

# Suggested Hikes, Rides and Paddles!

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## Mount Sugarloaf State Reservation

300 Sugarloaf Street, South Deerfield, MA 01373, (413) 665-2928

To help you plan your visit to DCR's Mount Sugarloaf State 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/mt-sugarloaf-state-reservation-trail-map/download>

## Signature Hike A View of the Valley

**Trailhead:** Start at the parking area on Sugarloaf Street. The Pocumtuck Ridge Trail begins there and crosses over the Sugarloaf Mountain Road. **Lat/Long:** 42.467799, -72.594973

**Distance:** 1.4 miles **Difficulty:** Moderate

**Brief Description:** Take the blue-blazed Pocumtuck Ridge Trail from the parking area and across Sugarloaf Mountain Road. Follow this to the summit of South Sugarloaf. This is a steep climb with many switchbacks, so take your time. At the summit climb the observation tower and enjoy a signature view of the Connecticut River Valley. The summit picnic area is a great place to fuel back up. To return, continue north over the summit, then over a short stretch of road, back on the Pocumtuck Ridge Trail and down to the saddle. Turn left and take Old Mountain Trail back to the parking area.

## Introductory Bike Ride Witchhazel's Wander

**Trailhead:** Park at the Hillside Road parking area in South Deerfield **Lat/Long:** 42.489757, -72.579219

**Distance:** Varies **Difficulty:** Easy

**Brief Description:** North Sugarloaf offers a simple and enjoyable trail ride. Start by heading up the Pocumtuck Ridge Trail (0.4 miles). Turn left onto Hemlock Trail and

then an immediate right onto the single track trail system. A couple of loop options offer opportunities to explore. Refer to the North Sugarloaf trail map.

## Signature Hike

### Pocumtuck Ridge Trail & Two Sugarloafs

**Trailhead:** Start at the parking area on Sugarloaf Street. **Lat/Long:** 42.468147, -72.595302

**Distance:** 4.2 miles round-trip **Difficulty:** Difficult

**Brief Description:** Take the blue blazed Pocumtuck Ridge Trail to the summit of South Sugarloaf. Take in the iconic view of the Connecticut River valley. Continue along this trail to North Sugarloaf vistas. Return to the saddle between the two summits. Return to the parking area via Old Mountain Trail.

## 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.*