Welcome to DCR's Mt. Washington State Forest

The 4,200-acre Mount Washington State Forest offers 30 miles of trails and rugged terrain. Hike the South Taconic Trail to the 2,250-foot summit of Mount Washington for stunning views. Or follow the Appalachian Trail as it winds its way along the ridgeform and through Sage's Ravine.

Adjacent to the state forest is Echo Dale Falls, one of the state's most dramatic waterfalls. Cascading waterfalls through a series of rapids, and then plummeting some 85 feet into a glistening pool below.

Mt. Washington State Forest 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 manages 48,000 acres of parks, forests, beaches, bike trails, wetlands, and dams. Its mission is to protect, preserve, and enhance the state's natural, cultural, and recreational resources.

To learn more about DCR and to discover more parks and recreational opportunities within Massachusetts state parks, visit www.mass.gov/dcr.

Designated as a forest named Healthy Heart Trail, are pathways or trails used for hiking or walking that are safe to undertake an activity level and intended for seniors to help build a healthy heart.

TRAIL USER GUIDELINES AT MT. WASHINGTON:
- Stay on designated trails and roads.
- Observe all posted signs and regulations.
- Do not disturb wildlife.

Timothy P. Murphy Jr., Commissioner
Richard J. Sullivan, Commissioner
Edward M. Logan Jr., DCR Commissioner