

# Suggested MassParks Hikes and Rides!

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## Mount Washington State Forest

143 East Street, Mt. Washington, MA 01258, (413) 528-0330

To help you plan your visit to Mount Washington State Forest, 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 highlight some of the best features of the forest. All the trails below are listed on the Mount Washington Trail Map which is located at <https://www.mass.gov/doc/mt-washington-state-forest-trail-map/download>. For a safe and enjoyable park experience please review the *Things to Know Before Your Go* guidance at the end of this document.

### Introductory Hike

#### Bash Bish Falls

**Trailhead:** Begin from the Upper Falls Parking Lot on Falls Road in Mt Washington, MA., **Lat/Long:** 42.115025, -73.491629

**Distance:** 0.7 mile round trip, **Difficulty:** Moderate

**Brief Description:** *From the Massachusetts side (Upper Falls Parking Lot), follow the blue blazed trail west down to the base of Bash Bish Falls, the highest in Massachusetts (about 1/3 mile). You can continue down stream on trail to New York and return for a longer hike. Do not attempt to climb the steep slope on the southern side of the stream. In winter, park in Taconic State Park (Copake, NY) and walking the 1 mile up the Bash Bish Falls Trail to reach the falls. Warm footwear, traction devices and hiking poles are recommended.*

### 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.lnt.org/programs/principles.php>
- **Pets are generally permitted** on 10-foot maximum leash and under control 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: <https://www.mass.gov/outdoor-recreation-safety-tips>

