Welcome to DCR's Upton State Forest

Offering over 2,900 acres of park land, Upton is primarily used for hiking and horseback riding. It 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, blue trails, waterways, and dams. Its mission is to protect, promote, and enhance the state's natural, cultural, and recreational resources. To learn more 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.

DCR: Richard A. Nolan, DCR Commissioner

TRAIL USE GUIDELINES AT UPTON

- May be designated trails and roads.
- Observe all posted signs and regulations.
- OFF-ROAD Vehicle (ORV) use prohibited.
- Be respectful of other trail users.

Hikers: Use bycicles and equiments to pass. Bicycle: Control your bike—do not skid. Avoid starting horses and hikers—announces yourself.

Equestrians: Control your horse. Be aware of hunting seasons and wear blaze orange when appropriate.

LEGEND

- Upton State Forest
- Road
- Unpaved Road
- Trail
- Healthy Heart Trail
- Parking
- DCR Headquarters
- Closed Gate
- Power Line
- Town Boundary
- Wetland
- Creek, River
- Intermittent Stream
- Contour Line (1 ft interval)

*Gates are in place to discourage motor vehicle use. All other trail users are welcome to travel beyond gate during park hours.