

## Sanford Farm West



**Walking time:** 25 to 60+ minutes

**Parking:** 10–12 spaces

**Ideal for:** children, dog walkers, and experienced mountain bikers

This vast, open, hilly area—our largest property—marks the beginning of the vast outwash plains formed by the out flowing melt water of the continental glaciers that sculpted the coast of North America. The cliffs of the glacial moraine, pockmarked by kettle ponds, bogs and steep hillsides gives way here to softly rolling hills, dunes and sandplain grasslands. Fill up your water bottle at the water fountain near the bike path, as once you leave the trail head, there's no water for miles. The northern trails are shorter loops that you can follow back to your starting point along the Madaket bike path. These will also lead you to the Conservation Foundation's property on the other side of Sanford Farm via the bike path. Trails leading south will bring you to long vistas over the gently rolling hills of Massasoit Plains which extend to the south shore and Head of the Plains. Numerous dirt roads cross and connect throughout this area leading from groves of pitch pines to open fields and meadows.

*Directions:* From town, drive west on the Madaket Road past the Conservation Foundation's parking area for Sanford Farm and take a left onto Barrett Farm Road and then an immediate left over the bike path into the parking area.

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### Enjoying Nantucket Safely

The Nantucket Land Bank accepts no liability due to injury resulting from use of this map or its properties. In other words, you use these trails and recreational areas at your own risk. Follow these tips in order to ensure your use of Land Bank properties is safe and enjoyable:

#### Dress Appropriately

On trails, wear hiking shoes or boots. In the summer, employ light clothing that provides protection from the sun. In the winter, multiple layers that wick moisture will keep you warm and dry.

#### Check for Ticks

Nantucket has one of the highest rates of tick-borne diseases in the world. So follow these simple tips. Stay on the trail and avoid tall grasses, shrubs and hanging branches. Wear boots with socks and long pants when possible (tucking your pants into your socks may look geeky, but it will keep ticks from reaching your skin.) Check your family for ticks daily. Be advised that a deer tick nymph is often only the size of a crumb.

#### Avoid Poison Ivy

Learn to identify and avoid the three shiny leaves and white berries associated with poison ivy. It is one of the most pervasive plants on Nantucket, found near beaches, on wooded trails, near wetlands and moors.

#### Use Sunscreen

Wear sunscreen and protective clothing to keep from being burned by the powerful summer sun. Some Land Bank trails are rather long and provide little shade, so plan accordingly.

### Hydrate Properly

It's often surprising how quickly one can become dehydrated when walking in the moors or on the beach. So bring water with you and drink often.

### Hunting Season

Most Land Bank properties are open to hunting in season. Hikers are encouraged to wear bright clothing and keep pets on a leash. The best time to enjoy Land Bank properties during hunting season is on Sundays when hunting is not allowed. Hikers are asked to report any hunting remains that are not properly disposed of to the Land Bank office.

### Vehicle Access

Please note that not all of the dirt roads and passable trails are maintained on a regular basis and some may only be traversable with four-wheel drive vehicles. Even with four-wheel drive, you may need to reduce tire pressure on particularly sandy patches. A sticker is required for driving on beaches.

### Cell Phones

Bring a cell phone in case you get lost.

### Pack In, Pack Out

In most cases, there are no trash receptacles provided at these properties, so please help keep our beaches clean by taking everything that you brought to the beach with you when you leave.

### Pet Owners

Keeping our properties and beaches clean by cleaning up after your pet is greatly appreciated.

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