



Bernheim

FOREST & ARBORETUM

GRIT Accessible Locations

There are so many things to see and do with GRIT at Bernheim!

Here's a list of locations you can go with GRIT and details about accessibility to help you find the best areas to visit.

Locations are ranked by ease using a star system. The fewer the stars, the easier the path is. We recommend that those with little GRIT experience should try one-star locations first.

Trails and Paths

Two Ponds Loop ★★☆☆

Distance: ¾ mile

Terrain:

- Wide paved path, gravel section, 2 wood slat bridges
- Mostly flat with gentle hills throughout
- A small section of this path has moderate-steep incline on a paved path

Accessibility:

- Part of this path has rock stairs, but there are paved or gravel paths as well
- Between the 2 sets of rock stairs is natural terrain with tree roots through moderate-steep incline
- Several wooden benches with armrests and backrests are along this path with a great view of the water

Nursery Loop ★★☆☆

Distance: 1 mile

Terrain:

- Half paved and mostly flat
- Half gravel with moderate to steep inclines

Accessibility:

- The paved half of the path is very wide with a nice view of the water
- If you want to try the whole loop, it's easiest to start from the Edible Garden. There is more downhill in this direction

Arboretum Loop ★★☆☆

Distance: 1 ½ miles

Terrain:

- Paved path with a dedicated hike/bike lane
- Mostly flat with gentle slope

Accessibility:

- Short section of 2-way vehicle traffic
- Several wooden benches along the loop
- Loops around the arboretum and connects to many popular attractions and trails

Lake Nevin Loop ★★☆☆

Distance: 1.3 miles

Terrain:

- Paved path, gravel, 3 wood slat bridges
- Mostly flat with gentle hills throughout
- Section of moderate-steep incline that can be challenging with GRIT

Accessibility:

- This loop is mostly flat on a wide path with moderate to steep inclines in a small section
- No wheelchair accessible bathrooms nearby
- Several wooden benches with armrests and backrests scattered along the trail
- Parking lot is close to the Lake Nevin Loop trailhead, Garden Pavilion, Quiet Garden, and fishing access

Seasonal Prairie Trails ★★☆☆

Distance: 1-2 miles

Terrain:

- Multiple paths through prairie
- Relatively flat, some paths are dirt and some are grassy

Accessibility:

- Several benches located near the prairie trails
- Gentle hills throughout and some areas of uneven and bumpy terrain
- Connects to other trails and paths in the Arboretum

Big Prairie Overlook Path ★★☆☆

Distance: less than ¼ mile

Terrain:

- Paved sidewalk with 1 wood slat boardwalk, some brick pavers at the top
- Slight to moderate slope uphill along first half of the path

Accessibility:

- Parking area located at the beginning of the path

- Wooden benches are along the path with armrests and backrests

Attractions and Activities

Visitor Center ★★★★★

Distance: N/A

Terrain:

- Paved and flat
- Wood slat or paved walkways to get to the Visitor Center from the parking lot
- Paved downhill slope to get from the Visitor Center to Two Ponds Loop and Little Nis

Accessibility:

- Wheelchair accessible bathrooms and water fountains here with indoor and outdoor access
- Push button at front entrance
- 2 wheelchair accessible parking spaces
- Picnic tables, indoor and outdoor seating
- Find more information about accessibility and recommendations here!

Edible Garden ★★★★★

Distance: ¼ to ½ mile

Terrain:

- Paved and flat
- Small section of flat, gravel path to get to the Edible Garden

Accessibility:

- The Edible Garden is located across the street from the Visitor Center
- Raised garden beds at wheelchair height
- Picnic tables and benches nearby
- Accessible bathrooms located in the Visitor Center

Playcosystem ★★★★★

Distance: N/A

Terrain:

- Wide, paved sidewalks, 1 paved bridge, 1 wooden bridge, slightly hilly
- Opportunities to leave path for play in areas of natural earth, grass, and dirt

Accessibility:

- Located across the street from the Visitor Center

- Wood benches and picnic tables throughout
- 2 gates at entrances to Playcosystem open manually
- Accessible bathrooms located near the parking lot
- Playcosystem parking with 4 accessible spaces
- Stay tuned for more opportunities for wheelchair friendly nature-based play coming to Playcosystem!

Spirit Nest ★★☆☆

Distance: N/A

Terrain:

- Wide, paved sidewalks
- Gentle uphill slope to Spirit Nest
- Mulch and natural earth surrounding Spirit Nest

Accessibility:

- Picnic tables and benches along paved sidewalk
- Bathrooms located nearby by the Playcosystem parking lot

Little Nis Forest Giant ★★☆☆

Distance: N/A

Terrain:

- The path to Little Nis is mostly paved with 1 wooden bridge
- Mulch and natural terrain with moderate slope surrounding Little Nis

Accessibility:

- This is the most accessible Forest Giant and easiest to get to with GRIT
- Several wooden benches with armrests and backrests are located along the paved path to Little Nis

Mama Loumari Forest Giant ★★★★★

Distance: N/A

Terrain:

- Brick pavers, gravel, mulch, and natural earth
- Low to moderate slope on gravel
- Hilly path with some rough and uneven terrain

Accessibility:

- Parking lots nearby
- There are benches with armrests and backrests along the path to Mama
- Outdoor bathrooms nearby, but not easily accessible with GRIT
- Get to Mama with GRIT by the flat, grassy or dirt paths through the Prairie or by Arboretum Loop

Little Elina Forest Giant ★★★★★

Distance: 2 miles out and back from the Visitor Center

Terrain:

- Mix of terrain to get to Elina: paved path, grass, gravel, wooden bridges, and natural earth with slopes and hills throughout

Accessibility:

- This is the farthest and most challenging Giant to get to from the Visitor Center
- ¼ to ½ mile from parking lot
- Part of the path to Elina is gravel and has moderate to steep slope that can be challenging with GRIT
- This Giant is located along Lake Nevin Loop

Lake Nevin Fishing Access ★★★★★

Distance: 900 ft

Terrain:

- Paved path, gravel, wood slat bridges, grass
- Some areas of incline that may be challenging

Accessibility:

- Wooden benches with armrests and backrests, picnic tables nearby
- 2 access points:
 - Sunset Amphitheater
 - Lakeside Studio
- Steep hills on gravel path for part of the path to Sunset Amphitheater access point
- Lakeside studio will be easiest to get to with GRIT. Fishing access at Sunset Amphitheater has moderate to steep inclines

Garden Pavilion/Quiet Garden Landscapes ★★★★★

Distance: ¼ to ½ mile

Terrain:

- Paved path, brick pavers

Accessibility:

- This area is mostly flat
- The Quiet Garden is accessible by paved path, but has some stairs throughout

Silos and Sensory Garden ★★★★★

Distance: N/A

Terrain:

- Paved, overall flat

- Wooden dock at Kingfisher's Pool level with paved path

Accessibility:

- Garden beds at wheelchair height
- Visit the Sensory Garden for a calming, quiet experience with all five senses!
- Signs written in braille
- Parking nearby with 4 accessible spaces
- Wheelchair accessible bathrooms located here
- Water fountain and picnic tables nearby
- Benches throughout with backrests and armrests