

Welcome

The Blue Hills Adult Walking Club is a group of adults that meets on a weekly basis for recreational walks. The purpose of these walks is social exercise. There is no fee to join and everyone 16 or older is welcome. Walks are normally 2 to 5 miles.

The terrain can vary:

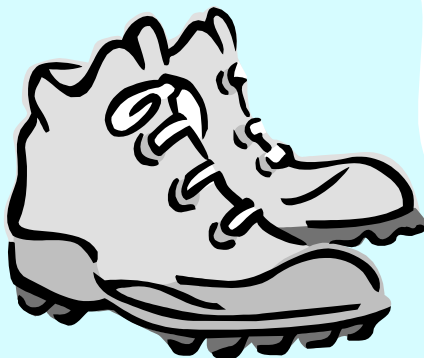
- ▲ EASY (mostly level terrain)
- ▲▲ MODERATE (hilly terrain)
- ▲▲▲ DIFFICULT (strenuous & steep)

Walks will be lead by a park ranger or a Walking Club volunteer leader.

Occasionally, the Walking Club meets at other DCR sites or car pools to sites within the Blue Hills Reservation.

The rangers recommend wearing hiking boots and bringing drinking water on all hikes.

Enjoy the programs and keep walking!



December

Sunday, December 4 Holiday Toy Drive & Hike

10 am – 1 pm Toy Drop
1 pm Easy Woodland Walk

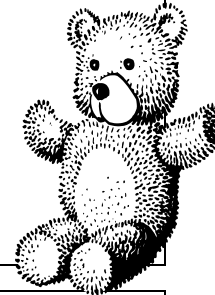
Join Santa and friends for refreshments in the Houghton's Pond Visitor Center beginning at 10:00 am. Join an easy stroll at 1 pm. Please bring a new unwrapped children's gift as a contribution to Interfaith Social Services which helps families in need during the holidays. Gifts for children ages 11 – 16 are most needed and appreciated.

▲ Easy walk, 2 miles

Loop around Houghton's Pond and old Rte. 128

Walk begins at 1 pm

Meet at Houghton's Pond Visitor Center at 840 Hillside Street in Milton.



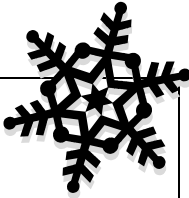
Saturday, December 10 Blue Hills Walking Club Holiday Gathering Open House from 1 – 3 pm

Meet at Brookwood Farm Conference Center at 11 Blue Hill River Road in Canton.
Join us as we celebrate the holiday season at scenic Brookwood Farm. Hot beverages will be provided. Please bring a holiday treat to share. Stroll through the fields and woodlands with friends or share some holiday cheer by the warmth of the fire.

Saturday, December 17 1 pm

▲▲ Moderate walk, some hills, 4 miles. Old Rte. 128 to Beech Hollow and Doe Hollow. Return via the green dot trail. Meet at the Houghton's Pond main parking lot on 840 Hillside Street in Milton.

January



First Day Hikes 2012 Sunday, January 1

Free hot & hearty soup at noon

All hikes begin at 1:00 pm

Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.
Celebrate the New Year in the Blue Hills. This is the twentieth year of our New Year's tradition! Join the fun. Warm up with a free cup of hearty soup, then stretch your legs on a variety of guided hikes suitable for all ages and abilities. A great way to jump start the year!

For more information, call 617-698-1802.

Sunday, January 8 1 pm

▲▲ Easy/moderate walk, 3 miles. A figure eight around Houghton's Pond and Tucker Hill. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

Sunday, January 15 1 pm

▲▲ Moderate walk, some hill, 3 + miles. Walk through Stony Brook Reservation in Hyde Park. Meet at the Bajko Rink parking lot at 75 Turtle Pond Parkway in Hyde Park.

Saturday, January 21 1 pm

▲▲ Moderate walk, some hilly terrain, 3.5 miles. Meadow Road to Three Pines Trail to No Name Trail. Meet at the Donovan School at 123 Reed St. in Randolph.

Sunday, January 29 1 pm

▲▲ Moderate walk, hilly terrain, 3.5 miles. Walk the St. Moritz green dot loop. Meet at the Shea Rink parking lot at 651 Willard Street in Quincy.

February

Saturday, February 4 1 pm

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Moderate walk, hilly terrain, 3.5 miles. Walk the green dot loop in the Great Blue Hill section via Wolcott Path. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

Sunday, February 12 1 pm

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Moderate walk, some hilly terrain, 4 miles. Loop around Ponkapoag Pond. Meet at the Ponkapoag Golf Course parking lot at 2173 Washington Street in Canton.

Saturday, February 18 1 pm

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Moderate walk, hilly terrain, 3 miles. Headquarters Path to Doe Hollow Path and return via Bugbee Path. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

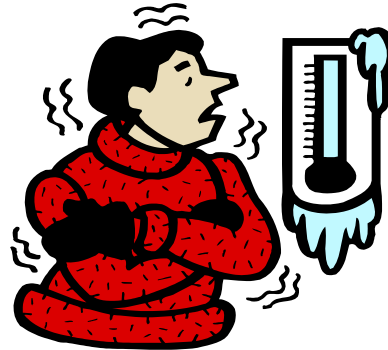
Saturday, February 25 1 pm

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Moderate walk, rolling terrain, 2+ miles. Loop through Little Blue Hill section. Meet at Little Blue Hill Park and Ride lot on Route 138 in Canton.



Things to know before you go

- Wear sturdy footwear and dress in layers
- Carry drinking water on all hikes
- Hiking poles may be helpful
- We will hike unless the weather creates unsafe conditions
- If weather conditions are questionable, please call the reservation headquarters at 617.698.1802, extension 3



Check out the DCR Healthy Heart Trails!

DCR is excited about our Healthy Heart Trails program to promote better health and fitness. We have designated more than 70 Healthy Heart Trails across the state.

For more information please visit:

<http://www.mass.gov/dcr/recreate/hht/index.htm>

If you would like to receive this brochure via e-mail, please send an e-mail request to: Tom.Bender@state.ma.us

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Winter 2011- 2012

Blue Hills Adult Walking Club

Blue Hills Reservation & South Region Sites

