Mohawk Trail State Forest
Route 2, Charlemont, MA
413-339-5504

Thumper Mountain
Difficulty:  Strenuous
Length:  1.25 miles
To access this trail, go directly behind
the Group Site. There will be a sign
pointing to the north with the trail name
on it. With an elevation of 1711ft, this
hike proves to be a challenging one.
However, with the breath-taking view at
the top of Todd Mountain, the reward is
far greater than the sacrifice. This trail
has a very steep and quick elevation gain.

Nature Trail
Difficulty:  Moderate
Length:  1.0 mile
Follow the signs to the Group Site and
then turn left and follow the access
road down about .25 miles. The trail is
marked with a sign on your left. This
one mile hike offers views of meadows,
old growth forests, ponds, rivers and the
oldest pine trees in the area.

DAR State Forest
Route 112, Goshen, MA
413-268-7098

Balancing Rock Hike
Difficulty:  Moderate
Length:  1.5 miles
Take Headquarters Rd. to Black Bear trail
on the left. Take your first right off Black
Bear Trail and turn right onto Tilton Farm
Trail. Follow back to Headquarters Rd.
This looped trail has glacial erratics and a
balancing boulder set in a mixed
deciduous forest. Advisory: some
moderate and rocky slopes.

Fire Tower Hike
Difficulty:  Moderate
Length:  1.5 mile
Starting at the Nature Center, take a right
and head down toward the campground.
Darling Trail (the trail to get to the tower)
starts by site #49. This enjoyable hike is
set within a mixed forest. See a 3 state
view and pick blueberries when in season.

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 Western Massachusetts

SELF-GUIDED
FAMILY HIKES

SAFETY FIRST

WESTERN REGION
HEADQUARTERS
740 South Street
Pittsfield, MA 01202
413-442-8928
www.mass.gov/dcr/western.htm

Department of Conservation & Recreation
251 Causeway Street
Boston, MA 02114
(617) 626-1250
Mass.Parks@state.ma.us
**Get Outdoors!**

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](http://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 Southeastern 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/dcr/events.htm](http://www.mass.gov/dcr/events.htm).

**How do I get started?**

You will need this ‘Take a Hike!’ Guide. This Guide describes ten hikes located throughout State Forests & Parks in Southeastern 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](http://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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**Pittsfield State Forest**

1041 Cascade Street, Pittsfield, MA  
413-442-8992

**Tranquility Trail**

Difficulty: Easy  
Length: 0.5 mile  
The trail-head begins across from the ski lodge in front of the handicapped parking lot. Once you cross the foot bridge, bear right, staying on the paved trail. This unique accessible trail is a beautiful hike focusing on forest ecology. It passes through deciduous forest, hemlock stands, and a picnic shelter.

**Woods Ramble Trail**

Difficulty: Moderate  
Length: 0.6 miles  
This trail starts at the same point as the Tranquility Trail, however, go straight instead of following the paved path to the right. A gradually sloping hike that displays some of the park’s cultural and natural history. The rolling hills give this trail its moderate rating. The trail highlights an interesting and enjoyable small foot-bridge and stream.

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**Western Gateway Heritage State Park**

115 State Street, North Adams, MA  
413-663-6312

**A Walk Through History**

This heritage state park offers several small self-guided hikes as part of their history walks. Check points such as Main Street and Monument Square offer a look back into the area’s unique past. The park also offers a self-guided river and train museum walk. Stop by the Visitors Center and pick up a brochure.

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**Gilmore Trail Long Loop**

Difficulty: Moderate  
Length: 1.5 miles  
The beginning of this trail can be found at the parking lot by the contact station. Pick up a self guided brochure for the short loop at the trail head. This woodland trail follows a portion of shoreline. Beech, birch, hemlock, and white pine are all dominate species. Mountain laurel is also abundant. There are some gentle grades and the trail is accessible by snowshoe in winter.

**Fall River Trail**

Difficulty: Moderate  
Length: 1.5 miles  
The trail head is located at the dam (the one lane bridge on Tolland Road). This trail is strenuous in places. The trail passes the waterfall at the dam and forks at a scenic point at Larkum Pond. The right leg terminates at private Camp Nawaka, while the left leg runs upland through farmland. **Advisory:** this trail is frequented by snowmobiles in winter.