

Places to Hike in Greater Worcester



3rd Edition
Updated December, 2014

Trail Maps
Directions
Property Descriptions

Places to Hike in Greater Worcester

Worcester is a great place to live. Over the years, many organizations have protected green space, for the benefit of everyone. This guide includes a brief description and map for each of the following areas.

1	Asnebumskit Hill	Paxton, Holden
2	Blackstone River Bikeway	Worcester, Millbury
3	Bovenzi	Worcester
4	Broad Meadow Brook	Worcester
5	Burncoat Pond	Spencer
6-1	Cascades and Boynton Parks	Paxton, Holden, Worcester
6-2	Cascading Waters and Cook's Pond	Worcester
7	Coes Reservoir & Columbus Park	Worcester
8	Cook's Canyon	Barre
19	Cook's Woods	Worcester
9	Cookson Park	Worcester
10	Cormier Woods	Uxbridge, Mendon
11	Crow Hill	Worcester
12	Eagle Lake	Holden
13	East Side Trail & Trinity Woods	Worcester
14	Elmer's Seat	Boylston
15	God's Acre or Deed Rock & Tetasset Ridge	Worcester
16	Hadwen Arboretum	Worcester
17	Hadwen Park	Worcester
19-2	Holbrook Forest	Worcester, Holden
18	Kettle Brook	Worcester
19-1	Kinneywoods, & Cook's Woods	Worcester, Holden
20	Lake Park	Worcester
26	Marois 28	Worcester
21	Moore State Park	Paxton
22	Moreland Woods	Worcester
38	Muir Meadow	Paxton
23	Newton Hill and Elm Park	Worcester
24	Nick's Woods	Worcester
25	Oxbow National Wildlife Refuge	Ayer, Shirley
26	Parson's Cider Mill & Marois 28	Worcester
27	Patch Reservoir	Worcester

28	Perkins Farm	Worcester
29	Pierpont Meadow	Dudley
30	Pine Glen	West Boylston
31	Porcupine Hill & Potter Sanctuary	Holden
32	Poutwater Pond	Holden, Sterling
33	Purgatory Chasm	Sutton
34	Rail Trails	Sterling, Holden, Rutland, West Boylston
35	Rocky Pond Community Forest	Boylston
36	Sibley Farm	Spencer
37	Slater Woods	Dudley, Oxford
38	Southwick Pond and Muir Meadow	Paxton, Leicester
39	Spencer State Forest	Spencer
40	Summer Star Wildlife Sanctuary	Boylston
15	Tetasset Ridge	Worcester
13	Trinity Woods	Worcester
41	Trout Brook	Holden
42	White Oak Trail	Holden

Princeton, Massachusetts has not been included in this guide. This is a large area that has many recreational areas. Two significant ones are:

Mount Wachusett - <http://www.mass.gov/eea/agencies/dcr/massparks/region-central/wachusett-mountain-state-reservation.html>

Wachusett Meadow - massaudubon.org/Nature_Connection/Sanctuaries/Wachusett_Meadow/index.php

Hunting

Hunting is prohibited in Worcester, but is allowed in most of the surrounding communities. Following is a copy of the hunting schedule for 2014. During hunting season it is prudent to wear blaze orange or similarly bright clothing. If dogs are allowed, it is good to keep them on a short leash. Hunting is not allowed on Sundays.

Hunting Seasons & Bag Limits

>> NO HUNTING ON SUNDAY <<

Bag Limits		OPEN SEASON (All Dates Inclusive)	DAILY BAG LIMIT	POSSESSION LIMIT	SEASON LIMIT
BLACK BEAR					
Black Bear	Zones 1–9	Sept. 2 – Sept. 20 Nov. 3 – Nov. 22	See complete 2014 Massachusetts Guide to Hunting, Fishing & Trapping.		1
Bear hunting closed during shotgun deer season.					
UPLAND GAME BIRDS*					
Wild Turkey	Spring: Zones 1–13	Apr. 28 – May 24	See complete 2014 Massachusetts Guide to Hunting, Fishing & Trapping.		
	Fall: Zones 1–13	Oct. 20 – Nov. 1			
	Youth Hunt: Zones 1–13	April 26 (special restrictions apply**)			
Crow		Jan. 1 – Apr. 10 Jul. 2 – Apr. 10, 2015	–	–	–
Pheasant		Oct. 18 – Nov. 29	2	4	6
	Youth Hunt	See complete 2014 Massachusetts Guide to Hunting, Fishing & Trapping.			
Quail	Zones 11–14 only	Oct. 18 – Nov. 29	4	8	20
Ruffed Grouse		Oct. 18 – Nov. 29	3	6	15

Upland game bird hunting is closed during shotgun deer season.

* Migratory game birds (includes waterfowl, woodcock, snipe, rails): Seasons set annually, see *Migratory Game Bird Abstract* posted in late August.

** Must have completed the youth turkey hunt program (See complete 2014 Massachusetts Guide to Hunting, Fishing & Trapping.).

DEER					
Deer	Archery	Oct. 20 – Nov. 29	See complete 2014 Massachusetts Guide to Hunting, Fishing & Trapping.		2 Antlered deer + antlerless deer by permit
	Shotgun	Dec. 1 – Dec. 13			
	Primitive Firearms	Dec. 15 – Dec. 31			

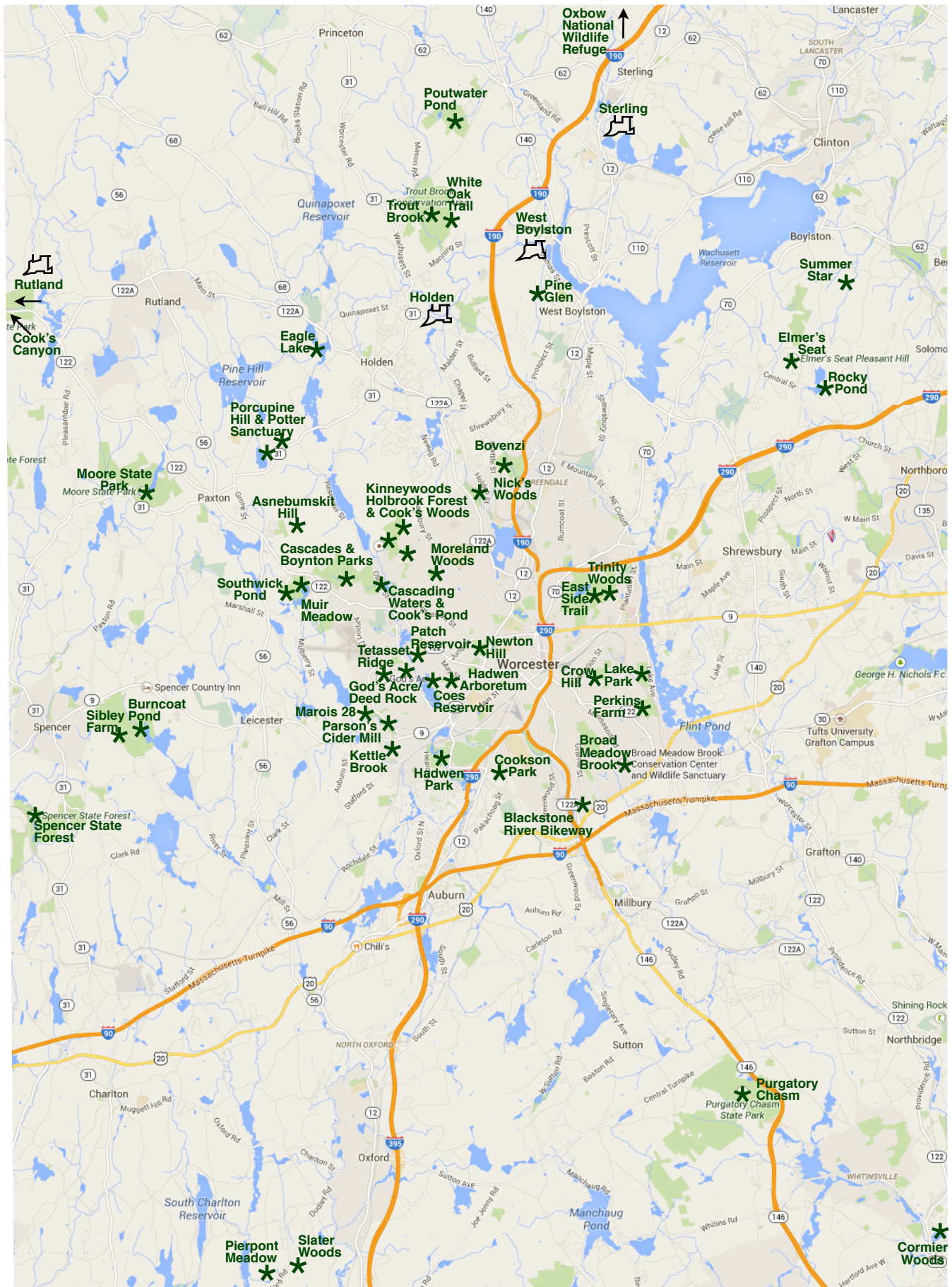
RABBITS & SQUIRRELS					
Cottontail Rabbit	Zones 1–12	Jan. 1 – Feb. 28 Oct. 18 – Feb. 28, 2015	5	10	—
	Zones 13 and 14	Jan. 1 – Feb. 28 Nov. 15 – Feb. 28, 2015	5	10	—
Snowshoe Hare	Zones 1–4	Jan. 1 – Feb. 28 Oct. 18 – Feb. 28, 2015	2	4	—
	Zones 5–12	Jan. 1 – Feb. 5 Oct. 18 – Feb. 5, 2015	2	4	—
	Zones 13 and 14	Jan. 1 – Feb. 5 Nov. 15 – Feb. 5, 2015	2	4	—
Jackrabbit	Zone 14	Nov. 15 – Dec. 31	1	2	—
Gray Squirrel	Zones 1–9	Sept. 8 – Jan. 2, 2015	5	10	—
	Zones 10–14	Oct. 18 – Jan. 2, 2015	5	10	—

Rabbit, jackrabbit, hare, and squirrel hunting are closed during shotgun deer season.

REPTILES & AMPHIBIANS					
Bullfrog and Green Frog		Jul. 16 – Sept. 30	12	24	—
Snapping Turtle		Jan. 1 – Dec. 31	—	—	—

FURBEARERS					
Bobcat	Zones 1–8	Jan. 1 – Mar. 8 Dec. 20 – Mar. 7, 2015	—	—	—
Coyote		Jan. 1 – Mar. 8 Oct. 18 – Mar. 7, 2015	—	—	—
Fox (red or gray)		Jan. 1 – Feb. 28 Nov. 1 – Feb. 28, 2015	—	—	—
Raccoon		Jan. 1 – Jan. 31 Oct. 1 – Jan. 31, 2015	3	—	—
Opossum		Jan. 1 – Jan. 31 Oct. 1 – Jan. 31, 2015	—	—	—

Places to Hike in Greater Worcester



 Rail Trails

 Park Locations

Asnebumskit Hill

Paxton, Holden

The Greater Worcester Land Trust

White Oak Land Conservation Society

Paxton Land Trust & the City of Worcester

Location: 1) Asnebumskit Road: From the intersection of Route 122 North and Asnebumskit Road in Paxton, turn East on Asnebumskit Road. Drive .80 mile. The trailhead is on the left. Park on the side of the road.
2) South Road: From the intersection of Reservoir Road and South Road in Holden, travel .80 mile North on South Road. The parking area is on the left side of road.

Length: 2.18 miles each way

Asnebumskit Ridge Trail: Generous land owners have given right of way to their properties. This trail crosses both private property and our drinking water supply. In appreciation for this easement, please follow the following trail rules.

Use permitted from sun-up to sun-down

No littering

No fires or smoking

No dogs, horses, or other animals

No alcoholic beverages

No firearms, bows, or other projectiles

No loud noises

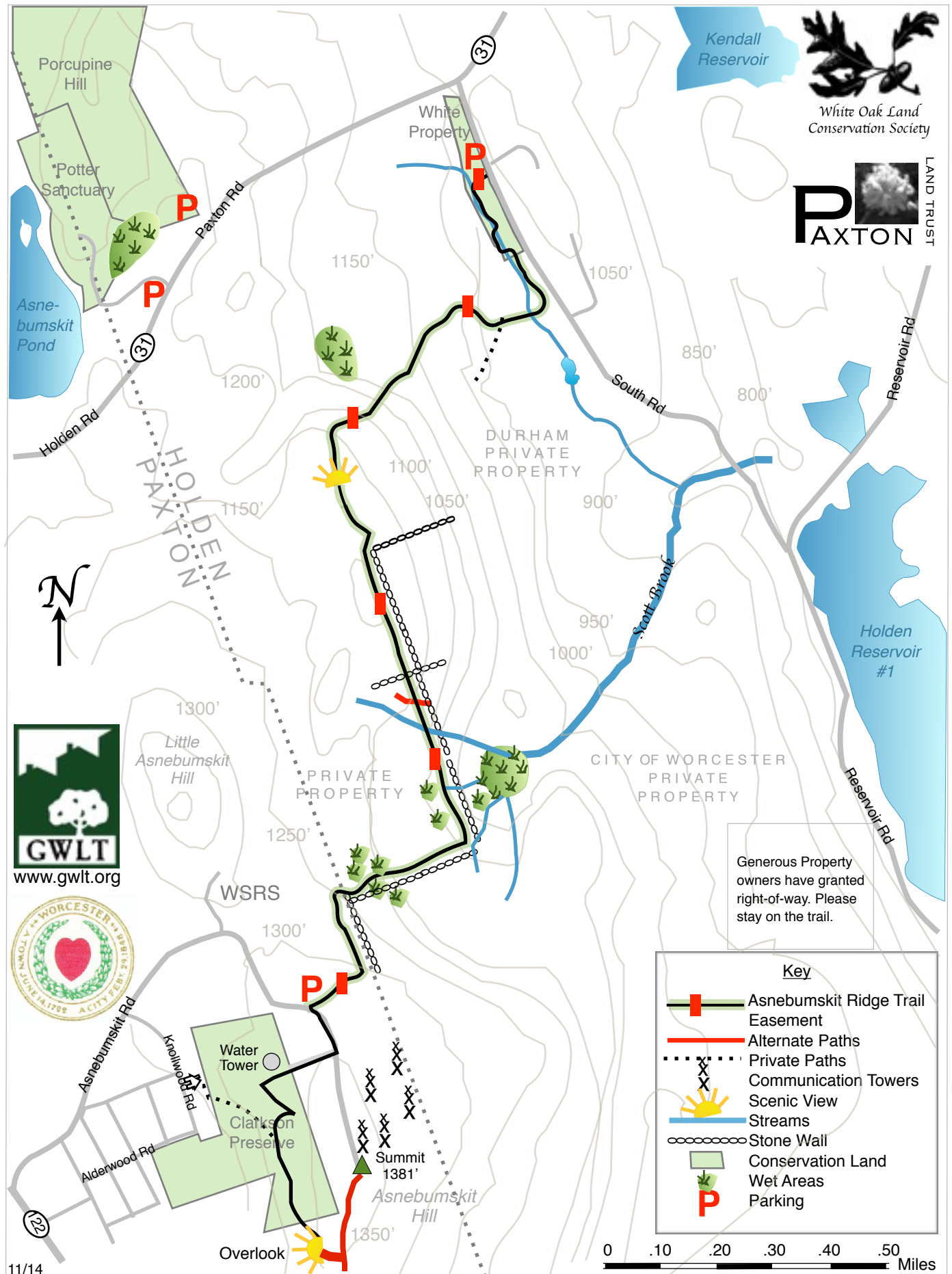
No destruction or defacement of plants or other property

If you start at Asnebumskit Road, the majority of this one way hike is downhill. The first portion of the trail takes you through a woodland with an understory of ferns and moss-covered logs. There are logs, wet areas, and streams to cross. You emerge from the woods into a formerly logged area. The balance of the hike follows old logging roads. There are fields of ferns, wildflowers, and shrubs among the remaining trees. There are fabulous views of Mount Wachusett and the countryside below. To complete the hike, retrace your steps uphill to the trailhead.

Southern side of Asnebumskit Hill: Follow Asnebumskit Road to the summit, then walk South on a dirt cart path for .10 mile. On the right side you will find a scenic overlook that offers a wonderful view of the valley to the West including Kettle Brook Reservoir Number Four. There are dirt roads and paths on this side of the hill that take you onto private property.

Asnebumskit Ridge Trail

Paxton, Holden



Blackstone River Bikeway

Worcester/Millbury

US National Park Service

Location: The parking area is located on Millbury Street, near the intersection of Cliff Street. This is 1.30 miles South of the intersection of Providence and Millbury Streets (the “red” bridge).

Length: 2.5 miles (one way)

Dogs on leashes are allowed.

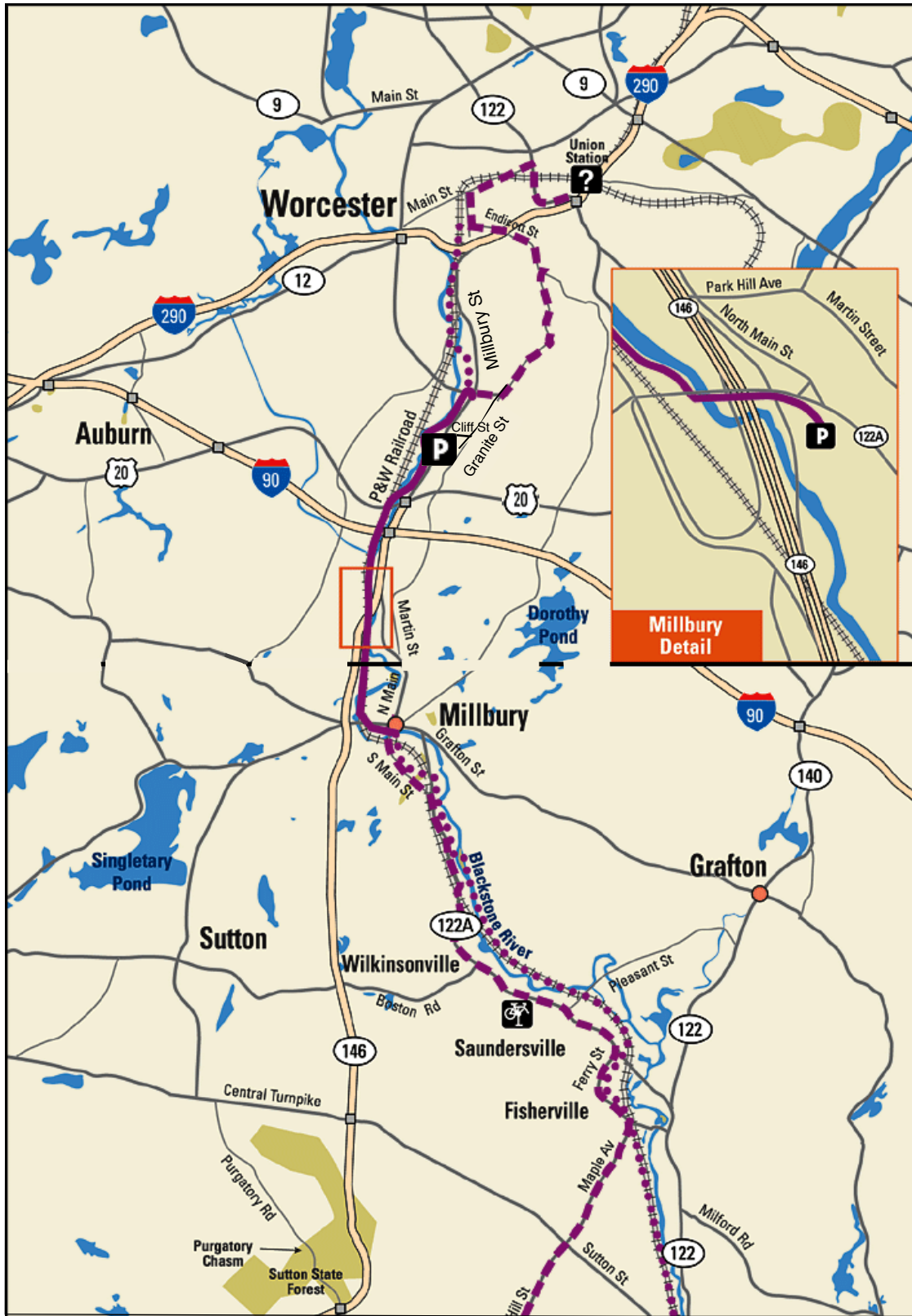
This is a completed portion of a bikeway that will run the length of the Blackstone River Corridor, from Worcester, MA to Providence, RI. From this parking area you can walk a short distance North, retrace your steps and then continue South for the majority of this section. This section can also be accessed from a parking area in Millbury.

This bikeway is popular with bikers, runners, and walkers of all ages. The Blackstone River is visible for most of the way. The path also takes you along the highway, under overpasses and by ponds. Native shrubs and flowers have been planted along the paved path.

Highlights: Great Blue Herons, Green Herons, Belted Kingfishers and many ducks. Painted and Snapping Turtles. Snakes sunning themselves on the rocks.

Blackstone River Bikeway

Worcester & Millbury Sections



Key

- Completed Bikeway
- Temporary on-road route
- Future Bikeway



- Parking
- Visitor Center
- Bicycle shop

Bovenzi

Worcester

Greater Worcester Land Trust

Location: Off West Mountain Road. Follow Maravista Road to the end. Park near the gate.

Length: Several miles

Dogs on leashes are allowed.

This was a lovely wooded area with streams running through it. It has been decimated by the Asian Longhorned Beetles and the resulting tree removal. Most of the original trails were obliterated by tractors, but remnants of some trails still remain, along with “logging” roads and paths. Many trees were chipped, leaving the footing a little uneven in places. The following map shows all of the existing paths.

