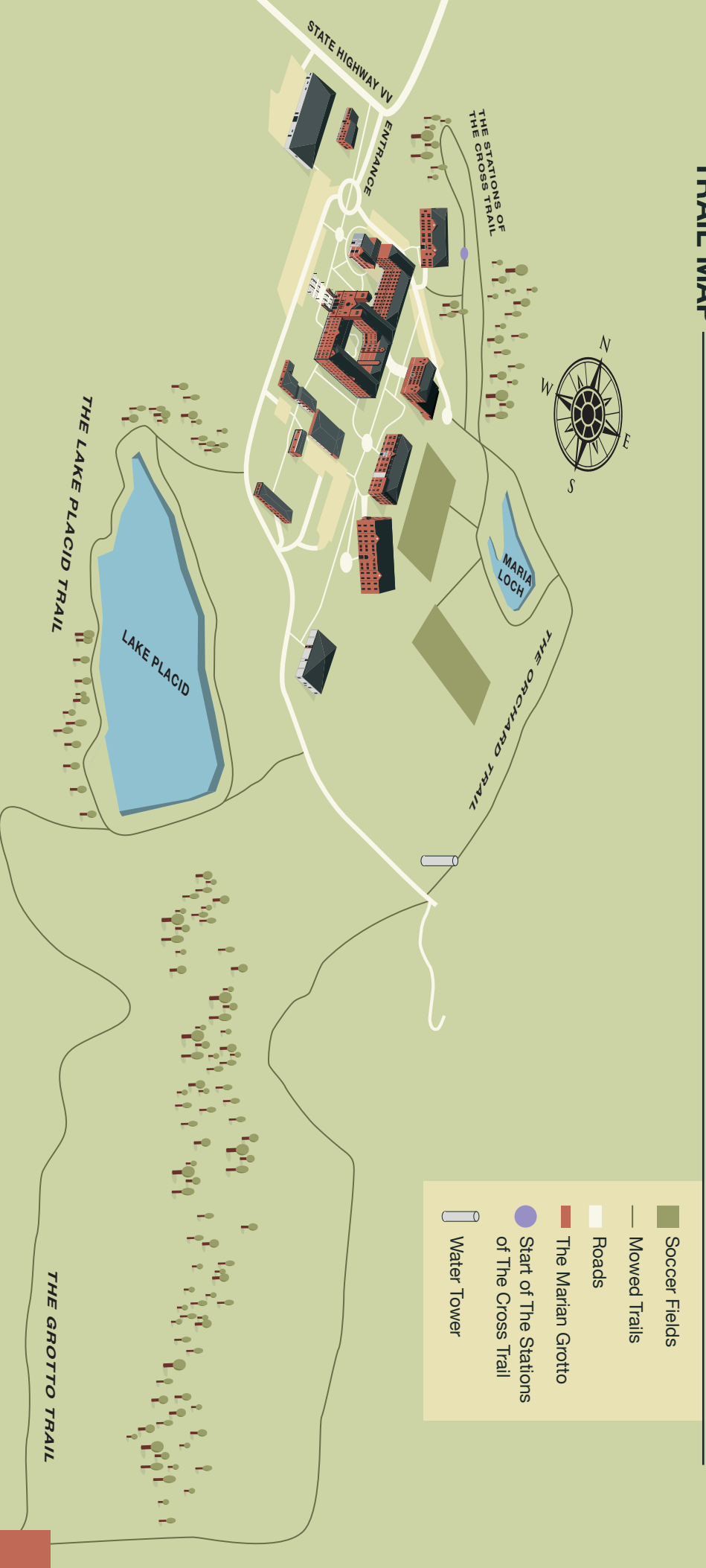




**CONCEPTION**  
Living the Benedictine Tradition

## TRAIL MAP



The beautiful grounds of Conception Abbey feature four different trails for walking and running.

**The Stations of The Cross Trail** begins at the southeast corner of St. Gabriel's Guest House and makes a short circuit behind the building with 14 crosses representing the traditional fourteen stations in the devotional practice.

Connected to the Stations Trail is the **Orchard Trail** that goes east on the Abbey property, around the farm buildings, and ends at the JPll Fitness Center.

**The Lake Placid Trail** begins at the JPll Fitness Center and loops around Lake Placid. On the southwest end of Lake Placid, a fork allows one to take the 2-mile Grotto Trail loop to the southern edge of the Abbey farm and come back to the JPll Fitness Center from the east.

*\*The trails are approximate. Please stay on the mowed path when walking.*