

Weekend Waddle...
in the Fiske Forest and Sunday Woods
by Meredith Rahman

Background Information

Do you know anyone who lives in Jericho Village? Well, these trails are located right next to it in what is called the Fiske Town Forest. The area, part of the Jericho Town Forest, was originally owned by Gertrude H. Fiske and sold to the town of Weston not so long ago in 1962¹.

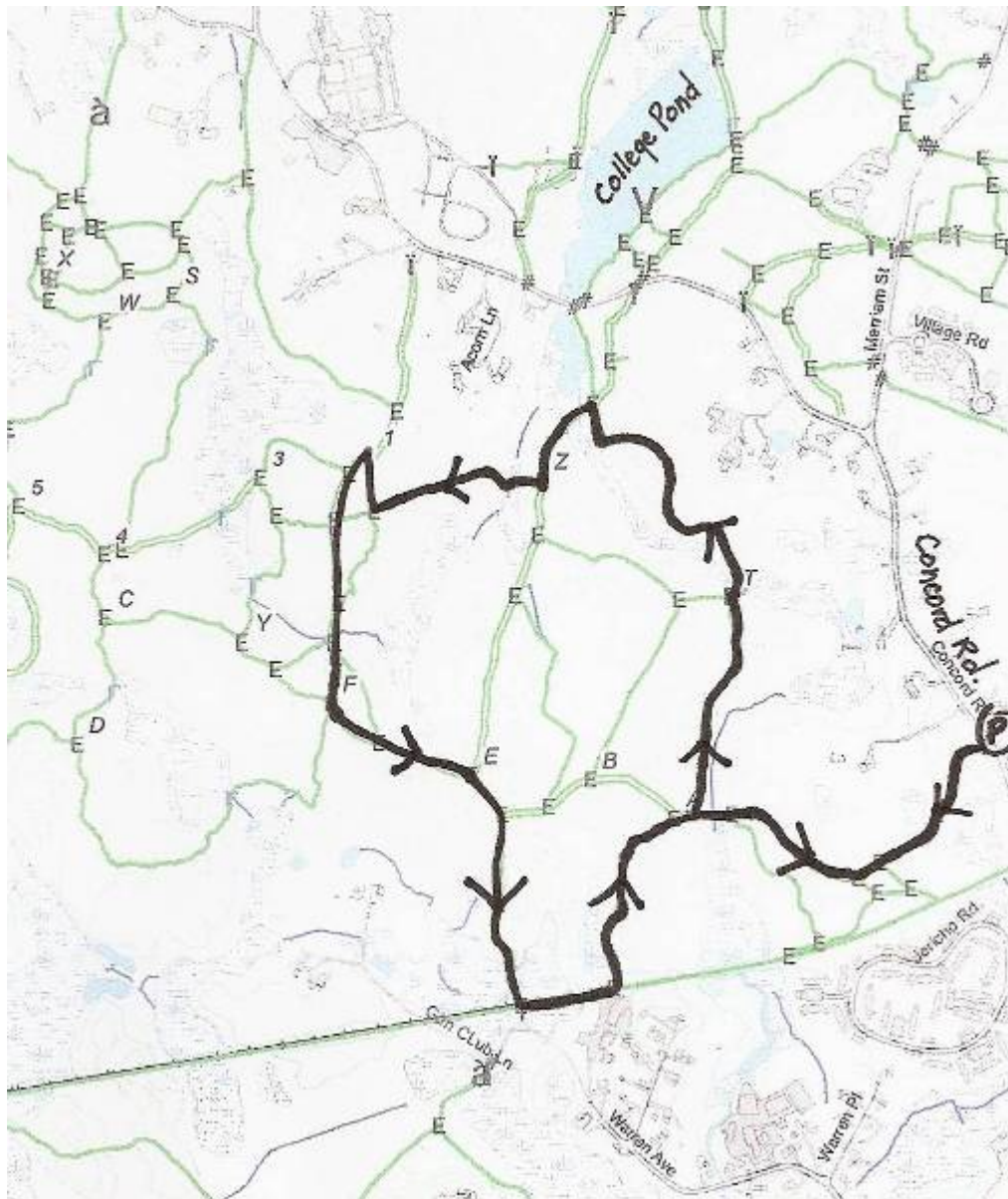
In the beginning of the trail you pass through a beautiful area where pine trees tower above you. Try to identify some trees, it's fun -- I promise. If the clusters of pine needles have five needles it's a white pine. If each cluster has two, then it's probably a red pine. This area is very wet. It's actually called wetlands (these people are geniuses). I went in the beginning of spring wearing sneakers full of holes (brilliant I know). Let's just say you wouldn't want to be in my "shoes" at the time. Anyway, be *sure* to wear boots or waterproof shoes, especially if you plan to hike in the winter or spring months. There are a few minor streams you cross over. Take a minute to enjoy the quiet breath of flowing water. In the



