

LEGEND

- Christopher Dunne Visitor Center
- Restroom (year-round; seasonal)
- Parking Lot; Gate* * Gates are in place to discourage motor vehicle use. All other trail users are welcome to travel beyond gate.
- Picnic Area; Pavilion
- Park Building; Cabin
- Campsite; Showers
- Lifeguard First Aid Station; Playground
- Hilltop; Scenic Vista
- Paved Road Forest Road
- Trail Paved Path
- Healthy Heart Trail (2 miles)
- Elevation Contour (10 foot interval)
- Stream Pond Wetland
- Town Boundary DCR Property

dcr Massachusetts
Breakheart Reservation
 and Camp Nihan Education Center

Welcome to DCR's Breakheart Reservation

Breakheart Reservation offers over 600 acres of forest reserve, with opportunities for hiking, biking and trail running. The inner and outer paved loops are perfect for running and walking, and you can swim in the designated area during the summer months.

Camp Nihan Education Center is the perfect place for your next special use permit group camping experience. Explore and learn about a variety of nature and wildlife across 60 acres.

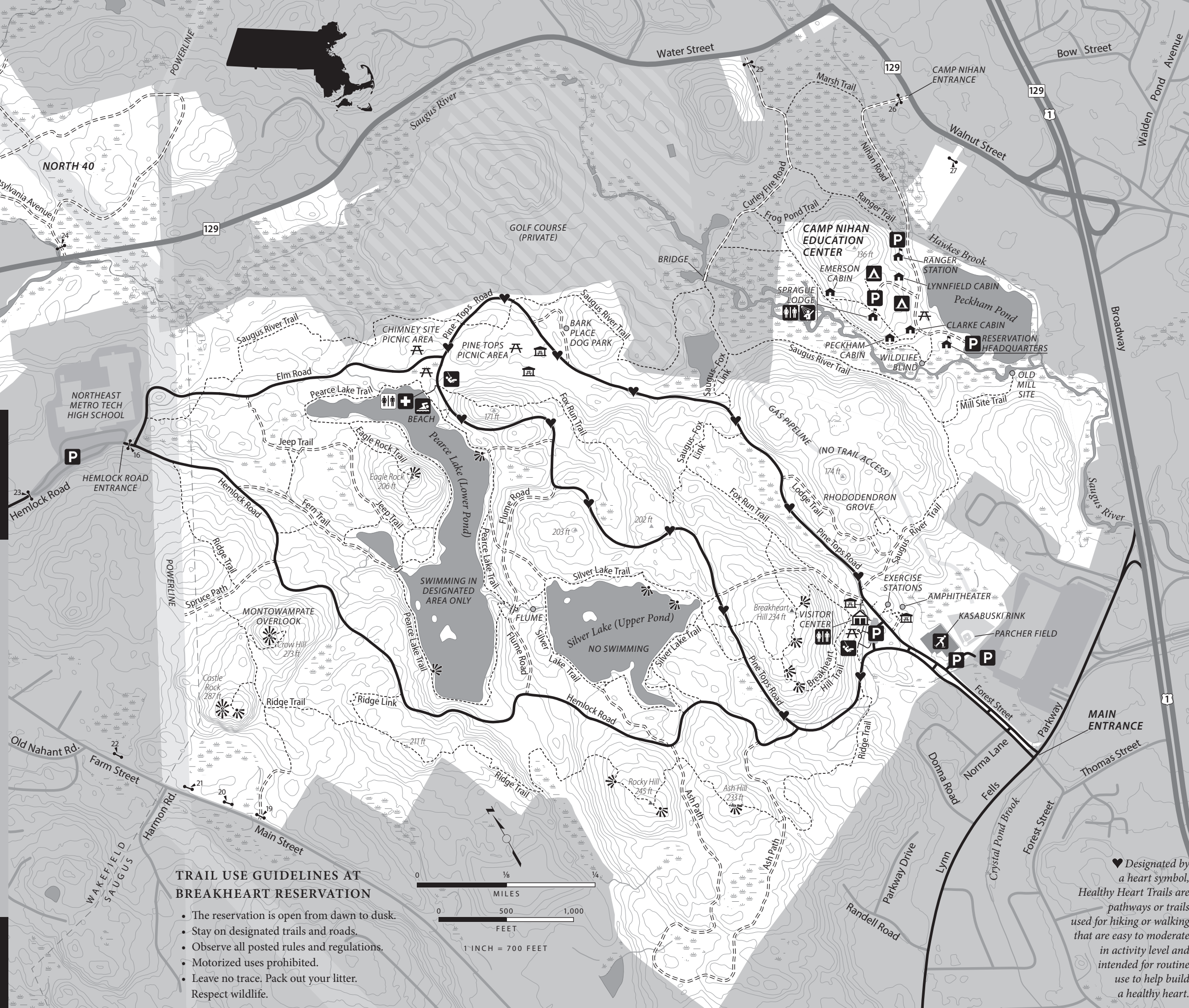
Both are part of the Massachusetts state park system and are managed by the Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs.

ABOUT DCR

DCR oversees 450,000 acres of parks, forests, beaches, bike trails, watersheds, and dams. Its mission is to protect, promote, and enhance the state's natural, cultural, and recreational resources. To learn more about DCR and to discover more parks and recreational opportunities within the Massachusetts state parks, visit www.mass.gov/dcr.

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

TRAIL MAP
 2023



TRAIL USE GUIDELINES AT BREAKHEART RESERVATION

- The reservation is open from dawn to dusk.
- Stay on designated trails and roads.
- Observe all posted rules and regulations.
- Motorized uses prohibited.
- Leave no trace. Pack out your litter. Respect wildlife.

♥ Designated by a heart symbol, Healthy Heart Trails are pathways or trails used for hiking or walking that are easy to moderate in activity level and intended for routine use to help build a healthy heart.