



## Walks Around Windrows

*Bruce LaBar, former Windrows resident, first wrote up most of these walks in a document that has been kept in the Living Room. He made some revisions in 2013. Between 2015 and 2017 Barbara Greenstein updated and revised all of the walks Bruce described and added a few more. We hope you find these descriptions helpful for your walking pleasure. Distances are approximate, based on Bruce's pedometer readings.*

### CIRCLING AROUND THE WINDROWS CAMPUS

This is the most obvious walk a Windrows resident might take. It is also the easiest, being either concrete sidewalk or gravel path, though these ways do have moderate pitch in certain segments and soft spots after rains. Let's start by going out the front door of Windrows Hall. Turn left and walk to Windrow Drive, crossing the street to the sidewalk on the other side. Turn left and warm up by going down the moderate grade and circling gradually left. After passing Greenleaf Court, turn right onto the gravel path (broken only briefly by the sidewalk beside the retention basin), in a generally counter-clockwise direction. When the gravel runs out, you will be on Hedge Row Road. Turn right and walk a few feet to turn right when you pick up the gravel path again. This time when the gravel runs out, you will be at College Road West. Turn left and follow the concrete sidewalk north and turn left to go past the fountain and on to the entrance to Windrows Hall from where you started. **Distance: about one mile.** Of course you can start and end your walk at any point along the way, depending on what's convenient in relation to where you live.

## FORRESTAL VILLAGE AND BACK

An easy walk from fountain to fountain can be had by starting at the main entrance to Windrows Hall, walking past our fountain and then continuing straight ahead through Forrestal Village, circling the fountain in front of the Westin Hotel and returning to Windrows via the sidewalk on the other side of the street you used in walking toward the Westin. You can take in a bit of window shopping in both directions. ***Total distance: about one-half mile.***

You can extend the distance by walking completely around Forrestal Village. Do this (from Windrows Hall) by turning right (south) when you reach College Road West, turning left at Village Boulevard, going past the Eden Institute on your right. Circle around to the left, passing the fountain in front of the Westin Hotel and continuing north until you reach the traffic light at the east-west section of College Road West. At the traffic light turn left, then circle left around the Forrestal Village parking lot on the macadam path, turn right at a convenient crossing and return to Windrows Hall. ***Distance: almost one mile.***

A still longer opportunity would involve turning south (right) on College Road West and walking all the way to the end of the Sandoz parking lot. Then turn left and walk behind the Sandoz building, using the sidewalk and cinder paths. Also walk behind the building located to the northeast of Sandoz and through its parking lot. From there walk toward the police microwave tower. When you approach the tower, turn left and then right, passing between 155 Village Blvd. and Salt Creek Grill. From there, walk behind the Westin Hotel and continue straight ahead on the outside rim of its parking lot, curving to the left. When you reach the electric distribution box, turn right to reach the macadam path along College Road West. At this point turn left and make your way back to the main entrance of Windrows Hall. ***Distance: 1.6 – 1.7 miles.***



*Photos by Jean Johnson*

## THE MARILLAC CAMPUS *(formerly St. Joseph's Seminary)*

The schools now located on this property have asked us not to walk there, but you can walk along Seminary Drive, skirting the Campus.

## COLLEGE ROAD EAST

Across Route 1, College Road East winds its sinuous way to end at Scudders Mill Road. Paralleling the road is a macadam path, sometimes shaded, sometimes not, that is excellent for walking. From the entrance to the Marriott Hotel to the signal light at Scudders Mill Road the ***distance is about a mile and a half***. You can also start this path from the Robert Wood Johnson visitors' parking lot, if you want a slightly longer walk. ***Distance: .2 miles between driveways.***

A shorter walk goes around the RWJ property. This path starts from the road, partway between the RWJ driveway and the Marriott driveway. Since you can't park on the road, you'll have to pick up the path from the RWJ visitors' parking lot. At the point where the path stops, continue walking around the back of the building and pick up the path on the other side. This path is mostly in the sun.

