

# The 2008 Mill Pond Loop Walk

## Town of Pittsfield, Maine

### Benefits of the Mill Pond Loop Walk:

- ✓ Enjoy the Town's downtown
- ✓ Walk through four (4) parks around Mill Pond  
Stein, Remembrance, and Fendler for .85 mile walk  
Add on Hathorn Park for a total walk of 1.05 miles
- ✓ Learn to identify trees
- ✓ Enjoy Nature and a scenic walk around Mill Pond
- ✓ Healthy exercise
- ✓ Close to other town facilities & stores



**Stein Park Monument**



**Stein Park New Walkway**



**Remembrance Park Plantings**



**Fendler Park Greenery**



**Fendler Park View**



**Hathorn Park Picnic Area**

## Healthy Walking Tips

- **Choose proper footwear:** Invest in a good pair of walking shoes. Make sure you treat your feet well!
- **Exercise smart:** Set reasonable and appropriate goals. Pace yourself and gradually increase an exercise program. Make sure to drink fluids on hot days to avoid dehydration. It is a great idea to bring water with you on a walk.
- **Wear layered clothing:** Durable and loose-fitting clothing that are weather resistant are best.
- **Carry a few essentials:** Identification and "pocket change" along with first aid essentials in a fanny pack is good.
- **Protect yourself from the sun:** Always wear sunglasses, a hat and apply sunscreen.

**Good Neighbor Tips:** Please obey Park Rules. Please do not litter.

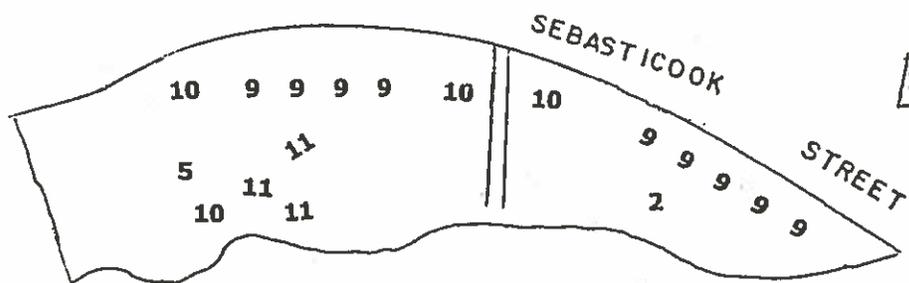
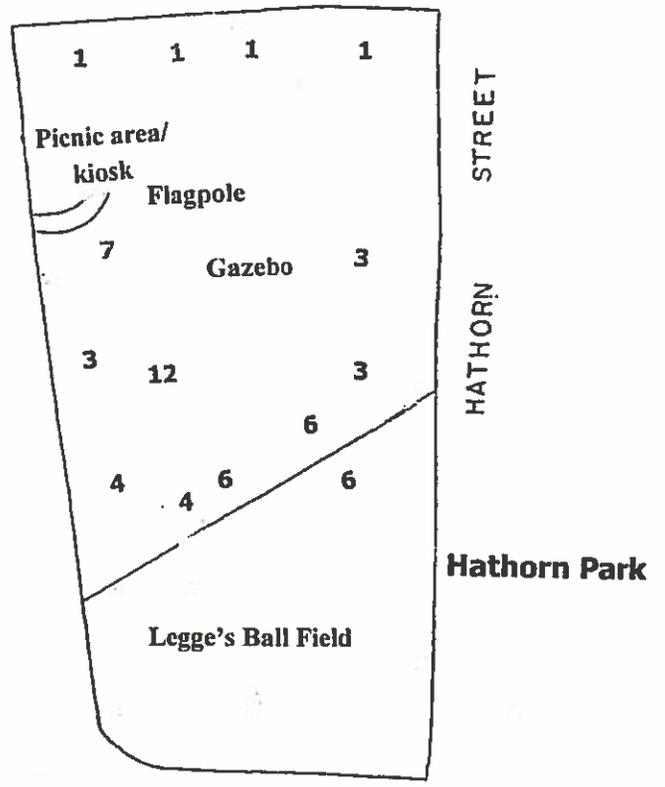
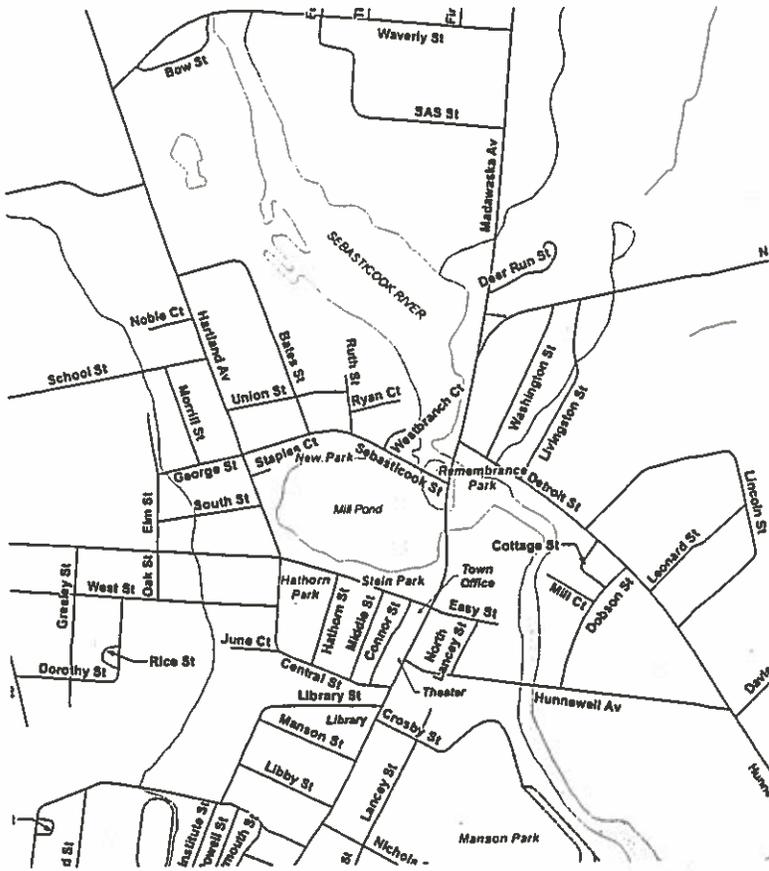
**Safety Tips:** Be Visible! During the day wear bright light clothing. At dawn, dusk and/or night, wear reflectorized clothing for visibility.

