

# Suggested MassParks Hikes and Rides!

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## Mount Sugarloaf State Reservation

300 Sugarloaf St, South Deerfield, MA 01373, 413 665-2928

To help you plan your visit to Mount Sugarloaf, 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 highlights some of the best features of this State Park.

### Introductory Hike

#### The View of the Valley

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

**Distance:** 1.4 miles, **Difficulty:** Moderate but steep

**Brief Description:** *Take the blue blazed Pocumtuck Ridge Trail to the summit of South Sugarloaf. This is a steep climb, so take your time. Return by continuing over the summit to the saddle and back to the parking area via the Old Mt Trail.*

### Introductory Mountain Bike

#### Ride Witchhazel's Wander

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

**Distance:** Various, **Difficulty:** Easy

**Brief Description:** *Though not extensive, North Sugarloaf offers some enjoyable riding. Head up the Pocumtuck Ridge Trail, turn left on the Hemlock Trail and then right on the single track. a couple of loop options offer oportunities to explore.*

### Signature Hike

#### Pocumtuck Ridge Trail to South and North Sugarloaf

**Trailhead:** Start at the parking area on Sugarloaf St, **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. Continue along this trail to North Sugarloaf vistas and return to the saddle between the two summits and back to the parking area via Old MT Trail.*



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## 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 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: [http://www.mass.gov/dfwele/dfw/regulations/abstracts/hunting\\_dates.pdf](http://www.mass.gov/dfwele/dfw/regulations/abstracts/hunting_dates.pdf)

