SAFETY FIRST

- Always obtain a park map before you hit the trail. Know where you are at all times.
- Tell a responsible person where you are going and when you will be back.
- Wear comfortable, supportive shoes, and dress in layers.
- Bring water, a snack, first aid kit, map, and compass.
- If you are unsure of which trail to take, turn around and backtrack rather than risk losing your way.
- Poison ivy is common throughout our state. Learn to identify and avoid poison ivy.
- Carry out what you carry in.
- Don’t feed wildlife.
- Avoid sunburn.
- Conduct a tick check.

Take A Hike!
Explore the State Forests and Parks of NORTHEAST Massachusetts
SELF-GUIDED FAMILY HIKES

Intergenerational Walk
Difficulty: Moderate
Length: 1.0 mile
Advisory: Beware of poison ivy along the edges.

Pasture Trail to Overlook Road to three arch bridge and back. Experience a walk through the natural and historical areas of the park along gravel paths.

Sandy Point State Reservation
Parker River Wildlife Refuge
Ipswich, MA
(978) 462-4481

Marsh Meander
Difficulty: Moderate - Strenuous
Length: 1.5 miles
Advisory: Grassy areas may be muddy depending on weather. Some poison ivy along sides of trail.

Grassy trail/beach terrain. Trail bisects salt marsh and offers spectacular views of vegetation and wildlife species such as Great Blue Herons and Snowy Egrets. Loop around to the beach where you can view the dynamic shoreline and animals that live there. Also a chance to see bank swallows nesting and the unique home they create.

Pond Path Hike
Difficulty: Easy
Length: 1.7 miles

See numerous glacial formed coves along the trek. Visit the House Site of Henry David Thoreau’s cabin. Great for families! Sand and gravel texture. Some gradual inclines.

Emerson’s Cliff Trail
Difficulty: Moderate
Length: 1.0 mile
Advisory: Careful, steep climb to the top of the cliff. Large drop off at the top of cliff.

Follow the esker trail near the boat ramp to get to the opening of Emerson’s Cliff Trail. Steep incline to the top of the hill. Moderate views of the surrounding area. Highest point in the park measuring 274 feet above sea level.

Esker Trail
Difficulty: Moderate to Difficult
Length: 2.0 miles

Glacial formed trail with moderate inclines. Follow to Heywood’s Meadow Rd. Circle around a wetland area with a diversity of wildlife. Climb steep hill to link back up with the Esker trail. Fabulous view of the pond.

Maudslay State Park
Curzon Mill Road, Newburyport, MA
(978) 465-7223

Walden Pond State Reservation
915 Walden Street, Concord, MA
(978) 369-3254

Pond Path Hike
Difficulty: Easy
Length: 1.7 miles

See numerous glacial formed coves along the trek. Visit the House Site of Henry David Thoreau’s cabin. Great for families! Sand and gravel texture. Some gradual inclines.

Emerson’s Cliff Trail
Difficulty: Moderate
Length: 1.0 mile
Advisory: Careful, steep climb to the top of the cliff. Large drop off at the top of cliff.

Follow the esker trail near the boat ramp to get to the opening of Emerson’s Cliff Trail. Steep incline to the top of the hill. Moderate views of the surrounding area. Highest point in the park measuring 274 feet above sea level.

Esker Trail
Difficulty: Moderate to Difficult
Length: 2.0 miles

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North Region Headquarters
25 Shattuck St.
Lowell, MA 01852
(978) 937-2092
www.mass.gov/dcr
Get Outdoors!
Disconnect with Cyberspace.
Reconnect with Open Space.

The self-guided hikes listed in this brochure are part of the No Child Left Inside initiative. The mission of this initiative is to reconnect families and children with the great outdoors. Please visit www.greatparkpursuit.org for more information.

What is this brochure all about?

This ‘Take a Hike!’ Guide is intended for individuals, groups and families who are interested in exploring the State Parks and Forests of Southeast Massachusetts. The Massachusetts Department of Conservation and Recreation also encourages you to check a list of guided hikes offered throughout the state. This list is available at http://www.mass.gov/eea/agencies/dcr/massparks/recreational-activities/hiking.html

How do I get started?

You will need this ‘Take a Hike!’ Guide. This Guide describes ten hikes located throughout State Forests & Parks in Northeastern Massachusetts. Each hike includes a description and mileage of the hike. You may be able to pick up a trail map at the Forest or Park Headquarters, on-line at www.mass.gov/dcr, or by sending a SASE to the Park directly. You will also find directions to these parks at the above website. You will need a good pair of sneakers or boots and a bottle of water!

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<thead>
<tr>
<th>Park Name</th>
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<tbody>
<tr>
<td>Halibut Point State Park</td>
<td>Gott Avenue, Rockport, MA</td>
<td>(978) 546-2997</td>
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<tr>
<td>Babson Farm Quarry</td>
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<tr>
<td>Long Trail</td>
<td>Route 85, Hopkinton, MA</td>
<td>(508) 435-4303</td>
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<td>Salem Pond Loop</td>
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<td>Berry Pond Trail</td>
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