Welcome to DCR's D.A.R. State Forest

Short for the Daughters of the American Revolution, the D.A.R. offers 2,100 acres of park land primarily used for camping, hiking, mountain biking and fresh water swimming.

D.A.R. is part of the Massachusetts state park system and is managed by the Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs. DCR oversees 450,000 acres of parks, forests, beaches, bike trails, waterbodies, and dams. Its mission is to protect, promote, and enhance the state's natural, cultural, and recreational resources. To learn about DCR and to discover more parks and recreations opportunities within the Massachusetts state parks, visit www.mass.gov/dcr. For D.A.R., visit www.mass.gov/dfwp/parks/upperlakeravine.htm.

Designated by a heart symbol, Healthy Heart Trails are pathways or trails used for hiking or walking that are easy to moderate in activity level and intended for routine use to help build a healthy heart.

David L. Parisi, Governor
Timothy R. Murray Jr., Lt. Governor
Richard B. Sullivan, Executive Secretary
Edward M. Lambert, Jr., DCR Commissioner

TRAIL USE GUIDELINES AT D.A.R.

- Stay on designated trails and roads.
- Observe all posted rules and regulations.
- Off road vehicles (ORV) use prohibited.
- Be respectful of other trail users.
- Hikers: Allow bicyclists and equestrians to pass.
- Bicyclists: Control your bike-do not skid.
- Avoid startling horses and hikers—announce your presence.
- Equestrians: Control your horse.
- Motorized tours are not permitted.