Recovery is taking place, Bovenzi is coming back to life. Young trees are getting the chance to grow and older trees are filling out. In the Spring there are at least five vernal pools that are fun to explore. This is a good time to get the lay of the land before the wild flowers and grasses begin to grow. Bovenzi is home to many birds, butterflies, chipmunks, deer and was recently visited by a moose. One of highlights in Fall are the numerous Witch Hazel trees in flower.

Bovenzi Park

including:

Laurel Mountain
Lindberg Pasture
Weasel Brook



www.gwl.org



Broad Meadow Brook Wildlife Sanctuary

Worcester

Mass Audubon Society

Location: 414 Massasoit Road
Worcester, MA
(508) 753-6087

5 Miles of hiking trails

No Dogs Allowed.

This full service Audubon Center has an environmental resource center, meeting spaces, a gift shop, and rest rooms. The sanctuary offers many diverse programs and activities for all ages, all year long. In the winter, snowshoes can be rented by the hour for a small fee.

Broad Meadow Brook offers hiking trails that are moderately easy, taking you through a wide range of habitats including fields, wetlands, across brooks, and into oak forests. There is an excellent opportunity to see butterflies and dragonflies in the butterfly garden in front of the Nature Center and along the Powerline Trail.

Troiano Brookside Trail is an “all person trail” that runs along a brook and wetland. Turtles, ducks, and muskrats frequent the brook. The area is home to many kinds of birds.

Broad Meadow Brook has a new half-mile Sensory Trail. As well as being a universal access trail, it features fourteen stops that explain the natural history of the area as well as the sights and sounds that can be found. Signs have the stop number and name in braille and the walk has a companion audio presentation that is available in multiple options. The Frog Pond on the Frog Pond Trail is one of the stops that is fun to check out.

An Easy Way to try Snowshoeing

Find a friend and go to:

Massachusetts Audubon Sanctuary
Broad Meadow Brook
414 Massasoit Road
Worcester, MA
(508) 753-6087

Snowshoes can be rented by the hour
from the Nature Center:

Audubon Members:	\$2/hour *
Non-Members:	\$4/hour



Snowshoe Rental Hours: Tuesday thru Saturday 9:00 AM - 3:30 PM*

There are many trails that you can try. Make sure to take a map. For a fairly easy loop that will take you about 1 hour:

Take the “all person” trail from the Nature Center down the Holdredge Trail. Follow the Holdredge Trail across the brook and turn left onto the Enchanted Forest Trail. This trail intersects with the Sprague Trail. Turn left and follow the Sprague Trail to the Frog Pond Trail. Turn left until you meet the Holdredge Trail and climb up the hill returning to the Nature Center.

Snowshoeing Basics:

It is like marching.

Try not to step on your other snowshoe or anyone else's.

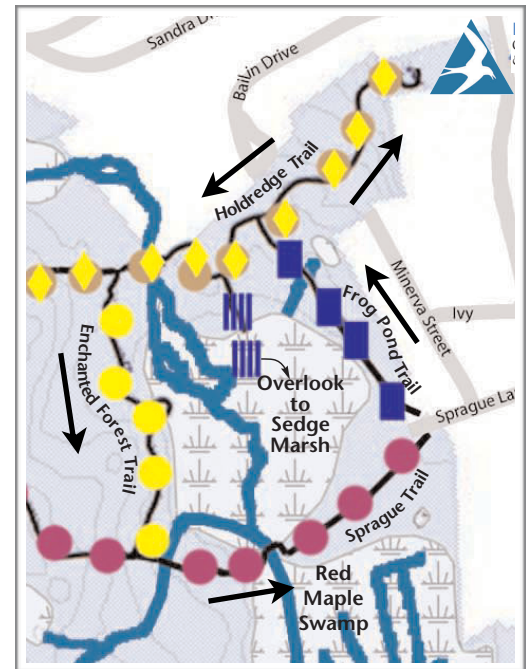
Following a packed down path is fairly easy.

Walking in deep snow is more difficult.

Modern snowshoes are small, light, and easy to walk in,
but they sink quite a bit into deep snow.

Turning around will take a few extra small steps.

A hiking or ski pole can make maneuvering easier.



* 2013-2014 Information. Check with the Nature Center for current hours of operations and pricing.

Burncoat Pond

Spencer

Mass Audubon Society

- Location: 1) A new entrance has been established in conjunction with Sibley Farm. The parking area is on Greenville Street 1.20 miles from the intersection of Route 9 and Greenville Street in Spencer.
- 2) At the Leicester/Spencer Line on Route 9 (Main Street), take Polar Spring Road (a dirt road adjacent to the golf driving range and the Spencer Country Inn) to the end. About .20 mile. Park on the left side of the road where indicated.
- Length: There is a total of 8 miles of trails in the Burncoat Pond, Sibley Farm trail system. The following map shows several trail options. For the map of the whole trail system, see Sibley Farm.

No Dogs Allowed.

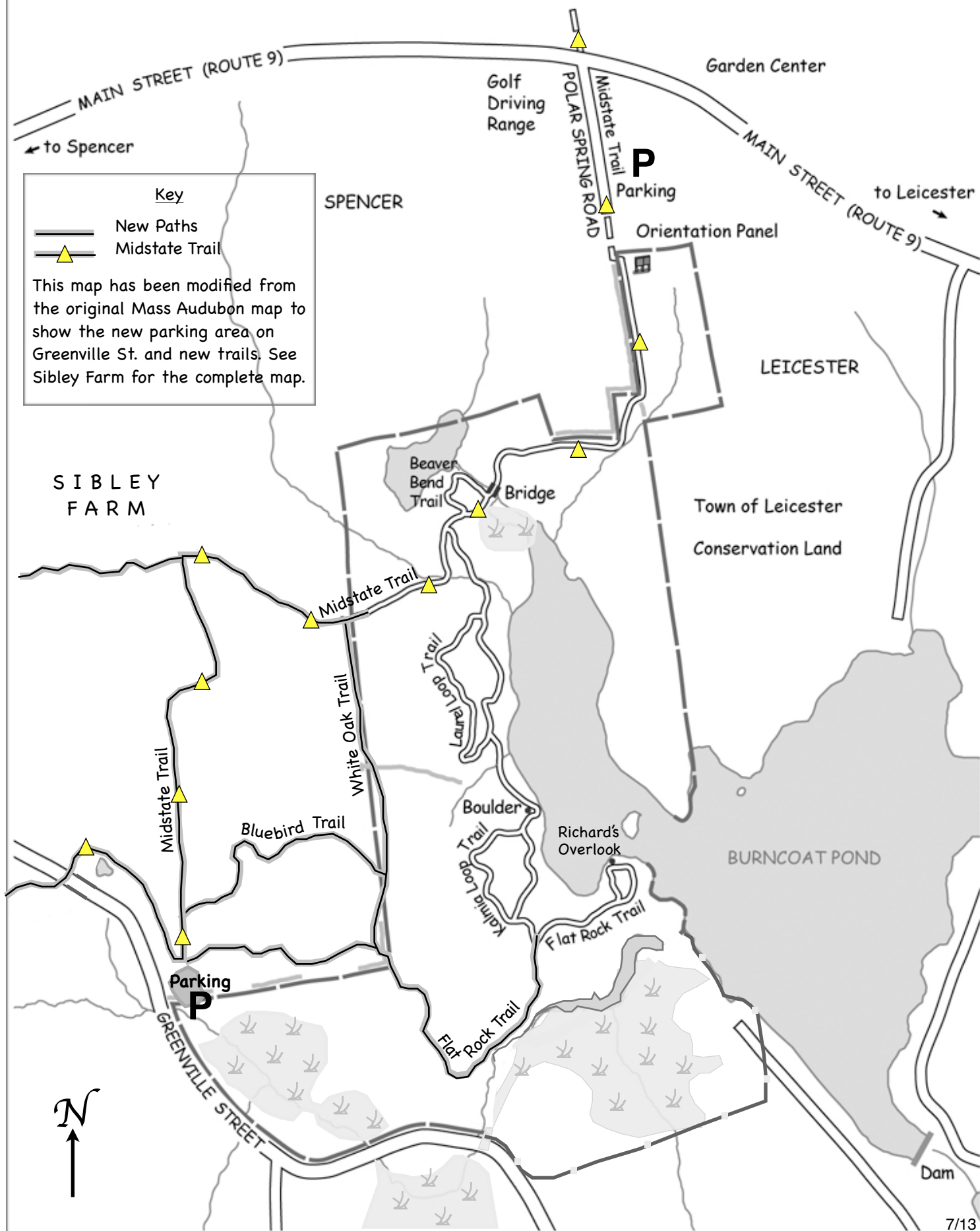
The location of the new parking area at Sibley Farm is now part of Burncoat Pond. There is a path that connects with the Flat Rock Trail and the balance of the Burncoat Pond trails. This fern lined trail takes you past many glacial boulders and makes it easier to visit Richard's Overlook (formerly Flat Rock Overlook) as well as the other loop trails.

The Polar Spring Road entrance takes you along the Midstate Trail through a pasture, woodlands, wetlands and a pond. From the pond you can follow the Beaver Bend Trail. This short loop trail takes you along a beaver wetland. In the Spring, check out the nesting Great Blue Herons. Shortly after the pond, the Midstate Trail splits off in an easterly direction continuing onto the Sibley Farm property. Head South to follow the balance of Burncoat's loop trails.

Highlights: Beaver Bend Trail: beaver lodge and dam, nesting water birds.
In the spring - Red Trillium, followed by Painted Trillium.
Beautiful Views of the pond.
Mountain Laurel in mid-June
Richard's Overlook at the end of Flat Rock Trail.

Burncoat Pond Wildlife Sanctuary

Spencer, MA ▲ 978-464-2712 ▲ www.massaudubon.org/burncoatpond



The Cascades and Boynton Park

Worcester/Paxton/Holden
Greater Worcester Land Trust

Location: Starting from the Worcester Airport rotary on Route 122, drive .20 mile west, towards Paxton. Turn right onto the second Mower Street. (There will be a sign for Boynton Park.) On Mower Street, drive .20 mile to a fork in the road. Take the right hand road and follow it for another .20 mile to the parking area.

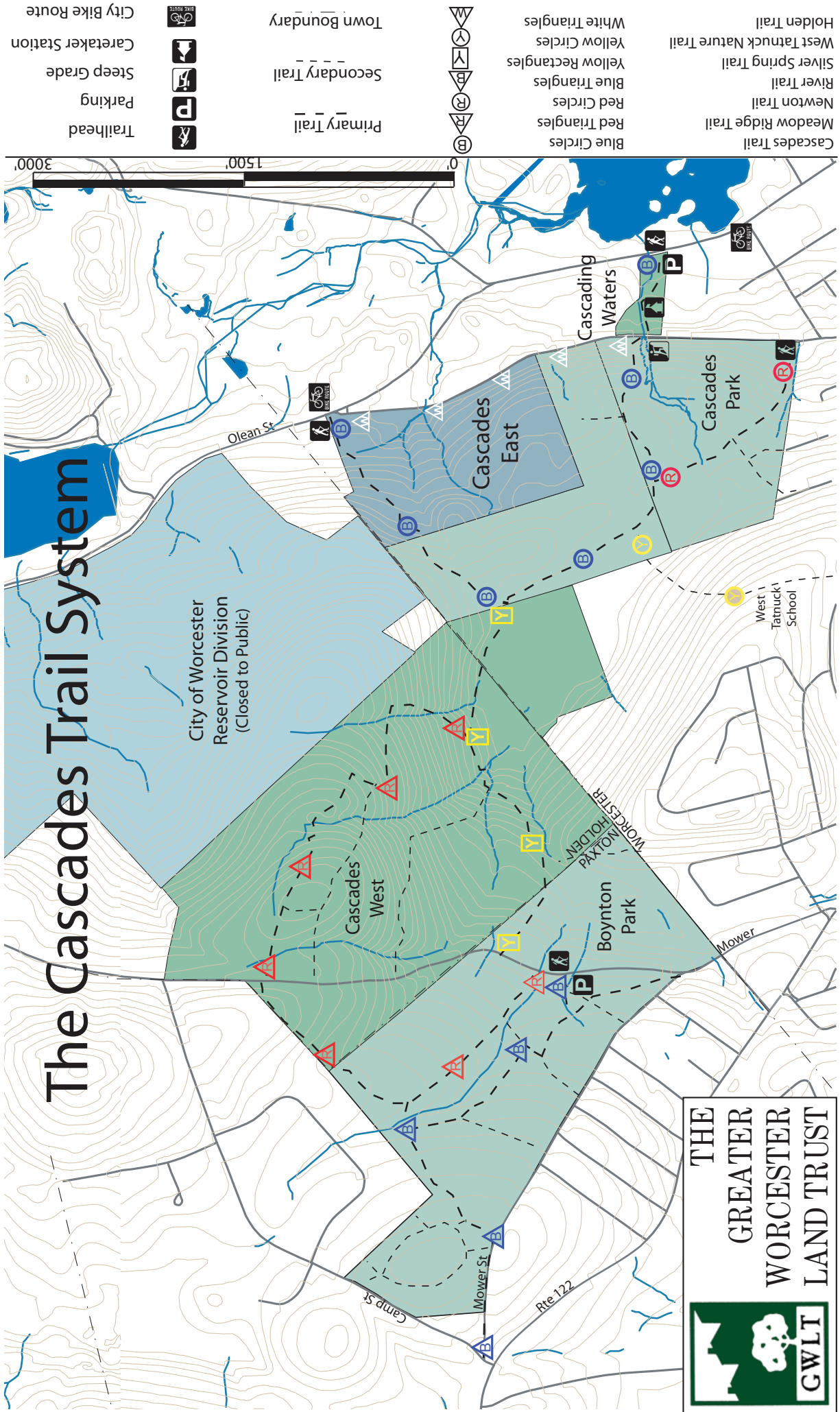
Length: This park is made up of several parcels of land: Boynton Park, Cascades West, Cascades East, Cascades Park, and Cascading Waters. Cascading Waters will be addressed on the next page. There are many trails that cross these parks. Trails can be combined for a short hike or one that covers many miles.

Worcester city park: No dogs are allowed in Boynton and Cascades Parks. Dogs are required to be on a leash in the areas where they are allowed.

These parks are on the foothills of Asnebumskit Hill, and most of the trails involve elevation change. Many of these trails are also rocky and some double as streams in wet weather. Most of the area is wooded, but there is a meadow in Cascades West that has been recently enlarged to expand the opportunities for wildlife habitat. Several trails follow along streams and there are vernal pools that can be explored in the Spring.

There are many highlights, starting with the Spring ephemeral flowers; Bloodroot, Red Trillium, Trout-lilies, Blue Cohosh, and Marsh-marigolds. The waterfall that crosses the Silver Spring Trail, along with the “Indian Church” or Stone Amphitheater are also destinations not to miss.

The Cascades Trail System





THE
GREATER
WORCESTER
LAND TRUST

Cascading Waters

Worcester

Greater Worcester Land Trust

Location: From the intersection of Chandler and Pleasant Streets, take Mower Street traveling northwest. (In front of the Santander Bank.) Continue for about .15 mile and bear slightly right onto Olean Street. Continue about .45 mile. A large wooden sign for Cascading Waters will be on the left along with a small parking area.

Length: Follow the path .10 mile to the waterfall. Other trails in the Cascade Park System can be accessed from here and from Cascades East which has an entrance about .50 mile North on Olean Street.

Some highlights include spectacular views of the falls in the Spring or after a heavy rain. Spring is also the time to see an expanse of ephemeral flowers like Trout-lilies and Blue Cohosh, as well as Jack-in-the-pulpits.

Cook's Pond

Smith's Pond Corporation




The Greater Worcester Land Trust

Cook's Pond is located across the street from Cascading Waters. You can park at Cascading Waters and walk about .10 mile back towards Pleasant Street to access a walking trail that takes you around most of the pond, over a dam, and down the stream. You can walk 1 - 2 miles enjoying many scenic views of the pond.

Cook's Pond Worcester



Key

- | | | |
|-------|-------------------|--|
| ----- | Paths |  Wetlands |
| ————— | Stream |  Bench |
| ————— | Property Boundary |  Parking |

Coes Reservoir/Columbus Park

Worcester

City of Worcester

The Greater Worcester Land Trust

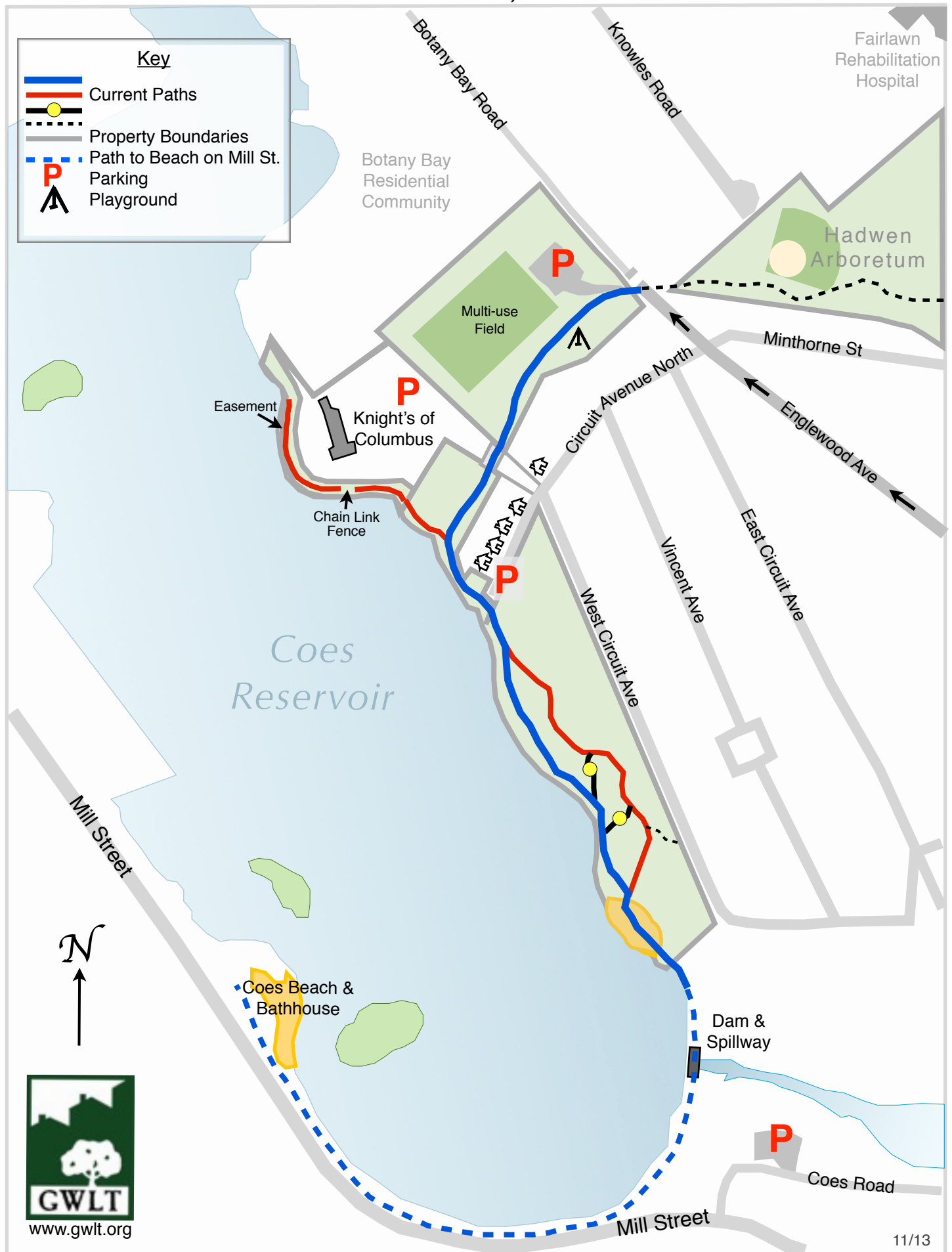
Location: There is a sign for Columbus Park located at the end of Circuit Avenue North. There is room to park several cars along the side of the road.
A new parking lot and entrance are nearly completed at the northwest end of Englewood Avenue. It has not been opened to the public yet. Until it is, parking is available at the Knights of Columbus parking lot.

Length: 1 - 2 miles

Worcester city park: No dogs allowed.

The new entrance is also accompanied by a play area, and a multi-purpose field. The construction has destroyed some of the paths but new ones will be blazed. There is an established path that runs along the reservoir showcasing views of Paper Birches against the water. Many birds including Mute Swans, Ring-billed Gulls, Canada Geese and a Red-tailed Hawk, as well as a muskrat make this area their home. The path continues over the new foot bridge on the dam spillway, past the former Coes Knife property, and all the way to the beach on Mill Street. All of these areas are being developed and improved. This is becoming a wonderful recreational area.

Coes Reservoir & Columbus Park Worcester, MA



Cook's Canyon

Barre

Mass Audubon Society

Location: Barre Center. From the intersection of South Street and Route 122, travel .30 mile South on South Street. The Sanctuary will be on the left.

Length: About 2 miles

No Dogs Allowed.

Cook's Canyon Trail is an easy level loop trail. Taking the right hand trail (western side), you walk along a broad dirt road that takes you past a meadow and through the woods. Galloway Brook Trail, is a short side trail, that takes you along Galloway Brook. It rejoins the main trail near the pond. To the South, the pond flows over a waterfall and continues through a scenic gorge. The footing on the rocks can be treacherous. The stone ledge to the left of the gorge offers a beautiful view of the valley. Continuing the second half of the loop, you will be walking on a dirt path. This side is wooded and travels through some damper areas. Wooden planks are strategically placed over the wetter areas. This side runs along a stone-wall property boundary. Take care take not to inadvertently take a private trail that branches off of the main trail.

