

# Suggested MassParks Hikes and Rides!

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## Mount Holyoke Range State Park

1500 West St, Amherst, MA 01002, 413 253-2883

To help you plan your visit to the Holyoke Range State Park, 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 this State Park.

### Introductory Hike

#### Laurel Loop

**Trailhead:** Begin behind the Notch Visitor Center, **Lat/Long:** 42.305056, -72.528384

**Distance:** 0.75 miles, **Difficulty:** Easy

**Brief Description:** *Pick up a map. This short loop brings you through mixed and open woodland on the north side of the range. The trailhead is located behind the park kiosk next to the Notch Visitor Center. For a longer option, add the Trolley Bed Trail to Brook Bank.*

### Signature Hike

#### Mt. Norwottuck & Horse Caves Hike

**Trailhead:** Begin behind the Notch Visitor Center, **Lat/Long:** 42.305056, -72.528384

**Distance:** 3.2 miles, **Difficulty:** Difficult

**Brief Description:** *Follow the New England Trail (NET), blazed white, to the top of Mt. Norwottuck. Continue on the NET down to the Horse Caves. These sedimentary rock overhangs were believed to be used as a shelter by rebels during Shay's Rebellion in 1786. Continue down until the NET intersects and joins with the Robert Frost Trail blazed orange. Turn left and follow the Robert Frost Trail back to the Visitors Center.*

### Signature Hike

#### New England Trail across the Seven Sisters

**Trailhead:** Begin at the Notch Visitor Center or Skinner Summit House

**Lat/Long:** 42.305056, -72.528384 (Notch)

**Distance:** 8 miles round trip, **Difficulty:** Difficult



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**Brief Description:** *Hike the famous Seven Sisters, a series of summits and lookouts between the Notch and Mt Holyoke on the New England Trail (white blazes). This trail is rugged and very steep in places, but well worth the trip. Don't be fooled, there are more than just seven.*

## Signature Mountain Bike Serpentine Coaster

**Trailhead:** Park at the Batchelor Street lot, **Lat/Long:** 42.282458, -72.520461

**Distance:** 3.4 miles, **Difficulty:** Difficult

**Brief Description:** *The single-track trails from Batchelor Street are fairly technical with numerous conglomerate and basalt rock features. If this is your first ride, try starting on the right side of the parking lot. Stay left at the first few intersections to stay on Serpentine. Connect (via Lower Access) to the Pond Trail and then take Roller Coaster back to the parking lot. These trails are not well marked, so prepare to get a little lost.*

### 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*.
- **Some trails may not well marked, go slow to make sure you are on the correct trail.**
- **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.
- **Carry-in, carry-out all trash:** Leave No Trace outdoor ethics are strongly encouraged.
- **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 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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