

Suggested MassParks Hikes and Rides!

Upton State Forest

205 Westboro Road, Upton, MA 01568, (508) 278-6486

To help you plan your visit to Upton State Forest, we offer the following suggested hike and ride routes that we think visitors might enjoy. **Introductory hikes or rides** are relatively short and appropriate for most users, including families with children. **Signature hikes and rides** are recommended trail experiences that may be longer or more difficult, but that highlight some of the best features of the forest. For a safe and enjoyable park experience please review the *Things to Know Before Your Go* guidance at the end of this document.

Signature Hike

Healthy Heart Hike!

Trailhead: At head quarters, **Lat/Long:** 42.20904, -71.60811

Distance: 3.25 mi, **Difficulty:** Easy

Brief Description: *From the parking area, head to Park Rd and follow down the road, then turn left onto Dean Pond Rd. Enjoy a few moments by the pond, then return up Middle Rd, continue on the path to Loop Rd and back to the parking area. Upton State Forest has a rich CCC history!*

Signature Ride

Round Upton

Trailhead: At head quarters, **Lat/Long:** 42.20904, -71.60811

Distance: 7.0 mi, **Difficulty:** Easy / Moderate

Brief Description: *This loop ride starts at the main parking area. From the park entrance, cross Westboro Rd, go round the Rabbit Run Trail, cross Ridge Rd, then Westboro Rd and ride along the Old Hopkinton Spring Trail. Cross Southborough Rd and proceed on the Mammoth Rock Trail to the Grouse Trail. Once you reach Whitehall Rd, ride to Loop Rd then to Dean Pond. Head out Dean Pond Rd to Park Rd and return to the parking area.*

Introductory Hike

Healthy Heart Loop

Trailhead: CCC Way Trail Head, **Lat/Long:** 42.029950, -71.609330

Distance: 2.75 miles, **Difficulty:** Moderate

Brief Description: *This loop follows the wide CCC built Park Road, Middle Road and the forested Warbler Trail through Upton State Forest. This moderate hike will take you*



along some of the gentle hills of the forest to Dean pond and back the parking lot at CCC Way. Some of the scenic highlights along this route CCC watering holes, historic stone walls and cellar holes. This loop is 2.75 miles on gravel and forested trails. Trails are shared by hikers, bicyclist, and equestrians, please allow bicyclists and equestrians to pass.

Things to Remember:

- **Time, distance, difficulty:** average hiker pace is estimated at 1.5 miles per hour. Most distances are round-trip. Plan conservatively, start early. Be aware of weather and sunset. Trail difficulty ratings based on ruggedness and gradient are **easy, moderate, or difficult**.
- **Wear weather appropriate clothing**, layer for temperature changes. Appropriate footwear is a must. Trails can be wet.
- **Parking at trailheads:** Parking fees may apply. Space may be limited. Be courteous to avoid blocking in others. Do not leave valuables in your car.
- **Bring a map, and share your plans with someone.**
- **Drinking water** is usually not available. Bring plenty! Trailside sources should be treated.
- **Stay on designated trails:** Follow painted blazes and signs if available. Double blazes indicate an intersection or direction change.
- **Pace & group size:** keep your group together; hike only as fast as your group's slowest hiker or rider. Limit group size to 12 people or fewer to lessen impacts.
- **Carry-in, carry-out all trash:** Leave No Trace outdoor ethics are strongly encouraged. For more information visit <http://www.lnt.org/programs/principles.php>
- **Pets are generally permitted** on 10-foot maximum leash and under control at all times. Please clean up after your pet and dispose of all waste outside of park. Be aware of local park rules and that not all users appreciate encountering pets, even when friendly.
- **Be aware that some trails are not well marked.**
- **Be aware of hunting seasons** and wear blaze orange when appropriate. For season info visit: <https://www.mass.gov/outdoor-recreation-safety-tips>