



# TRAIL GUIDE

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## ANDOVER VILLAGE IMPROVEMENT SOCIETY

AVIS invites use of this property from sunrise to sunset for passive recreation including hiking, skiing, and nature walks. AVIS assumes no responsibility for any injuries to persons or property to anyone using this area. All people are allowed to enjoy AVIS land.

### About Us:

Founded in 1894 as The Andover Village Improvement Society, AVIS is one of the oldest land conservation organizations in the country.

AVIS manages more than 30 reservations comprising more than 1,200 acres in the Town of Andover. It relies on a corps of volunteers to lead the organization and to provide maintenance of its recreational trails and stewardship for the land and its wildlife habitat. Donations from community members and grant sources provide the funds to acquire, protect and manage its reservations.

### LAND ACKNOWLEDGEMENT

We acknowledge that AVIS reservations are located on the ancestral land of the Pennacook, Pawtucket, and other Indigenous people, which was their home for more than 10,000 years. We honor the land we manage and all the Indigenous people who were here before, are here now, and will be here in the future. We recognize that we are all guests on this land and are mindful of our impact. With this acknowledgement, we commit to continuously care for this land, using sustainable practices to protect the environment and provide stewardship for the ecology and habitat of AVIS reservations.

### Dogs

AVIS follows the town's leash bylaw — All dogs must be on a leash at all times on AVIS land.

PROHIBITED Items or uses include any activity which diminishes or harms the natural resources or tranquility of the reservation including –

- Weapons of any type including bows and arrows – see online at [avisandover.org](http://avisandover.org) for exceptions during deer hunting season.
- Bicycles & Motorized vehicles
- Access from Routes 93, 495, and 125
- Fires & Camping
- Alcohol
- Paintball and Airsoft
- Tree cutting, including gathering and piling of branches, brush, & logs
- Plant collecting
- Littering
- Dumping of any kind, including leaves, grass clippings, and brush
- Repeated violations of the Rules may result in prohibition to use AVIS properties.

### Contact :

**The Andover Village Improvement Society**

P.O. Box 5097, Andover, MA 01810

[members@avisandover.org](mailto:members@avisandover.org)

[avisandover.org](http://avisandover.org)



For further information, look online at  
[avisandover.org](http://avisandover.org)





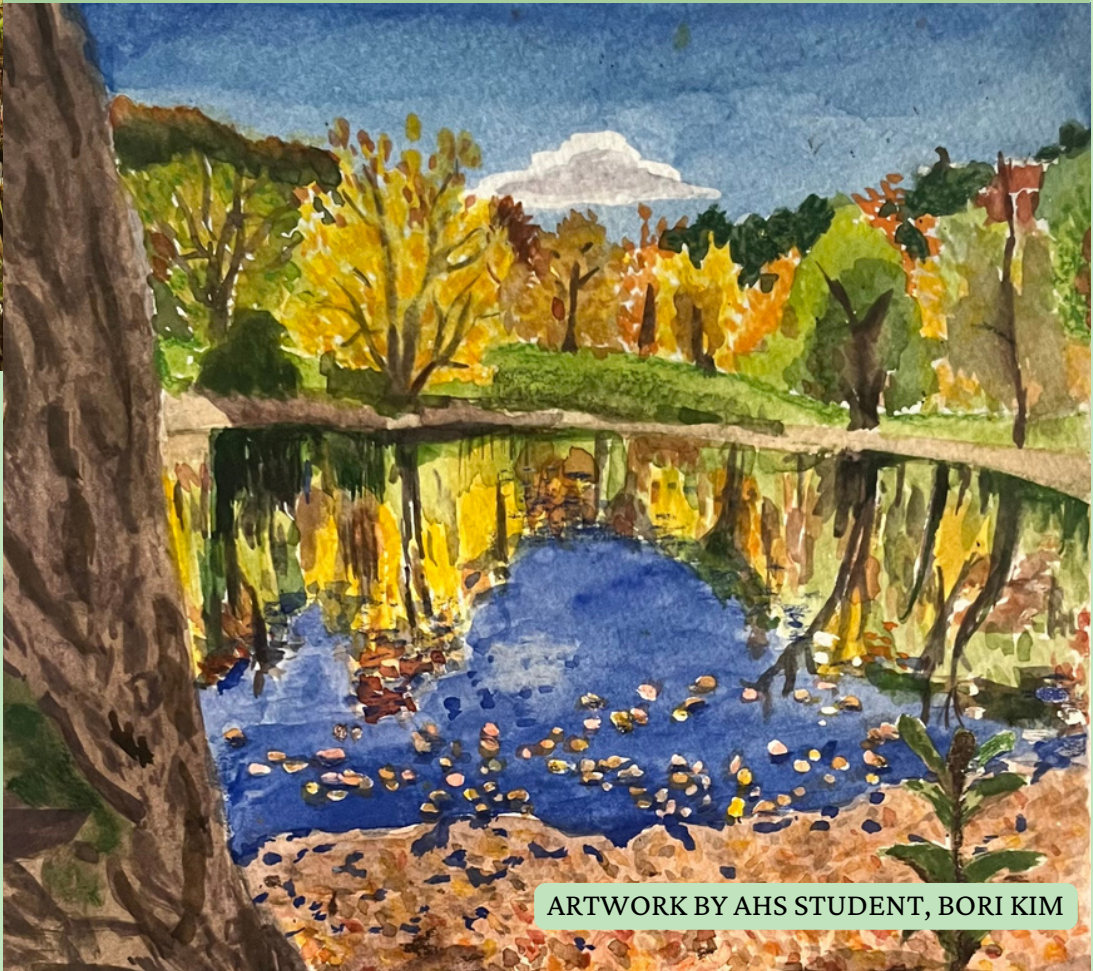
# Indian Ridge, West Parrish Meadow, Baker's Meadow, And Sakowich Reservations