**Carry Identification:** Just in case it is needed, carry identification and an emergency contact number.

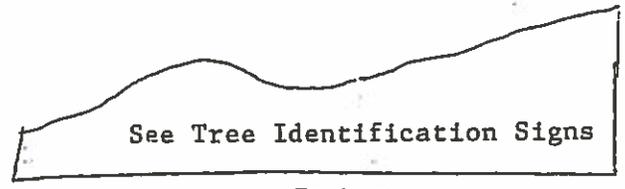
**Be careful:** Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic.

**Make sure drivers see you:** Do not dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

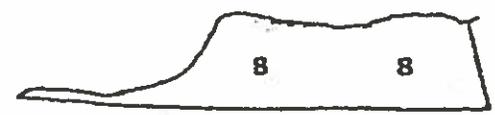
**Be alert:** Be aware of all traffic.



**Fendler Park – new park  
(dedicated June, 2007)**



**Stein Park**



**Remembrance Park**

Key:	Tree Species & Number	Grant	Year Planted	Park
1	Winter King Hawthorne (4)	Project Canopy Grant	Planted 2007	Hathorn
2	Winter King Hawthorne (1)	Land & Water Fund	Planted 2006	Fendler
3	Yellowwood (3)	Project Canopy Grant	Planted 2007	Hathorn
4	Yellowwood (2)	Project Canopy Grant	Planted 2006	Hathorn
5	Yellowwood (1)	Land & Water Fund	Planted 2006	Fendler
6	Yellowwood (3)	Community Gateway	Planted 2004	Hathorn
7	Basswood (1)	Project Canopy Grant	Planted 2006	Hathorn
8	Tree Lilac (2)	Project Canopy Grant	Planted 2007	Remembrance
9	Gingko (9)	Land & Water Fund	Planted 2006	Fendler
10	Crabapple (4)	Land & Water Fund	Planted 2006	Fendler
11	Weeping Willow (3)	Land & Water Fund	Planted 2006	Fendler
12	Japanese Tree Lilac (1)	Project Canopy Grant	Planted 2006	Hathorn

Trees in Stein Park are not listed above as they are identified by Tree ID Signs purchased through a 2007 Land & Water Fund Grant. Other trees purchased by the Town as part of Arbor Day Activities or donated by citizens as non-grant purchases are not depicted on the map, i.e., Maples and Hawthornes.