Both sides of the trail have a variety of wildflowers.

Cook's Canyon

Barre, MA



Cookson Park

Worcester

City of Worcester

Location: Cookson Park (or Cookson Field) is located on College Hill near Holy Cross. Take College Street up the hill and turn West onto Kendig Street. There is a parking lot at the end of Kendig Street.

Length: About 2 miles

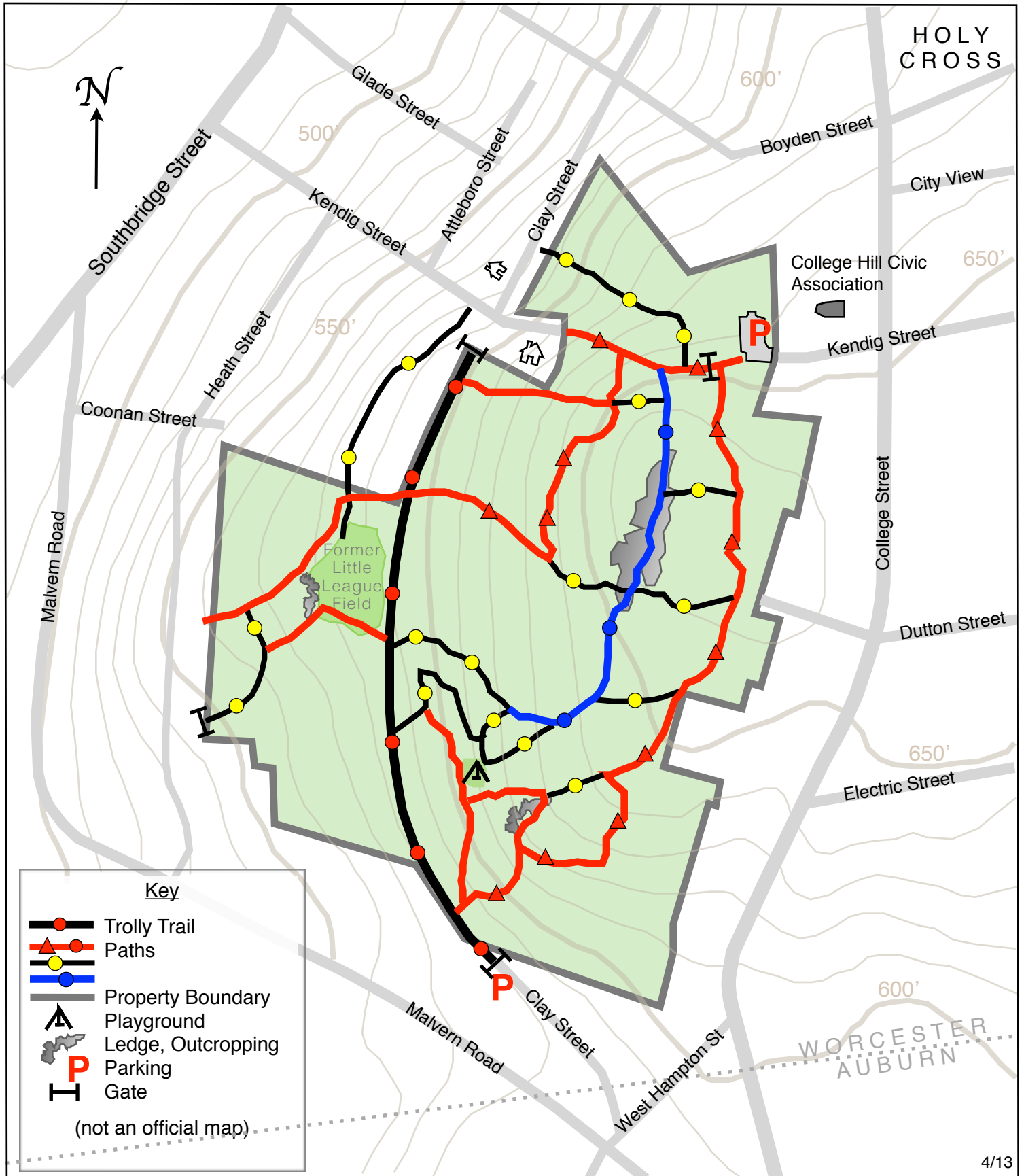
Worcester city park: No dogs allowed.

Cookson Park is located on top of College Hill. The park prominently features massive granite ledges, many of which are covered with interesting lichens and mosses. There are towering oak trees that form a canopy over the property, as well as a former Little League field that is developing into a meadow. In the Spring there are Pink Lady's-slippers, Wild Geraniums and Canada Mayflowers along the paths. The paths frequently intersect each other as you hike up and down this property. When the leaves are off of the trees, there are views of Worcester, but without the foliage, the property can be a little noisy from the traffic on I-290. Wild Turkeys, Cooper's Hawks, Barred Owls and White-tailed Deer have been spotted here.

This park had been neglected, but the City of Worcester, Friends of Cookson Park, students from Holy Cross and others are teaming up to improve the property. The new parking area, gates, kiosk, bench and clean up days are a great start.

Cookson Park

Worcester, MA



Cormier Woods

Uxbridge and Mendon

The Trustees of Reservations

Location: From the intersection of Routes 16 and 122 in Uxbridge, follow Route 16 East for about 1 mile. Take a slight right turn onto Henry Street and continue for .40 mile. Turn right onto Blackstone Street and continue on Blackstone for .30 mile. Turn at the second left, Chapin Street. (This road may not have a sign, but it is the street after Hollis Street.) Follow Chapin for .75 mile, the sanctuary will be on the left side of the road.

Length: 1 1/2 to 3 miles

Dogs on leashes are allowed

This former farm has four easy loop trails that take you through a variety of habitats. There is a barn by the parking area and a farmhouse (private residence) across the street.

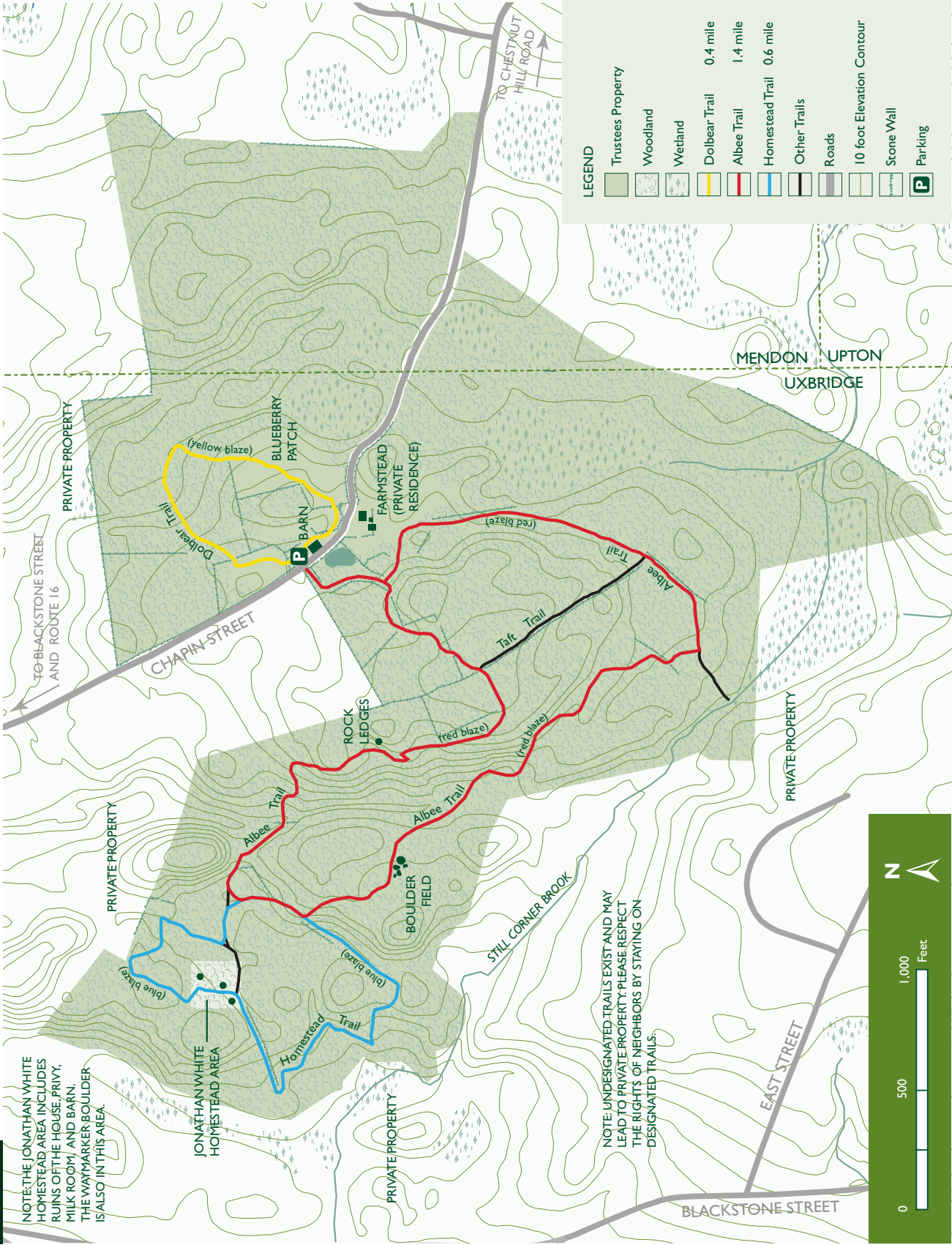
On the eastern side of Chapin Road is an easy loop trail that goes through a woodland and over a small stream. There are native grass fields that have a variety of wildflowers including Black-eyed Susan, Showy Goldenrods and asters.

On the western side, the main loop goes through a woodland area which features a field of glacial boulders, rocky ledges and outcroppings. The stream that crosses the path has many Jack-in-the-pulpits along its banks, and in the Fall, one area has a large display of red Pinesap. Two smaller loops take off from this main trail. Here you can find the remains of the Jonathan White homestead.



CORMIER WOODS (175 ACRES)

217 Chapin Street ▪ Medfield and Uxbridge, Massachusetts
781.784.0567 ▪ greaterboston@ttor.org ▪ www.thetrustees.org



This map is a product of the Geographic Information System of The Trustees of Reservations. Source data obtained from 1:25,000 scale USGS topographic maps, field surveys, Global Positioning System (GPS), and the Massachusetts Executive Office of Environmental Affairs, MassGIS. Boundary lines and trail locations are approximate. September 2011



BIRD
WATCHING



CROSS-COUNTRY
SKIING



DOG
WALKING



HUNTING
IN SEASON



WALKING /
HIKING
(EASY)



WALKING /
HIKING
(MODERATE)

Crow Hill Savannah

The Worcester Conservation Commission
The Greater Worcester Land Trust
The Commonwealth of Massachusetts
Ecotarium

Location: There are two entrances on Harrington Road.
1) North High School parking lot. (140 Harrington Way)
2) across from the Ecotarium (222 Harrington Way)

Length: Several miles

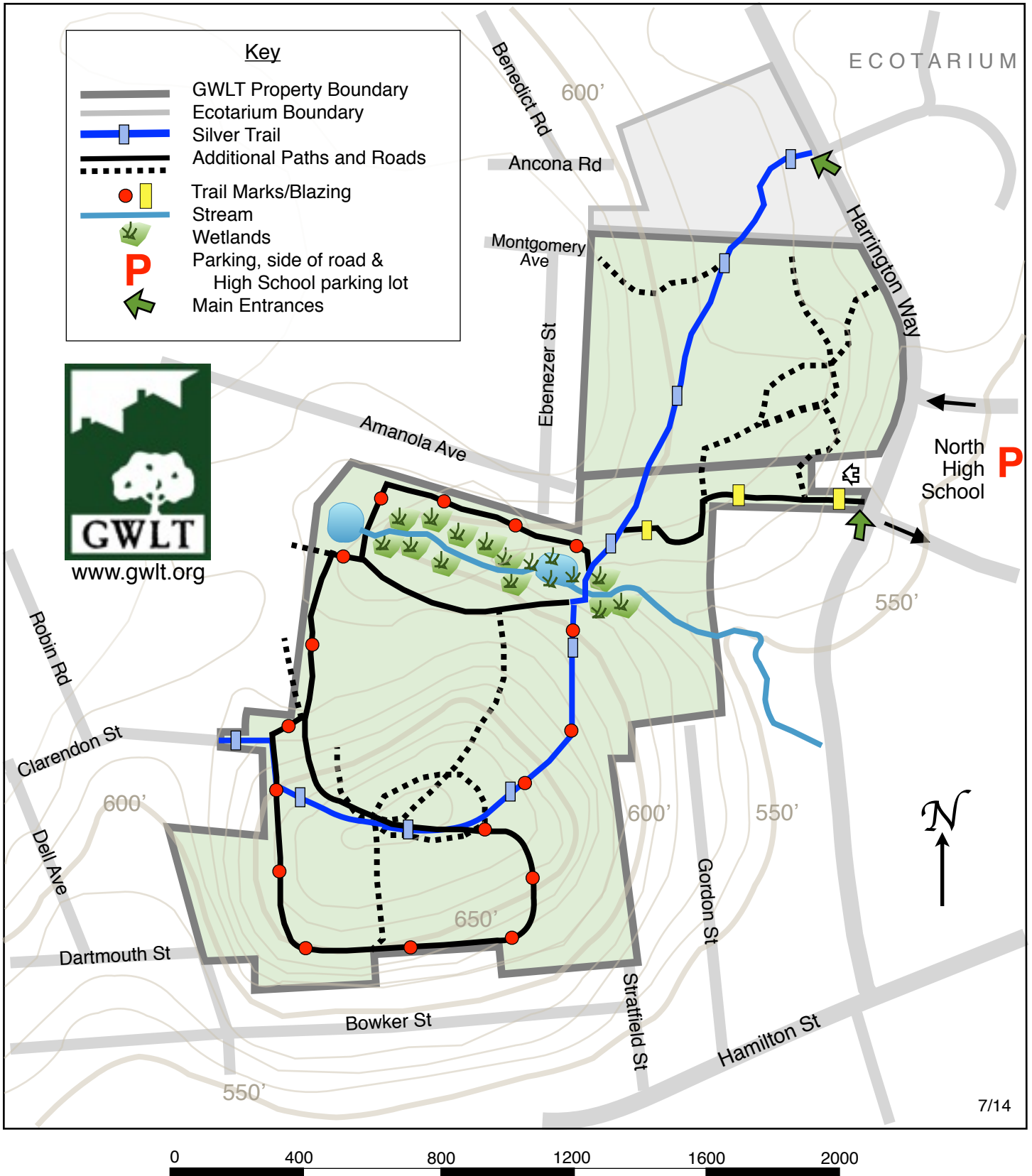
Dogs on leashes are allowed.

This property is a beautiful Black Oak Savannah. There are large Black Oaks, meadows, wetlands and ponds. Many paths may have been originally carved by all terrain vehicles but they have weathered into good paths. Some scars from these vehicles can be found on top of the hill. The Greater Worcester Land Trust has blazed additional new trails.

This property is a magnet for birds of many species and there is a diverse array of wildflowers. The pond, located in the Western corner of the property, is home to Painted Turtles, Mallard Ducks and muskrats.

During wet weather, some of the paths may have standing water on them. I'd also suggest wearing long pants, as many paths are lined by various fast growing prickly shrubs.

Crow Hill Worcester



Eagle Lake

Holden

Mass Audubon Society

Location: From the intersection of Routes 31 and 122A in Holden, travel northwest on Rt 122A (Main Street) for about 1.50 miles. Turn left onto Causeway Street. Continue about .70 mile on Causeway Street (across the lake). Park at the pull off area on the left side of the road.

Length: 3 miles roundtrip.

No Dogs Allowed.

This is a wonderful moderate hike that takes you on two loops through many different environments, including deciduous and coniferous woodlands, along wetlands, a brook and the lake.

Follow half of the Appleton loop to a trail across the top of a municipal pipeline. This connects you to the Asnebumskit Loop. This loop takes you along Eagle Lake and Asnebumskit Brook. The actual path doesn't take you down to the lake, but there are several places that have been cleared enough to get you closer to the water.

You complete the hike by retracing your steps over the pipeline and then doing the other half of Appleton loop.

One caution. The entrance to both loop paths from the pipeline are marked with signs that may be obscured by vegetation. Look for a waist-high, small green sign with a white arrow.

Highlights include many stunning views of Eagle Lake and Asnebumskit Brook, along with the Cardinal flowers that grow in the brook in August. Starting in mid-summer and continuing through Fall, the entire area is home to mushrooms of every color.

Eagle Lake Park

Swimming Picnic Area

Holden Department of Public Works

Location: Follow the directions for Eagle Lake, except instead of following Causeway Street to the right and crossing the lake, continue straight and park either on the left side of the road, or continue to the end of the road and park at the beach and recreation area.

Length: About .60 mile roundtrip

Dogs on leashes are allowed.

There is a short path that follows along the lake. If you parked on the left side at the beginning of the road, you will emerge from this wooded path on the beach, near the water. To complete the trip back to your car, walk along the road. In the Spring, the road is lined with azaleas and various wildflowers including a large area of Pink Lady's-slippers.

Eagle Lake - Alder Trail

Holden

Mass Audubon Society

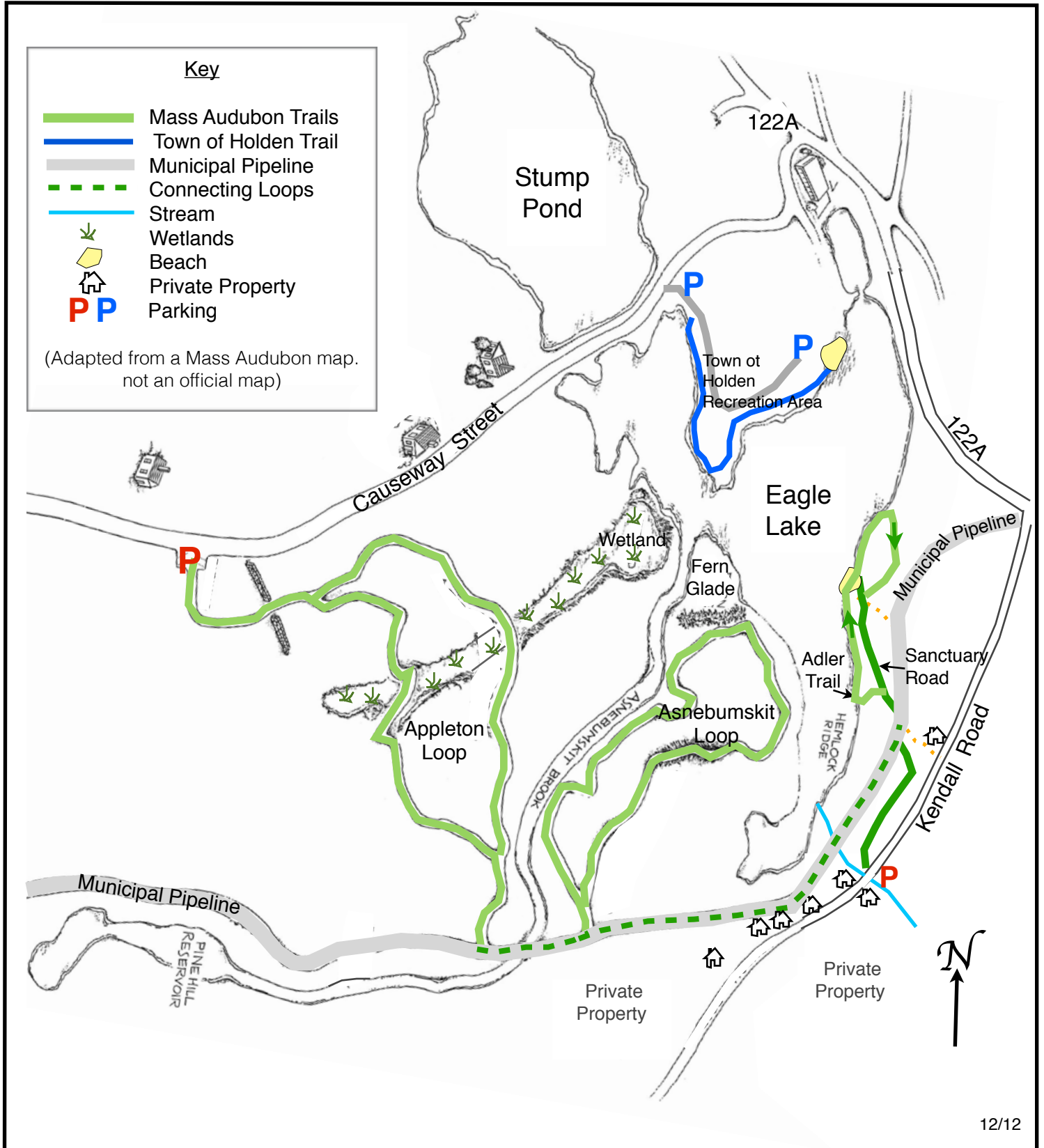
Location: From the intersection of Routes 31 and 122A in Holden, travel northwest on Rt 122A for about .90 mile. Turn left onto Kendall Road. Drive for about .40 mile until you see a chain gate on the right side of the road. There is a small pull-off diagonally opposite the gate. Space to park is very limited.

No Dogs Allowed.

This is a new, level, 1 mile loop trail that takes you through the woods, over a municipal pipeline and along Eagle Lake. There are spectacular views of the lake, especially from a former beach area. The other two Audubon loop trails can be accessed by walking Southwest on the pipeline for .50 mile until you get to the Asnebumskit Loop. You will pass private property and several houses along the way.

