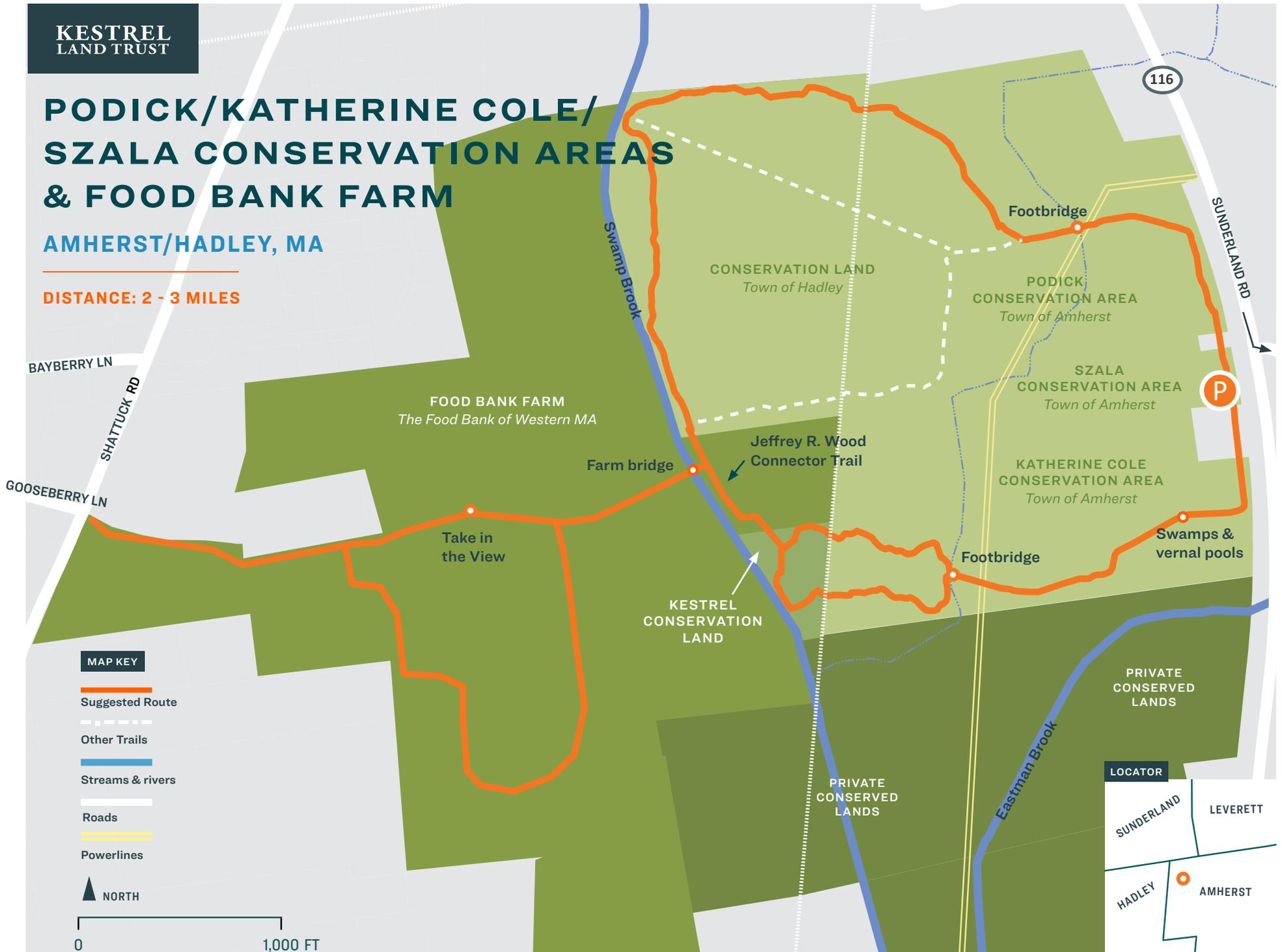


**KESTREL
LAND TRUST**

PODICK/KATHERINE COLE/ SZALA CONSERVATION AREAS & FOOD BANK FARM

AMHERST/HADLEY, MA

DISTANCE: 2 - 3 MILES



A TRAIL FOR EVERYONE AT

PODICK / KATHERINE COLE / SZALA CONSERVATION AREAS & FOOD BANK FARM

AMHERST & HADLEY, MA



Several loop options offer a combination of forest, meadows, farmlands, and wetlands. In spring, look for migrating songbirds along the farm field edges and listen for wood frogs in shaded swamps and vernal pools.

SUGGESTED ROUTE

From the Sunderland Rd. parking area, head north into Podick Conservation Area along a grassy path (Noah Webster Trail). Turn left into the wet woods, following the red blazes. You'll cross a small stream and then a powerline cut in a wet meadow. When you reach a dry open area with small pines, take a sharp right into the forest to follow the red blazes through large mature pines and ferns, then pass through a hemlock/oak forest with farm fields visible on the right. Bear left to follow the red blazes away from a stream and through a Mountain Laurel thicket.

When you first see a yellow blaze, stay straight on the red trail. When you reach a T of red and yellow blazes, follow the yellow trail to the wildflower meadow out on to wooden walkways along the edge of the field. To explore the Food Bank Farm fields, turn right midway across the meadow on to the farm bridge and follow the farm road loop. To continue into the Katherine Cole Conservation Area, follow the walkway straight and enter the woods along Swamp Brook, following the yellow blazes. At the yellow trail juncture, you can go either direction to loop through the woods. For a longer route stay straight; for a shorter route go left. Either way, you'll come to a brook with a long bridge: a nice place to relax. After crossing the bridge, follow the yellow blazes to a powerline cut and continue straight across into a wooded wetland before leaving the woods at the parking area.

WHAT YOU CAN DO HERE



Walk/Jog



Spy Butterflies on
Wildflowers



Visit Wetlands



Admire Farmland



XC Ski / Snowshoe

DIRECTIONS

- **GPS address: 390 Sunderland Rd. Amherst, MA**
- The entrance is on Rt. 116 across from Sunderland Rd.

WHAT TO LOOK FOR

- Native wildflowers & wetland plants
- Picturesque bridge and brook
- Open farmland vistas

YOU SHOULD KNOW

- Open dawn to dusk, year round. Farm trail may close during busy periods
- Trails may be wet or flooded; best to visit in dry conditions
- Please leash dogs: No dogs allowed on The Food Bank Farm
- Be aware of poison ivy and ticks

PARTNERS MAKE CONSERVATION POSSIBLE

The Podick-Cole-Szala Conservation Areas are owned by the Towns of Amherst & Hadley. Portions have a Conservation Restriction held by Kestrel. Kestrel assisted The Food Bank with buying and conserving the farm with the Commonwealth and Hadley, and holds a trail easement for public access. Kestrel is grateful to Robin and Eileen Wood who contributed to support the creation of welcoming public access and trail connections, in memory of Jeffrey R. Wood.

For more information, contact:

Town of Amherst
Department of Conservation
413-259-3045

The Food Bank of Western MA
413-247-9738

Town of Hadley
Conservation Commission
(413) 584-4236

