



# Upper Mystic Lake, Arlington, Medford, Winchester

## General Information

This fertile, 178-acre great pond is located about a mile and a half south of Winchester center. It is fed by the Aberjona River and the outlet, located at the south end of the lake, is the Mystic River. Maximum depth is approximately 90 feet; average depth is 29 feet (although the two upper basins are very shallow). Transparency is poor, roughly three feet, due to the high fertility of the water. Submerged aquatic vegetation is limited by the poor transparency, but emergent vegetation is abundant in the shallow northern basin, moderate in the middle basin, and scattered around the western and eastern shores of the deep southern basin. While surrounding areas are highly developed, the shorelines of this lake are only moderately developed with homes and boating clubs, and the eastern and southern shores are fully protected as parkland by the DCR.

## Recreational Access

Shoreline access is excellent along the eastern and southern shores, and there are smaller accessible sections scattered elsewhere around the pond. Boat access is provided by an Public Access Board paved launching ramp located off the Mystic Valley Parkway near the lake's outlet (71° 8'50.94"W 42°25'51.93"N). Non-motorized boats only. Parking is available for a dozen vehicles. Please contact the DCR for additional information, fee structure, and/or restrictions pertaining to public access of Upper Mystic Lake.

## Fish Populations

The following fish species were found during MassWildlife surveys: Largemouth Bass, Chain Pickerel, Brown Bullhead, Yellow Perch, Bluegill, Pumpkinseed, Black Crappie, White Sucker, Carp, Golden Shiner, American Eel, and Alewife.

## Fishing

The high fertility of this lake, combined with a good forage base in the form of alewives and golden shiners, results in above average growth rates for many of the species found here. Large bass and pickerel are not uncommon, a fact which is enhanced by generally low fishing pressure. Most fishing takes place from shore, and though rarely unproductive, it allows numerous gamefish to grow large in the great expanse of water beyond the reach of shore casters. Unfortunately, occasional fish kills (the result of low oxygen concentrations usually caused by algae blooms) may tend to limit the potential maximum size of at least some fish. Panfish are particularly abundant in this lake and will provide plenty of action. This is also good carp water: anglers fishing with corn or doughballs report catches of lunkers over 15 pounds. Upper Mystic Lake has produced Carp that meet the minimum size for recognition by the Freshwater Sportfishing Awards Program.

## Useful Links:

[Get your Fishing License](#)

[Freshwater Fishing](#)

[Trout Stocking Information](#)

[Freshwater Sportfishing Awards Program](#)

## Learn more:

[Mass.gov/MassWildlife](https://mass.gov/MassWildlife)

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## Your local

### MassWildlife office:

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## STOP AQUATIC HITCHIKERS!

Prevent the transport of nuisance species.  
Clean all recreational equipment.  
[ProtectYourWaters.net](https://ProtectYourWaters.net)

Updated: 2018



# Upper Mystic Lake

178 Acres

Winchester/Arlington/Medford  
Mystic River Watershed

Coordinates: 71° 8'51.00"W 42°25'52.02"N

USGS Quad: Lexington