Eagle Lake

Holden, Massachusetts



East Side Trail
Trinity Woods
Green Hill Park
Worcester
The City of Worcester
The Greater Worcester Land Trust

The East Side Trail is a green belt that extends from Cristoforo Columbo Park (East Park) on Shrewsbury Street to Lake Quinsigamond. The trail covers 3.44 miles (one way) and is very well marked with blue paint. There are spur trails that link up with the main trail, as well as several other well marked trails that make up Green Hill Park. Accompanying the map is the official description of the trail. There is also a larger two page map. There are many places to park near this trail, so planning the length walk you want is easy. For this guide, the trail is divided into four sections.

Worcester city park: No dogs allowed.

1) Cristoforo Columbo Park to Route 9

Location: Park at either end. Shrewsbury Street near the park or at Bell Pond on Belmont Street (Route 9).

The Trail begins at the stone lions on Shrewsbury Street and follows the path across the park, along the left side of the fenced play area, up the grassy slope and into the woods. The climb through the forest and up the hill is very steep. This section ends with an easy walk along Bell Pond. There are birds, ducks, turtles and frogs in the marshy areas. This section is .625 mile, one way.

2) Route 9 to the Massachusetts Vietnam Veterans Memorial

Location: Park at the Vietnam Veterans Memorial or at Bell Pond.

If you start at the Memorial, take the time to enjoy the floral plantings, the walk along the pond and the Memorial's monuments. At the back of the Memorial, a short "yellow" spur trail will connect you to the East Side Trail. This portion of the trail is a combination of both stoney paths and dirt roads. The highlights of this section are the walk around the quarry, and the view of Bell Pond and beyond, from the elevated vantage point before Route 9. This is an easy .750 mile hike, one way.

3) Massachusetts Vietnam Veterans Memorial to Lake Quinsigamond.

Location: Park at the Memorial or along the side of North Lake Drive near the Boat Ramp.

From the parking area at the Memorial, you can access the main trail. Head East along the stoney path that takes you behind the Zoo and near a stone quarry. You cross Skyline Drive and continue along the wooded trail. This dirt path is smooth and easy. You walk along a cliff and emerge from the woods at the 13th hole of Green Hill Golf Course. From there you walk down a field, cross a stone wall and follow the wooded corridor that takes you between the golf course and an apartment complex. The apartment complex driveway was the end of the trail until the summer of 2011, when the trail was completed. Now, you cross the driveway and follow a brook that takes you by Coal Mine Shaft. Continue following Coal Mine Brook as it cuts its way down the hill, across the access road to Notre Dame du Lac Assisted Living facility, emerging from the woods at Plantation Street. This road is heavily trafficked, so cross carefully and follow the path to the trail head near the Boat Ramp on Lake Quinsigamond. The brook is a lot of fun to follow and the views of the brook and Lake Quinsigamond are stunning. This section is about 2 miles each way with an elevation change of about a 370'.

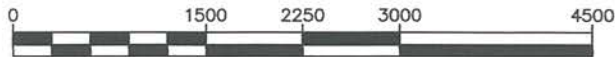
4) Trinity Woods to Lake Quinsigamond.

Location: Park on Trinity Avenue near the intersection with Bryn Mawr Avenue or along the side of North Lake Drive near the Boat Ramp.

This is a shorter alternate option for doing the eastern end of the East Side Trail. If you start at the Trinity Spur you follow the trail through the woods down to Coal Mine Brook. The trail divides; if you turn left (northeast) the Brook Loop takes you along Coal Mine Brook and then steeply up hill towards the apartment complex. Follow the path along side of the apartment complex and meet up with the East Side Trail. Follow this down to Lake Quinsigamond as in option 3. On the return trip follow the Trinity Spur to Trinity Avenue. One interesting feature is a bicycle wheel rim that has grown into two trees. This option is about 1 mile each way.

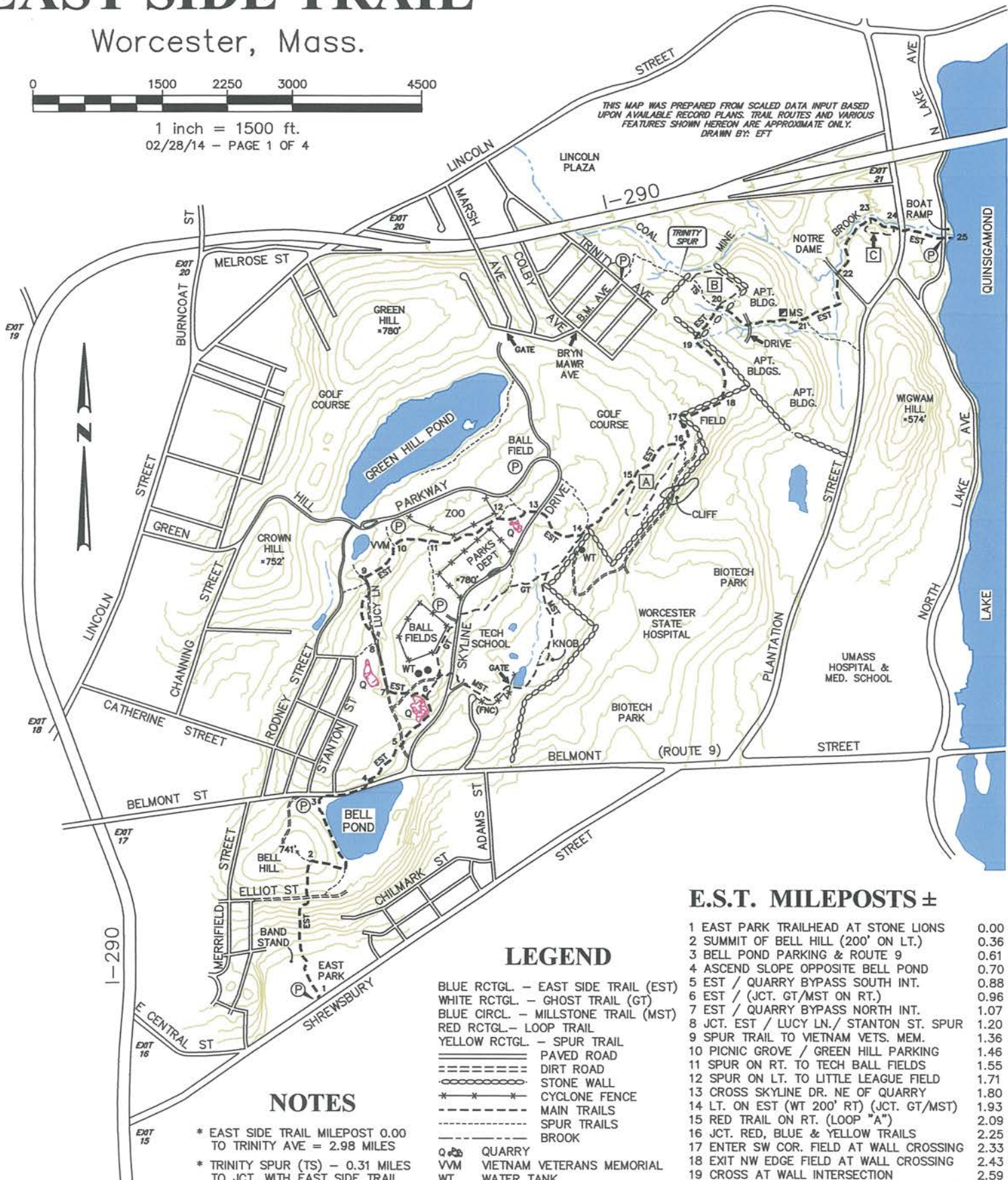
EAST SIDE TRAIL

Worcester, Mass.



1 inch = 1500 ft.
02/28/14 - PAGE 1 OF 4

THIS MAP WAS PREPARED FROM SCALED DATA INPUT BASED UPON AVAILABLE RECORD PLANS. TRAIL ROUTES AND VARIOUS FEATURES SHOWN HEREON ARE APPROXIMATE ONLY.
DRAWN BY: EFT



NOTES

- * EAST SIDE TRAIL MILEPOST 0.00 TO TRINITY AVE = 2.98 MILES
- * TRINITY SPUR (TS) - 0.31 MILES TO JCT. WITH EAST SIDE TRAIL AND BROOK LOOP (LOOP "B")
- * GHOST TRAIL (GT) - 0.57 MI
- * MILLSTONE TRAIL (MST) - 0.69 MI (MST BLAZED S OF TECH SCHOOL BY FENCE ± E TO GATE AT POND)

LEGEND

BLUE RCTGL.	- EAST SIDE TRAIL (EST)
WHITE RCTGL.	- GHOST TRAIL (GT)
BLUE CIRC.	- MILLSTONE TRAIL (MST)
RED RCTGL.	- LOOP TRAIL
YELLOW RCTGL.	- SPUR TRAIL
=====	PAVED ROAD
-----	DIRT ROAD
-----	STONE WALL
* * *	CYCLONE FENCE
-----	MAIN TRAILS
-----	SPUR TRAILS
-----	BROOK
Q	QUARRY
VVM	VIETNAM VETERANS MEMORIAL
WT	WATER TANK
A	LEDGE LOOP 0.30 MI
B	BROOK LOOP 0.16 MI
C	KNOLL LOOP 0.10 MI
P	PARKING
MS	MINE SHAFT

E.S.T. MILEPOSTS ±

1 EAST PARK TRAILHEAD AT STONE LIONS	0.00
2 SUMMIT OF BELL HILL (200' ON LT.)	0.36
3 BELL POND PARKING & ROUTE 9	0.61
4 ASCEND SLOPE OPPOSITE BELL POND	0.70
5 EST / QUARRY BYPASS SOUTH INT.	0.88
6 EST / (JCT. GT/MST ON RT.)	0.96
7 EST / QUARRY BYPASS NORTH INT.	1.07
8 JCT. EST / LUCY LN. / STANTON ST. SPUR	1.20
9 SPUR TRAIL TO VIETNAM VETS. MEM.	1.36
10 PICNIC GROVE / GREEN HILL PARKING	1.46
11 SPUR ON RT. TO TECH BALL FIELDS	1.55
12 SPUR ON LT. TO LITTLE LEAGUE FIELD	1.71
13 CROSS SKYLINE DR. NE OF QUARRY	1.80
14 LT. ON EST (WT 200' RT) (JCT. GT/MST)	1.93
15 RED TRAIL ON RT. (LOOP "A")	2.09
16 JCT. RED, BLUE & YELLOW TRAILS	2.25
17 ENTER SW COR. FIELD AT WALL CROSSING	2.33
18 EXIT NW EDGE FIELD AT WALL CROSSING	2.43
19 CROSS AT WALL INTERSECTION	2.59
20 JCT. RED TRAIL (LOOP "B") / TRIN. SPUR	2.67
21 COAL MINE SHAFT / SPUR TRAIL ON RT.	2.86
22 CROSS NOTRE DAME DRIVEWAY	3.05
23 RED TRAIL ON RT. (LOOP "C")	3.21
24 PLANTATION ST. / RED TRAIL ON RT. ±	3.29
25 LAKE QUINSIGAMOND / END EST	3.44

EAST SIDE TRAIL

Worcester, Mass.

02/28/14 – PAGE 2 OF 4

The East Side Trail was initially conceived in the mid 1980's and envisioned as a continuous greenbelt linking East Park (Cristoforo Colombo Park) with Lake Quinsigamond. Construction of the trail commenced in the spring of 1997 with the original route being completed in a span of just over three weeks. Due to the construction of the Worcester Technical High School at Green Hill Park, a major portion of the trail was relocated away from the school site in the fall of 2003.

The current trail route begins at the twin stone lions marking the entrance to East Park on Shrewsbury Street. Following a walkway through the park, it then climbs steeply to the summit of Bell Hill. The once cleared summit with 360 degree panoramic views, has given way to successive reforestation, beginning with the regrowth of poplar and birch groves. In time, as the forest matures, hardwood species such as oak and maple will become more dominant. Limited views may still be seen to the north and west from the summit vista. Skirting the westerly shores of Bell Pond the trail soon crosses Route 9 and ascends a ledge slope entering into Green Hill Park.

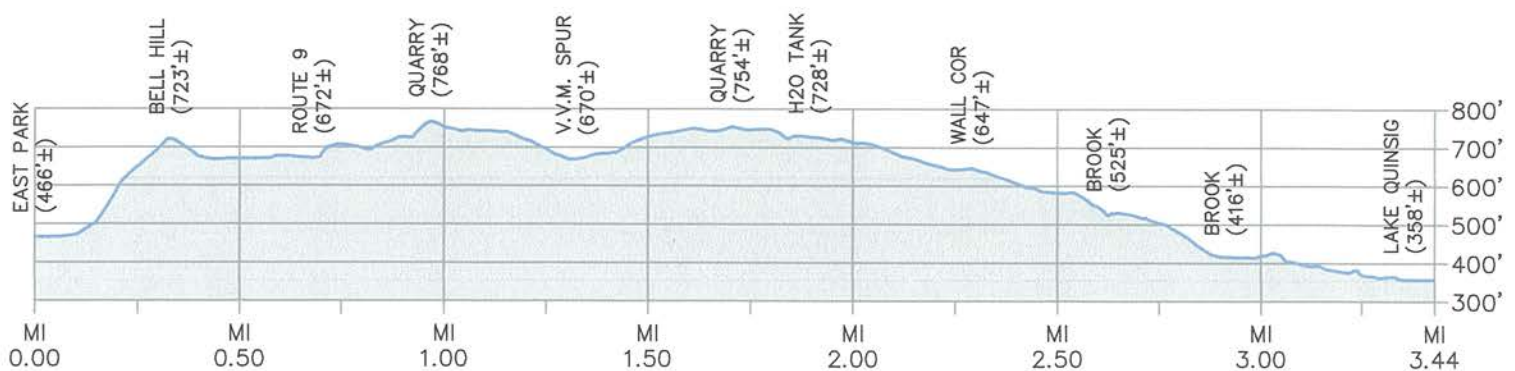
The lands comprising Green Hill Park were first settled in 1755 by Thomas Green. The property passed from father to son until it was deeded to the City in 1905 with the understanding it would remain as a park in perpetuity. Passing an overlook of Bell Pond, the trail reenters the woods following carpaths and a foot trail to the site of an old stone quarry, one of several on Millstone Hill. Much of early Worcester's foundation stone and curbing was quarried from here.

Moving into the core of Green Hill Park the trail travels along a section of Lucy Lane, passing a spur trail on the left to the Vietnam Veterans Memorial, before turning back onto a network of serpentine foot trails. Continuing past the Barnyard Zoo and a small quarry the trail turns east and crosses Skyline Drive. At a cart road junction just north of the blue water tank, the East Side Trail rejoins its original route. The many stone walls in this section were built by a former patient of Worcester State Hospital. Working six days a week, never on Sunday and always alone, the several miles of remaining walls are testament to his more than thirty years of efforts.

Traversing an open field the trail runs alongside, then crosses a stone wall, entering the northerly portions of Green Hill Park. The trail descends through a high canopied forest to a junction with the Coal Mine Brook Loop at a small brook crossing. Heading east over private property, the trail crosses a paved drive before arriving at a ledge overhang, site of the old coal mine shaft. Known as Nackor's mine it produced much coal at first but the coal was of poor quality and the mine was finally abandoned. Nearby Indians used the black lead as part of their war paint.

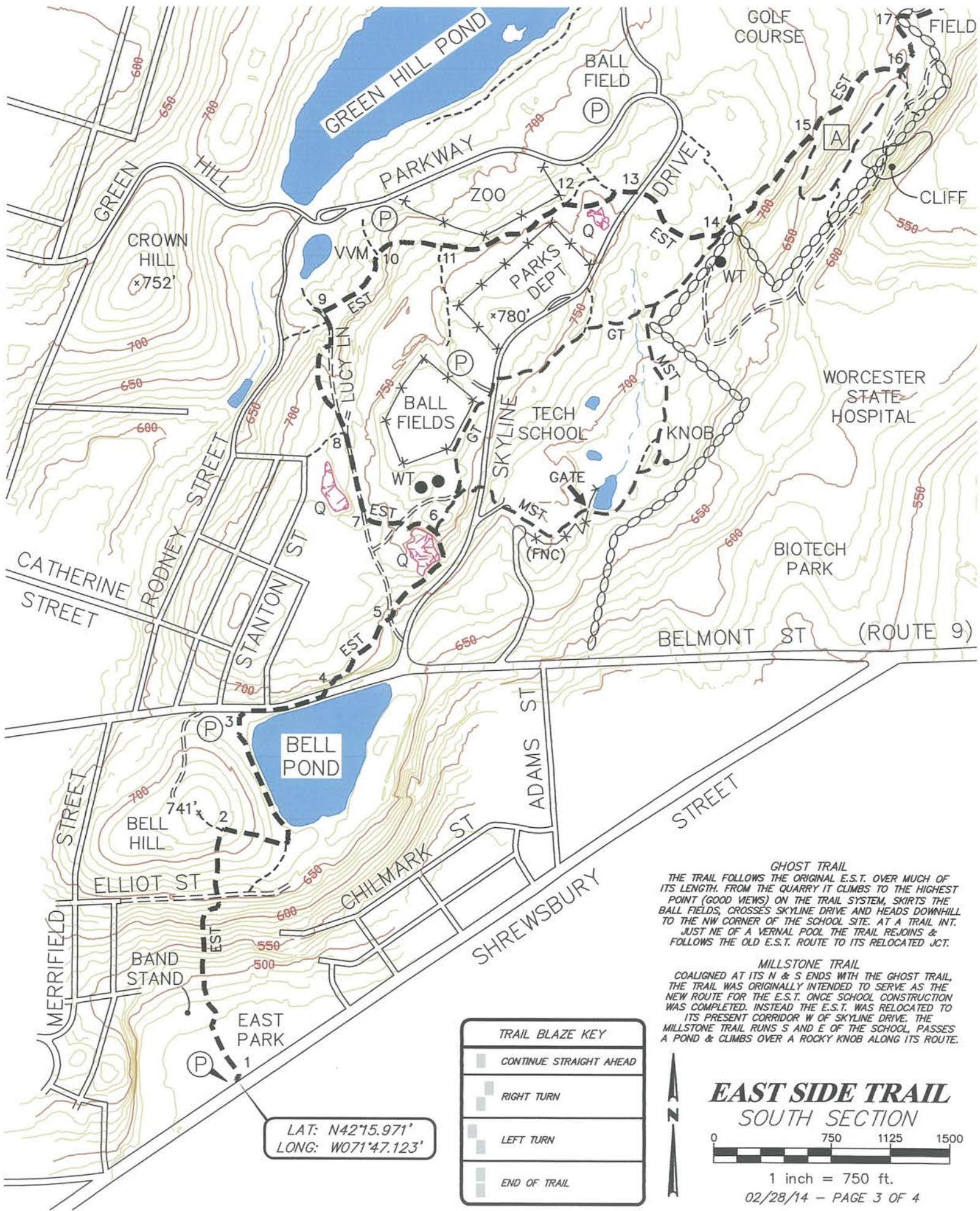
Passage over other private lands northeast of the shaft, permitted by a trail easement granted in June 2011, allows for an unbroken trail route of nearly 3.5 miles from Shrewsbury Street to Lake Quinsigamond and completes the trail after 14 years of efforts. A new access trail, the Trinity Spur, runs easterly from Trinity Avenue to the intersection of the Brook Loop and East Side Trail.

EAST SIDE TRAIL ELEVATION PROFILE



1" = 2500'

VERTICAL EXAGGERATION: 5



GHOST TRAIL
THE TRAIL FOLLOWS THE ORIGINAL E.S.T. OVER MUCH OF ITS LENGTH. FROM THE QUARRY IT CLIMBS TO THE HIGHEST POINT (GOOD VIEWS) ON THE TRAIL SYSTEM, SKIRTS THE BALL FIELDS, CROSSES SKYLINE DRIVE AND HEADS DOWNHILL TO THE NW CORNER OF THE SCHOOL SITE. AT A TRAIL INT. JUST NE OF A VERNAL POOL THE TRAIL REJOINS & FOLLOWS THE OLD E.S.T. ROUTE TO ITS RELOCATED JCT.

