

Suggested Hikes, Rides and Paddles!

Breakheart Reservation

177 Forest Street, Saugus, MA 01906, (781) 233-0834

To help you plan your visit to DCR's Breakheart Reservation, 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/breakheart-trail-map/download>

Introductory Hike

Silver Lake Trail (Upper Pond Trail)

Trailhead: Visitor Center (Saugus Entrance) **Lat/Long:** 42.483550, -71.027963

Distance: 1.6 miles **Difficulty:** Easy

Brief Description: Blazed in blue, this loop trail follows the picturesque shoreline of Silver Lake, providing access to a quiet picnic area and many scenic vantage points. It also passes over the historic flume, built by the CCC in the 1930s, which connects the two ponds. This trail is most easily accessed off of Pine Tops Road. Starting from the Visitor Center, take the paved path to the left. After 0.2 miles you will come to the intersection with Hemlock Road, stay to the right. After another 0.2 miles you will see the start of the Silver Lake Trail on your left. The distance around the lake itself is 0.8 miles.

Introductory Hike

Inner Loop Trail (Healthy Heart Trail)

Trailhead: Visitor Center (Saugus Entrance) **Lat/Long:** 42.483550, -71.027963

Distance: 2 miles **Difficulty:** Easy

Brief Description: This popular loop follows Pine Tops Road, a paved path through pine and mixed hardwood forest. It provides access to quiet picnic areas, the off-leash dog park, the beach at Pearce Lake (Lower Pond) and also the shores of Silver Lake (Upper Pond). Scenic highlights include towering stands of white pine and attractive views across the water. This route is a popular multi-use trail and is suitable for strollers

and mobility aids. The starting point is located at the Visitor Center. Blazed with green hearts. Bikers should ride cautiously and yield to pedestrians.

Introductory Hike Outer Loop Trail

Trailhead: Visitor Center (Saugus Entrance) or Wakefield Entrance **Lat/Long:** 42.483550, -71.027963 or 42.494387, -71.042978

Distance: 3 miles **Difficulty:** Moderate

Brief Description: This loop is slightly longer and traverses hillier terrain. It follows Pine Tops Road, Elm Street and Hemlock Road, all paved paths through pine and mixed hardwood forests. It provides access to quiet picnic areas, the off-leash dog park, the beach at Pearce Lake (Lower Pond) and also the shores of Silver Lake (Upper Pond). Scenic highlights include large glacial erratics, towering stands of white pine, and attractive views from the beach. This is a popular multi-use trail and is suitable for strollers and mobility aids. This loop can be started at the Visitor Center or the Wakefield Entrance. If travelling clockwise, stay to the left at every paved intersection within the park. If travelling counter-clockwise, stay to the right. Bikers should ride cautiously and yield to pedestrians. Caution, this route shares segments with other blazed trails.

Signature Hike Eagle Rock Trail

Trailhead: Begin on the Pearce Lake Trail **Lat/Long:** 42.483347, -71.027982

Distance: 1.3 miles (Pearce Lake Trail), .25 (Eagle Rock) **Difficulty:** Moderate

Brief Description: The Eagle Rock Trail is accessed via the Pearce Lake Trail which circles Pearce Lake. It diverges from the Pearce Lake Trail, climbs Eagle Rock which overlooks the lake and surrounding park, as well as providing a nice view of the Boston Skyline 7 miles to the south.

Signature Hike Fox Run - Saugus River Trail Loop

Trailhead: Visitor Center (Saugus Entrance) **Lat/Long:** 42.483550, -71.027963

Distance: 2 miles **Difficulty:** Moderate

Brief Description: This loop climbs a series of gently rolling hills towards the beach before heading back along the banks of the Saugus River and surrounding wetland. Begin by following the green blazed Fox Run Trail to the right of the Visitor Center. This trail travels past impressive rock formations and through mixed hardwood forest before

reaching the scenic beach at Pearce Lake. From here take a right onto Pine Tops Road. After 0.1 miles you will see the yellow blazed Saugus River Trail on your right. Follow the yellow blazes back to the Saugus Entrance as it traverses the northern boundary of the park. Caution, this loop shares segments with other blazed trails. For the more adventurous, a side trip up Breakheart Hill provides fine views towards the Atlantic Ocean and over the town of Saugus.

Signature Hike Six Summits Trail

Trailhead: Visitor Center (Saugus Entrance) **Lat/Long:** 42.483550, -71.027963

Distance: 5 miles **Difficulty:** Moderately Strenuous

Brief Description: This orange blazed trail climbs to the summits of the six highest points in the park while also traversing the shores of both lakes. Scenic highlights include the historic flume, Eagle Rock, an extended ridge walk through hilltop communities of pitch pine and scrub oak, and access to the two highest points in the park, Castle Rock and Crow Hill. These two summits offer outstanding views of the Boston skyline as well as the Atlantic Ocean and surrounding towns. This loop includes many steep and rocky hills and is best suited for more experienced hikers. The easiest starting point is located behind the Visitor Center. Caution, this route shares its entire length with other blazed trails.

Signature Hike Pearce Lake Trail (Lower Pond Trail)

Trailhead: Wakefield Entrance **Lat/Long:** 42.494387, -71.042978

Distance: 2.4 miles **Difficulty:** Easy

Brief Description: This blue blazed loop follows the scenic perimeter of Pearce Lake, including the beach and many rocky outcroppings with views across the water. The beach is picturesque and provides access to swimming and picnic areas as well as a playground. The trail is best accessed off of Elm Street. Starting from the Wakefield Entrance, take the paved path to the left. Follow this for 0.5 miles until you reach the beach. Follow the shoreline into the woods and you will see the blue blazes. The distance around the lake is 1.4 miles. Caution, this route shares segments with other blazed trails. For the more adventurous, a red blazed side trip up Eagle Rock provides some of the best views in the park.

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.**

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.*