## PRINCETON LANDING

There are several walks around Princeton Landing, our neighboring development. The most "civilized" (the one that keeps to official paths, sidewalks, and streets) starts from the main entrance of Windrows Hall. Go out the front door and walk past the fountain to College Road West. Take the sidewalk to your right and walk to near its end. Start to take the gravel path on your right. You will soon see a dirt path on your left. If it looks dry and firm, take it and proceed on it to Princeton Landing. When you come to a mown area, go straight ahead (passing a playground and a pool) until you come to a parking area. Turn 90 degrees to your right and walk straight ahead to the stop sign. This is Sayre Drive (unmarked anywhere except where it intersects the access road from Route 1).

Turn right or left as you fancy and walk completely around Princeton Landing via this circumferential street. Princeton Landing, with its mature plantings and well-kept grounds, is quite attractive and is especially good for walking when shade is desired. When you have completed the Sayre Drive circle, walk back to Windrows the way you came. ***Distance: 1.9–2.0 miles.*** Of course you can vary your route, using the informal access points to Princeton Landing which appear periodically along the gravel path on the south side of the Windrows campus, and also by using Princeton Landing's interior streets and paths.

Princeton Landing also has a walkway cutting straight across its middle and intersecting the emergency access road at a 90-degree angle. This walkway can be reached by crossing to the Landings from Windrows' gravel path at the point where you can see the Landings' tennis courts. Keeping the courts on your right, go straight ahead to Sayre Drive. Turn left on Sayre Drive and walk half a block. Look across the street and you will see the beginning of the macadam path that transects the Landings. For a part of its length this path passes beside a windrow of spruce trees exactly like those we see at Windrows, indicating that Princeton Nurseries was active in at least part of the area now occupied by Princeton Landing. This path and many others cutting through Princeton Landing can be incorporated in your walks through this development.

## PLAINSBORO PRESERVE

Plainsboro Preserve is the one public walking space in the township. A mostly wooded area of 631 acres including artificial McCormack Lake and a nature center, this preserve came about through a partnership of the Jeffers family, Middlesex County, Plainsboro Township, and the Audubon Society.

Six miles from Windrows, it can be reached by turning left out of the Windrows entrance onto College Road West. At the signal light, turn right, following College Road West across Route 1 when it becomes College Road East. At the signal light at the end of College Road East, turn left onto Scudders Mill Road and go to the second light (Dey Road); turn left on Dey Road, and then left again at the first light onto Scotts Corner Road.

You will pass the Plainsboro Township recreational park on the left; about a quarter mile further on the left is the entrance to the Preserve. The trails begin at the far left corner of the parking lot (to the left of the large nature center). All trails are clearly marked by colored stakes and tree blazes. A map of the Plainsboro Preserve's walking trails is available online at [njudubon.org](http://njudubon.org). (Click on "Visit Us," then on "Centers," then on "Plainsboro Preserve," and finally on "Trail Map.") The length of each trail is given. It's a good idea to print out this map and take it along.

**1. White Trail.** The wide access trail (the white trail) from the parking lot is gravel at the start and then hard-packed dirt. It goes along the southeast side of the lake. At a T-junction it joins the blue trail, turns right and then right again to become Maggie's trail. All the other trails lead off from this trail. ***Distance: .70 miles.***

**2. Purple Trail.** About halfway down the length of the access trail, the purple trail begins on the left. It leads to the red, yellow, and green trails. Turn here and walk along the edge of the farm field. The purple trail ends when it intersects the yellow trail. ***Distance: .36 miles.***

**3. Yellow Trail.** When the purple trail ends, you can turn right on the yellow trail to get back to the access (white) trail. Or you can turn left; this way, the trail leads first to the green trail (on your right), next to the red trail (on your left), then to the other end of the green trail (on your right). A little way further, it ends at the white trail. ***Total distance of the yellow trail: .60 miles.***

**4. Red Trail.** The red trail makes a short loop (***.40 miles***) from one point on the yellow trail to another point on the yellow trail.

