## TRAIL MAP

Mt. Tom State Reservation 125 Reservation Rd. Holyoke, MA 01040 (413) 534-1186 2014

## Welcome to DCR's Mt. Tom State Reservation

Offering one of the premier hawk-watching spots in New England, Mt. Tom boasts 2,000 acres of parkland primarily used for hiking and scenic viewing.

The reservation 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, watersheds, 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 recreational opportunities within the Massachusetts state parks, visit www.mass.gov/dcr.

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.

## TRAIL USE GUIDELINES AT MT. TOM

- Stay on designated trails and roads.
- Observe all posted rules and regulations.
- Motorized uses prohibited.
- Be respectful of other trail users.
- Mountain biking is prohibited.

