

Recommended Paved Bike Path Routes

Myles Standish State Forest



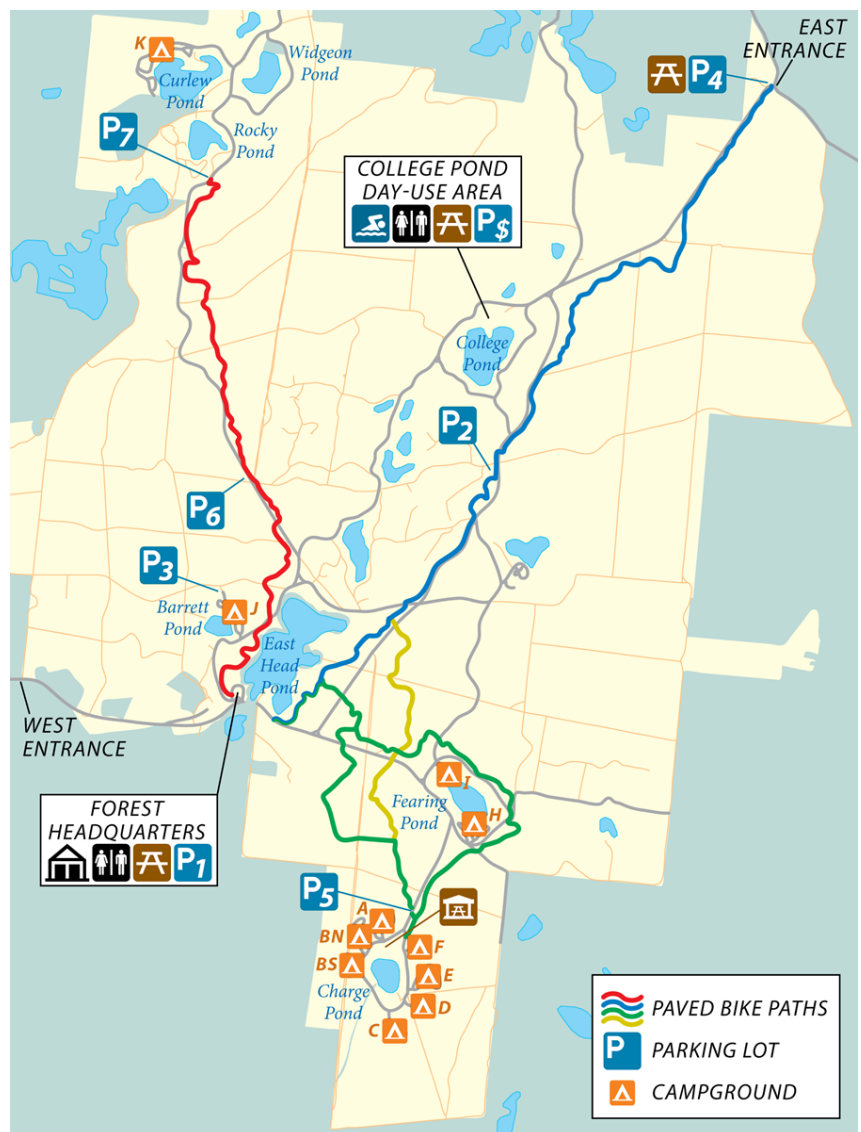
Welcome to the Myles Standish Paved Bike Paths. With over 15 miles of paved biking trails, this guide offers three suggested routes for visitors of different ages and skill levels:

- **Camping Pond Loop:** A leisurely 6.25-mile bike ride among beautiful pines and ponds that the whole family will enjoy.
- **Frost Pocket Path:** A long 11-mile contemplative ride through the forest to help clear your mind after a long day.
- **Rocky Pond Path:** A 7.8-mile ride that will burn some calories as you ride into one of the loveliest and most remote parts of the forest.

Please visit our website for additional information about the bike paths or to download a trail map (highly recommended) at <https://www.mass.gov/locations/myles-standish-state-forest>. Directional sign posts at intersections and other locations are found along the various bike trails.

Enjoy your ride, but please remember...

- Stay right, except to pass.
- Give clear signal when passing.
- Do not litter; carry in and carry out.
- Dogs on leash welcome; pick up dog waste and dispose of properly.
- If with young children, be sure an adult is in the lead.
- Bring drinking water
- Stop and look both ways at all cross walks and road crossings!
- Please note: Massachusetts law requires that a bicycle helmet be worn by all persons 16 years of age or under who are riding as an operator or passenger on a bicycle, in line skates, a scooter, or a skate board.
- The bike path sections marked in yellow on the map are connector paths you can use to modify your ride.



