

# Suggested Hikes, Rides and Paddles!

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## Douglas State Forest

107 Wallum Lake Road, Douglas, MA 01516, (508) 476-7872

To help you plan your visit to DCR's Douglas State Forest, 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/douglas-state-forest-trail-map/download>

## Signature Hike Coffeehouse Trail Loop

**Trailhead:** Parking area **Lat/Long:** 42.02277, -71.76990

**Distance:** 2.25 mi **Difficulty:** Easy

**Brief Description:** A gently rolling trail and a wonderful forest hike that loops from and back to the main parking area. A family friendly trail. This loop connects to the Cedar Swamp Trail.

## Signature Hike Cedar Swamp Trail

**Trailhead:** Parking area **Lat/Long:** 42.02277, -71.76990

**Distance:** 0.5 mi **Difficulty:** Easy

**Brief Description:** The Cedar Swamp Trail begins a few feet from the Nature Center and takes you into the cool and mysterious world of an Atlantic white-cedar swamp. A series of red diamond-shaped blazes mark the half-mile long trail, and numbered posts correspond to the text in the on-line brochure. Please protect this fragile ecosystem by staying on the trail boardwalk. See self guided brochure on web.

## Signature Hike Tri-State Marker Hike

**Trailhead:** Parking area **Lat/Long:** 42.02277, -71.76990

**Distance:** 5.5 mi **Difficulty:** Moderate

**Brief Description:** Hike to where 3 states meet! Head west on the Coffeehouse Trail to the Mid State Trail. When the Mid State turns left-go straight to the SNETT trail. Follow SNETT to the Tri State Trail to where CT/RI/MA all meet. Return east along the Tri State Trail to the Mid State Trail back to the Coffeehouse Trail and parking.

## Signature Hike Ridge Trail/Wallis Pond/Reservoir/Pond Loop

**Trailhead:** Wallis St, Douglas **Lat/Long:** 42.06394, -71.77359

**Distance:** 5.5 mi **Difficulty:** Moderate

**Brief Description:** This hike begins along the dirt Ridge Trail road. The Wallis Pond Loop Trail can be done on the way out or way back. Then follow Ridge Trail to Wallis Pond Trail to the Reservoir Trail, return on the Ridge Trail to parking. A route with a variety of wilderness features, good for beginners and regular hikers alike.

## Signature Hike Mid State/Ridge Trail ride

**Trailhead:** Wallis St, Douglas **Lat/Long:** 42.06394, -71.77359

**Distance:** 7.5 mi **Difficulty:** Moderate

**Brief Description:** From the Wallis St parking area, head out along the Ridge Trail and cross over to the Mid State Trail. Go north on the Mid State Trail, which is a good technical ride. Ride the Mid State up to the Ridge Trail entrance. Return via the Ridge Trail to parking.

## Signature Hike DouglasSF-North-Mid State/Reservoir/Wallis trails loop

**Trailhead:** Ridge Trail off Northwest Main St, Douglas **Lat/Long:** 42.08113, -71.78522

**Distance:** 5.25 mi **Difficulty:** Moderate

**Brief Description:** Park near where Mid State Trail crosses the road. Loop can be hiked in either direction. Use Mid State Trail, Reservoir Trail, Wallis Pond Trail and

short stretch of Ridge Trail road. A mix of woods, lake overlooks, streams, and more, a great tour.

## Signature Paddle Lake Wallum

**Trailhead:** boat launch-parking area **Lat/Long:** 42.02277, -71.76990

**Distance:** 4 mi **Difficulty:** Easy

**Brief Description:** The upper half of Lake Wallum is in MA, the lower in RI. The western shore is state forest in both states. So, explore the numerous unspoiled coves along the western shore. Boat launch available at main park area.

### 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.*