

Welcome

The Blue Hills Adult Walking Club meets each weekend on either a Saturday or Sunday at 1:00 for recreational walks. This club is open to people of 16 years of age and older and there is no fee to join. Walks average 2 to 5 miles. New walkers are encouraged to participate.

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.

Share the trails!



June

Sunday, June 3

1 pm



Moderate walk, hilly terrain, 3.5+ miles. Wolcott Path to Breakneck Ledge to Chestnut Run and Border Path, return via Wolcott Path. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.



Saturday, June 16

1 pm



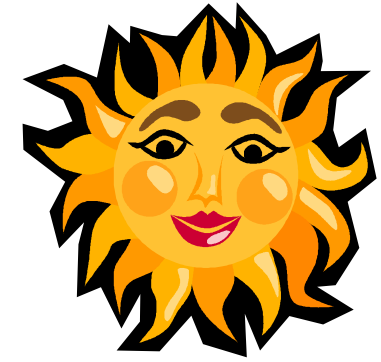
Moderate walk due to distance with some hills. Walk a 4 mile loop around Ponkapoag Pond on the green dot trail. Meet at the Ponkapoag Golf Course parking lot at 2167 Washington Street in Canton.

Saturday, June 23

1 pm



Moderate walk, some hilly terrain, 3.5 miles. Walk from St. Moritz Pond to Sawcut Notch, return on Indian Camp Path. Meet at the Shea Rink parking lot at 651 Willard St. in Quincy.



July

Sunday, July 15

1 pm



Moderate walk, some hilly terrain, 3 miles. Walk from the Donovan School to Ponkapoag Trail and return via Madden Road. Meet at the Donovan School at 123 Reed St. in Randolph.

Sunday, July 22

1 pm



Moderate walk, hilly terrain, 2.5 miles. Walk Wolcott Path to Hemenway Hill Path. Return via Breakneck Ledge. Meet at the Trailside Museum north parking lot at 1904 Canton Avenue in Milton.

Sunday, July 29

1 pm



Moderate walk, some hilly terrain, 3.5 miles. Walk from St. Moritz Pond to Blue Hill Reservoir. Return on Indian Camp Path. Meet at the Shea Rink parking lot at 651 Willard St. in Quincy.



August

Sunday, August 5

1 pm



Moderate walk, hilly terrain, 3.5 miles. Walk Border Path to Hancock Hill Path and return via Wolcott Path. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton.

Saturday, August 11

1 pm



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.

Sunday, August 19

1 pm



Moderate walk, rugged and rocky terrain, 1.5 miles. Walk the red dot trail to the top of Great Blue Hill. Return via green dot and Wolcott Path. Meet at the Trailside Museum north parking lot at 1904 Canton Avenue in Milton.

Saturday, August 25

1 pm



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



Things to know

- Wear sturdy footwear
- Carry drinking water
- 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 while connecting with nature. We have designated more than 70 Healthy Heart Trails across the state and hope that you will make them part of your regular exercise routine. We encourage you to not only track your mileage, but to record your experience. Download the tracking chart at mass.gov/dcr/recreate/hht to calculate your progress.

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

Department of Conservation and Recreation
Blue Hills Reservation
695 Hillside St. Milton, MA 02186
617.698.1802 extension 3
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Summer
2012

Blue Hills Adult Walking Club

Blue Hills Reservation &
South Region Sites

