Wellness Trails

Health and wellness experts agree that staying physically active throughout the adult years is the best way to maintain a high quality of life. The Swarthmore College campus has paths that weave throughout the scenic arboretum, an inviting setting of ever-changing beauty.

The Wellness Trails were developed in a cooperative effort by the Wellness Group and the Athletics and Facilities Management departments.

Maps and specialized brochures on plants growing on the campus are available at the Arboretum headquarters, which also houses a horticultural reference library.

The Arboretum grounds are open from dawn to dusk year-round. Admission is free. The Arboretum is supported in part by the Associates of the Scott Arboretum, a membership group. Join today and enjoy an array of fun and educational events year-round.

For additional information, call 610-328-8025 Monday through Friday, 8:30 am to noon and 1:00-4:30 pm.


THE SCOTT ARBORETUM OF SWARTHMORE COLLEGE
500 College Avenue, Swarthmore, PA 19081
www.scottarboretum.org
1. Swarthmore Stroll: 0.5 mile  
Difficulty: ■
Enjoy a flat terrain and inspiring garden spaces around the academic buildings on the upper section of campus.

2. Garden Walk: 1.0 mile  
Difficulty: ■■
Pass by some of the Arboretum’s notable gardens, such as the Hydrangea Collection, the John W. Nason Garden, Isabelle Cosby Courtyard, and the Dean Bond Rose Garden.

3. Signature Swarthmore: 1.25 mile  
Difficulty: ■■
Loop from one edge of campus to the other and enjoy landscape elements Swarthmore is known for: The Scott Outdoor Amphitheater and Magill Walk.

4. The Incline: 1 mile  
Difficulty: ■■■
Stride the slopes of Swarthmore and take in the vistas along the perimeter of campus.

Swarthmore College Wellness Trails and Gardens

1. Scott Arboretum Entrance Garden  
2. Cherry Border  
3. John W. Nason Garden  
4. Hydrangea Collection  
5. Harry Wood Courtyard Garden  
6. Pollinator Garden  
7. Metasequoia Allée  
8. Isabelle Cosby Courtyard  
9. Rhododendron Display Garden  
10. Scott Outdoor Amphitheater  
11. Theresa Lang Garden of Fragrance  
12. Pinetum  
13. Magill Walk  
14. Magnolia Collection  
15. Biostream  
16. Dean Bond Rose Garden  
17. Terry Shane Teaching Garden

1. Swarthmore Stroll: 0.5 mile  
Difficulty level: ■
Time: 10-15 minutes

2. Garden Walk: 1.0 mile  
Difficulty: ■■
Time: 15-20 minutes

3. Signature Swarthmore: 1.25 mile  
Difficulty: ■■
Time: 35-45 minutes

4. The Incline: 1 mile  
Difficulty: ■■■
Time: 45-55 minutes

Path along the biostream near McCabe Library  
Scott Outdoor Amphitheater  
John W. Nason Garden  
Isabelle Cosby Courtyard