

## 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.



*“Leaves of three, let it be...”  
Watch out for poison ivy.*

### Nature Trail

Difficulty: Moderate  
Length: 1.0 mile

Follow the signs to the Group Site and then take a 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

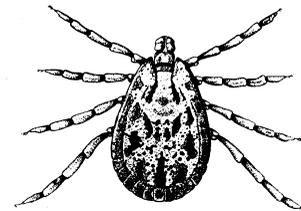
Take Headquarters Rd. to Black Bear trail on the left. Take your first right off Black Bear Trail and turn right onto Tilton Farm Trail. Follow back to Headquarters Rd. This looped trail has glacial erratics and a balancing boulder set in a mixed deciduous forest. *Advisory: some moderate and rocky slopes.*

### 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.

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*Always be tick aware  
(not to scale)*

## 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.

### WESTERN REGION HEADQUARTERS

740 South Street  
Pittsfield, MA 01202  
413-442-8928

[www.mass.gov/dcr/western.htm](http://www.mass.gov/dcr/western.htm)

Department of Conservation & Recreation  
251 Causeway Street  
Boston, MA 02114  
(617) 626-1250  
[Mass.Parks@state.ma.us](mailto:Mass.Parks@state.ma.us)

# Take A Hike!

Explore the  
State Forests and Parks  
of Western  
Massachusetts

### SELF-GUIDED FAMILY HIKES



dcr  
Massachusetts



## 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 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/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!



## 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.

## 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.



Picture from inside the Hoosac Tunnel

## Tolland State Forest

Route 23, Otis, MA  
413-269-6002

### 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 dominant 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.*