

Safety Guidelines for Residents Using Kendal/Crosslands Walking and Hiking Trails

Kendal and Crosslands residents are unusually fortunate in having in their communities a very large and interconnected network of woodland and meadows trails. These trails – plus Kendal's 1.5 mile paved Promenade path -- traverse roughly 415 contiguous acres comprising Kendal Longwood and Kendal Crosslands. Still more trails exist on approximately 100 additional acres in the Kendal Cartmel and Kendal Coniston communities.

Everyone physically able to do so is encouraged to hike our trails throughout the year – except during the limited days and hours when the annual deer hunt is underway. To do so safely, we suggest that trail users review and follow the commonsense guidelines set out below.

1. Know where you're going. If you haven't already received a copy of the foldout map showing almost all Kendal and Crosslands Trails, ask for one at the front reception desk. The only trails not shown on the current version of that map are Herb's Trail and the Sunrise Trail Extension, each of which connects at both ends with trails that are shown on the map. (An updated version of the trails map is in preparation and should be available soon.) Once out on the trails, conspicuous signposts identify all of the trails. All Kendal trails also have periodic yellow paint blazes on trees.

2. Know the name of the trail on which you're hiking. Every trail has a signpost with the trail's name at its beginning and end and at any intersection with another trail. When you're hiking, look at and remember the name of the trail on which you're walking. That will enable you to specify your location in the event you should need to seek help for any reason.

3. Let someone know when you're hiking the trails. It's always advisable to hike the trails with at least one other person. There will always be others with you if you hike with the Wednesday morning hiking group or work with the Trails Team. If you do hike alone, however, carry a mobile phone and be sure to let a spouse or partner or another person know that you are out on the trails and when you expect to return.

4. Things to bring with you. As noted above, bring a mobile phone. Reception is good along most trails. In addition to the always available 911 number for serious emergencies, the Kendal number to call for help in an emergency is 610-388-7000. It's a good idea to program that number into your mobile phone (in addition to the Kendal front desk number, 610-388-7001). Other recommended bring-alongs: a water bottle if the weather is warm, the trail map (it folds to pocket size), one or two walking poles (they're very helpful in preventing falls and on hilly trail portions) and a whistle or air horn to help people find you if you should need help. Wear a sturdy pair of hiking boots or walking shoes.

5. Use tick protection. If hiking when the temperature is above freezing, follow the tick protection practices described at <https://www.kalresweb.org/2020/05/02/how-to-protect-yourself-against-ticks/>

6. Know your own limitations! Finally, be aware of your own physical capacity. Remember that the return trip is usually just as long as the hike out. Particularly in hot weather, be sure that you are up to the full round trip.

Enjoy our trails! For answers to any questions about the trails, call or email Tony Bosworth, Bert Bacon or Art Goodkind. Their contact information is available in the Kendal Directory.

