

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

- A leisurely 6.25-mile bike ride among beautiful pines and ponds that the whole family will enjoy
- A long 11-mile contemplative ride through the forest to help clear your mind after a long day.
- 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 Headquarters for additional information about the bike paths or to pick up a trail map. Directional sign posts at intersections and other designated locations are found along the various bike trails. Enjoy yourself, but please remember...

- Stay right, except to pass.
- Give clear signal when passing
- Do not litter; carry in and carry out.
- Dogs on short leash welcome; pick up waste.
- If with young children, be sure an adult is in the lead.
- Stop and look both ways at all cross walks and road crossings!*

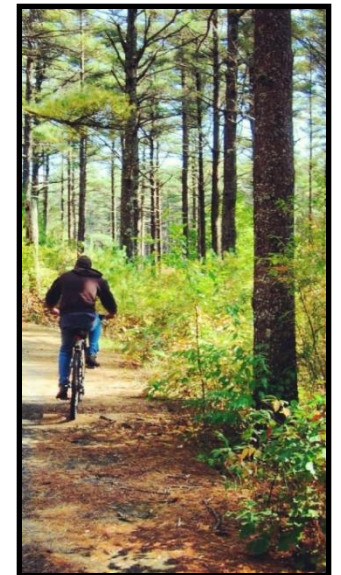
Please note: Massachusetts law requires that a bicycle helmet be worn by all persons 16 years of age or under who is riding as an operator or passenger on a bicycle, in line skates, a scooter, or a skate board.



Recommended Paved Bike Paths

Myles Standish State Forest

Self-Guided Bike Brochure



MYLES STANDISH STATE FOREST
 Department of Conservation and Recreation
 194 Cranberry Road, S. Carver, MA 02336
 (508) 866-2526
www.mass.gov/dcr

Camping Pond Loop

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 at 194 Cranberry Road, South Carver. Public restrooms and a water station are here. From the southeast corner of the parking lot, cross the gated foot bridge 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 gravel 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 get to 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 up at the back of the parking lot. Follow the signs towards **Headquarters (HQ)**.

Camping Pond Loop Info

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**. 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 pines** planted by the **Civilian Conservation Corp (CCC)**. 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 CCC structure in this 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.

Yellow Connector Sections

The bike path sections marked yellow on the map are connector paths you can use to modify your ride.

Frost Pocket Path

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

Begin at Headquarters Parking Lot at 194 Cranberry Road, South Carver. Public restrooms and a water station are here. From the southeast corner of the parking lot, cross the gated foot bridge and head up the paved road. The bike path is 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 Path Info

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

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

Rocky Pond Path

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

Begin at Headquarters Parking Lot at 194 Cranberry Road, South Carver. Public restrooms and a water station are here. The trail begins on the far side of the Headquarters building. Follow the paved road that loops behind Headquarters, the Bike Path entrance will be on your right.

There is only one 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.