Department of Conservation and Recreation Healthy Heart Trails Location Information

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Bastoner Stepe Crewst Server Book Louge believing in many parking to Law positiving in many parking for the Control Control Book Control	Facility Name	Name of Trail	Surface	ADA Accessible	Lenth of Trail	Activity Level	Starting Point			
Bower Brook Coop starting in main parking lot Particly Proved Yes 75 Miles Easy Bigger at the main perhange on on swerely Cales Rd in Wildham	Ashuwillticook Rail Trail	Ashuwillticook Rail Trail	Paved	Yes	11 miles	Easy	Berkshire Mall Rd. Park at Lanesboro/Discover Berkshire Visitor Center-Depot St., Adams			
Sewer Brook Reservation Selected Brook Reservation Selec	Beartown State Forest	Benedict Pond Loop Trail	Unpaved	No	1.5 Miles	Easy	Boat Ramp Parking Area at Benedict Pond			
Balle is the March Reservation Balle is the Marcole Usop Unpared 1 Unpared 2 Unpared 2 Unpared 2 Unpared 3 Unpared 4 Unpared 5 Unpared	Beaver Brook L	Loop starting in main parking lot	Partially Paved	yes	.75 Miles	Easy	Start at Main parking Lot			
Blackstone River & Clarel HSP Blackstone Canel Topqobat Prial Urpawed No 1.5 Miles Easy Tri River Health Center Practical Law Urpawed No 1.5 Miles Easy Tri River Health Center Part of Proof Walks Urpawed No 1.5 Miles Easy Representation Representation No 1.5 Miles Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Part Design at the Lee Pool Pating LG Easy Easy Part Design at the Lee Pool Pating LG Easy	Beaver Brook Reservation E	Beaver Brook Loop	Partially Paved	Yes	.75 Miles	Easy	Begins at the main parking area on waverly Oaks Rd. in Waltham			
Border State Park Part of Proff Walk Bordey Palm State Park Part of Proff Walk Palm State Park Palm State	Belle Isle Marsh Reservation	Belle Isle Meadow Loop	Unpaved	Yes	0.6 Miles	Easy	Start at the main parking lot off Bennington Street, East Boston			
Bradley Palmer State Park Treat State Park Tre	Blackstone River & Canal HSP	Blackstone Canal Towpath Trail	Unpaved	No	1 Mile	Easy	Tri River Health Center Parking Lot			
Proceedings Process	Borderland State Park F	Part of Pond Walk	Unpaved	No	1.5 Miles	Easy	Visitor's Center			
Begehand Reservation Collation State Park Coalled Island Castle Island C	Bradley Palmer State Park	Interpretive Trails #46 and #2	Unpaved	No	1.2 Miles	Easy	Interpretive Trail #46 behind the Headquarters Building			
Callate Island	t	trail begins off main parking lot near visitor center								
Castle Island Castle Island Loop	Breakheart Reservation ((fox run trail to Saugus River trail)	Unpaved		1.4 Miles	Moderate	Breakheart Visitor Center			
Charles New Esplanade	Callahan State Park	Backpacker/Acorn Trail	Unpaved	No	1.5 Miles		Broad Meadow Parking Lot			
Charles New Esplanade Charles New Esplanade Charles New Esplanade Chicappe Memorial State Park Chicappe Memorial State Par	Castle Island (Castle Island Loop	Paved	Yes	.75 Miles	Easy	At the junction of the playground and main path			
Chicope Memorial State Park Snake Book Trail Cocitistate State Park Snake Book Trail Collet Park, Loop Kondrick Pond Loop	Charles River Esplanade E	Esplanade Loop	Paved	Yes	1.5 Miles	Easy				
Confluente State Park Snake Brook Trail Uppaved Ves 1.5 Miles Moderate R127 in Wayland. Parking is available next to the trail head at Einstein's Bagels Coulder Park, Lopo Kendrick Pord Lopo Uppaved Ves 0.8 Miles Easy Accessible Stat at the bulleth board at the parking jot or Kendrick Street (Needham) Dans State Forest Dunn State Park Dunn Pond Loop Trail Uppaved Ves 1 Mile Easy Beach and pointin area area the Pond House Eliswishe Harbor State Park Dunn State Park Dunn Pond Loop Trail Uppaved Ves 1 Mile Easy Beach and pointin area area the Pond House Eliswishe Harbor State Park Rum Walkor Trail Uppaved No 1 Mile Easy Parking Lot Conductive Trail Uppaved Ves 1.5 Miles Easy Every Harbor State Park Rum Walkor Trail Uppaved No 1.5 Miles Easy Every Harbor State Park Conductive Trail Uppaved No 1.5 Miles Easy Every Harbor State Park Conductive Trail Uppaved No 1.5 Miles Easy Park at Cancel Lurch: Trail state after the gate on your left Uppaved No 1.5 Miles Easy Park at Cancel Lurch: Trail state after the gate on your left Uppaved No 1.5 Miles Easy Park at Cancel Lurch: Trail state after the gate on your left Uppaved No 1.5 Miles Easy Park at Cancel Lurch: T	Chestnut Hill Reservation F	Reservoir Loop	Unpaved	Yes	1.5 Miles	Easy	Start at the bulletin board on Beacon Street near the skating rink			
