

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Spaulding Woods opens seven miles of new trails to the public

(Northfield, NH) A new network of seven miles of beautiful woodland trails is now open to the public in Spaulding Woods in Northfield. Spaulding Woods, which is part of Spaulding Youth Center's 470 acre property, has been developed for the pleasure of cross-country skiers, mountain bikers and hikers.

Jason Sterner, Coordinator of the EChO (Experiential Challenges Outdoors) program at Spaulding recruited volunteers including Spaulding staff members, students and members of NEMBA (New England Mountain Biking Association) to build the trails this fall. Each class at Spaulding adopted a trail and helped blaze, rake, hang signs and clear. Denise Luneau's class adopted the "Squirrelagator" trail and learned some carpentry skills building a wooden bridge. Spaulding students and staff have enjoyed using the trails for hiking and mountain biking this fall and are excited about cross-country skiing and snowshoeing this winter.

Sterner commented on the variety of trails, "The trails are fairly smooth, flow well and are geared to beginner and intermediate mountain bikers and cross-country skiers. We've been pleasantly surprised at how popular the trails have already become among mountain bikers."

Read what avid bikers are saying about the trails on the following mountain bike forum:

<http://forums.mtbr.com/vermont-new-hampshire-maine/spaulding-woods-exit-20-nh-876645-2.html>.

The trails are open to the public and can be accessed from the public boat launch on Shaker Road. Motorized vehicles and camping are prohibited. Go to www.spauldingwoods.org for a trail map.

Spaulding Youth Center's mission is to leverage its professional expertise to help young people with autism or other developmental and/or behavioral challenges learn the academic and life skills needed to be successful in their homes, schools and communities. For information about Spaulding Youth Center and Foundation, contact Gail Mayhew, Director of Development, at 603-286-7500 ext. 532; gmayhew@spauldingyouthcenter.org or visit www.spauldingyouthcenter.org.

Attachment: Trail Map