

Callahan State Park 210 Millwood St. Framingham, MA 2015 MAILING ADDRESS: Cochituate State Park 93 Commonwealth Rd., Rte. 30 Wayland, MA 01778 (508) 653-9641



Welcome to DCR's Callahan State Park

With over 800 acres of park land, Callahan is primarily used for hiking, horseback riding and walking.

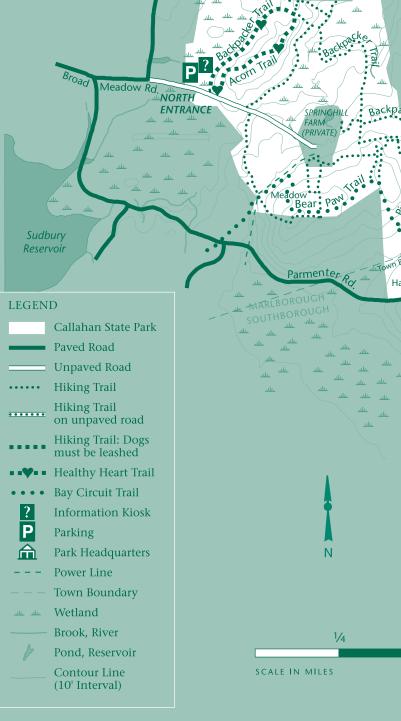
It is part of the Massachusetts state park system and is managed by the Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs.

DCR oversees 450,000 acres of parks, forests, beaches, bike trails, watersheds, 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. For Callahan, visit www.mass.gov/dcr/parks/northeast/call.htm

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 routine use to help build a healthy heart.

TRAIL USE GUIDELINES AT CALLAHAN

- 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 equestrians to pass.
 Bicyclists: Control your bike-do not skid.
 Avoid startling horses and hikers- announce yourself.
 Equestrians: Control your horse.



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