**5. Green Trail.** The green trail starts from the yellow trail, follows roughly parallel to the white trail to end about a third of a mile further at the yellow trail. Turn right at the yellow trail to return to the white trail. ***Distance: .30 miles.***

**6. Blue Trail.** At the end of the access trail, the blue trail starts. It is a loop trail which returns to this starting point, so it can be taken starting either right or left. Starting right, the blue and white trails continue together for about 125 yards, where the white trail turns right and is marked "Maggie's Trail." (See below.) The blue trail continues across the northeast side of the lake.



The back side of the trail goes along a brook, and just beyond the brook is the main line of the Amtrak/NJ Transit New York-Philadelphia line. Because it's a very busy line, you will certainly hear and see trains rushing by as you trudge along the trail. The entire blue trail is dirt and, in places, narrow, sometimes muddy and not very well maintained. In summer it seems to be prime habitat for the very annoying deer flies. But it is well marked, and there is no danger of getting lost. You can shorten the distance by taking the shortcut which starts on your left part way along the stretch along the railroad line. The shortcut ends close to where Maggie's trail begins.

**Full loop: 1.85 miles. Shortcut: .30 miles.**

**7. Maggie's Trail.** This trail leads directly out to a small peninsula. Most of the trail is gravelly and dry. Along the way are attractive views of the very clear lake on either side. At its end is a bench perfectly situated for viewing the lake up close. **Distance: .30 miles.**

**8. Orange Trail.** The orange trail starts on the far side of the nature center. Go across the front of the nature center and turn left, following a row of bird houses. Soon, on your right, you will see an orange blaze on a tree. Turn here. This trail goes toward and then along the side of the lake opposite the white trail side. Some of the trail is narrow and uneven. It's definitely for the sure-footed. **Distance: .30 miles.**



## MAPLETON PRESERVE

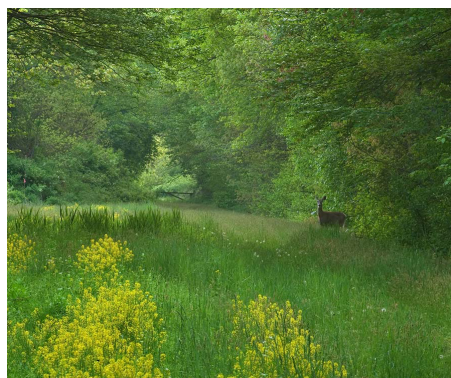
Drive toward Kingston down Seminary Drive (changes into Mapleton Road). The entrance to the Mapleton Preserve is on your right, just past two large yellow houses. The Preserve is part of the D&R (Delaware and Raritan) Canal State Park. This is flat land, formerly part of the Princeton Nurseries, about which Dick Chisholm wrote in the Summer and Fall, 2016, issues of *Window on Windrows*.

The trails are old gravel roadways, now also grass and dirt, and therefore muddy after rain. A map of the Preserve is available in a box next to a display board near the office. There are more information bulletins and brochures on area parks and preserves in the entry way to the Office. **Here are three short walks, each a mile or less.**

**Walk One:** From the parking area, take the gravel and dirt road that parallels Mapleton Road in the direction away from Kingston. When you reach a barn and house, turn right on the gravel driveway, cross Mapleton Road and continue on a grass road, ducking under or walking around the barrier that blocks cars from entering. When you come to a crossroad, turn right. You are now paralleling Mapleton Road, going toward Kingston. Soon you'll see buildings and perhaps parked cars. Turn right at the road that is an allée of large old oak trees. Get past another car barrier. Cross Mapleton Road and follow the Preserve's gravel exit road until you can see the parking area to your right. You can, of course, do this loop in the counter-clockwise direction.

