

Suggested MassParks Hikes and Rides!

Myles Standish State Forest

Cranberry Rd., S. Carver, 508 866-2526

To help you plan your visit to Myles Standish 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 highlights some of the best features of this State Park.

Introductory Hike

East Head Reservoir Loop

Trailhead: Begin just behind the Forest Headquarters, **Lat/Long:** 41.839333, -70.690985

Distance: 2.5 mile loop, **Difficulty:** Easy

Brief Description: *East Head Reservoir Health Heart Trail. 2.5 miles circling East Head Reservoir. This hike is an ideal introduction to the area. The trail hugs the shoreline of the East Head Reservoir for most of its length.*

Signature Bike Ride

Rocky Pond Path to Bog Pond Loop

Trailhead: Begin to the left of the Forest Headquarters, **Lat/Long:** 41.839333, -70.690985

Distance: 7.4 mile RT, **Difficulty:** Moderate

Brief Description: *This paved path winds through the pine, spruce and scrub oak forests on its way to the Rocky Pond parking area. At Rocky Pond, take a hike around the Bog Loop Trail.*

Signature Hike

Friends' Loop

Trailhead: Begin at the East Entrance parking lot off of Long Pond Road in Plymouth.

Lat/Long: 41.889766, -70.631876

Distance: 3.3 miles, **Difficulty:** Moderate

Brief Description: *Take the Frost Pocket Bike Path to the Friends' Loop Trail. The trail is somewhat hilly, crossing a glacial moraine, and offers a number of excellent views through the tall pines.*



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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.
- **Helmets required** for riders under 16. Recommended for all.
- **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 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: http://www.mass.gov/dfwele/dfw/regulations/abstracts/hunting_dates.pdf

