

Maudslay State Park

Curzon Mill Road, Newburyport, MA
(978) 465-7223

Intergenerational Walk

Difficulty: Moderate

Length: 1.0 mile

Advisory: Beware of poison ivy along the edges.

Pasture Trail to Overlook Road to three arch bridge and back. Experience a walk through the natural and historical areas of the park along gravel paths.

Sandy Point State Reservation

Parker River Wildlife Refuge
Ipswich, MA
(978) 462-4481

Marsh Meander

Difficulty: Moderate - Strenuous

Length: 1.5 miles

Advisory: Grassy areas may be muddy depending on weather. Some poison ivy along sides of trail.

Grassy trail/beach terrain. Trail bisects salt marsh and offers spectacular views of vegetation and wildlife species such as Great Blue Herons and Snowy Egrets. Loop around to the beach where you can view the dynamic shoreline and animals that live there. Also a chance to see bank swallows nesting and the unique home they create.

Walden Pond State Reservation

915 Walden Street, Concord, MA
(978) 369-3254

Pond Path Hike

Difficulty: Easy

Length: 1.7 miles

See numerous glacial formed coves along the trek. Visit the House Site of Henry David Thoreau's cabin. Great for families! Sand and gravel texture. Some gradual inclines.

Emerson's Cliff Trail

Difficulty: Moderate

Length: 1.0 mile

Advisory: Careful, steep climb to the top of the cliff. Large drop off at the top of cliff.

Follow the esker trail near the boat ramp to get to the opening of Emerson's Cliff Trail. Steep incline to the top of the hill. Moderate views of the surrounding area. Highest point in the park measuring 274 feet above sea level.

Esker Trail

Difficulty: Moderate to Difficult

Length: 2.0 miles

Glacial formed trail with moderate inclines. Follow to Heywood's Meadow Rd. Circle around a wetland area with a diversity of wildlife. Climb steep hill to link back up with the Esker trail. Fabulous view of the pond.

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.

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

North Region

Headquarters

25 Shattuck St.
Lowell, MA 01852
(978) 937-2092
www.mass.gov/dcr



Take A Hike!

Explore the State
Forests and Parks of
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Massachusetts
SELF-GUIDED
FAMILY HIKES



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**Disconnect with Cyberspace.
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/eea/agencies/dcr/massparks/recreational-activities/hiking.html>

How do I get started?

You will need this ‘Take a Hike!’ Guide. This Guide describes ten hikes located throughout State Forests & Parks in Northeast 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!

Great Brook Farm State Park

984 Lowell Road, Carlisle, MA
(978) 369-6312

Litchfield Loop

Difficulty: Easy
Length: 1.0 mile

Easy trail with a nice view of the Farm. Complex and corn fields, as well as field with colorful wildflowers.

Pine Point Loop

Difficulty: Moderate
Length: 2.0 miles

A mostly shaded trail, with some open field areas. Majestic white pine trees line the trails and open fields are lined with vibrantly colored wildflowers, as well as some swamp area.

Tannery Falls Trail

Difficulty: Moderate
Length: 3.0 miles

A mostly shaded trail. Magnificent, historic stone walls and pre-colonial cellars are present along the trail.



Halibut Point State Park

Gott Avenue, Rockport, MA
(978) 546-2997

Babson Farm Quarry Interpretive Trail

Difficulty: Easy
Length: 1.0 mile

Level walk on graded trails. Obtain park brochure at the Visitor Center and walk along the numbered interpretive stops.

Ocean Path

Difficulty: Moderate
Length: 1.0 mile
Advisory: Path to rocks well-maintained, but rocks along the shore may be slippery.

Beautiful walk down to rocky shoreline featuring ocean tidepools filled with unique sea life.



Hopkinton State Park

Route 85, Hopkinton, MA
(508) 435-4303

Long Trail

Difficulty: Moderate
Length: 1.5 miles

Longest trail in the park, traversing end to end, exposing you to both coniferous and deciduous forest.

Harold Parker State Forest

Rt. 114, North Andover, MA
(978) 686-3391

Stearns Pond Trail

Difficulty: Easy
Length: 2.0 miles

Park at Headquarters and begin down Beach Road beyond gate. Trail follows fire road around north side of Stearns Pond. Route crosses by spillway built by the CCC in the 1930s, creating this pond. Look for bird life in marshy area to right of spillway. Trail ends at Harold Parker Road.

Berry Pond Trail

Difficulty: Easy
Length: 1.5 miles

Park at Jenkins Road parking area. The trail starts at the asphalt fire road leading up to the stone dust trail on the right. This trail meanders around the pond with wooden bridge crossing in dense forest. Berry Pond is a natural kettle pond formed by a glacier thousands of years ago. Berry Pond is currently un-staffed.

Salem Pond Loop

Difficulty: Moderate
Length: 1.5 miles

Bradford Pond Road trail to Upper Salem Pond Road trail, following heavily wooded fire roads around scenic Salem Pond. Stearns Pond was also built by the CCC.