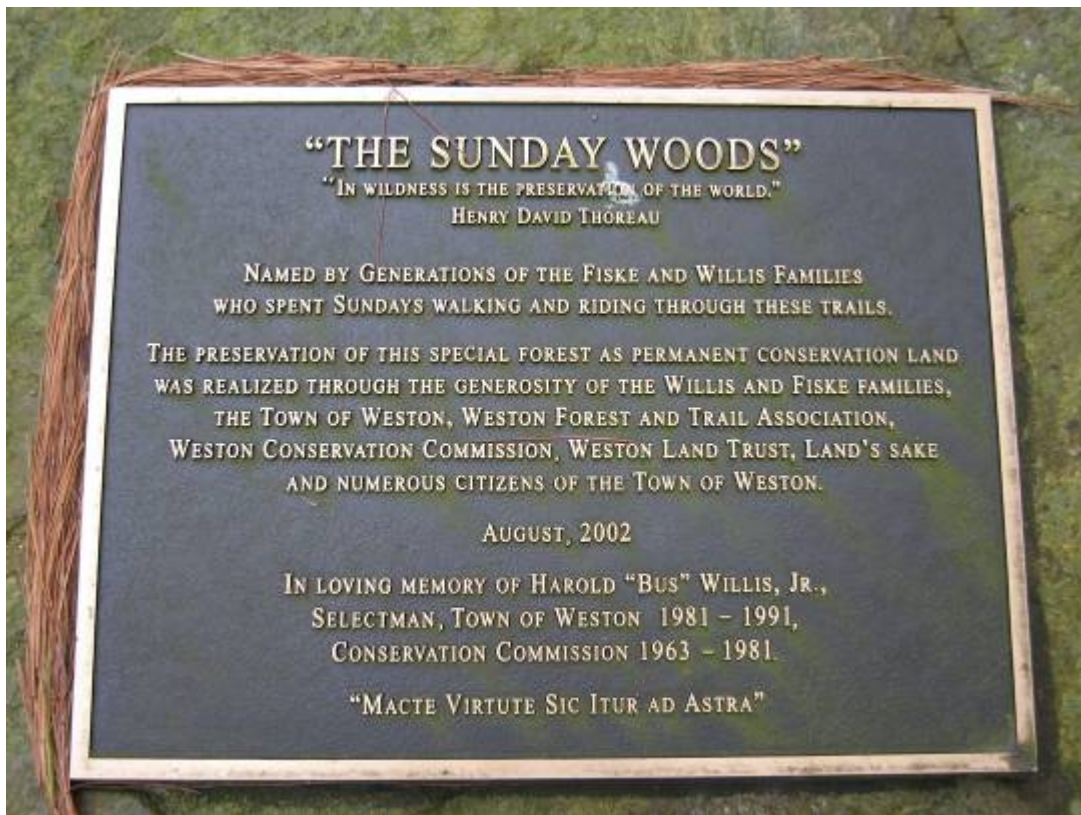
¹ Walks in Weston Conservation Land by Elmer Jones p.171

spring though, watch out for bugs, mosquitoes especially. They're vicious - use bug spray!

Recommended Hike



Ready, set, HIKE! Are you excited? I am. Let's begin. Take Concord Road north from Weston Center. Turn right onto Laxfield Road and park. Walk across Concord Road to the trailhead. Begin by passing through the black iron gate. On your left after you enter the woods, you will see a rock with a nice plaque about Sunday Woods. Continue straight, bearing right before getting to intersection A. Going left would take you to Jericho Village. (If you go that way, be careful of the nasty red vines on the ground. They have very sharp thorns... ouch!)



