

# Suggested MassParks Hikes!

---

## DAR State Forest

78 Cape St, Goshen, MA 01032, 413 268-7098

To help you plan your visit to DAR State Forest, we offer the following suggested hikes that we think visitors might enjoy. **Introductory hikes** are relatively short and appropriate for most users, including families with children. **Signature hikes** are recommended trail experiences that may be longer or more difficult, but that highlights some of the best features of this forest.

### Introductory Hike

#### Highland Lake Trail

**Trailhead:** Park at the lot at the Campground Entrance near Upper Highland Lake

**Distance:** 0.3 miles, **Difficulty:** Easy

**Brief Description:** *This easy Universal Access Trail is a packed gravel path that winds along the shores of Upper Highland Lake, between the lake's two canoe launches.*

### Introductory Hike

#### Long Trail to the Hemlock Trail

**Trailhead:** Park at the lot at the Campground Entrance near Upper Highland Lake

**Distance:** 1.6 mile loop, **Difficulty:** Moderate

**Brief Description:** *Take the Long Trail from the Camper's Beach along the western shore of Upper Highland Lake. Turn right on the the Hemlock Trail to return to the campground. Walk back along the Campground Road past the Nature Center to the wildlife viewing station.*

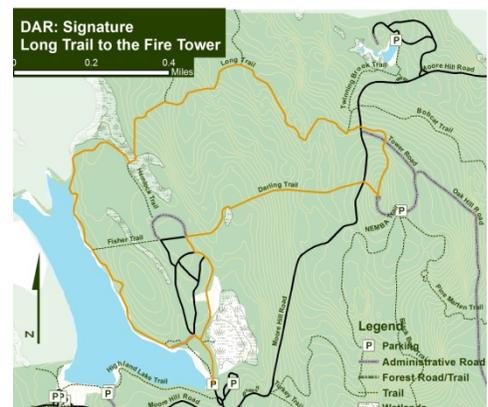
### Signature Hike

#### DAR Fire Tower

**Trailhead:** Park at the lot at the Campground Entrance near Upper Highland Lake

**Distance:** 2.1 miles, **Difficulty:** Moderate

**Brief Description:** *There are several routes to DAR Fire Tower. Try taking the Long Trail, all the way to Moore Hill Rd. Cross the road and find the short trail up top the tower. Return to the parking lot via the Darling Trail or NEMBA Trail to the Campground Road.*



MASSACHUSETTS DEPARTMENT OF  
CONSERVATION AND RECREATION

## Things to Remember:

- **Time, distance, difficulty:** average hiker pace is estimated at 1.5 miles per hour. Most distances are round-trip. Plan conservatively, start early. Be aware of weather and sunset. Trail difficulty ratings based on ruggedness and gradient are *easy, moderate, or difficult*.
- **Wear weather appropriate clothing**, layer for temperature changes. Appropriate footwear is a must. Trails can be wet.
- **Parking at trailheads:** Parking fees may apply. Space may be limited. Be courteous to avoid blocking in others. Do not leave valuables in your car.
- **Bring a map, and share your plans with someone.**
- **Drinking water** is usually not available. Bring plenty! Trailside sources should be treated.
- **Stay on designated trails:** Follow painted blazes and signs if available. Double blazes indicate an intersection or direction change.
- **Pace & group size:** keep your group together; hike only as fast as your group's slowest hiker or rider. Limit group size to 12 people or fewer to lessen impacts.
- **Carry-in, carry-out all trash:** Leave No Trace outdoor ethics are strongly encouraged. For more information visit <http://www.lnt.org/programs/principles.php>
- **Pets are generally permitted** on 10-foot maximum leash and under at all times. Please clean up after your pet and dispose of all waste outside of park. Be aware of local park rules and that not all users appreciate encountering pets, even when friendly.
- **Be aware that some trails are not well marked.**
- **Be aware of hunting seasons** and wear blaze orange when appropriate. For season info visit: [http://www.mass.gov/dfwele/dfw/regulations/abstracts/hunting\\_dates.pdf](http://www.mass.gov/dfwele/dfw/regulations/abstracts/hunting_dates.pdf)

