This trail is fabulous and definitely peaceful. In the summer, the tree cover makes it the "coolest" trail in town. The trail is almost completely level -- wonderful for wheelchairs, scooters and strollers. The bridge surfaces are wooden planks but can be crossed by wheelchairs, scooters and strollers. The trail is close to downtown restaurants and B&Bs (turn north from the Mulberry Street trailhead and go two blocks to Main Street and Historic Downtown Wilmington). Restaurants within three blocks of the Mulberry Street trailhead are B&O Books 'n More and the Mediterranean Restaurant, all on Main Street. If you happen to be visiting someone at the hospital or work nearby, take a break with a walk on the trail. It is easily accessible from the south side of the CMH parking lot. The hospital also has a cafeteria that serves healthy meals. Finally, if you enjoy wildlife, deer and many birds can be seen from this trail. The deer like to cross the Margery Hale Bridge from the hospital to Sugar Grove Cemetery. Lytle Creek can be viewed at several points from the trail.