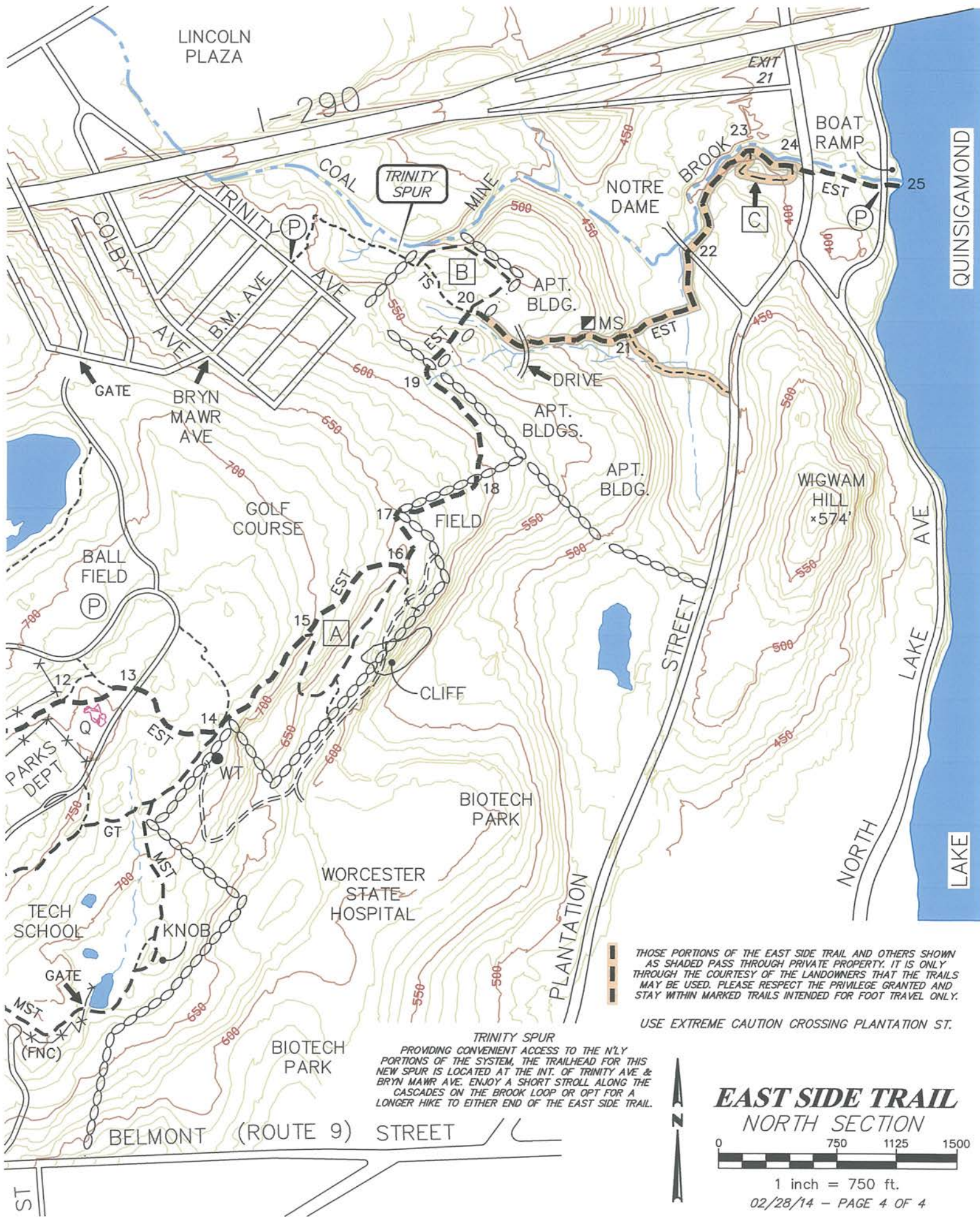
MILLSTONE TRAIL
COALIGNED AT ITS N & S ENDS WITH THE GHOST TRAIL, THE TRAIL WAS ORIGINALLY INTENDED TO SERVE AS THE NEW ROUTE FOR THE E.S.T. ONCE SCHOOL CONSTRUCTION WAS COMPLETED. INSTEAD THE E.S.T. WAS RELOCATED TO ITS PRESENT CORRIDOR W OF SKYLINE DRIVE. THE MILLSTONE TRAIL RUNS S AND E OF THE SCHOOL, PASSES A POND & CLIMBS OVER A ROCKY KNOB ALONG ITS ROUTE.

TRAIL BLAZE KEY	
	CONTINUE STRAIGHT AHEAD
	RIGHT TURN
	LEFT TURN
	END OF TRAIL

EAST SIDE TRAIL
SOUTH SECTION

0 750 1125 1500

1 inch = 750 ft.
02/28/14 - PAGE 3 OF 4



LINCOLN PLAZA

1-290

TRINITY SPUR

EXIT 21

BOAT RAMP

QUINSIGAMOND

LAKE

NORTH

LAKE AVE

WIGWAM HILL
x574'

STREET

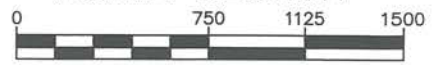
PLANTATION

THOSE PORTIONS OF THE EAST SIDE TRAIL AND OTHERS SHOWN AS SHADED PASS THROUGH PRIVATE PROPERTY. IT IS ONLY THROUGH THE COURTESY OF THE LANDOWNERS THAT THE TRAILS MAY BE USED. PLEASE RESPECT THE PRIVILEGE GRANTED AND STAY WITHIN MARKED TRAILS INTENDED FOR FOOT TRAVEL ONLY.

USE EXTREME CAUTION CROSSING PLANTATION ST.

TRINITY SPUR
PROVIDING CONVENIENT ACCESS TO THE N'LY PORTIONS OF THE SYSTEM, THE TRAILHEAD FOR THIS NEW SPUR IS LOCATED AT THE INT. OF TRINITY AVE & BRYN MAWR AVE. ENJOY A SHORT STROLL ALONG THE CASCADES ON THE BROOK LOOP OR OPT FOR A LONGER HIKE TO EITHER END OF THE EAST SIDE TRAIL.

EAST SIDE TRAIL NORTH SECTION



1 inch = 750 ft.

Elmer's Seat

Boylston

Greater Worcester Land Trust

Location: From I-290 East, take Exit 24, Church St. Turn left onto Church St. (continuing as Central St.) and drive for 1.30 miles. Turn right onto Rocky Pond Road. Drive .10 mile and continue straight onto Warren St. Continue for .20 mile and turn at your first left, Maple Way. Continue for about .50 mile and park near 31 Maple Way. You can also access Elmer's Seat if you park near 14 Pleasant Lane. See the map.

Length: 1 to 2 miles

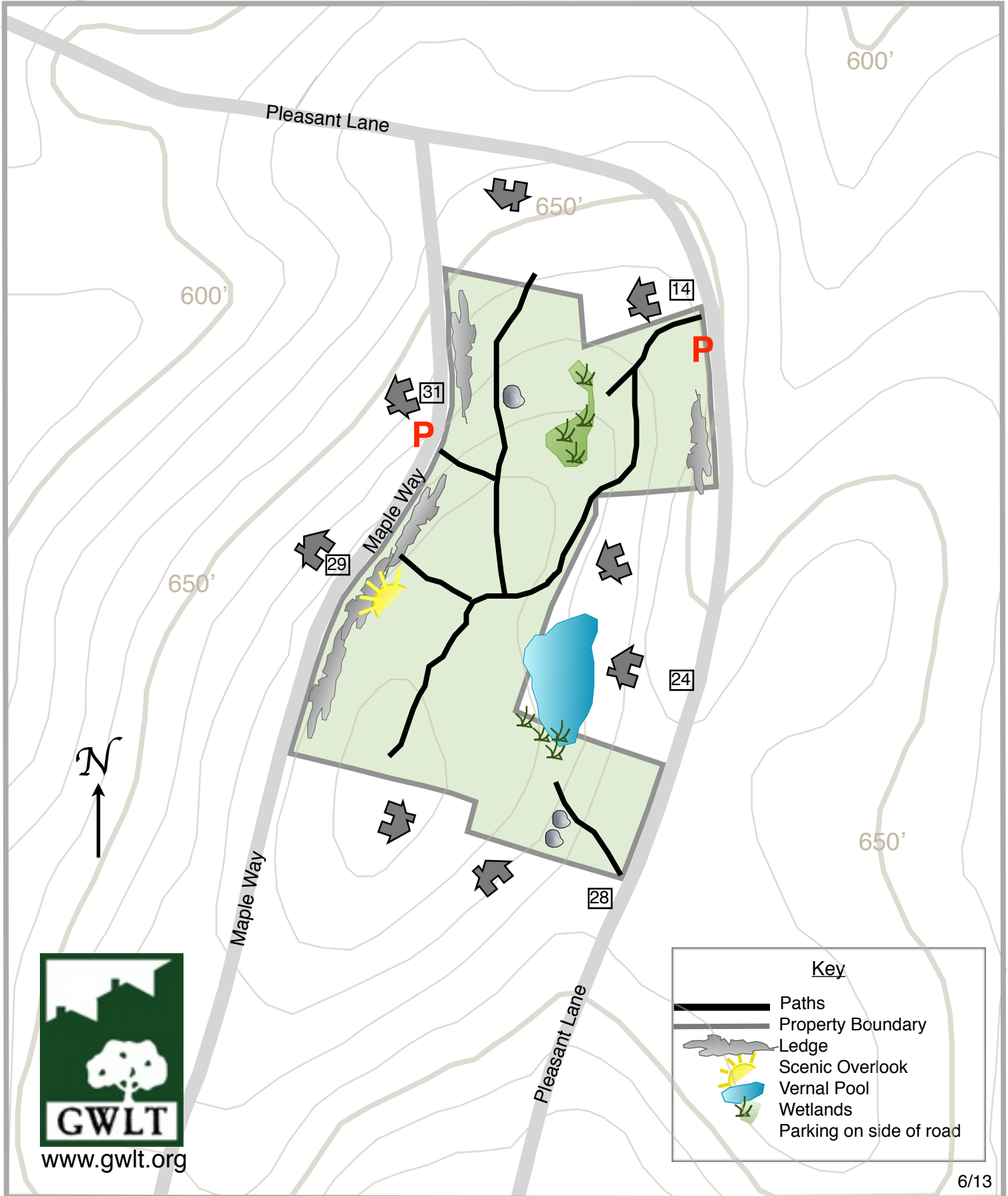
Dogs on leashes are allowed.

This property is located in a residential area, perched on top of a granite ledge. Currently, there are no signs, designated entrances, or trail markings. There are only a few spots where you can easily climb up onto this interesting property. From the northern part of the property there are nice views of Mt. Wachusett and the surrounding countryside. There is a wetland area as well as a vernal pool. The granite ledges and glacial boulders have many different lichens on them including both Smooth Rock Tripe and Toadskin Lichens. The paths which cross the property were former logging roads. Other paths will be added to make better access to some of the special features.

In early Spring many Shadbush are in bloom and as Spring ends you'll see extensive areas of Whorled Loosestrife. Summer brings blueberries and the Fall, a spectacular view. The property is only seven and one-half acres, but it is really fun to explore.

Elmer's Seat

Boylston, MA



God's Acre or Deed Rock and Tetasset Ridge

The City of Worcester

The Greater Worcester Land Trust

Location: 1) Deed Rock is located East of the airport. Parking is difficult because the roads that access this area are in poor condition. There is a small area for parking near Deed Rock, but Swan Ave. can be barely passable. The easiest place to park is the lot on Outlook Drive, near Swan Ave. It is about a .50 mile walk up Swan Ave. to Deed Rock. (See map for other parking ideas.)

2) Tetasset Ridge is located off of Mill Street. Turn right (West) onto Midgley Avenue, then left onto Esper Avenue. Each of these roads is only a block long. There is a parking area at the end of Esper Avenue on the right side. From here it is a short .60 mile uphill hike to intersect with the "blue square" trail in God's Acre.

3) Park near Logan Field, located at the intersection of Mill St. and Airport Dr. Starting at the concession stand, walk between the two fields and follow the "blue square" trail up the hill to Deed Rock. It is about a 1.50 mile walk, each way. There are some steep sections, and downed trees to step over.

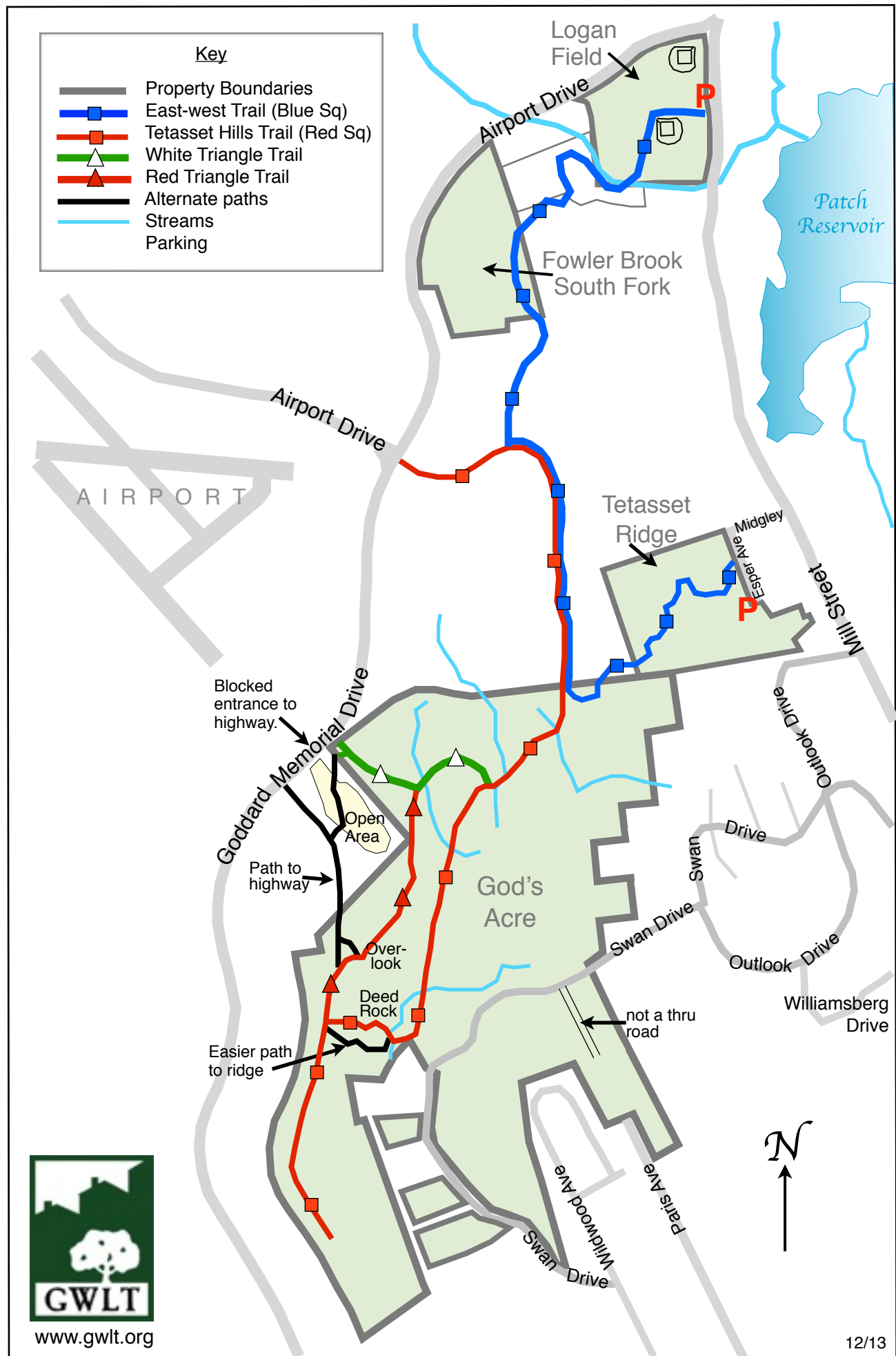
Length: There are miles of paths and dirt roads.

Dogs on leashes are allowed.

Solomon Parsons deeded these 10 acres to God in 1840. The "deed" was chiseled into a large rock. Today, you can find Deed Rock located at the base of Rattlesnake Ridge. In the Spring, Red Trillium and Wild Sarsaparilla grow near the "rock". There is a loop trail that passes by Deed Rock. You climb over boulders up the steep ridge. The Greater Worcester Land Trust has also blazed an easier 0.10 mile trail to the left, that avoids the difficult climb. On top, there is a beautiful corridor of Paper Birches and Mountain Laurel. Other highlights include the "open area", used by the city in the winter to warehouse extra snow. In the summer and fall it is a meadow of wildflowers that offers an excellent view of the city.

Tetasset Ridge has many features besides being a convenient place to park for God's Acre. The woods have a variety of trees including some venerable Sugar Maples. There are several vernal pools and a stream. White-tailed deer, dozens of Wild Turkeys, and numerous woodpeckers make the area their home, and unusual flora like Maidenhair Ferns, White Baneberry, and Bloodroot grow here.

God's Acre, Tetasset Ridge & Fowler Brook



Hadwen Arboretum

Worcester

Clark University

Location: Hadwen Arboretum is located at the corner of May and Lovell Streets. Parking along either street is impossible. The best place to park will be at the almost completed parking lot at Coes Reservoir/Columbus Park. This parking lot is located at the northwest end of Englewood Avenue. Until it is opened, parking is available at the Knights of Columbus. From here walk northeast to Clark University's softball field. Walk along the right side of the field and climb up the hill into Hadwen Arboretum.

Length: up to several miles

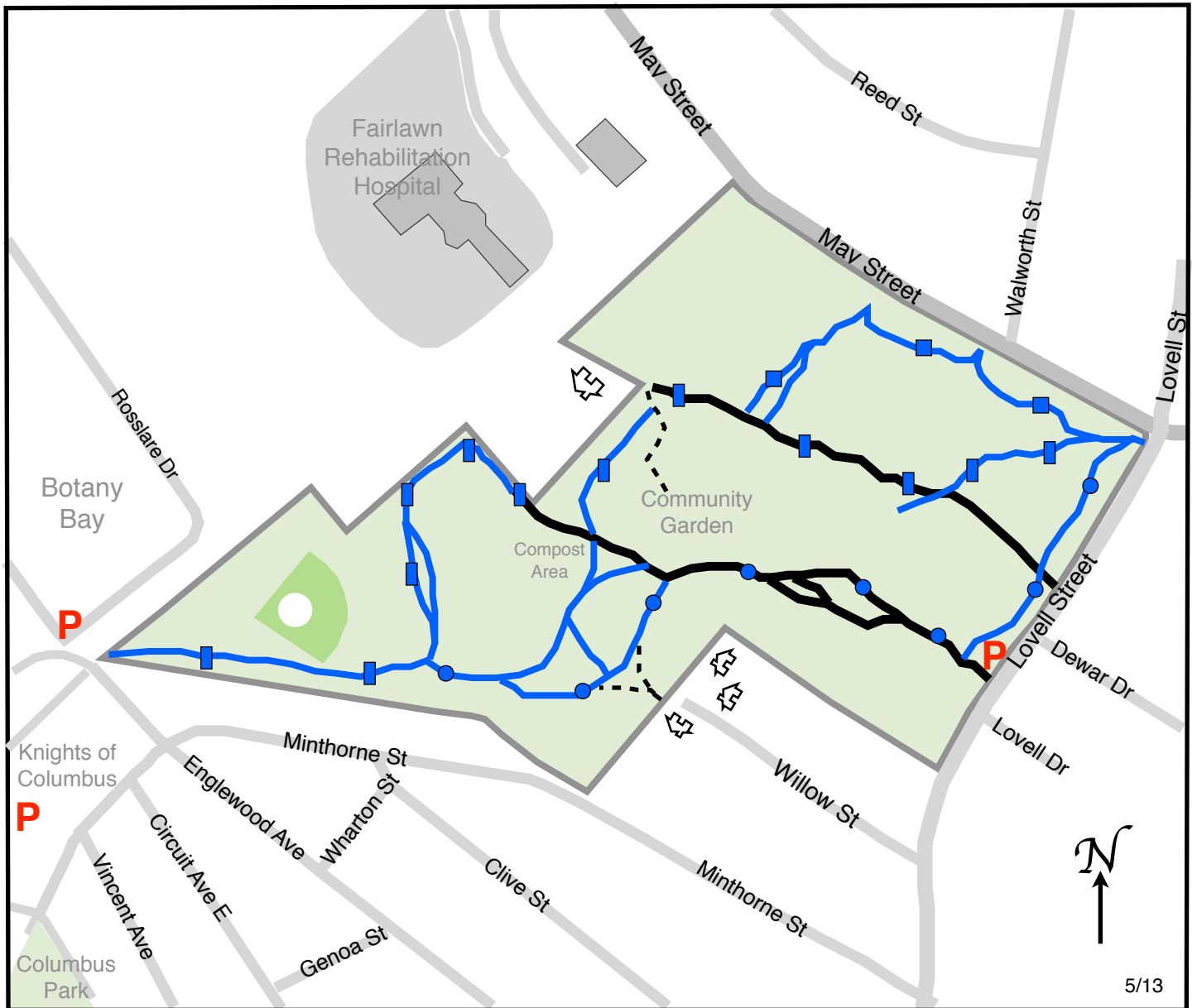
Dogs on leashes are allowed

In 1907 Obadiah Hadwen left this property to Clark University for use as an Arboretum to educate students in the art and science of arbor culture. In 1978, Clark students cataloged 40 different types of trees. Today, many of these trees remain.

There are two parallel dirt roads that cross the property as well as numerous other paths. Besides the huge diversity in the trees, there are many wildflowers. One stunning display is the White Wood Asters that blanket the forest floor in the fall. This is an easy property to navigate. The map that follows shows the paths that were present in the Spring of 2013. Depending on the trail maintenance; some of these may disappear and others may be newly bush hogged.

Hadwen Arboretum

Worcester, MA



5/13

Key

- Dirt Road
- Paths
- ■ path & road markings
- - - Private Paths
- Property Boundary
- P** Parking

(not an official map)

Hadwen Park

Worcester

City of Worcester

Location: The main entrance to Hadwen Park is located on Heard Street .20 mile from Stafford Street. Immediately after the railroad tracks turn left into the parking area.

During the winter the parking area on Heard Street is blocked off. Parking is available on the side of Knox Street on the eastern side of the park.

