This trail introduces some of the plants central to Seneca culture for food, building materials and medicines. There are 29 signs along this almost 2 mile hike. The main trail’s hills, twists, and turns require surefootedness and treaded footgear. As you head downhill, take the left forks (this is the main trail, purple blazes). When you reach the trail’s end, by the Great Brook, retrace your steps uphill, EXCEPT take the forks to the left, yellow blazes for the Meadow-Wood for, red blazes for the Sweetgrass fork. These forks are shortcuts designed to reduce your uphill journey.

Note: the Grasslands Trails can only be reached from the Meadow-Wood fork, adding 1.25 miles, 5/8 of a mile going out, and 5/8 returning.

Art of stainless steel signs by Carson Waterman and other signs by John Kahionhes Fadden.

The Creation of the original trail source map was a volunteer effort by Dr. Thomas T. Bannister and Heather McNeil.

Along the Earth is Our Mother Trail, the interpretive signs note both the English and Seneca names of each plant.