Welcome to DCR's Harold Parker State Forest

One of the oldest properties in the state park system, Harold Parker offers 3,800 acres of park land primarily used for camping, fresh water swimming and hiking. It is part of the Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs. DCR oversees 450,000 acres of parks, forests, beaches, bike trails, waterholes, and dams. Its mission is to protect, promote, and enhance the state’s natural, cultural, and recreational resources. To learn about DCR and to discover more parks and recreational opportunites within the Massachusetts state parks, visit www.mass.gov/dcr.

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 novice use to help build a healthy heart.

TRAIL USE GUIDELINES
- Stay on designated trails and roads.
- Observe all posted rules and regulations.
- Motorized vehicles prohibited.
- Be respectful of other trail users.
- Hikers: Allow bicyclists and equestrians to pass.
- Bicyclists: Control your bike, do not skid.
- Avoid startling horses and hikers—announce yourself.
- Equestrians: Control your horse.
- Be aware of hunting seasons and wear blaze orange when appropriate.
- Parking in designated areas only.
- All vehicles must display parking pass in marked lots.

Sponsored by:

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Legend:
- Harold Parker State Forest
- Paved Road
- Unpaved Road
- Yellow Diamond Trail
- Bay Circuit Trail, SCT
- Healthy Heart Trail
- Picnic Area
- Campground
- Forest Headquarters
- Parking
- Closed Gate*
- Town Boundary
- Brook
- Pond
- Wetland
- Contour Line (30' Interval)
- No Hunting Area

* Gates are in place to discourage motor vehicle use. All other trail users are welcome to travel beyond gate during park hours.