**Walk Two:** From the parking area, take the gravel road that goes away from Mapleton Road. When you come to a cross path, you can go either right or left. Turning right, go until you come to a right turn on a wide path (the narrower paths are old tractor trails, uneven underfoot and therefore more difficult walking). Continue toward Mapleton Road until you reach the barn and house mentioned above. Turn right to return to the parking area on the road that parallels Mapleton Road.

**Walk Three:** Start as above on Walk Two. At the cross path, turn left. Continue until you can turn left on the gravel exit road. This loop takes you past some of the old nursery buildings. Turn left when you can see the parking area.



## COOK NATURAL AREA AND HEATHCOTE PARK

These two preserves are connected to the Mapleton Preserve described above. A map of the complete system is available in the entryway of the Mapleton Preserve office; or you can download a copy from the web. Google Heathcote Meadows Preserve. Click on the website; then click on “Heathcote Meadows Trail Map.”

***Cook Natural Area.*** You can reach this area in one of two ways. From the Mapleton Preserve, take the wide path that is perpendicular to Mapleton Road. When you come to the cross path, continue straight ahead and cross the small bridge. You will come out on Greenwood Avenue; go straight ahead; turn right at Railroad Avenue. Cross Ridge Road and you are in the Cook Natural Area. The sign posted at the entrance says, “South Brunswick Preserved Open Space.”

To save the length of the path above, you can drive to Ridge Road from Route 1 (take jug handle left turn). Or, from Mapleton Road, turn right at Ridge Road before the signal at Route 27; follow Ridge Road around a right bend. Turn into Railroad Avenue and park your car there. Cross Ridge Road to start on the path.

This wide path connects eventually with the Heathcote Park trail described below. It is flat walking and easily wide enough for two people to walk side by side. A sign a little ways in points to the Cook Trail, which goes into the woods. For this, you should have sturdy shoes (hiking boots are good) and a walking stick. Very soon after entering this trail there are some stony patches and then a stony part where the path arches over the Heathcote Brook. The bridge is a beauty; carved into it are the words, “Heathcote Brook.” The path then continues a slight slope downward and turns right until it connects with the Heathcote meadow trail described below. This path is damp to wet, as it goes through a wetland.

Continuing on the main path, you will cross Sassman Lane, a private, dead-end road off Ridge Road. At this point you are about a third of the way to the T junction mentioned below in the second Heathcote Park walk.



**Heathcote Park.** To get to Heathcote Park, drive north on Route 1 and exit left (via the jughandle) onto Raymond Road. Or go north on Route 27 and turn right onto Raymond Road. Then turn onto Cleveland Lane and then left onto Monroe Court, at the end of which you will see the parking area on your right.

There are two walks here. The first is a meadow walk – if the path has been mowed! First you’ll see bluebird nesting boxes and a sign showing the trail system for Heathcote Park, Cook Natural Area, and Mapleton Preserve. Then the trail goes along with woods on the left. You can loop around clockwise and come out on the end of Cleveland Lane. Or you can go straight on to connect with the low-lying Cook Trail. The meadow is sprinkled with wildflowers. If you’re tempted to go into the grass to see the wildflowers up close, check for ticks before leaving the park. Early morning bird watching is good from this trail.

To get to the second walk, go through a short path from the parking area into an open playground area. Turn right to face a Green Acres sign. Continue on this wide path that goes, with woods on both sides, to a T junction. You are now within sight of Route 1. Turn left and you will end up at Route 1. Turn right and continue until you connect with the path from Ridge Road. This route is more than a mile. Of course, you can reverse course any time!

## **FURTHER AFIELD: *The Institute Woods, the Princeton University Campus, and the Delaware and Raritan (D&R) Canal Towpaths***

**The Institute for Advanced Study (IAS)** lies just off Mercer Street in Princeton. It consists of a number of buildings, including scholars’ offices, library, administration, faculty housing, and more. Behind all that is 589 acres of woods, open to the public, with wide, flat trails that are good for walking and, in snow time, for cross-country skiing. The main trails (Trolley Track, Founders, Pipeline, and Cornfield) are in decent shape. Others are rough and need maintenance.

