

Suggested MassParks Hikes and Rides!

Wompatuck State Park

204 Union St.
Hingham 02043, 781 749-7160

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

Introductory Hike

Health Heart Loop

Trailhead: From the Visitor Center Parking Lot off Union Street, **Lat/Long:** 42.217015, -70.861961

Distance: 1 mile loop, **Difficulty:** Easy

Brief Description: *Take the bike path to N12, then turn left on the Landing Strip to N11 and return to the Visitor Center. This easy trail will make you feel like you are deep in the woods, with the luxury of being on pavement. Perfect for beginners or those with strollers.*

Recommended Bicycle Ride

Ride the Whitney Spur

Trailhead: Begin at the Campground or Visitor Center

Distance: 9 miles round trip, **Difficulty:** Moderate

Brief Description: *Start at the Campground (or the Visitor Center Parking) and bike various loops on the paved paths to the Whitney Spur Rail Trail and back. Add a stop at the Aaron River Reservoir or one of the other park ponds or rock outcrops.*



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Recommended Mountain Bike Single-Track Exploration

Trailhead: Begin at the Visitor's Center parking lot or the lot across Union Street

Lat/Long: 42.217015, -70.861961

Distance: Various, **Difficulty:** Various

Brief Description: *The best way to access Wompatuck's single track rails is to grab a copy of the trail map at the Visitor's Center and explore. Most intersections are marked with numbers. Behind the Visitor's Center parking lot on the left you'll see two single track trails leading into the woods. One is easy the other a bit more challenging. Or at N2 there's a natural surface trail on your left. There are many other trailheads on both side of Union Street as you drive through the park. Consult your map and explore.*

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



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