Culter Park, Loop Kendrick Fond Loop Unpawed No 1.25 Miles Easy Accessible Date Accessible Date I Unpawed Yes 0.8 Miles Easy Accessible Date Rampor Upper Highland Lake Dum Park Rampor Upper Date Dum Park Dum Park Rampor Upper Date Dum Park Dum Park Rampor Upper Date Date Park Right Walker Trail Unpawed No 1.1 Mile Easy Beach and poline area mare the Pond House Ellisville Harbor State Park Right Walker Trail Unpawed No 1.1 Mile Easy Parking Lot Ellisville Harbor State Park Right Walker Trail Unpawed No 1.5 Miles Easy Parking Lot Ellisville Harbor State Park Right Walker Trail Unpawed No 1.5 Miles Easy Parking Lot Ellisville Harbor State Park Right Walker Trail Unpawed No 1.5 Miles Easy Parking Lot Ellisville Parking Lot Residuariers Trailhead Fall Fall Walker Ramp State Park Rampor Version Parking Lot Residuariers Trailhead Fall Fall Walker Ramp State Park State Park State Park Rampor Version Parking Lot Rampor Version Parking	Chicopee Memorial State Park	Loop Trail	Paved	Yes	2.4 Miles	Easy	Base of the Recreation Area Parking Lot			
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DAR State Forest					1.25 Miles					
Doughas State Forest Bird Blind and Cederal Swamp Trails Unpawed No 1 Mile Moderate More Moderate More Moderate More Moderate										
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Pittsfield State Forest Tranquility Trail Paved Yes .75 of a Mile Easy Across from Ski Lodge Parking Lot										

Pope John Paul II Park	Park Loops	Paved	Yes	1.5 Mile and 2 Mile loops	Easy	At main parking lot off of Gallivan near the playground
Purgatory Chasm State Reservation	Charlie's Loop Trail	Unpaved	No	1 Mile	Moderate	Start on trail to the right of the Chasm entrance
Quinsigamond State Park	Lake Park Walking Trail	Unpaved	Yes	1 Mile	Easy	Lake Park entrance, across from tennis courts
Revere Beach	Revere Beach Boulevard Trail	Paved	Yes	0.8 of a mile round trip.	Easy	Start along the sidewalk east of the Eliot Circle Rotary
Sandisfield State Forest, York Lake	York Lake Loop Trail	Unpaved	No	1.5 Miles	Easy	York Lake Picnic Area
Scusset Beach State Reservation	Cape Cod Canal Pathway	Paved	Yes	5 Miles	Easy	Start at Scusset Beach State Reservation, park at either the Fish Pier or Jetty parking lots
Shawme Crowell State Forest	Tilly Turkey Trot Trail	Unpaved	No	1 Mile	Easy	Field between Area 1 and 2
South Boston Beaches	Pleasure Bay Loop	Paved	Yes	1.9 Miles	Easy	At Playground
Spectacle Island	Perimeter Trail	Unpaved	Yes	1.5 Mile Loop	Moderate	Visitors' Center
Stony Brook Reservation	The Paved Loop	Paved	Yes	1.5 Miles	Moderate	Start at the parking lot by gate 21 on Enneking Parkway (near the intersection with Smithfield Road)
Tolland State Forest	Gilmore Short Loop Trail	Unpaved	No	1 Mile	Easy	Tolland Boat Ramp Parking
Upper Charles River Reservation	Bridge to Farwell Street Loop	Unpaved	No	1.6 Miles Round Trip	Moderate	Begins at the Bridge and California Street intersection in Newton
Upper Charles River Reservation	Farwell to Elm Street Loop	Paved	Yes	1.6 miles Round Trip.	Moderate	Begins at the Farwell Street Bridge in Newton
Upper Charles River Reservation	Galen to Bridge Street Loop	Paved	Yes	1.6 Miles	Easy	Begins at Watertown square, Watertown at the Galen and Main Street intersection
Upper Charles River Reservation	Moody to Prospect Street Loop	Paved	Yes	1 Mile Round Trip.	Easy	Begins at the Moody Street Bridge at Waltham Center
Upper Charles River Reservation	Prospect Street to Forest Grove Loop	Paved	Yes	1 Mile Round Trip	Moderate	Begins at Prospect Street Bridge in Waltham
Upton State Forest	CCC Way-Park Road-Middle Road	Unpaved	No	2 Miles	Moderate	Trailhead at the Parking Lot
Walden Pond State Reservation	Pond path	Unpaved	No	1.7 Miles	Easy	Junction of the main beach and pond path *not accessible to certain types of baby strollers
Waquoit Bay National Estuarine Research						
Reserve	Quashnet River Trail	Unpaved	No	2.5 Miles	Moderate	Martin Road
Webb State Park	Webb Healthy Heart Trail	Unpaved	No	1.5 Miles	Moderate	Parking Lot
Wells State Park	Mill Pond Trail	Unpaved	Yes	1 Mile	Easy	Main parking lot just beyond Contact Station
Wendell State Forest	Ruggles Pond Loop Trail	Unpaved	No	1 Mile	Easy	Start at the beach area at Ruggles Pond
Wollaston Beach	The Manet Community Center Road to Health Trail	Paved	Yes	2 Miles	Easy	Granite Markers every half mile
Wompatuck State Park	Near Visitor Center	Paved	Yes	1.25 Miles	Easy	Lower Visitor Center Parking Lot