When you arrive at intersection A, nicely labeled by green markers on three trees, take a right. This part of the trail can get ridiculously muddy since it runs alongside a stream. If you are walking in the winter or spring especially be sure to wear boots.

At the next major intersection, keep right. This path is not as well maintained as the rest of this trail, but directions should

be pretty clear. After 5-7 minutes you should see the potato field on your right. That's not very helpful though since potatoes grow underground...



When you reach the carriage trail (noticeable from its width) take a left. Doesn't it feel spacious? I love it but we cannot stay here long. At intersection 7 take a right heading in the direction of Jericho Town Forest. Continue on this trail to the first intersection and turn right. Very soon, you will come upon a carriage road and you will turn left. Now, head straight along the carriage road toward intersection F. You can enjoy the wide carriage trail for some time, it really blows my mind how wide these trails are. At intersection F take a left and continue on this trail for some time, passing intersection E and continuing on this path. At the next major intersection, where the trail seems to split, bear right. Continue until you arrive at the abandoned railroad tracks. Hop on the railroad and turn to your left to continue walking. When you see a large hardware store (Ogilvies) on your right, turn left back into the forest (sorry Ogilvie, don't take it personally). When you reach intersection A take a right. This should seem somewhat familiar...you've been here before. As you see the iron gate and civilization again, don't shed any tears, just remember your wonderful time in the woods. Come back and waddle around here anytime.



Activities

	Winter	Spring	Summer	Fall
Walking	X	X	X	X
Running	X	X	X	X
XCountry Skiing	X			
Mountain Biking		X	X	X
Ice Skating*	X			
Sledding	Only if someone pulls you...just kidding.			

*Be *very* careful when skating on ponds. Ice is very fragile so make sure adults supervise you while you skate.

Roses are Red, Violets are Blue, And so Are Blueberries



Many plants we see today are imported or brought in from other countries. Lowbush blueberries, however, are native to New England which means they have been growing here naturally for thousands of years. Wild blueberries that you may see on your walk during the late summer may be

smaller than the ones you are used to seeing in the supermarket. Those store-bought berries are a cultivated variety. We buy them to cook or bake with, even to eat raw. Yummy! These lowbush blueberries are also good to eat, maybe a bit tart. Native Americans have used the leaves of blueberry bushes to make teas. The tea was sometimes used to cure headaches!

Directions

I like to hike,

Not on the manicured lawn of my backyard

But to the high places where treetops are cut off by wind

And weather.

I like to hike down in pure earth

To the soil

Where worms roll in guilty pleasure in rotting meat of trees.



Meredith's Munchkin Munchies

(watch out...this recipe contains nuts)

1 Handful of Semi Sweet Chocolate Chips

2 Handfuls of Pecans

2 Handfuls of Rice Chex Cereal

1 Handful of Dried Cranberries



Mix, munch, enjoy!

About the Author



Meredith Rahman lives in Weston, Massachusetts with her parents, sister and six year old kitten, Cypress. When she's not perfecting the art of procrastination, Meredith plays the guitar and writes short poems, not at the same time of course. In her poems, she continues to amaze people with her painfully apparent inability to rhyme.

Meredith has always had a fascination with nature. From hiking through misty forests to aimlessly walking around her high school campus, you can always find her outdoors enjoying her surroundings.

Leave No Trace by Meredith Rahman



Well folks, this sign just about says it all in this department. You must take care of any animals you take with you on your walk (including your little brother). Remember, also, that human feces must be buried away from any water source and well below the ground. Make sure it is properly taken care of. Waste entering well water can contaminate water with dangerous e coli bacteria.

Imagine yourself hiking through the majestic trees that loom over the green moss on which you step. The soft thump of your boot against the forest floor creates a smooth melody accompanying the birds singing overhead. Suddenly a discordant crinkle is played from your foot! As you look down in dismay you see a small gum wrapper. With all your anger and smite upon the world you take out your knapsack and stuff the trash in the front pocket. Pick it up and pack it out!

As many advertisements say, "don't let this happen to you". One bad crinkling sound is the first step on the road to destruction if you ask me. To avoid this irksome situation all you need to do is to pick up after yourself. It's as simple as that. We hikers like to call this the "Leave no Trace Policy". Basically it's saying that you should not alter the nature you see so that others will be able to enjoy it too.