To get to the trails, drive south (toward Trenton) on Mercer Street and turn left at the Princeton Battlefield into a small parking lot. From there, walk toward the Clarke House; behind it is a long trail (identified as the Trolley Track Trail on the [map you can download from the internet](#)). It stretches right and left. Going right, you will get to the Quaker Meeting House on Quakerbridge Road. Going left, you can go all the way to Olden Lane. The start of the central trail (named Founders’ Walk) is within sight of the Institute’s buildings and a pond. It leads to a swinging bridge that children love to bounce on, terrifying any adult foolish enough to be on the bridge at the same time. For an easy circuit, start on the Trolley Track Trail, turn right on the Founder’s Trail, turn right again at the Pipeline Trail which curves into the Cornfield Trail, ending at the Clarke House. For a slightly longer circuit: continue on the Founder’s Trail to the swinging bridge, turn right onto the River’s Edge Trail, right onto the Far Trail, then left onto the Pipeline Trail, ending, as indicated above, at the Clarke House.



**The Princeton University Campus** is available year-round. There are no problems with safe footing. Parking nearby can be challenging, but the University's parking lots are available on the weekends. Campus maps are available online (Google "Princeton.edu," click on "Meet Princeton;" on the dropdown menu, click "Visit Us" and you'll find campus maps to download.) For visual pleasure, in addition to the architecture from various periods, there are the gardens behind Prospect House that change with the season and, most interesting, the 22 sculptures of the John B. Putnam, Jr. Memorial Collection. These are scattered around the campus. Many internationally famous sculptors are represented, among them Henry Moore, Louise Nevelson, Pablo Picasso, David Smith, Alexander Calder, and Jacob Epstein. Google "Putnam Collection of Sculpture" to pull up a Wikipedia article which has a chart that includes name of artist, title and location of statue, and, in most cases, a photograph of the sculpture. Many more art works have been added after those of the Putnam Collection. Among recent additions are several stained glass panels by Doug and Mike Starn. These are installed in front of the Art Museum. They are stunning, especially on a sunny day. Google "Princeton University Campus Art" for more information and many images.

**The Delaware and Raritan Canal** runs from New Brunswick in the north to the Delaware River in the south. A feeder canal follows the Delaware River between Frenchtown, Pennsylvania, and Bordentown, New Jersey. There is a towpath on one side (and sometimes both sides) of the canal. For a history of the canal, look up Dick Chisholm's article in the Fall, 2014 issue of *Window on Windrows*.

An excellent map is available in the entryway to the D&R office at the Mapleton Preserve (on the right as you go toward Kingston). The map indicates where you can get to the towpath, whether there is parking, and the distance between access points.

The access points closest to Windrows are on Mapleton Road (near where it meets Route 1) and on Route 27 at the bridge between Academy Street and River Road. For the Mapleton Road parking area, start on Seminary Drive. At the signal light across from Barkley Square, turn left onto Mapleton Road. The parking lot is on the right exactly at the point where Mapleton Road swings left to go toward Route 1. There is a footbridge across the canal. The towpath lies between the canal and Lake Carnegie.

There are parking areas on both left and right sides of Route 27 just before the bridge as you go toward Princeton. From the parking area on the right, you can reach Rockingham (historic house where Washington slept) via a path up the bank. Check to see its open hours if you're interested in visiting. Of course, you can also get to Rockingham by car from Laurel Avenue.

From the parking area on the left you can go via an underpass to the other side of the towpath toward Rocky Hill. Or you can cross the area of the lock, past the old lock tender's house, to walk along Lake Carnegie toward Princeton.

The towpath is used by walkers, runners, and bikers. It is wide enough for all. And flat. The towpath should keep you busy for a good long time. Happy walking.

*Barbara Greenstein*