Length: 3-4 miles

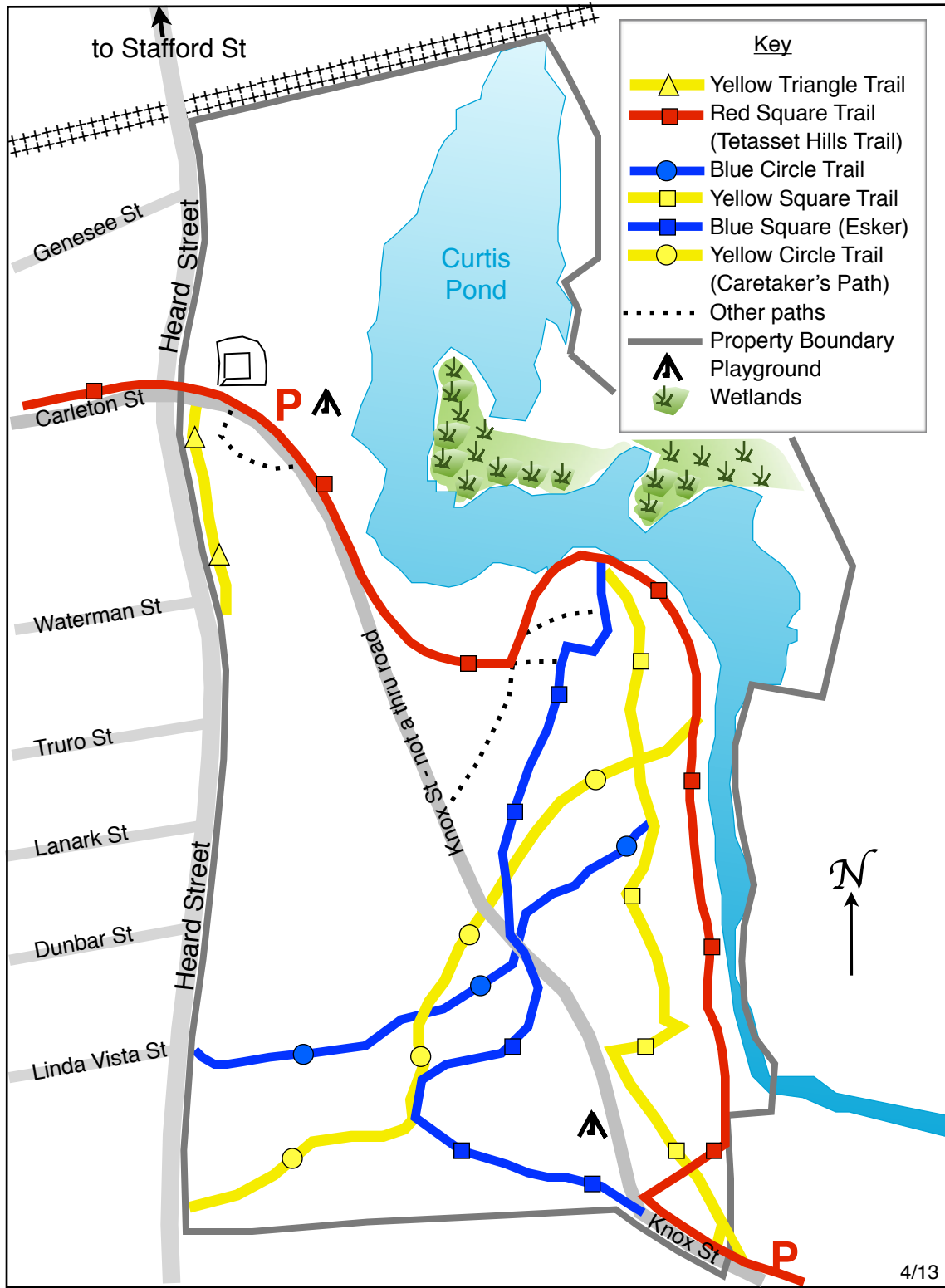
Worcester city park: No dogs allowed.

This park has many diverse features. There is Curtis Pond and the wetland associated with it, a brook, a forest, and an esker. There is a series of paths that cross each other affording the hiker endless hiking options. The section of Knox Street that runs through the park, is now a walking path that links many of the trails together. The paths accessing the esker often have dramatic elevation changes. A Barred Owl inhabits these woods.

This park is enjoyable to visit at any time of the year. The inhabitants of the pond change with the seasons. Mute Swans, Cormorants, Mallard Ducks, Canada Geese and Great Blue Herons are spotted at various times of the year, and there are a variety of diving ducks that visit in the Fall and Winter.

Hadwen Park

Worcester, MA



Kettle Brook

Worcester

The Greater Worcester Land Trust

Worcester Academy

Location: 1) From the intersection of Park Ave (Route 9), Main St., and Stafford St., drive South on Stafford St. for 1.30 miles. Park on the right side of the road at the gated lot of Bulbs.com or at Worcester Academy's "New Balance Fields".

2) Kettle Brook Lofts, 1511 Main St. (Route 9), Worcester, is located at the other end of the trail. They will be building spaces at the trailhead for public access to this conservation area. You can also park at the GWLT gate on Aldena Road (see map).

Length: 2 to 3 miles.

Dogs on leashes are allowed.

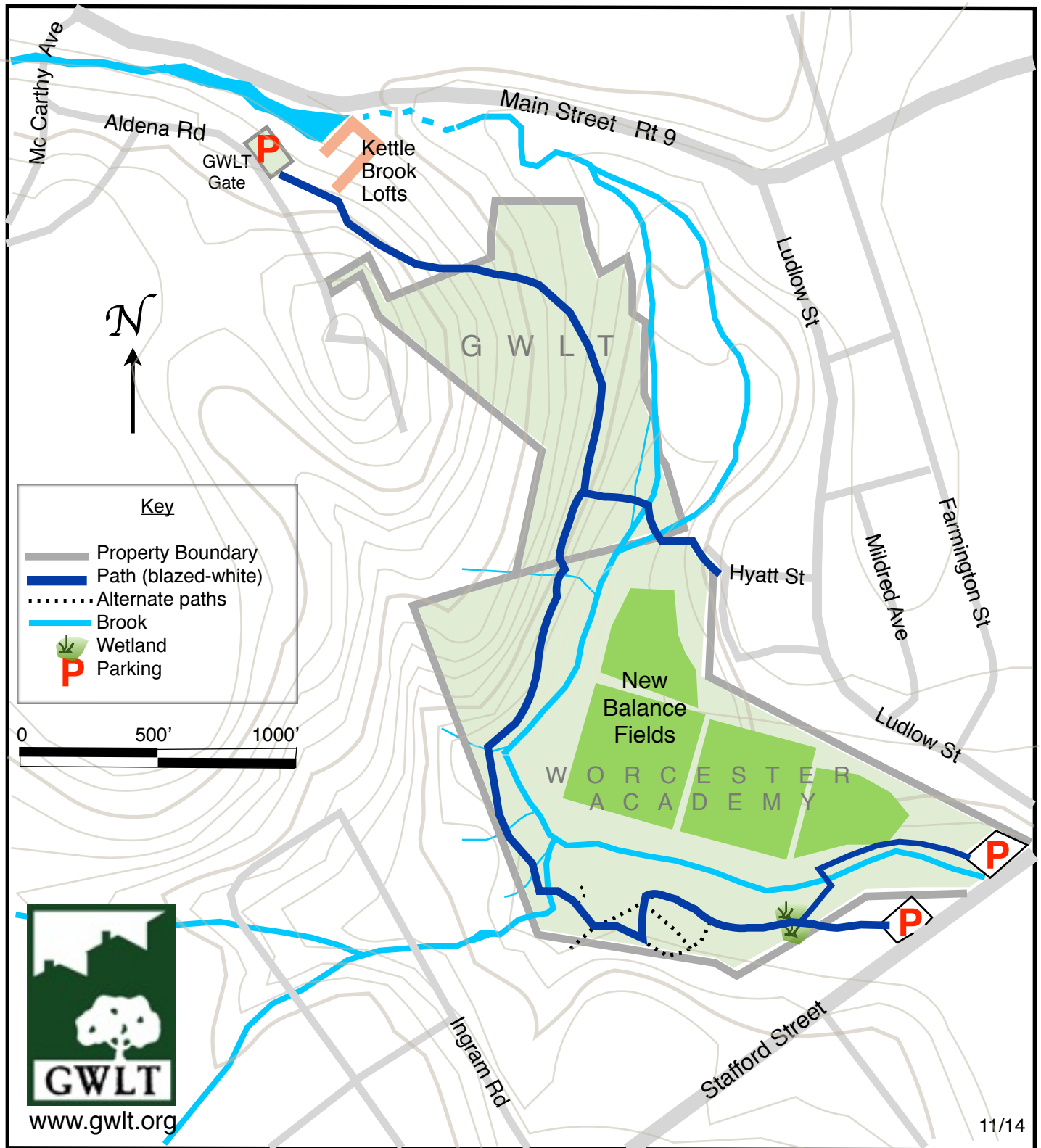
This is an easy hike except for some short steep areas. Worcester Academy's fields were designed to fit neatly within the space bordered by Kettle Brook. From Stafford Street parking, you follow a wide dirt path along the brook. The path is well marked with white paint. Even rocks or roots on the path are painted to help Worcester Academy's cross-country runners. The path has a wide variety of woodland flora, including Red Trillium, Solomon's-seals, Wild Sarsaparilla, and Hobblebushes, and the brook has several types of fish in it.

The path turns to the right after about .75 mile. There is a gorge and the remnants of a large stone dam. Depending on the time of year and water level of the brook, you can explore the area around the dam.

The path that continues straight (North) goes for about .20 mile to the property boundary. Beyond, The Kettle Brook Lofts is a condominium development situated on the brook and on top of a nice waterfall.

Kettle Brook

Worcester, MA



Kinneywoods & Cook's Woods

Worcester, Holden

City of Worcester

The Greater Worcester Land Trust

White Oak Land Conservation Society

Location: From the intersection of Pleasant and Chandler Streets (in front of the Santander Bank), take Mower Street for about .15 mile and bear slightly right onto Olean Street. Continue for .70 mile and turn right onto Dawson Rd. Drive .50 mile to the end of Dawson Road. (The last .20 mile is unpaved and has many potholes.) Park in front of the gate. Please don't block the private driveway.

Length: 3 miles or more.

Dogs on leashes are allowed.

This is a beautiful hardwood forest. Various conservation groups have combined to form a truly wonderful collection of properties. The Cook's Path (blue blazes) heads East to Brigham Street. You will cross some streams, stone walls and power lines. On the return trip, take the Crystal Pond Loop (red blazes) that heads North, then West along the Worcester/Holden town line. This trail ends near scenic Crystal Pond. There is an understory of Mountain Laurels and Paper Birches that make a stunning contrast against the pond.

The Dresser Loop (yellow blazes) takes you North along streams, crosses wetlands and climb hills. In the Spring you will find Red Trillium, Dwarf Ginseng, and Wood Anemones along this path and Marsh-marigolds and Indian Poke in the streams. One highlight near the top of the Dresser Loop is a huge glacial boulder with a Black Birch growing out of it. The Cross Loop Trail (red triangle blazes) takes you to the property's Northwestern corner where you will find the stone wall boundaries forming a cross.

Hunting is allowed in the Holden portion of the property, so wearing bright colors during Hunting Season is recommended. Hunting is not allowed on Sundays.

Holbrook Forest

Holden

White Oak Land Conservation Society

Location: From the intersection of Salisbury Street and Fisher Road in Holden, take Fisher Road West for .60 mile. The parking lot is on the left side of the road.

Length: 1.50 miles and more depending on the paths walked.

Dogs on leashes are allowed.

This property joins Kinneywoods and Cook's Woods on the Worcester/Holden boundary. This trio of properties offer a wide variety of hiking options. In contrast to the other two properties, Holbrook Forest is relatively flat with broad paths, remnants of old logging roads. The open areas created from logging activity have created a place for wildflowers, blueberries and blackberries to grow. In the fall the brilliant red leaves of the blueberries, line the paths.

To lengthen your hike, take the Kinneywoods Loop to a short path that connects you to the Dresser Loop in Kinneywoods. This enables you to walk the entire combination of properties.

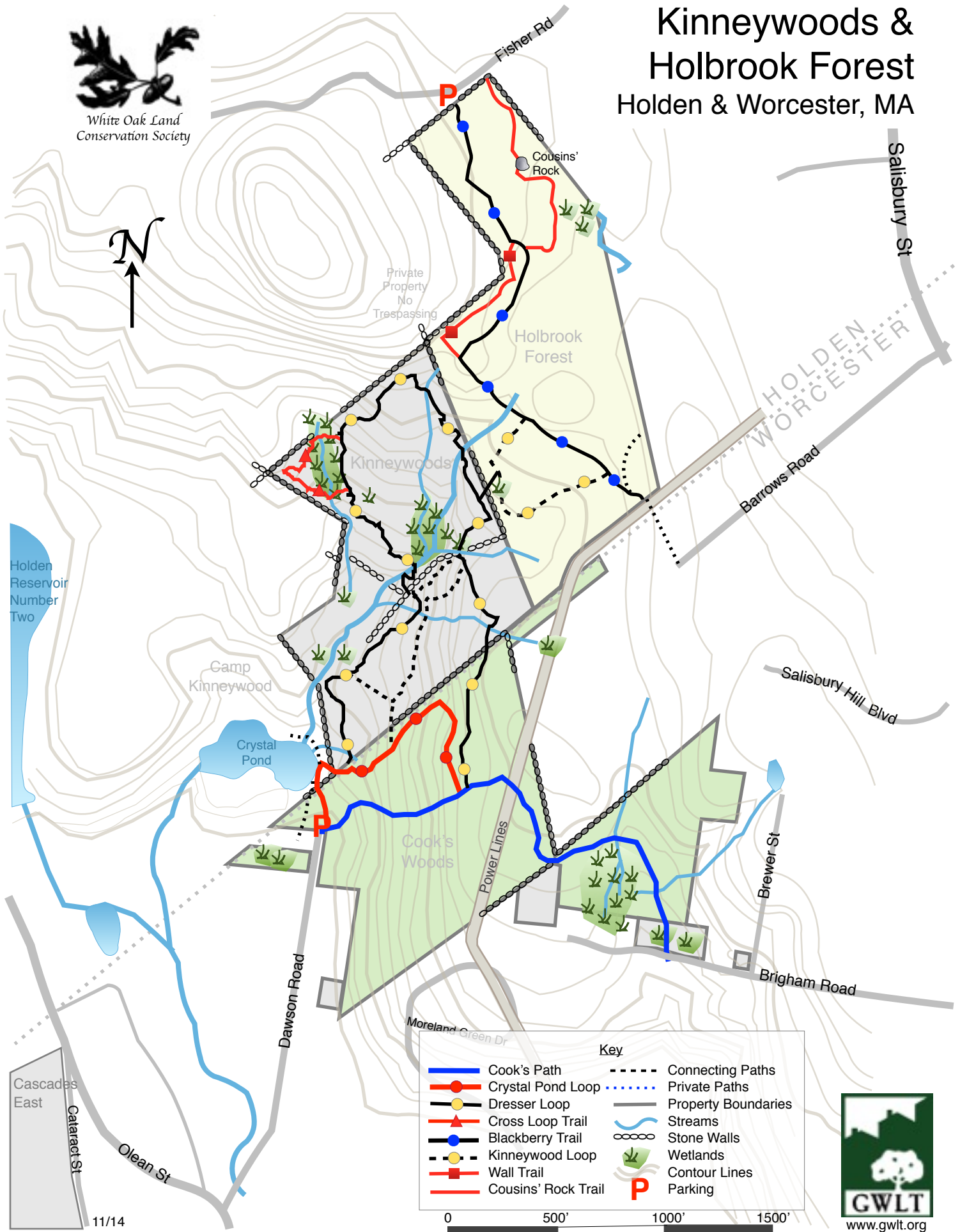
The Wall Trail follows a beautiful stone wall property boundary. Another highlight is Cousins' Rock, a former meeting place for children. There will soon be a path to Cousins' Rock. This quartz glacial erratic is nestled in a dense grove of young White Pine trees.

This is a multi-use property. Wear blaze orange or other bright clothing during hunting season. No hunting is permitted on Sunday.



Kinneywoods & Holbrook Forest

Holden & Worcester, MA



Lake Park

Worcester

City of Worcester

Location: Lake Park is located on Lake Avenue about a mile South of the intersection of Route 9 and Lake. From Lake Avenue head West up Hamilton Street. There is parking near Tivnan Field and another a block West on Coburn Ave across from Morano Field.

Length: 3-4 miles

Worcester city park: No dogs allowed.

Lake Park has well established paths that are easy to walk on. The trails are under a canopy of towering oak trees, but there is sufficient open area to allow wild flowers to flourish. There is a path that takes you along a wetland that offers a different ecology. The paths intersect to create many walking options. Currently, the paths are marked only at major intersections.

The following map has been modified, from the one posted, to reflect the paths that are currently being used.

This map illustrates the trail system at Lake Quinsigamond State Park. The park is bordered by Lake Quinsigamond to the east. Major roads include Nonguit Street, Touraine St, Coburn Ave, Hamilton St, Bigelow Davis Pkwy, and Lake Ave. Key landmarks and facilities shown are Morano Field, Basket-ball, Rest-rooms, Community House, Tivnan Field, State Skating Rink, Animal Feed Shed, and the 'Not currently being used' area. The map features several trails: a blue trail with triangle markers, a red trail with square markers, a yellow trail with circle markers, and a black trail with circle markers. A 'Twin Sisters Connector' is also indicated. Parking areas are marked with a red 'P'. Wetlands are shown with green wavy lines, and streams with blue lines. A playground is marked with a triangle and the letter 'A'. 'Twin Sisters' boulders are marked with the letter 'E'. Tower ruins are marked with the letter 'F'. Alternate paths are shown with dotted lines. A north arrow points towards the top right, and a scale bar indicates distances to Route 9 and Route 20. A disclaimer at the bottom left states '(Not an official map)'. The date '10/14' is in the bottom right corner.

Moore State Park

Paxton

Commonwealth of Massachusetts

Location: Take Route 122 to the center of Paxton. At the lights, turn South onto Route 31 (West Street). Travel about 1.30 miles. Bear right onto Mill Street. The parking area will be on the left.

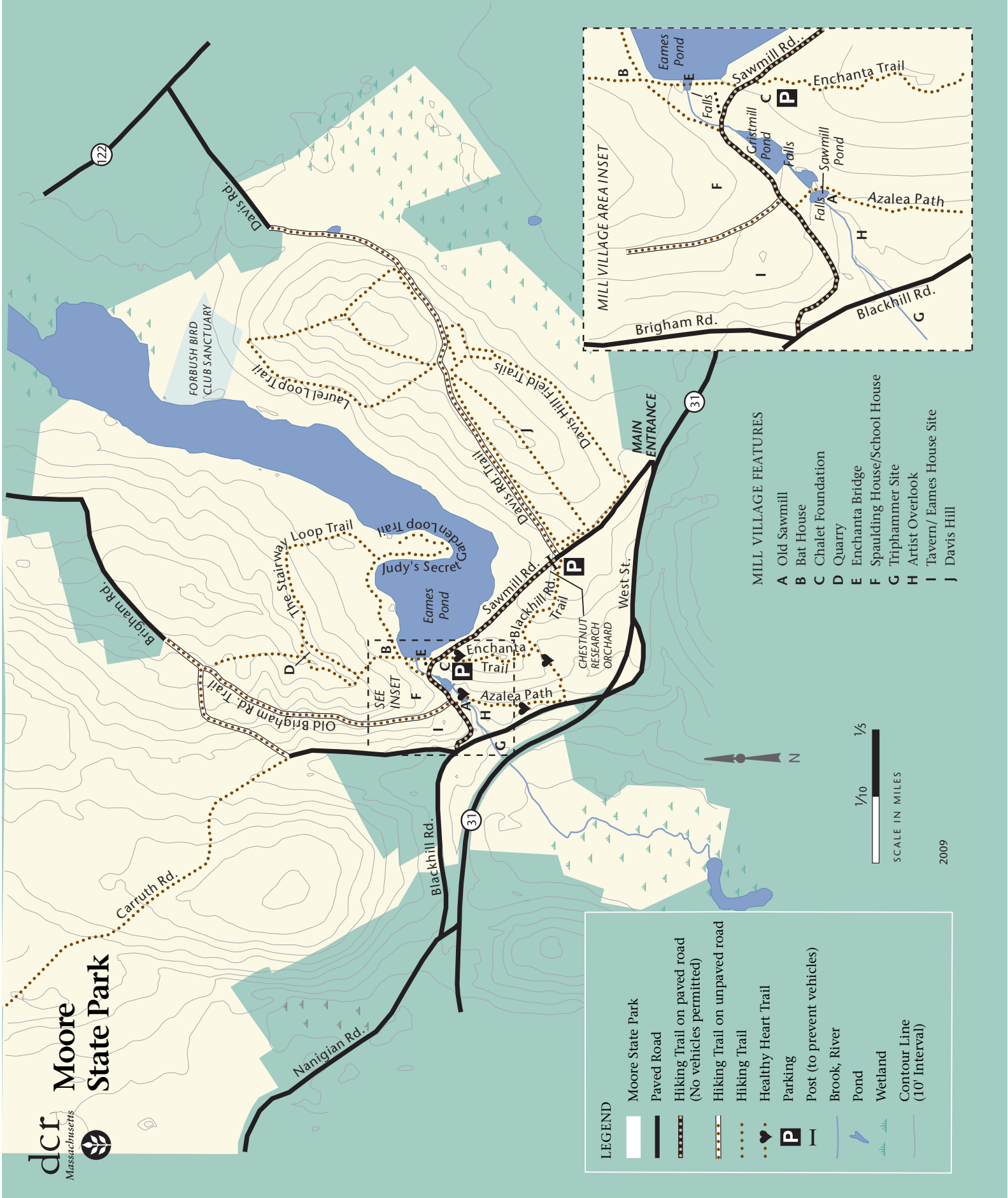
Length: 1 mile and up.

Dogs on leashes are allowed.

Moore State Park is a combination of spectacular cultivated displays of rhododendrons and azaleas with paved paths, and easy hiking paths through the woods on this former estate.

Moore can be enjoyed all year round. The paved paths are plowed in the winter.

Highlights: Floral displays in early June
Artist Overlook - inspirational view of the 1740's sawmill
Waterfalls and ponds
There is a 1 mile DCR "Healthy Heart" trail.



