



## Longevity Bench Project

A Place to Rest While Taking a Walk

### Bench Walk Challenge May 10 – October 20, 2024

#### Manchester-by-the-Sea, MA

In six years, over 300 donors have generously placed ADA compliant benches within the neighborhoods of Manchester-by-the-Sea, MA to encourage YOU to take a walk, knowing there will be a place to rest along the way.

Take a self-guided walk, see our town, meet a friend, sit back and enjoy the views from the Longevity Benches installed for your convenience along 11 popular walking loops.



See the Town Loop Map in our brochure or online at [longevitybenchproject.org](https://longevitybenchproject.org)

### Let's Celebrate Your Achievements

Check off each bench you visit and the walking loops you complete on the back side of this card >>

Bring your card to the Longevity Bench Project Celebration on October 20, 2024 and be recognized for your success! Event details will be posted on our website.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Join Our Email List: Y | N

### Longevity Benches | Visited:

- 1 Bonneville Design Bench
- 2 Cook Bench
- 3 Schanley/Boy Scout House Bench
- 4 Harrington Bench
- 5 Langille Bench
- 6 Adele Q. Ervin Bench
- 7 Lisa Bonneville Bench
- 8 MF Reynolds Bench
- 9 Spence Bench
- 10 Almy Bench
- 11 Russell-Adam Bench
- 12 Manchester's 375<sup>th</sup> Anniversary Bench
- 13 Mastendino Bench
- 14 Siljeholm Bench
- 15 Dr. Samuel Ina Bench
- 16 Singleton Family Bench
- 17 Petsko-Glimcher-Auchincloss Bench
- 18 Hooper Fund Bench
- 19 Feuerbach Bench
- 20 Doggett Bench
- 21 Trevett Bench
- 22 Morss Bench
- 23 Snow Bench
- 24 Elaine Bonneville Bench
- 25 Priscilla and Richard Singleton Family Bench

### Walking Loops | Completed:

- Rockwood Loop approx. 1.2 miles
- Masconomo Loop approx. 1.3 miles
- Woodholm Loop approx. 1.6 miles
- Eaglehead Loop approx. 1.7 miles
- Old Story Loop approx. 1.8 miles
- Heater Loop approx. 2 miles
- Smiths Point Loop approx. 2 miles
- Tucks Point Loop approx. 2 miles
- Sheep Pasture Hill Loop approx. 2.7 miles
- Hickory Hill Loop approx. 3.7 miles
- Kettle Cove Loop approx. 4.4 miles