots in New England.

34 The **Post Office Mural** (1661 Mass. Ave) was painted in 1939 by Lexington resident Aidan Lassell Ripley. The scene depicts the alert to citizens that the Regulars were on their way.

35 The **Cary Memorial Building** (1605 Mass. Ave.), a Colonial Revival building, was the gift of Susanna Cary and Elizabeth Cary Farnham in memory of their father, Isaac Harris Cary (1803–1881).

36 Fletcher Park (Mass. Ave. & Woburn St.), an open area with picnic tables, is the site, in season, of a weekly farmers' market, a food-truck festival, ice skating, and other activities.

37 Mead House (1505 Mass. Ave.; private) was the home of Matthew Mead in 1775, but it became Russell House in 1882 when James Russell opened it as a hotel.

38 Rick's Benches were purchased and installed in memory of Rick Abrams by his family and friends. Rick was particularly fond of the view of Dunback Meadow, which all can now enjoy from the benches there.

39 Pine Meadows Golf Club is a nine-hole public golf course owned by the Town of Lexington and run under the aegis of the Recreation and Community Programs Department.

40 Hayden Recreation Center is a privately owned sports center that houses both a pool and an ice rink.

41 *A detailed map of Historic Lexington with points of interest is available online at acrosslexington.org (click on "Historic Lexington Map" in left margin).*



ACROSS Lexington Routes

BURLINGTON

WOBURN

WINCHESTER



Points of Interest

1 Visitors Center offers information and hospitality between 9:00 A.M. and 5:00 P.M., 362 days a year.

2 The Minuteman Bikeway is one of the most popular rail-trails in the U.S. and is in the Rail Trail Hall of Fame.

3 Vine Brook provided water power for the town in the 17th and 18th centuries. It flows from the Old Reservoir, runs under Lexington Center, and eventually empties into the Shawsheen River.

4 Lower Vine Brook conservation area covers 108 forested acres and includes 2.1 miles of trails. Route A follows a paved path running along Vine Brook itself, but other trails lead to old sand and gravel pits, now ponds.

5 Lexington Tree Farm began in 2007 as a joint venture of the Conservation Department, the DPW, and the Lexington Tree Committee. It can hold 500 trees.

6 Today's North Street conservation area was an operating sand pit as recently as the 1950s, when it supplied sand for the construction of parts of Route 128. Now a large pond inhabits the 26-acre forest and wildlife habitat.

7 Willard's Woods conservation area comprises 107 acres of fields, meadows, pine groves, wetlands, and a picnic area. Much of Willard's Woods is a kettle hole, a geological depression formed about 10,000 years ago by the melting of a mass of glacial ice.

8 Chiesa Farm conservation area has 18 acres of pasture along Adams Street. Traces of a ring tramped by the farm's horses are visible near where the trail enters the street.

9 Parker Meadow conservation area, comprising 17 acres of fields, forest, and wetlands, was farmed early in the 17th century. It is named for a later owner who was killed on Lexington Green on April 19, 1775. In the early 1980s the Lexington Conservation Commission built a pond around a spring there to protect the watershed and as a habitat for wildlife. A granite bench overlooks the pond.

10 Belfry Hill Park contains a replica of the bell tower that stood on the Green from 1767 to 1797. On April 19, 1775, the bell sounded the alarm that the Regulars were coming.

11 Lincoln Park, the town dump until the 1980s, is now a handicapped-accessible open space with walking paths. The Teresa & Roberta Lee Fitness/Nature Path, with 16 self-directed fitness stations, winds through the park. The Lincoln Street recreation area includes sports fields and a playground.

Additional points of interest are continued on the reverse side.

Please contact us with your feedback.
www.acrosslexington.org

The map and associated information is provided as a reasonably accurate point of reference but is not intended to represent authoritative location. The Town of Lexington shall not be held responsible for the accuracy or misuse of this data. All information is subject to change without notice.

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