

# Suggested MassParks Hikes and Rides!

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## F. Gilbert State Forest

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To help you plan your visit to this F. G. Hills, 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

#### Healthy Heart Loop

**Trailhead:** Start from the State Forest Headquarters Parking Lot

**Distance:** 1.6 mile loop, **Difficulty:** Moderate

**Brief Description:** *Hike the health heart loop from the forest headquarters. Follow the signs. This loop explores the forest and its rocky outcrop features. Blazed in blue.*

### Recommended Equestrian Loop

#### Ride the Equestrian Loop (blazed in red)

**Trailhead:** Start from the State Forest Headquarters Parking Lot

**Distance:** 6.1 mile loop, **Difficulty:** Moderate

**Brief Description:** *Pick up a map, and follow the Tupelo Trail out to Sunset Lake and then loop back to High Rock Road and Wolf Meadow Road.*

### Recommended Motorcycle Ride

#### Ride the motorcycle loop

**Trailhead:** Park at the lot on High Rock Road off of Route 1

**Distance:** 7.5 mile loop, **Difficulty:** Difficult

**Brief Description:** *This narrow, sometimes rocky trail is best for wheeled users. Horses are not recommended. Blazed in yellow and has a counter clock-wise direction of travel.*



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# Recommended Mountain Bike

## Ride the mountain bike loop

**Trailhead:** Start from the State Forest Headquarters Parking Lot

**Distance:** 5 mile loop, **Difficulty:** Moderate

**Brief Description:** *Beginning from the forest headquarters, look for the green blazes heading right. This loop offers a mix of single-track and double track that wind through the eastern part of the forest.*

### 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.Int.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](http://www.mass.gov/dfwele/dfw/regulations/abstracts/hunting_dates.pdf)



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