

# Suggested Hikes, Rides and Paddles!

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## Blackstone River and Canal Heritage State Park

287 Oak Street, Uxbridge, MA 01569, (508) 278-7604

To help you plan your visit to DCR's Blackstone River and Canal Heritage State Park, we offer the following suggested experiences that we think you might enjoy.

- **“Introductory”** are short and appropriate for most users, including families with children.
- **“Signature”** are recommended trail experiences. These may be longer or more difficult but highlight some of the best park features.

For a safe and enjoyable park experience please review the **Things to Know Before You Go** section at the end of this document. Download a map before you go:  
<https://www.mass.gov/doc/blackstone-river-and-canal-heritage-state-park-trail-map/download>

### Introductory Hike

#### Blackstone Canal Towpath Trail

**Trailhead:** Begin at the River Bend Farm Visitor Center **Lat/Long:** 42.094114, -71.623614

**Distance:** 2.8 miles round trip **Difficulty:** Easy

**Brief Description:** This flat, easy trail takes you along the historic canal towpath between the Stone Arch Bridge in the north and the Stanley Woolen Mill site in the south. Add a walk on the Towpath Loop Trail before returning to your car.

### Signature Hike

#### Blackstone River Greenway to the Triad Bridge

**Trailhead:** Millville parking lot of the Blackstone River Greenway **Lat/Long:** 42.024012, -71.582872

**Distance:** 2.3 miles **Difficulty:** Easy

**Brief Description:** This paved, flat walking and biking trail follows the route of the historic New York New England Railroad. From Millville the Greenway goes west towards Uxbridge or east toward Blackstone, MA. This walk will take you toward

Blackstone. On your way to the Triad bridge, stop at the Millville lock, found down the side trail to the river about 3/4 of a mile from the Millville parking lot. This lock is the best preserved on the route of the Blackstone Canal. The end destination of this walk is the Triad Bridge, a series of three railroad bridges that would have been built one on top of the other. The lower bridge is still in use by the Providence Worcester Railroad. The upper bridge was never completed, as the Grand Trunk Railroad when bankrupt shortly after building the pylons for the bridge. This walk is 2.3 miles round trip. As you walk this trail stay to the right and give the right of way to passing bicycles.

## Signature Hike Goat Hill Trail

**Trailhead:** Park at the Stone Arch Bridge on Hartford Avenue East or the River Bend Farm Visitor Center **Lat/Long:** 42.097482, -71.623679

**Distance:** 4.8 miles round trail **Difficulty:** Moderate

**Brief Description:** Hike the Goat Hill Trail north to Plumber's Landing along the Canal. You will pass the Goat Hill Lock, one of the 48 locks built to move boats up and down the 438 foot difference in elevation from Providence to Worcester, and one of the best preserved locks along the canal route. This hike offers abundant wildlife viewing opportunities along the path.

## Signature Hike King Philip Trail to Lookout Rock

**Trailhead:** Begin at the Parking Lot at Rice City Pond on Hartford Avenue East **Lat/Long:** 42.099478, -71.619159

**Distance:** 2.8 miles round trip **Difficulty:** Moderate

**Brief Description:** This trail begins on a wood road through the fields and picnic area and then winds up and down through the woods with wetland on the left. Eventually, it climbs somewhat steeply up to Lookout Rock with views of the Uxbridge Hills and the Blackstone River.

## Signature Paddle River Bend Farm to Stanley Woolen Mill Paddle

**Trailhead:** Stone Arch Bridge Portage **Lat/Long:** 42.097385, -71.623023

**Distance:** 2 miles **Difficulty:** Easy

**Brief Description:** Portage into the Blackstone Canal at the Stone Arch Bridge or at River Bend Farm Visitor Center. Paddle the slack water of the canal 1- 1.4 miles down to the Stanley Woolen Mill. If you would like a more challenging paddle you can portage into the river at the Stone Arch Bridge and paddle downstream to Stanley Woolen Mill,

just before the mill there is a portage out of the river and into the canal. Paddle the slack water of the canal to return to the Stone Arch bridge. Sights along this paddle include the Stone Arch Bridge a built in the 1860s, the Stanley Woolen Mill operating between the 1852 and the 1980s and the footings of Widow Willard's bridge an original farm bridge crossing the Blackstone Canal. The length of this paddle ranges from 2-3.5 miles on portage location and route taken.

## Things to Know Before You Go

- **Time, distance, difficulty.** The 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. Bring sunblock. Wear appropriate and sturdy footwear.
- **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** may not be available on site. Bring plenty!
- **Stay on designated trails.** Follow painted blazes and signs if available. Generally, 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 your group size to 12 people or fewer to lessen impacts.
- **Carry-in, carry-out all trash and personal belongings.** Follow the Leave No Trace outdoor ethics. [More information here.](#)
- **Know which parks are pet friendly.** Dogs are not permitted in DCR Water Supply Protection areas (such as Quabbin and Wachusett Reservoirs) and certain state parks. Always keep your dog leashed, 10-foot maximum. Always pick up after your dog and dispose of waste properly. [Complete guidelines here.](#)
- **Be aware of hunting seasons.** Wear blaze orange when appropriate. [More information here.](#)
- **Wear a bicycle helmet** while biking. Riders age 16 and under must wear a helmet. It is the law. [More information here.](#)
- **Wear your PFD** while boating. A Personal Flotation Device (PFD), or life preserver, must be worn by boaters age 12 and under; and canoeists/kayakers from Sept. 15-May 15. [More information here.](#)

- **Stop Aquatic Hitchhikers.** Prevent the transport of nuisance species. Clean all recreational equipment. It is the law. [More information here.](#)
  - **Be aware some trails may not be well marked, and some may not be identified on a trail map.**
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The Massachusetts Department of Conservation and Recreation (DCR) oversees over 450,000 acres of state parks, forests, beaches, bike trails, parkways, watershed lands, and dams across the Commonwealth. DCR's mission is to: *Protect, promote and enhance our common wealth of natural, cultural and recreational resources for the well-being of all.*