Welcome to DCR's
Harold Parker State Forest

One of the oldest properties in the state park system, Harold Parker offers 3,500 acres of park land primarily used for camping, fresh water swimming and hiking. It is part of the Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs.

DCR oversees 450,000 acres of parks, forests, beaches, bike trails, waterbodies, and dams. Its mission is to protect, promote, and enhance the state's natural, cultural, and recreational resources. To learn about DCR and to discover more parks and recreational opportunities within the Massachusetts state parks, visit www.mass.gov/dcr.

Designated by a heart symbol, Healthy Heart Trails are pathways or trails used for hiking or walking that are easy to moderate in activity level and intended for people to help build a healthy heart.

TRAIL USE GUIDELINES AT HAROLD PARKER
• Stay on designated trails and roads.
• Observe all posted rules and regulations.
• Motorized vehicles prohibited.
• Be respectful of other trail users:
  - Hikers: Allow bicyclists and equivalent to pass.
  - Bicyclists: Control your speed, do not skid.
  - Equestrians: Control your horses.
• Be aware of hunting seasons and wear blaze orange where appropriate.
• Parking in designated areas only.
• All vehicles must display parking pass in marked lots.

LEGEND
Harold Parker State Forest
Paved Road
Unpaved Road
Summer: Hiking/Bridal Path
Winter: Skiing Trail
Yellow Diamond Trail
Bay Circuit Trail, 3CT
Healthy Heart Trail
Picnic Area
Pavilion
Campground
Forest Headquarters
Parking
Closed Gate
Town Boundary
Brook
Pond
Weir
Contour Line (30' Interval)
No Hunting Area

* Gates are in place to discourage motor vehicle use. All other trail users are welcome to travel beyond gate during park hours.