"AVIS manages its reservations to protect native habitat and provide opportunities for the public to experience, enjoy and learn about nature through passive recreation."

THE IMPORTANCE OF THE OUTDOORS

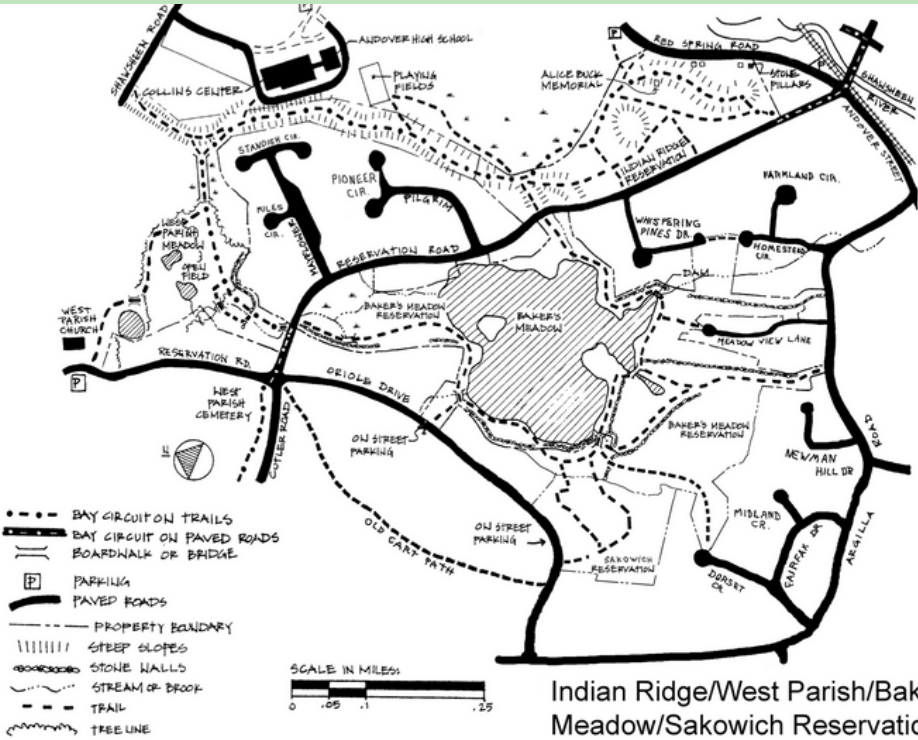
"I felt my lungs inflate with the onrush of scenery- air, mountains, trees, people. I thought, 'this is what it is to be happy'"  
- Sylvia Plath

Nature is a healthy way to cope with the stress of real life. In a society where the majority of the population work indoors, exposure to the benefits of nature are limited. Getting outdoors can contribute to physical wellness, mental wellness, and wellness in communities. According to Michelle Kondo, a research social scientist with the USDA Forest Service's Northern Research Station, "Wellness is wholistic in that it is comprised of physical and mental health as well as the health of our communities...All of these benefits add up and reduce adverse impacts on our bodies, and have restorative characteristics. So get outdoors and enjoy nature's gift of wellness".



ARTWORK BY AHS STUDENT, BORI KIM

## RESERVATION MAP



### Features:

- Baker's Meadow: More than 145 species of birds, including herons, migrating ducks and nesting Canadian geese, have been observed in Baker's Meadow. The wetlands also provide vital habitat for muskrat, mink and beaver (see beaver lodge in picture below).
- Indian Ridge: 10,000 to 12,000 years ago the Wisconsin Glacier covered Andover. Eskers, reaches up to 50 feet.
- West Parrish Meadow: One of the few true meadows remaining in town, has several small ponds, beautiful expanses of wildflowers, and many birds
- Sakowich: Encompasses a wooded knoll with mixed hardwood and pine, providing access to the pond and the Baker's Meadow Reservation trails.

### History:

- Baker's Meadow: really a pond, was named for Dr. Symonds Baker, who owned most of the area during the late 18th and early 19th centuries.
- Indian Ridge: In 1896, Indian Ridge was offered for sale by the Hartwell Abbots. Alice Buck, one of Andover's first conservationists, led efforts to save the Ridge. Her cause inspired editorials in Boston and New York newspapers and articles in national magazines.
- West Parrish Meadow: In 1992, AVIS purchased West Parrish Meadow from nearby West Parrish Church.
- Sakowich: Gladys and Tony Sakowich purchased eight house lots and built a home in the middle of them in 1961. In 2011, they generously donated their nine acre house lot at the northwest corner of the pond to AVIS.