

## Nickerson State Park

Route 6A, Brewster, MA  
(508) 896-3491

### Cliff Pond

Difficulty: Moderate  
Length: 3.0 miles

This trail goes around the pond area. Hikers can begin at the east end of Cliff Pond (parking) or west end near the boat ramp (parking). The trail follows sandy shore line and forest. Observe wildlife, waterfowl, salmon, fall foliage, birds, wildflowers.

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### **Freetown-Fall River State Forest**

Slab Bridge Road, Assonet, MA  
(508) 644-5522

### Massasoit Trail

Difficulty: Easy  
Length: 3.0 miles

From Headquarters, follow Massasoit Trail through a red maple swamp. Turn left onto Hathaway Pond and then left onto Payne Road back to Headquarters. Forested walk passes two scenic overlooks.

## Massasoit State Park

Middleboro Ave, East Taunton, MA  
(508) 822-7405

### Cranberry Trail

Difficulty: Moderate  
Length: 3.0 miles

Trail begins near the cranberry bog at Main parking lot and ends at Big Bear Hole Pond. Return by backtracking. Trail traverses some steep hills and passes by a white cedar swamp.

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### **F. Gilbert Hills State Park**

Mill Street, Foxboro, MA  
(508) 543-5850

### Acorn Trail

Difficulty: Moderate  
Length: 4.0 miles

This trail connects Forest Headquarters to the Warner Trail. Hike starts out easy, passes through Wolf Meadow Swamp and climbs through many boulder gardens, before ending at about the middle of the 34-mile Warner Trail. Return by backtracking.



## SAFETY FIRST

- Always obtain a park map before you hit the trail. Know where you are at all times.
- Tell a responsible person where you are going and when you will be back.
- Wear comfortable, supportive shoes, and dress in layers.
- Bring water, a snack, first aid kit, map, and compass.
- If you are unsure of which trail to take, turn around and backtrack rather than risk losing your way.
- Poison ivy is common throughout our state. Learn to identify and avoid poison ivy.
- Carry out what you carry in.
- Don't feed wildlife, avoid sunburn and conduct a tick check.

Visit [www.mass.gov/dcr](http://www.mass.gov/dcr) for more events and information about:



and



### **Southeast Region Headquarters**

194 Cranberry Road  
P.O. Box 66  
South Carver, MA 02366  
(508) 866-2580  
[www.mass.gov/dcr](http://www.mass.gov/dcr)



# Take A Hike!

Explore the State Forests and Parks of **SOUTHEAST** Massachusetts

### **SELF-GUIDED FAMILY HIKES**



## **Get Outdoors! Disconnect with Cyberspace. Reconnect with Open Space.**

The self-guided hikes listed in this brochure are part of the *No Child Left Inside* initiative. The mission of this initiative is to reconnect families and children with the great outdoors. Please visit [www.greatparkpursuit.org](http://www.greatparkpursuit.org) for more information.

### **What is this brochure all about?**

This ‘Take a Hike!’ Guide is intended for individuals, groups and families who are interested in exploring the State Parks and Forests of Southeast Massachusetts. The Massachusetts Department of Conservation and Recreation also encourages you to check a list of guided hikes offered throughout the state. This list is available at <http://www.mass.gov/dcr/events.htm>.

### **How do I get started?**

You will need this ‘Take a Hike!’ Guide. This Guide describes ten hikes located throughout State Forests & Parks in Southeastern Massachusetts. Each hike includes a description and mileage of the hike. You may be able to pick up a trail map at the Forest or Park Headquarters, on-line at [www.mass.gov/dcr](http://www.mass.gov/dcr), or by sending a SASE to the Park directly. You will also find directions to these parks at the above website. You will need a good pair of sneakers or boots and a bottle of water!

## **Borderland State Park** 259 Massapoag Ave, Easton, MA (508) 238-6566

### **Pond Walk**

Difficulty: Easy  
Length: 3.0 miles

Follow the carriage road leading around Lower Leach Pond. This is a beautiful trail that is mostly wooded. You will pass the picturesque stone lodge, old stone cellar remains, dam and bridge, bird blind, open fields, farmhouse, 1911 mansion, and picnic grounds.



### **Bob's Trail**

Difficulty: Easy  
Length: 3.0 miles  
Advisory: Trail is muddy after rain

Trail starts at Bay Road parking area and winds through low woodlands. Trail meets Pond Walk at the Farmhouse Fields – look for deer here. Trail returns to parking area along Bay Road Lane. This is a fine hike for birding.

## **Myles Standish State Forest** 194 Cranberry Road, Carver, MA (508) 866-2526

### **Reservoir Hike**

Difficulty: Easy  
Length: 3.0 miles

Trail begins over bridge to left of Headquarters parking lot. Pick up a self-guided brochure at Headquarters. This beautiful trail leads you through pine forests, over a swamp via a boardwalk, and along the shores of East Head Reservoir.

### **Bentley Loop**

Difficulty: Moderate  
Length: 5.0 miles

Trail starts at Parking Lot 2 on Upper College Pond Road. This trail follows long, hilly terrain through a wildlife management area with open meadows, pine barren forest, kettle holes, kettle ponds and frost pockets.



## **Waquoit Bay National Estuarine Research Reserve** 149 Waquoit Highway, Falmouth, MA (508) 457-0459

### **Quashnet River Trail**

Difficulty: Easy  
Length: 3.5 miles

Hike through pine and oak woodlands along the Quashnet River. Observe wetland plants and native woodland species such as pitch pine, low bush blueberry, and trailing arbutus. Herring run in season.



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## **South Cape Beach State Park** Great Oak Road, Mashpee, MA (508) 457-0459

### **Sage Lot Pond**

Difficulty: Easy  
Length: 1.5 miles

Follow the short boardwalk leading to hard packed trail through coastal dune habitat. This trail runs along shoreline of a brackish pond with abundant wildlife including osprey, ducks, and coyotes. Optional – return along the beach front for views of Martha's Vineyard and endangered shore birds in summer.