

Welcome

The Southeastern Massachusetts 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 led by a park ranger or a Walking Club volunteer leader.

Occasionally, the Walking Club meets at other DCR sites. Some DCR sites charge a parking fee.

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



December

Saturday, December 3 1 pm Blue Hills Reservation ▲▲

Moderate walk, with some hills, 2.5 miles. Walk around Tucker Hill on the green dot trail. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.



Saturday, December 10 1 – 2:30 pm DCR Walking Club Holiday Gathering Open House

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. Bring a holiday treat to share, if you like. Stroll through the fields and woodlands with friends or share some indoor holiday cheer. New walkers welcome.

Saturday, December 17 1 pm Blue Hills Reservation ▲▲

Moderate walk, 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 St. in Canton.

Saturday, December 24 9 am Massasoit State Park ▲▲

Please note time change. Moderate walk, about 4 miles. Walk the wooded trails of Massasoit State Park. We'll take the Healthy Heart Trail to Middle Pond Trail, to Woods Trail. Meet at main parking lot at 1361 Middleboro Ave in East Taunton. Note 9:00am start time.*

January 2017



Sunday, January 1 First Day Hikes

Trailside Museum Wildlife

from noon to 1 pm

Hot cocoa & snacks (no soup) for sale
by Venture Scouting

Three DCR Ranger-led Hikes of 1-2.5 miles begin at 1 pm

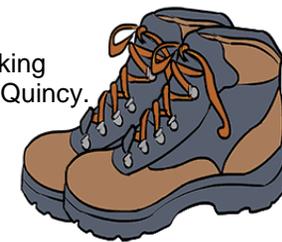
Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton. This annual event is very popular and parking is limited. Arrive early. Join the tradition and celebrate New Year's Day in the Blue Hills. From noon to 1 pm, visit with Trailside Museum live wildlife, purchase a cup of hot cocoa or a snack (no soup this year) from the Venture Scouts, share some holiday cheer by the warming fire, and then stretch your legs on one of three easy to moderate guided hikes which all depart at 1 pm. For more info, call 617-698-1802.

Sunday, January 8 1 pm Myles Standish State Forest ▲

Easy walk, about 2.5 miles. Walk around the Easthead Reservoir loop trail keeping an eye out for winter wildlife – we spotted a river otter last year! Meet at the Headquarters parking lot at 194 Cranberry Road in South Carver.

Saturday, January 14 1 pm Blue Hills Reservation ▲▲

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.



Sunday, January 22 1 pm
South Cape Beach State Park ▲▲
Moderate walk, no hills, but some soft sand. Hike 4 + miles from South Cape Beach along sheltered trails to Calley's Beach on Waquoit Bay. Park at Mashpee Town Beach, at South Cape Beach State Park off Great Oak Road in Mashpee.

Sunday, January 29 1 pm
Wompatuck State Park ▲▲
Moderate walk along paved trails, 3.5 miles. Walk Doane St. via the Annex. Meet at the Wompatuck State Park Visitor Center at 204 Union St. in Hingham.

February

Sunday, February 5 1 pm
Scusset Beach State Reservation▲▲▲
Moderate to difficult, one hill, some beach walking, about 5 miles. Climb to the top of Sagamore Hill for Cape Cod Bay views, then along the Cape Cod Canal to the jetty, along the beach and back to the start again. Meet at the Fish Pier parking lot at 20 Scusset Beach Rd at Sagamore Beach.

Saturday, February 11 1 pm
Blue Hills Reservation ▲▲
Moderate walk, hilly terrain, 3 miles. Wolcott Path to Wildcat Notch and return via Halfway Path. Meet at the Blue Hills Headquarters staff parking lot at 695 Hillside St. in Milton.

Sunday, February 19 1 pm
Wompatuck State Park ▲▲
Moderate walk along paved trails, 3.5 miles. Walk Doane St. via Wildcat Pond. Meet at the Wompatuck State Park Visitor Center at 204 Union St. in Hingham.

Saturday, February 25 1 pm
Blue Hills Reservation ▲▲
Moderate walk, with some hills, 2.5 miles. Walk around Tucker Hill on the green dot trail. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Things to know before you go

- Wear sturdy footwear and consider walking poles and ice cleats
- Carry drinking water
- We will hike unless the weather creates unsafe conditions
- If weather conditions are questionable, please call 508-866-2580, ext 165

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. Visit www.mass.gov/dcr for more info.

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
508-866-2580, ext 165
www.mass.gov/dcr



Winter 2016-2017

Southeastern Massachusetts Adult Walking Club