About the Bike Trails

Camping Pond Loop (Green)

A relatively easy 6.25-mile bike loop perfect for families looking for a scenic and relaxing ride through nature.

Begin at **Headquarters Parking Lot 1 (P1)** at 194 Cranberry Road, South Carver. From the southeast corner of the parking lot (the entrance to the parking lot), cross the gated foot bridge on your left and head up the paved road. The bike path will be on your left-hand side.

Carefully follow the signs at the trail intersections towards **Fearing Pond**. *You will cross a few automobile roads so cross with care.* When the bike path crosses Cutter Field Road, Fearing Pond will be on your right, through the large parking lot. This is one of our largest and most beautiful ponds. Why not stop and enjoy the view?

When you come back out of the parking lot, continue down the bike path which will take you to **Charge Pond**. You will arrive at a sign at a fork directing you straight to Charge Pond via an automobile road or right to **Parking Lot 5 (P5)**. If time allows, a stop at this pond is a nice break.

To return to **Headquarters**, return to the bike trail and take the first left hand turn towards **Parking Lot 5 (P5)**. The bike trail picks back up at the rear of the parking lot. Follow the signs towards **Headquarters (HQ)**.

Camping Pond Loop Information

Tall **white** pines grow along the paths. Count the levels of branches to tell how old they are. Each level of branches represents one year of growth!

The bent, gnarled pines with the rough bark are **pitch pines**. This tree is a pioneer species that grows in dry, sandy, fire-prone places other trees cannot grow.

Look for a bush with oak leaves. That's a **scrub oak**, the smallest oak tree in the world. They thrive in the sandy soil here.

Halfway to Fearing Pond, you will see a part of the forest where the trees have been cut down. These trees were non-native **red pine trees** that were planted many decades ago. An insect called the **red -pine scale** killed the trees a number of years ago. To prevent forest fires and allow native trees to grow back in their place, the dead red pines were removed.

Fearing Pond is the location of the last **Civilian Conservation Corp (CCC)** structure in Myles Standish State Forest. The CCC log bathhouse is an example of classic CCC architecture. The large stone firepit next to the bathhouse was also built by the CCC and is still in use today.

Frost Pocket Bike Path (Blue)

A long, peaceful and relatively flat 11-mile round trip bike ride through the woods.

Begin at **Headquarters Parking Lot (P1)** at 194 Cranberry Road, South Carver. From the southeast corner of the parking lot (the entrance to the parking lot), cross the gated foot bridge on your left and head up the paved road. The bike path will be on your left-hand side.

Once you are on the paved bike trail, follow the signs at the intersections towards the East Entrance which is on Long Pond Road in Plymouth. *You will cross a few automobile roads so cross with care.* Once you reach the East Entrance, you can retrace your ride to return to the **Headquarters parking lot**.

Frost Pocket Bike Path Information

This beautiful bike trail runs along the east side of the forest through tall white pine groves, vernal pools and the stark yet lovely **Pine Barrens**. The rolling landscape is the result of **Frost Pockets**, depressions that can be much cooler at the bottom than the top.

The **white pine tree** is the tallest species of tree east of the Mississippi River. You can spot them by their tall, straight trunks which are spotted with round patches of light green lichen.

The smaller, gnarled pine trees are **pitch pine trees** which are more dominant in the dry, sandy and fire prone Pine Barrens.

Rocky Pond Path (Red) Information

At 7.8 miles round trip with lots of ups and downs and twists and turns, this is our most challenging trail in terms of grade and difficulty!

Begin at **Headquarters Parking Lot (P1)** at 194 Cranberry Road, South Carver. The trail begins on the far side of the Headquarters building. Follow the paved road that loops behind Headquarters and the Bike Path entrance will be on your right.

There is only one bike path that leads up to Rocky Pond. *You will cross a few automobile roads so cross with care.* There is a slow but steady grade increase as you go along, particularly after you cross Bare Hill Road.

You will ride through some of the most remote and lovely parts of the forest and have the best chance at seeing wildlife, like **white-tailed deer**, **gray fox** or **wild turkey**.

As you reach the end of the Rocky Pond bike path you will cross under power lines and then cross the road at the small gravel **Parking Lot 7**. Our working **Rocky Pond Cranberry Bog** is located here. This is a nice place to take a break and walk down to the bogs.

To get back to the **Headquarters**, turn around and head back down the path. Be careful not to go too fast on the turns downhill, as they can sometimes be slick with sand or fallen pine needles.

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The 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.*

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