

Blackstone River & Canal Heritage State Park

Oak Street, Uxbridge, MA
(508)-279-7604

Goat Hill Lock Trail

Difficulty: Easy
Length: 1.6 miles

Begin at the Visitors Center then follow the path of the Blackstone Canal to Plummers Landing. You will pass the Goat Hill Lock, one of the 48 locks built on the canal to move boats up and down the 438 foot difference in elevation from Providence to Worcester, and one of the best preserved locks along the canal route. This hike offers abundant wildlife viewing opportunities along the path.

Mt. Tom State Reservation

125 Reservation Rd.
Holyoke, MA 01040
(413)-534-1186

Goat Peak via Beau Bridge Trail and M-M Trail

Difficulty: Moderate
Length: 2.0 miles

Start at Stone House Visitor Center, go 0.25 miles towards the main entrance. Turn into a parking area and walk down

the hill to the entrance to Beau Bridge Trail, blazed blue. At intersection with M-M trail blazed white, turn left, follow trail about 0.25 miles until you reach Goat Tower. Climb tower for a 360° view of the valley. Return to the M-M trail and follow it back down. This winding trail features multiple bridges over Cascade Brook.

Erving State Forest

122 Long Pond Road
Warwick, MA 01378
(978) 544-3939 Park Headquarters
(978) 544-7745 Contact Station

Overlook Trail

(Laurel Loop)
Difficulty: Moderate
Length: 0.75 miles

The Overlook Trail begins by the contact station. This trail takes you through mixed forest to two scenic vistas, one with a view of Mt. Monadnock. It is an incline with some steep, rocky sections.

SAFETY FIRST

- **Always obtain a park map before you hit the trail.** Know where you are at all times.
- Tell a responsible person where you are going and when you will be back.
- Wear comfortable, supportive shoes, and dress in layers.
- Bring water, a snack, first aid kit, map, and compass.
- If you are unsure of which trail to take, turn around and backtrack rather than risk losing your way.
- Poison ivy is common throughout our state. Learn to identify and avoid poison ivy.
- Carry out what you carry in.
- Don't feed wildlife.
- Avoid sunburn.
- Conduct a tick check.

Central Region Headquarters

P.O. Box 484
Amherst, MA 01004
(413) 545-5993
www.mass.gov/dcr

Department of Conservation & Recreation
251 Causeway Street
Boston, MA 02114
(617) 626-1250
Mass.Parks@state.ma.us

Take A Hike!

Explore the
State Forests and Parks
of Central
Massachusetts

SELF-GUIDED FAMILY HIKEs



Get Outdoors!

Reconnect with Open Space.

The self-guided hikes listed in this brochure are part of the ***No Child Left Inside*** initiative. The mission of this initiative is to reconnect families and children with the great outdoors. Please visit www.greatparkpursuit.org for more information.

What is this brochure all about?

This ‘Take a Hike!’ Guide is intended for individuals, groups and families who are interested in exploring the State Parks and Forests of Southeast Massachusetts. The Massachusetts Department of Conservation and Recreation also encourages you to check a list of guided hikes offered throughout the state. This list is available at <http://www.mass.gov/dcr/events.htm>.

How do I get started?

You will need this ‘Take a Hike!’ Guide. This Guide describes ten hikes located throughout State Forests & Parks in Southeastern Massachusetts. Each hike includes a description and mileage of the hike. You may be able to pick up a trail map at the Forest or Park Headquarters, on-line at www.mass.gov/dcr, or by sending a SASE to the Park directly. You will also find directions to these parks at the above website. You will need a good pair of sneakers or boots and a bottle of water!

Wachusett Mountain State Reservation

Mountain Road, Princeton, MA
(978)-464-2987

Summit Loop

Difficulty: Moderate
Length: 1.5 miles

From the Visitor Center follow the Bicentennial Trail, taking the second right onto the Loop Trail. Follow Loop until it meets Mountain House Trail, take a right. Continue on Mountain House to the Summit, with its great views of the Boston skyline in the distance on clear days. Coming down take the Pine Hill Trail (to the left of the road) down to Bicentennial Trail where you’ll take a left and return back to the Visitor Center.

Moore State Park

Sawmill Road, Paxton, MA
(508)-792-3969

Mill Village Walking Tour

Difficulty: Easy
Length: 0.6 miles

From parking lot take Blackhill Road Trail past the American Chestnut Research Orchard. Continue, taking the first right on the Enchanta Trail. Follow this over

the hill, to chalet foundation. (ADA parking lot) Cross the Enchanta Bridge at the Eames pond waterfall. Take a left and follow path to the road. Continue past the Gristmill pond, with its cascades, and take a left on the sawmill bridge to the Azalea Path. Follow this to the Artist Overlook on the right for an incredible view of the sawmill foundation and third waterfall.

Mt. Holyoke State Park

Notch Visitors Center
1500 West Street
Amherst, MA 01002
(413) 253-2883

Mt. Norwottuck & Horse Caves Hike

Difficulty: Strenuous
Length: 3.2 miles

Start your hike just behind the Notch Visitors Center and follow the Metacomet-Monadnock (M-M) trail with the blazed white to the top of Mt. Norwottuck. As you descend, the trail bends left and eventually traverses a rock slide. At the bottom of the rock slide area go through the cleft in the large rock to the Horse Caves The caves were one of the supposed hiding places of Daniel Shays during his rebellion in the 1790’s. Continue on the M-M until the trail intersects and joins with the Robert Frost Trail blazed orange. Follow the Robert Frost Trail back to the Notch Visitors Center.

Purgatory Chasm State Reservation

Purgatory Road, Sutton, MA
(508)-234-96-+10

Chasm Loop Trail

Difficulty: Moderate
Length: 0.5 miles

This hike starts across the street from the Visitor Center. Enter the chasm and follow the blue blazes on the rocks. You will hike down into the center of this amazing naturally formed chasm with rock formations like the Devil’s Pulpit and the Devil’s Corn Crib, and rock walls up to 70 above the chasm floor.

Spring Path

Difficulty: Easy
Length: 0.25 miles

This path begins outside the backdoor of the Visitor Center. This is a paved path that is accessible and passes by the “Old Spring House” which is where early settlers retrieved water for daily use.