LEGEND

- Moore State Park
- Paved Road
- Hiking Trail on paved road
(No vehicles permitted)
- Hiking Trail on unpaved road
- Hiking Trail
- Healthy Heart Trail
- Parking
- Post (to prevent vehicles)
- Brook, River
- Pond
- Wetland
- Contour Line
(10' Interval)

MILL VILLAGE FEATURES

- A Old Sawmill
- B Bat House
- C Chalet Foundation
- D Quarry
- E Enchanta Bridge
- F Spaulding House/School House
- G Triphammer Site
- H Artist Overlook
- I Tavern/ Eames House Site
- J Davis Hill



Moreland Woods

Worcester

The Worcester Conservation Commission
The Greater Worcester Land Trust
The Commonwealth of Massachusetts

Location: The easiest access is near the top of Moreland Street, on the section that leads down (East) to Salisbury Street. A green sign marks the entrance (see northern portion of map). The trailhead is found here. Park on one of the side streets. (The other access point, on the flat portion of Moreland Street has a lot of vines, thorny bushes and wetlands which make it impassable.)

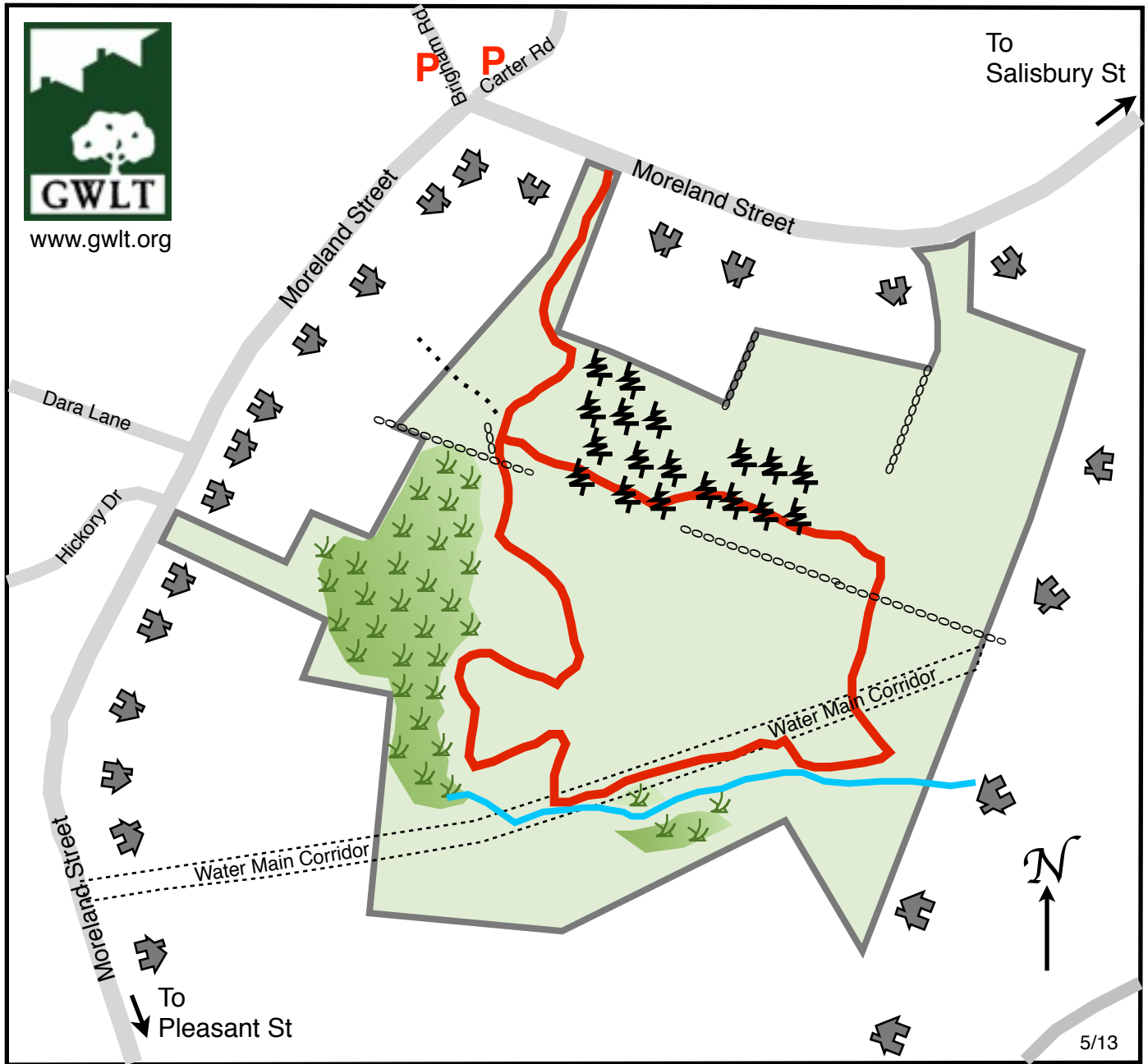
Length: 1 - 2 miles

Dogs on leashes are allowed.

Follow the access corridor to the loop trail that circles the property. The trail takes you near the wetlands, winds through the woods, and follows a stream. In the wetland areas you can find Marsh-marigolds in the Spring and asters in the Fall. This area is full of birds and wildlife. Wild Turkeys are often seen or heard, along with many other bird species including Barred Owls, Red-bellied and Downy Woodpeckers, Northern Cardinals, and American Robins. A pair of White-tailed Deer was also spotted recently. You complete the loop in an evergreen grove of White Pine and Eastern Hemlock.

Moreland Woods

Worcester, MA



Key	
	Path
	Property Boundary
	Stream
	Private path
	Park on side streets
	Evergreen grove
	Wetlands
	Stone walls

Newton Hill

Worcester

City of Worcester

Location: Behind Doherty High School and bordered by Pleasant Street and Park Avenue

Length: Paths vary from a few tenths of a mile to a mile or so.

Worcester city park: No dogs allowed.

There are several well maintained and marked dirt roads and trails, as well as some well traveled unnamed trails. The park now includes an 18-hole disc golf course, so many of the natural areas have been replaced by golf holes. The disc golf course crosses the paths, but golfers are respectful of walkers. The course is used mostly in late afternoon and on weekends.

There is still interesting flora, as well as squirrels, chipmunks, and birds. You also get a lot of exercise walking up and down the hill. It's fun to cross-country ski and snowshoe here in the winter.

Elm Park

Worcester

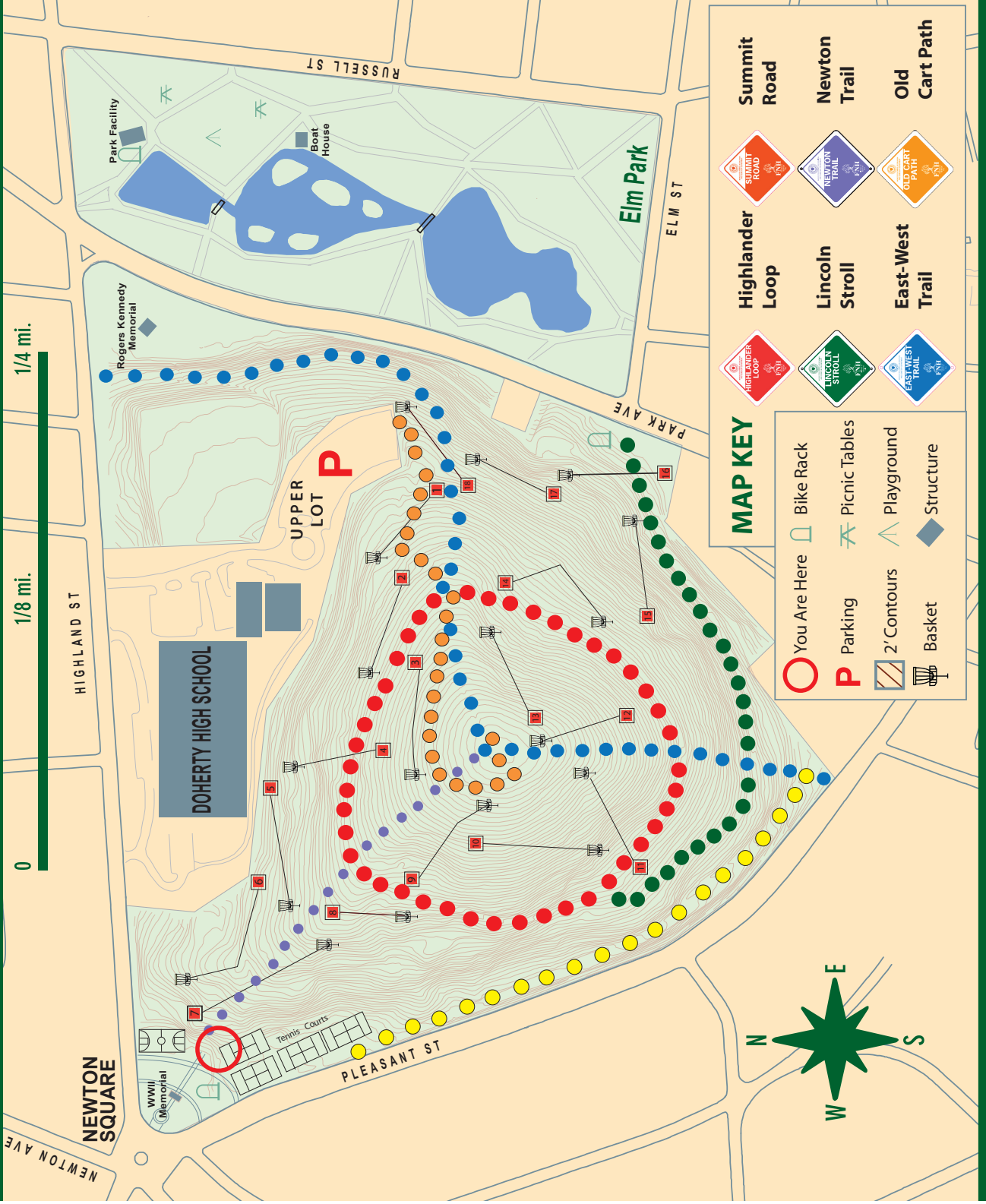
City of Worcester

Location: Bordered by Highland Street, Park Avenue, Elm Street, and Russell Street

Elm Park has two miles of tree lined walking paths, that take you by a large pond spanned by two foot bridges. There is a playground and areas for varied outdoor activities.



WELCOME TO NEWTON HILL



Nick's Woods

The Greater Worcester Land Trust

Worcester

Location: Nick's Woods is located in the triangle formed between Grove and Holden Streets. The property sign is located on Grove Street, but the best access to the property, is from Smith Lane. Smith Lane is located off Holden Street, just South of the intersection with Brattle Street. The entrance to the property is at the end of Smith Lane. There is room to park a few cars on the left side. The trail is the dirt road on the left. The road to the right is a private driveway, so please don't block it.

Two other places to park are across Holden Street at the Triumphant Life Church or along the side of Stetson Road. It's a short walk down Smith Lane to the trailhead.

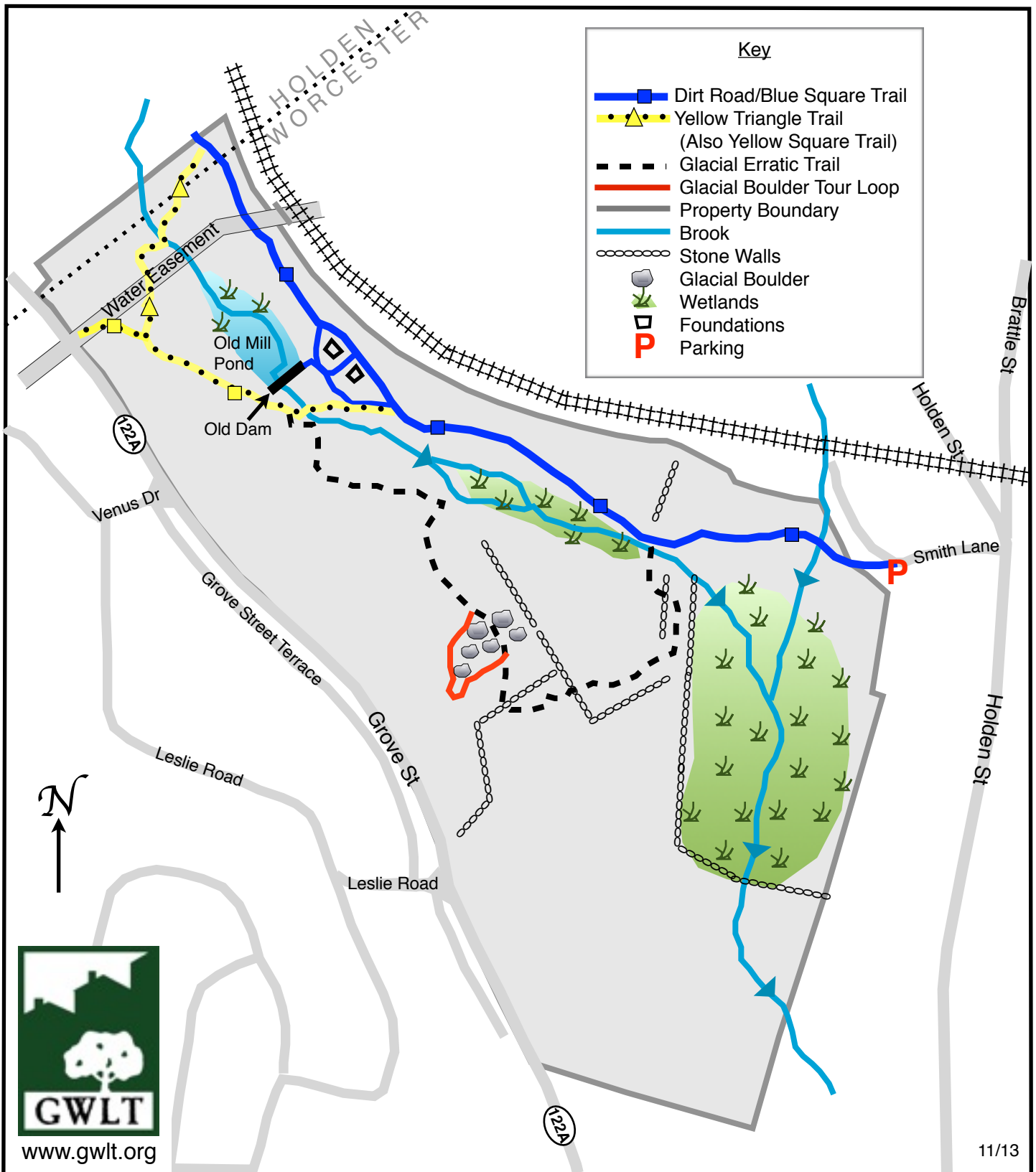
Length: 2 - 3 miles

Dogs on leashes are allowed.

The main path is a rocky dirt road that runs along the North side of Sargent Brook. It is an easy walk that takes you from Smith Lane to the end of the property at the power lines. There are several alternate route choices at this end of the road. A fun detour is walking out on the old dam. It offers a great view looking down the brook. Many different flower species decorate the banks. You can return following the same dirt roads back to Smith Lane or follow the "Yellow-Triangle Trail" that crosses Sargent Brook near the power lines. This path takes you to the South side of the property, where you hike through woods which feature Mountain Laurel and Witch Hazel. This side gives you a good look at the old dam and brook, as well as taking you through a large boulder field on the "Glacial Erratic Trail". The trails on the southern side of the brook are more challenging with several streams to cross.

Nick's Woods

Worcester, MA



Oxbow National Wildlife Refuge

Harvard, Lancaster, Shirley, Ayer
U S Fish and Wildlife Service

- Location:
- 1) Riverside Trail, Turnpike Trail and Tank Road:
Still Water Depot Road, Harvard MA
From the intersection of Routes 110 and 117 in Harvard, travel 3 miles North on Route 110. Turn left onto Still Water Depot Road. Drive approximately .60 mile. Cross the railroad tracks, the parking area will be on the right.
 - 2) Esker Loop Trail: Off Walker Road in Shirley.
From Route 2 East, Take exit 36 towards Shirley Road. Take Shirley Rd. for about 2.20 miles. Turn right onto Main St. and continue for 1.80 miles. Turn left onto Walker Road, cross the railroad tracks, and drive .80 mile. The Refuge will be on the right.

This refuge was established in 1974 beginning with land transfers from the Department of Defense. It now encompasses 1667 acres and protects 8 miles of the Nashua River. Trails are being developed for people to be able to observe nature.

No Dogs Allowed.

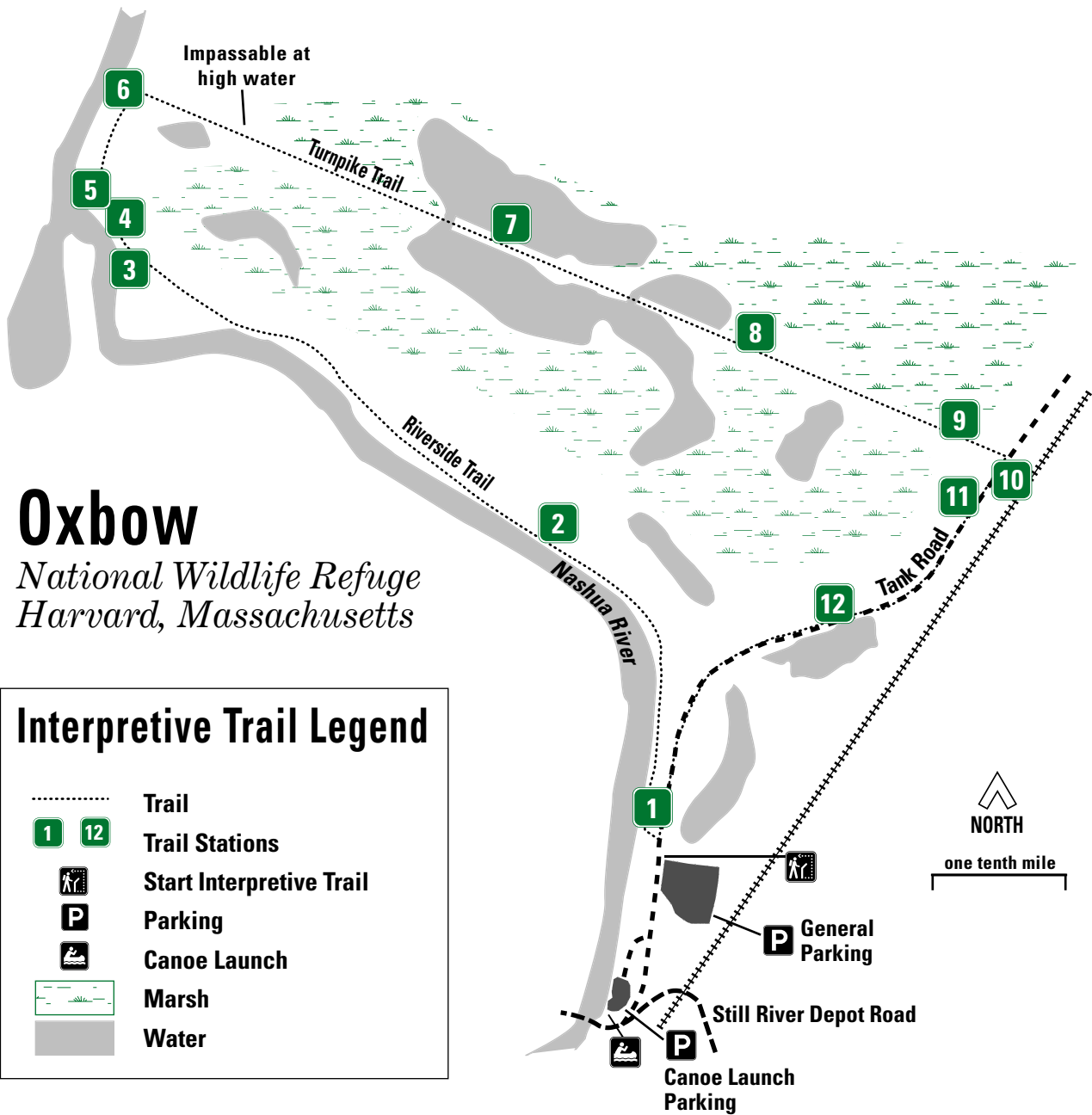
1) Riverside Trail, Turnpike Trail and Tank Road. Harvard MA

This is a level 1.90 mile loop trail that takes you along the Nashua River and through wetlands. There are numerous wooden bridges and walkways over the wetter areas. During wet periods, part of the trail can become temporarily flooded. There are 12 stations around the loop that help describe the natural world around you.

The Goddard Trail can be accessed by walking North on the Tank Road. See the U.S. Fish and Wildlife Service website at http://www.fws.gov/refuge/Oxbow/visit/plan_your_visit.html for more information and complete directions.

2) Esker Loop Trail. Off Walker Road in Shirley.

This is a 2 mile hike. Start by following the dirt road and walking next to an esker. After about .50 mile you turn right and climb steeply up onto the esker. Follow the top of the esker for about another .50 mile. From this vantage point, you get great views of the Nashua River and the forest around you. At the end of the property, there is another very steep climb back down to the dirt road. Return to the parking area on the dirt road.



