

Department of Conservation and Recreation Healthy Heart Trails Location Information

Facility Name	Name of Trail	Surface	ADA Accessible	Lenth of Trail	Activity Level	Starting Point
Ashuwillticook Rail Trail	Ashuwillticook Rail Trail	Paved	Yes	11 miles	Easy	Berkshire Mall Rd. Park at Lanesboro/Discover Berkshire Visitor Center-Depot St., Adams
Beartown State Forest	Benedict Pond Loop Trail	Unpaved	No	1.5 Miles	Easy	Boat Ramp Parking Area at Benedict Pond
Beaver Brook	Loop starting in main parking lot	Partially Paved	yes	.75 Miles	Easy	Start at Main parking Lot
Beaver Brook Reservation	Beaver Brook Loop	Partially Paved	Yes	.75 Miles	Easy	Begins at the main parking area on waverly Oaks Rd. in Waltham
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
Blackstone River & Canal HSP	Blackstone Canal Towpath Trail	Unpaved	No	1 Mile	Easy	Tri River Health Center Parking Lot
Borderland State Park	Part of Pond Walk	Unpaved	No	1.5 Miles	Easy	Visitor's Center
Bradley Palmer State Park	Interpretive Trails #46 and #2	Unpaved	No	1.2 Miles	Easy	Interpretive Trail #46 behind the Headquarters Building
Breakheart Reservation	trail begins off main parking lot near visitor center (fox run trail to Saugus River trail)	Unpaved		1.4 Miles	Moderate	Breakheart Visitor Center
Callahan State Park	Backpacker/Acorn Trail	Unpaved	No	1.5 Miles	Moderate	Broad Meadow Parking Lot
Castle Island	Castle Island Loop	Paved	Yes	.75 Miles	Easy	At the junction of the playground and main path
Charles River Esplanade	Esplanade Loop	Paved	Yes	1.5 Miles	Easy	Path begins at the Lee Pool Parking Lot
Chestnut Hill Reservation	Reservoir Loop	Unpaved	Yes	1.5 Miles	Easy	Start at the bulletin board on Beacon Street near the skating rink
Chicopee Memorial State Park	Loop Trail	Paved	Yes	2.4 Miles	Easy	Base of the Recreation Area Parking Lot
Cochituate State Park	Snake Brook Trail	Unpaved	Yes	1.5 Miles	Moderate	Rt 27 in Wayland. Parking is available next to the trail head at Einstein's Bagels
Cutler Park, Loop	Kendrick Pond Loop	Unpaved	No	1.25 Miles	Easy	Start at the bulletin board at the parking lot on Kendrick Street (Needham)
DAR State Forest	Accessible Trail	Unpaved	Yes	0.8 Miles	Easy	Accessible Boat Rampon Upper Highland Lake
Douglas State Forest	Bird Blind and Cedar Swamp Trails	Unpaved	No	1 Mile	Moderate	Gravel road near rest rooms
Dunn State Park	Dunn Pond Loop Trail	Unpaved	Yes	1 Mile	Easy	Beach and pcinic area near the Pond House
Ellisville Harbor State Park	Ruth Walker Trail	Unpaved	No	1 Mile	Easy	Parking Lot
Elwell Recreation Area	Norwottuck Rail Trail	Paved	Yes	1.25 Miles	Easy	Elwell Parking Lot
F. Gilbert Hills State Forest	Hiking Trail	Unpaved	No	1.5 Miles	Easy	Forest Headquarters-Trailhead
Fall River Heritage State Park	Boardwalk	Paved	Yes	.75 Miles	Easy	Visitors' Center
Granville State Forest	Corduroy Trail	Unpaved	No	1.5 Miles	Easy	Granville HQ Parking Area
Great Brook Farm State Park	Pine Point Loop	Unpaved	No	2 Miles	Easy	Park at Canoe Launch. Trail starts after the gate
Halibut Point State Park	Self-Guided Trail	Unpaved	No	1.3 Miles	Moderate	Kiosk at the front of the Parking Lot
Hampton Ponds State Park	Beach to Beach Loop Trail	Partially Paved	No	1 Mile	Easy	Kingsley Beach
Harold Parker State Forest	Accessible Trail at Berry Pond	Unpaved	Yes	1 Mile	Easy	Pavilion Parking Lot on Middleton Road
Hopkinton State Park	Self Guided Nature Trail	Unpaved	No	1.5 Miles	Moderate	Trail Head is directly adjacent to the Boat Rental Parking lot
Horseneck Beach State Reservation	Beach Road	Paved	Yes	2 Miles	Easy	Bridge Street
Houghton's Pond	Yellow Dot Trail Loop around pond	Unpaved	Yes	1 Mile	Easy	Houghton's Pond Parking Lot
Lowell Dracut Tyngsboro Forest	Family Loop Trail	Unpaved	No	1.5 Miles	Moderate	Park at end of Trotting Park Rd. Trail starts after the gate on your left
Lowell Heritage Park	Lowell Esplanade	Paved	Yes	1.5 Miles	Easy	Park at Rynne Bathhouse located at 160 Pawtucket Blvd.
Mary O'Malley Park	Mary O Malley Loop	Paved	Yes	1 Mile	Easy	Begins at the bath house
Maudslay State Park	Pasture Trail	Unpaved	No	1.4 Miles	Moderate	Across from the main parking lot
MF Correllus State Forest	Dr. Fischer Road	Unpaved	No	3.4 Miles	Easy	Forest Headquarters on Sanderson Ave. in Edgartown
Middlesex Fells Reservation	Spot Pond Loop	Partially Paved	No	0.6 of a mile round trip.	Easy	Begins at the Botume House
Moore State Park	Healthy Heart Trail	Unpaved	No	1 Mile	Moderate	Kiosk in parking lot on Sawmill Road
Mt. Everett State Reservation	Gulder Pond Trail	Unpaved	No	1.5 Miles	Easy	Gulder Pond Parking and Picnic Area
Mt. Greylock State Reservation	Bradley Farm Loop Trail	Unpaved	No	1.8 Miles	Easy	Visitor Center in Lanesborough
Mt. Tom State Reservation	Bray Lake Loop Trail	Unpaved	No	1.6 Miles	Easy	Parking Lot by Comfort Station
Myles Standish State Forest	Easthead Reservoir Trail	Unpaved	No	3 Miles	Moderate	Forest Headquarters Lower Parking Lot
Nahant Beach Reservation	Nahant Beach Promenade Trail	Paved	Yes	0.8 of a mile round trip.	Easy	Begins at the park entrance near the bulletin board
Nantasket Beach	Promenade	Paved	Yes	1.5 Miles	Easy	From Ocean Club
Nasketucket State Reservation, Satellite of Fort Phoenix State Reservation	Bridle Trail	Unpaved	No	1 Mile	Easy	Parking lot-trailhead
Neponset River Greenway	Neponset Greenway Trail	Partially Paved	No	2 Mile	Easy	Just before route 3 underpass adjacent to the main loop at PJP
Nickerson State Park	Ober Trail	Paved	Yes	1.5 Miles	Moderate	Area 1 and Amphitheater Parking Lot
Otter River State Forest	Wilder McKenzie Trail	Unpaved	No	1.2 Miles	Easy	Near Campsite 56 in Otter River SF or along the day use road in Lake Dennison RA
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 acessible 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