

HOPEWELL WELLNESS DAY...

*Walk or Bike on the Lawrence Hopewell Trail for Fun and Fitness for the Entire Family
(including the Dog)*



On **Hopewell Wellness Day** take the whole family--and the dog, too—for a walk or a bike ride on any of the segments of the Lawrence Hopewell Trail (LHT)) in the Hopewell Valley area. If you are unfamiliar with the LHT, discover this gem in your backyard. If you are familiar with the trail, explore a segment that you have not enjoyed before. The trail is family-friendly, mostly off-road, and safe even for the youngest or the most inexperienced cyclists. Its smooth surface can accommodate strollers and wheelchairs. While we are highlighting four segments in Hopewell/Pennington, the trail extends into Lawrence Township. Of course, you can enjoy those segments on Hopewell Wellness Day or make a point to walk or bike them at another time.

Mercer Meadows

The 1600-acre Mercer Meadows is one of the most beautiful parks in the Northeast. The park provides a scenic and tranquil setting for picnics, walks, and other outdoor recreation. This area is a mix of woodland and fields and provides easy access to the Stony Brook, Willow Pond, and Rosedale Lake. The three-mile Mercer Meadows–Rosedale Lake segment of the LHT will take you past a playground and is close to the dog park.

The Mercer Meadows–Pole Farm segment of the LHT travels through the Pole Farm district of the park. At one time thousands of telephone poles covered the landscape and served as an international telecommunications hub during World War II. The significance of the area is highlighted in the interpretive signage depicting the rich history of the Pole Farm. A bonus is a history lesson as you walk or bike on the segment.



Bristol Myers Squibb Hopewell



The Lawrence Hopewell Trail runs along the perimeter of the former BMS Hopewell Campus along Pennington Rocky Hill Road and Titus Mill Road. The property is now owned by the Lincoln Equities Group and Beigene. While the ownership has changed, it remains a delightful 1.25 segment that passes the attractive landscaped frontage of the property. Riding this paved segment provides views of historic farmsteads that helped shape the landscape of Hopewell Township.

Watershed Preserve

The 1.7-mile Watershed segment of the LHT travels through the property of the Watershed Institute, a nearly 1,000-acre preserve of forest, wetlands, meadows, and farmland. In addition to the LHT, more than 10 miles of hiking trails wind through the property and pass by two historic farmsteads that date back to the 18th and 19th centuries. More history! if the Watershed Center is open when you visit, learn about the Stony Brook Millstone Watershed and its importance to the region.

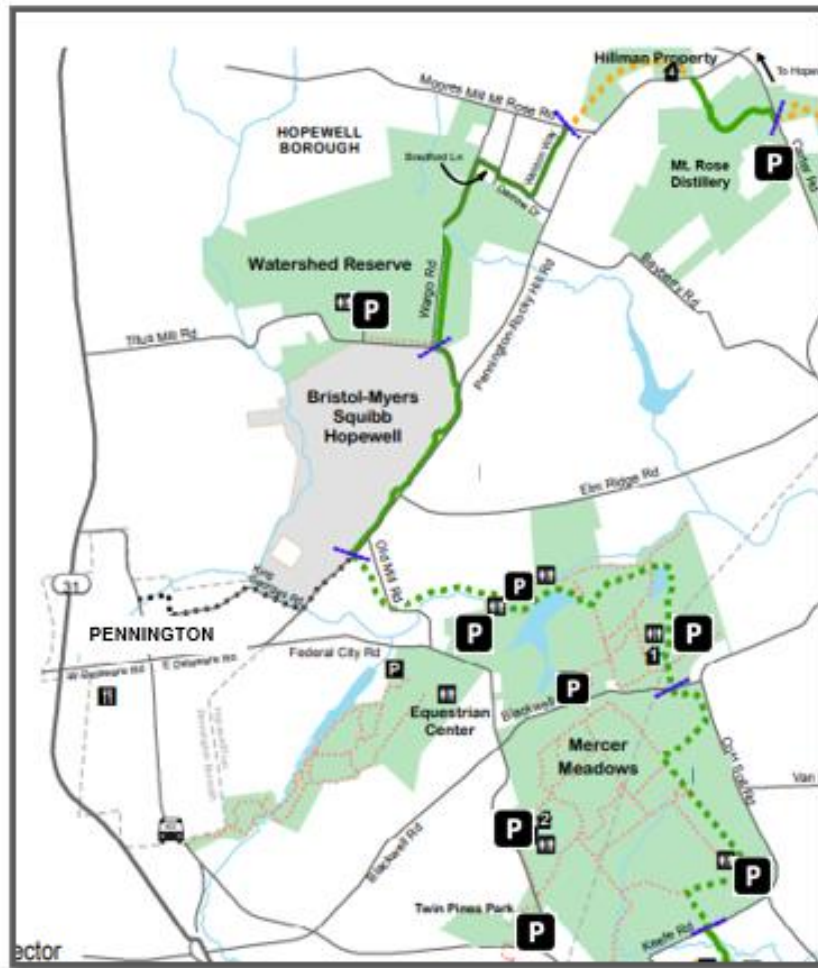


Mount Rose Distillery



The partially completed LHT takes an off-road path along Pennington Rocky Hill Road passing the Whiskey House, which served as the office building for an applejack distillery that operated in the mid-19th century. Beyond the Whiskey House the LHT turns into the forest on paved path that meanders through the Mount Rose Preserve until reaching Carter Road. This segment is 1.1 miles.

Parking and Access Points



For More Information

Visit the LHT website at lhttrail.org for more information on each segment and explore the entire trail.

Share Your Experience with Us

Take photos of the family as you enjoy your time on the LHT during Hopewell Wellness Day and send them to us so that we can enjoy them. Upload photos at <https://lhttrail.org/upload-trail-pics-and-videos/>.