

## 8 Holdgate Fields and Trails



## Trail Guide

**Walking time:** 20 to 30 minutes

**Parking:** 6+ spaces

**Ideal for:** children, dog walkers, hikers, and picnickers

This trail loop and recreation property is a hidden gem that, at one time, was in danger of becoming a supermarket strip mall if community members had not intervened. At the beginning of the trail, there is an open space that is perfectly sized for a pee wee soccer game or tossing a Frisbee. There are two large granite benches here and a climbing rock for small children to conquer. The trails themselves are located further on along a split rail fence on your right, and takes you through dense woods, across a dirt road, connecting to the Milestone Road bike path as well as the Land Bank's Milestone Trail property. As the trail doubles back, snaking through pitch pines and oaks, it meets up with a straight trail that follows another split-rail fence of a nearby animal farm. The horses there have been known to come over to the fence to say hello to hikers. Here you will find some of the largest beech trees on the island, bent over the trail seeking sunlight, just before you return to the trail's starting point.

*Directions:* From the rotary, follow Old South Road approximately one half mile until you see the Land Bank marker on the left, on the other side of the Old South Road Bike path. Enter here and stay to the right, there is a parking area 50 yards ahead on your right.

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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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