

# Suggested Hikes, Rides and Paddles!

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## Middlesex Fells Reservation

4 Woodland Road, Stoneham, MA 02180, (617) 727-1199 x406

To help you plan your visit to DCR's Middlesex Fells 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/middlesex-fells-reservation-trail-map/download>

## Introductory Hike

### Spot Pond Brook Historic Trail

**Trailhead:** Park at the kiosk in a small parking area at a house at 1 Woodland Road

**Lat/Long:** 42.457881, -71.088576

**Distance:** 1 mile **Difficulty:** Easy

**Brief Description:** Stroll through the Virginia Woods section of the Fells and explore the history of the Spot Pond Brook Historic District. A loop trail is blazed in yellow. (Note, bikes are not allowed on trails in Virginia Woods.)

## Introductory Bike Ride

### Mountain Bike Loop

**Trailhead:** Begin at the Sheepfold Parking Area. **Lat/Long:** 42.453157, -71.106668

**Distance:** 6.2 miles **Difficulty:** Easy

**Brief Description:** This loop within the western Fells is mostly on fire roads with some short sections of single track trail. It provides an easy ride around the Winchester reservoirs traversing pine and mixed hardwood forests. Caution, this trail is used by a variety of users and shares segments with other blazed loops. Bikers should ride cautiously and yield to pedestrians. Blazed in green.

## Signature Hike Skyline Trail

**Trailhead:** Begin at Bellview Pond, Long Pond or Sheepfold Parking Areas. **Lat/Long:** 42.430743, -71.107207

**Distance:** 6.9 mile loop. Average hiking time, 5 hours **Difficulty:** Strenuous

**Brief Description:** Blazed in white, the Skyline Trail follows the outer perimeter of the western Fells. There are spectacular views of Boston and the surrounding area especially from Wright's Tower. Most of the Skyline Trail is in wooded landscape, with several steep ascents to rocky outcrops. This trail is open to pedestrians only.

## Signature Hike Rock Circuit Trail

**Trailhead:** Park at Flynn Rink, cross Woodland Road and begin on the Woodland Path. **Lat/Long:** 42.444425, -71.094877

**Distance:** 3.7 miles. Average hiking time 4 hours **Difficulty:** Strenuous

**Brief Description:** This trail traverses rocky outcrops in the southeast corner of the Fells providing a variety of scenic views. Enjoy the "Cascades" when flowing and the view from Boojum Rock. Pedestrians only. Blazed in white.

## Signature Bike Ride Reservoir Loop Ride

**Trailhead:** Begin at the Sheepfold Parking Area. **Lat/Long:** 42.453157, -71.106668

**Distance:** 5.2 mile loop **Difficulty:** Moderate

**Brief Description:** Ride the orange blazed Reservoir Trail around the Winchester Reservoirs in the western Fells. This ride offers some single track and ups and downs, with lovely pine forests and water views. This is a popular multi-use trail, so ride with caution, be courteous and yield to other users.

## 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.*