



Sensory Trail Events

Meet at Mass Central Rail Trail- Sterling Spur, 25 Gates Road, Sterling

Programs are designed to be intentionally inclusive and accessible for a safe interaction with the outdoors, free and open to all. This section of trail is 0.75 mile round trip. Dogs are not allowed, service and medical support animals, when acting within their service capacity, are welcome. Low benches are placed along the way for resting areas. The Mass Central Rail Trail (MCRT), Wachusett Greenways section, is a 10' wide shared-use stone dust surface. An ADA compliant portable toilet is placed at the start of the trail. Parking area is located across the trailhead and a painted crosswalk is on Gates Road.

Winter Bird Outing

Friday, Jan 17, 10:00-11:30am

Nestled between two water bodies, this trail is a wonderful place to look and listen for birds and use our senses to observe bird behavior, even in winter!

Winter Sensory Outing

Friday, Feb 21, 10:00-11:30am

Enjoy the winter wonderland with activities to fine-tune your senses and connect to nature.

Spring Sensory Outing

Friday, March 28, 10:00-11:30am

Engage your senses to enjoy the magic of spring, the return of early migratory birds, vernal pools, and more!



For ADA/reasonable accommodations:
call (617) 645-0358,
or email moneesha.dasgupta2@mass.gov

Please email kathryn.parent@mass.gov or call 617- 352-4044 for weather cancellations or winter trail conditions for these events.

Coming Events