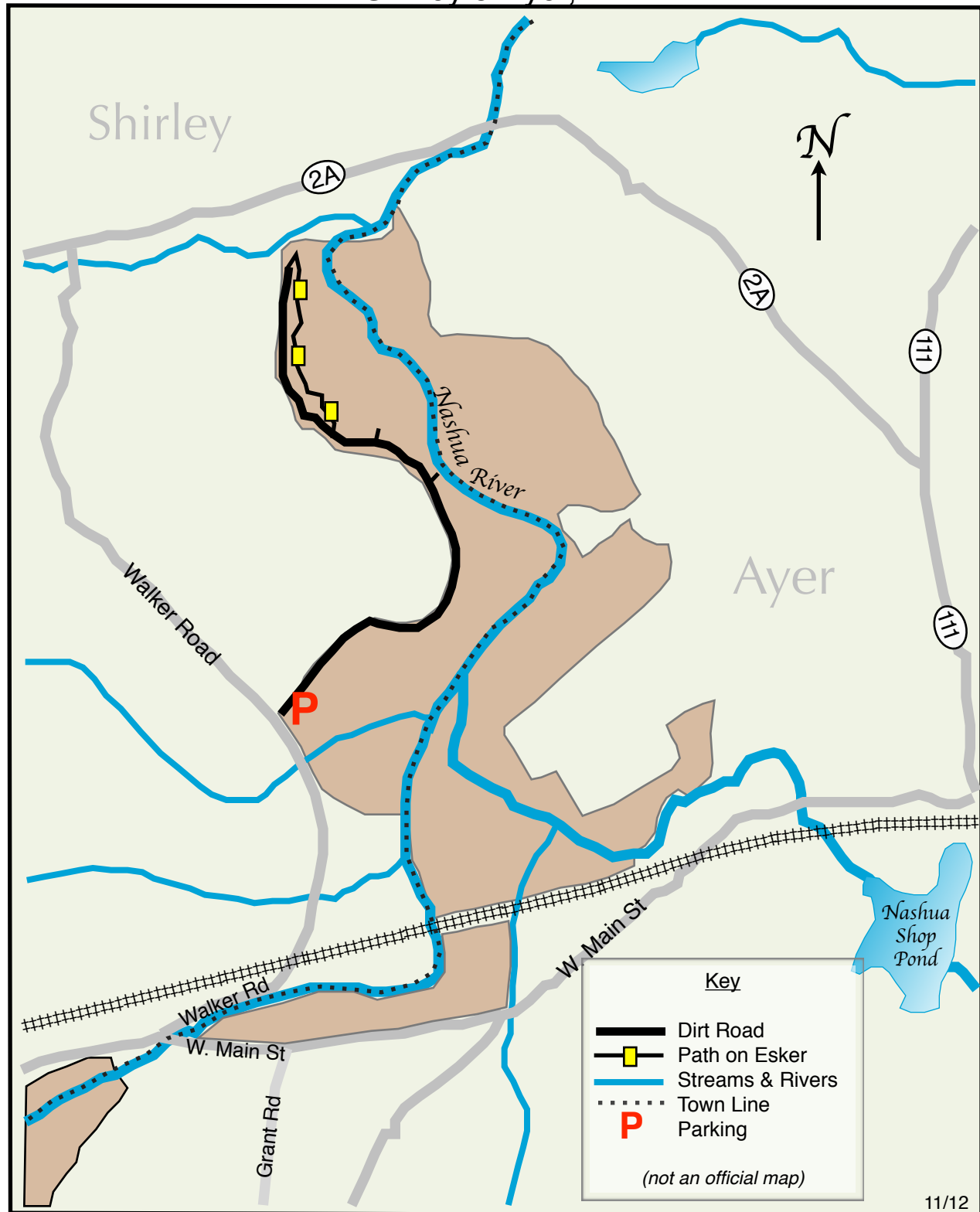
Interpretive Trail Stations

- | | | |
|--------------------------|--------------------|-----------------------|
| 1) Nashua River | 5) Slough | 9) Glacial Terrace |
| 2) Reading the Landscape | 6) Bridge Abutment | 10) Tank Road |
| 3) Natural Levee | 7) Beaver Lodge | 11) Turnpike Trail |
| 4) Riparian Forest | 8) Turnpike Trail | 12) Beaver Management |

The complete descriptions can be found in a brochure at the Kiosk in the parking area on Still River Depot Road. It can also be downloaded from:
http://www.fws.gov/uploadedFiles/Region_5/NWRS/North_Zone/Eastern_Massachusetts_Complex/Oxbow/OxbowTrails.pdf

Oxbow National Wildlife Refuge

Esker Loop Trail
Shirley & Ayer, MA



Parson's Cider Mill and Marois 28

Worcester

Greater Worcester Land Trust

Location: Parson's Cider Mill: Intersection of Goddard Memorial Drive and Apricot Street. Robert H. Goddard Memorial is on the corner. The parking area is West of the Memorial, on the right hand side of Apricot Street.
Marois 28: parking along Beatrice Drive is suggested.

Length: 1.5 miles and up.
Dogs on leashes are allowed.

The Parson's Cider Mill section of this property is an easy walk along dirt paths/roads. It begins at the former Mill's foundation, situated over a stream. The path takes you along two man-made ponds and a stream. You can walk around the second pond.

The second property, Marois 28, is connected by a path from the far end of the second pond. You can walk either direction around a wetland area. To the right you pass a drainage channel from Goddard Memorial Drive. Continuing, you walk on a narrow path on the border of the wetlands, reaching a cinder road that takes you up the hill to Goddard Memorial Drive. You emerge from the woods across from Beatrice Drive. From the cinder road, several other paths that head North, can be accessed.

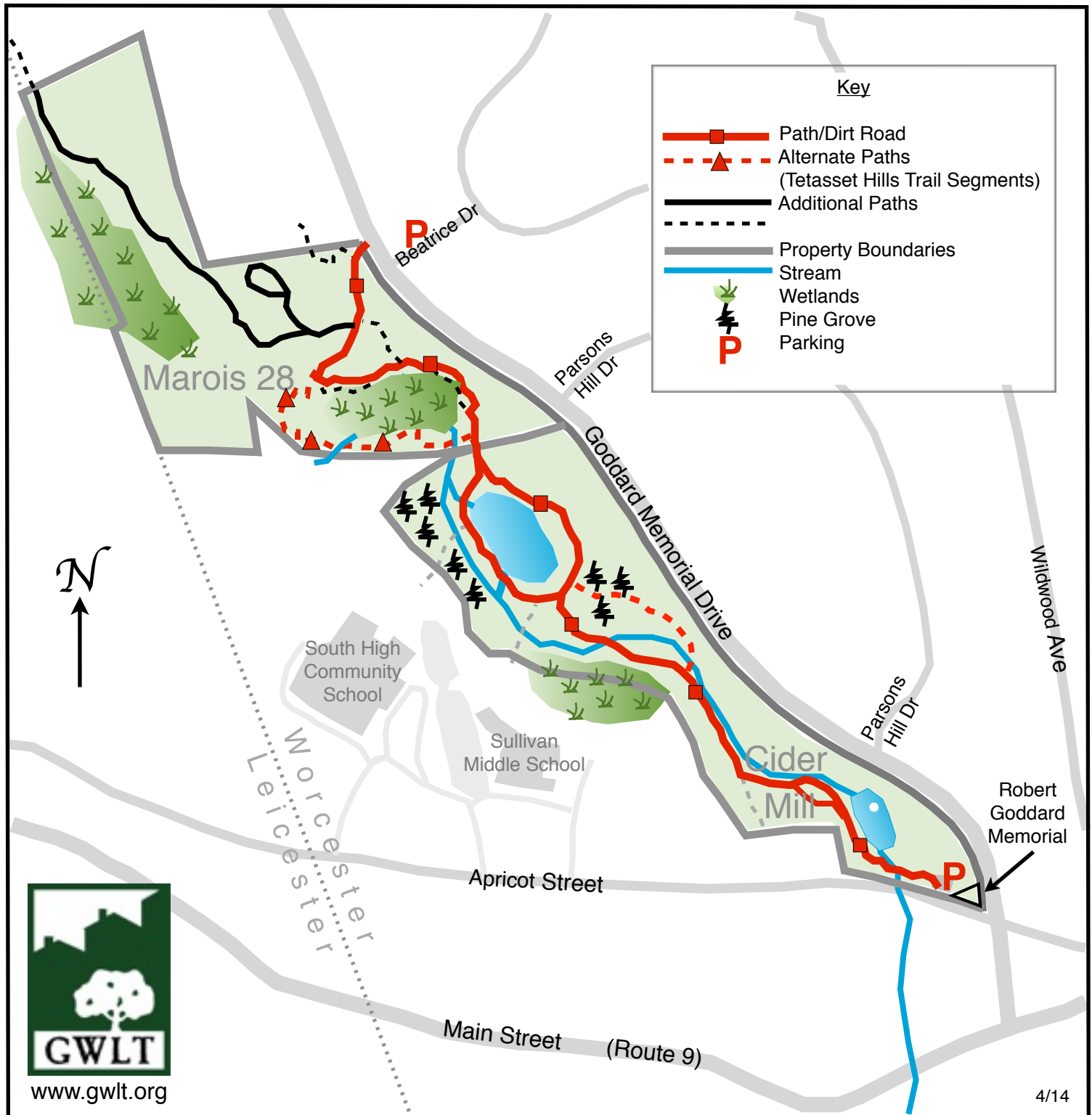
Walking to the left you pass a campfire site and the wetland. In August there is an explosion of Cardinal-flowers, Monkey-flowers, Joe-Pye-weed and Jewelweed. A trail has recently been blazed that completes a loop trail around the wetland. This trail is very rocky and has a stream that needs to be crossed, so the footing is more precarious in this area.

Highlights: In the spring, there is a huge expanse of Bloodroot, Marsh-marigolds along the streams and mating Mallard Ducks. In the summer, a cormorant was found enjoying a pond.

The only drawback to this property is that it is located behind two schools. There is usually some litter along the paths. Trash can be deposited in the receptacle at the Goddard Memorial located a few yards from the parking area.

Parson's Cider Mill and Marois 28

Worcester, MA



Patch Reservoir

Worcester

City of Worcester

Location: Mill Street .40 mile South of the intersection of Mill Street and Airport Drive. There is a sign for Patch Reservoir and a wide shoulder on the East side of the road that accommodates parking for several cars. Canoes and non-motorized boats can put in here. To locate the path, walk South for about a minute and enter the woods beyond the house with the white plastic fence (464 Mill Street).

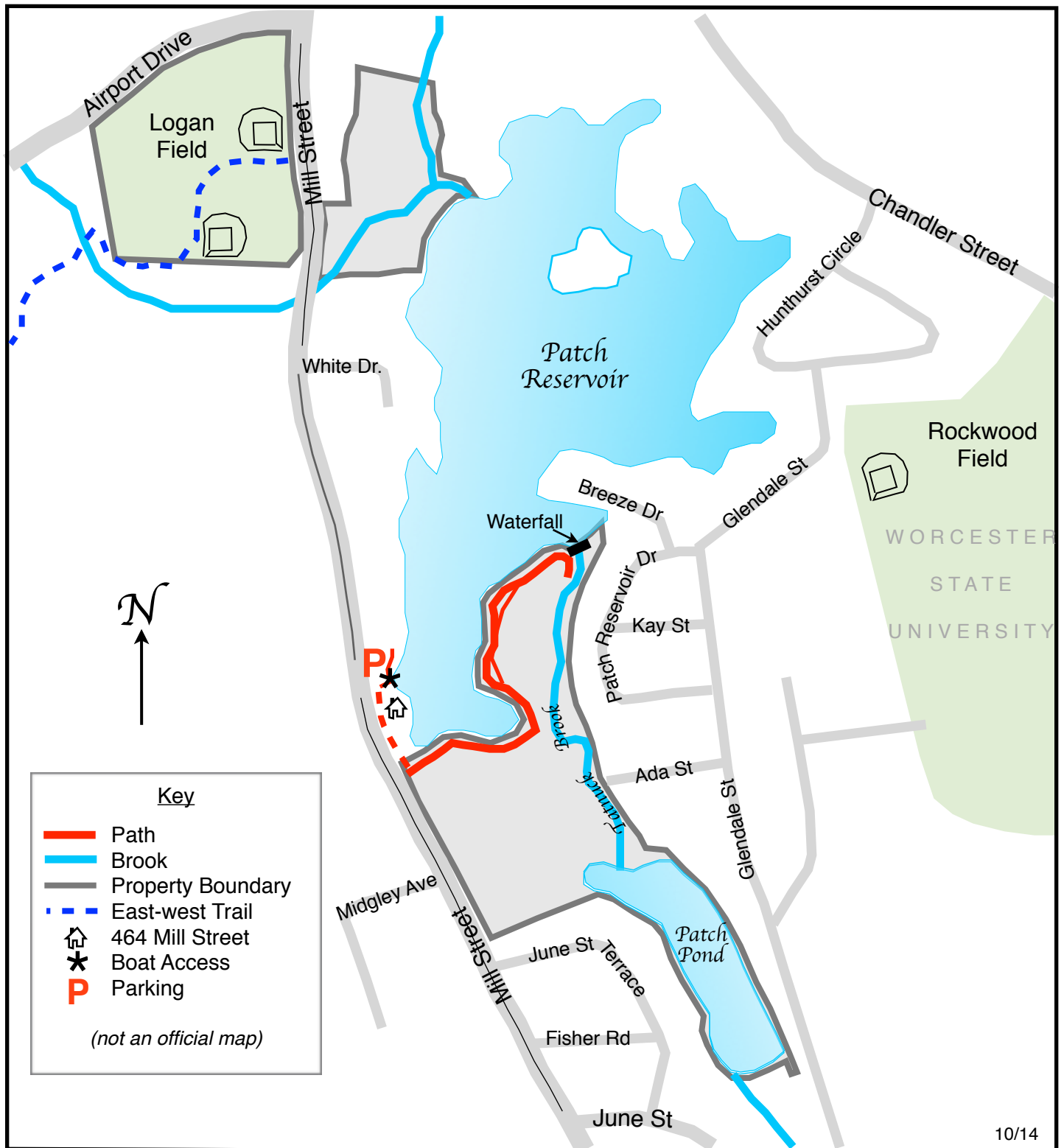
Length: 1 - 1.50 miles

Dogs on leashes are allowed.

This begins as a moderately difficult hike. There is a well established path that runs along the edge of the reservoir affording terrific views of the water and the Mute Swans that frequent the area. The first portion of the trail is quite narrow and has rocks, roots, and some poison ivy to deal with. A few areas can also test your balance. After you reach Tatnuck Brook and head North the trail becomes wider and much easier. The area is honeycombed with intersecting small paths. You end up at a stepped waterfall that is impressive in the Spring or after a heavy rain. Complete the walk by returning the way you came.

Patch Conservation Area

Worcester, MA



Perkins Farm

Worcester

Worcester Conservation Commission

Location: Route 122 - Grafton Street. Located at the Perkins Farm Marketplace. There are signs that designate where to park, behind the right side of the Stop & Shop.

Length: There are many different trails that crisscross this property. You can walk as far as you want, for up to several miles.

Dogs on leashes are allowed.

This is the site of the last farm in Worcester. It is an area which is forested with beautiful large oak trees that form a majestic canopy over the property. There is a short uphill climb to get into the property, but after that, most of the paths are relatively flat. The understory contains blueberries, Bracken Ferns, Sweetfern, Sassafras, Wild Indigo and other wild flowers. In the Spring, one trail has a cluster of Pink Lady's-slippers.

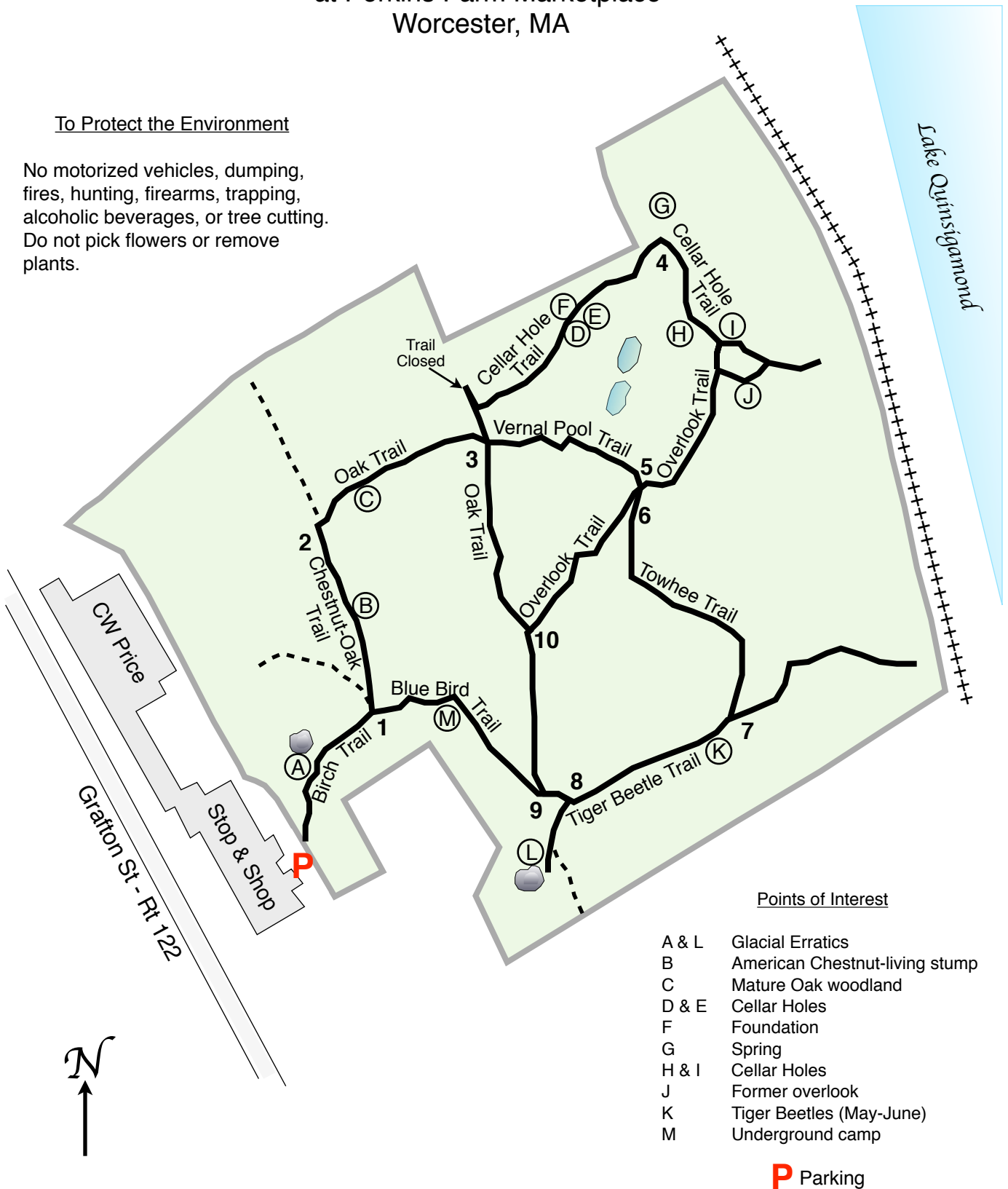
Highlight: There are two paths that have extensions that overlook the railroad tracks and Lake Quinsigamond. The view is memorable in the Spring and Fall when the foliage is absent. One caution - don't venture out onto the railroad tracks. These are two active CSX tracks and trains regularly come by at high speed.

Perkins Farm

at Perkins Farm Marketplace
Worcester, MA

To Protect the Environment

No motorized vehicles, dumping,
fires, hunting, firearms, trapping,
alcoholic beverages, or tree cutting.
Do not pick flowers or remove
plants.



Pierpont Meadow

Dudley

Mass Audubon Society

Directions: From Worcester take Rte I-290 South to Rte. 395. Follow Rte I-395 South to exit 4B to Oxford Center. At the traffic light in Oxford center continue straight onto Charlton Road. Follow Charlton Road for .70 mile and take a left on Dudley Road (not Old Dudley Road). Go approximately 3 miles and take a right on Marsh Road (not Henry Marsh Road). The sanctuary is 0.25 miles on your left.

Length: Several miles

No Dogs Allowed.

Pierpont Meadow is a combination of many environments that make this a fun place to explore. There are wetlands and a meadow with a mown path around it. Here you can find beautiful flowering plants and dozens of species of butterflies and dragonflies throughout Spring, Summer and Fall. The woodlands are dominated by towering White Pine trees. In the Spring you can find Fringed Polygala and Pink Lady's-slippers along some paths. Pierpont Meadow Pond has Bullhead-lilies and Fragrant Water-lilies floating on the surface, and there is often a Great Blue Heron hiding somewhere in the pond. The whole property attracts many species of birds. All of the different roads and paths are relatively flat and smooth, and easy to walk.

Near the pond is a cottage that can be rented. There is nearby access to the pond for swimming and canoeing. A canoe is included with the cottage rental. Check with Mass Audubon for details.

Website: <http://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/pierpont-meadow/about/cottage-rental>

Central/West Regional Property Office

Phone: 978-464-2712 Ext. 8702

email: centralproperties@massaudubon.org

Pierpont Meadow Wildlife Sanctuary

Dudley, MA ▲ 978-464-2712 ▲ centralproperties@massaudubon.org
www.massaudubon.org

 **Mass Audubon**
Protecting the Nature of Massachusetts



Pine Glen

West Boylston

The Greater Worcester Land Trust

Location: From the junction of Routes 12 and 140 in West Boylston, drive North about .50 mile. Just before a railroad overpass, turn left onto Goodale Street. Drive for .60 mile, Pine Glen will be on the left side of the street. Continue past Pine Glen and turn left on to Marsh Hawk Way. Park on the side of the road.

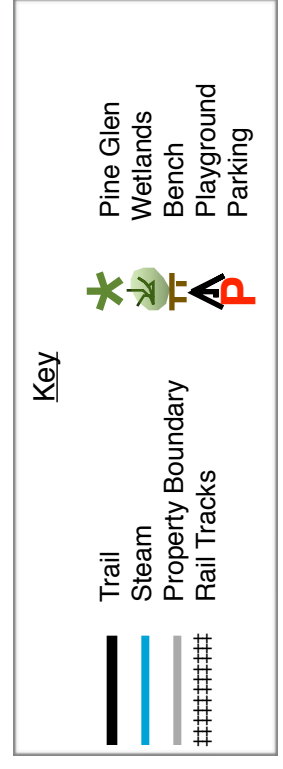
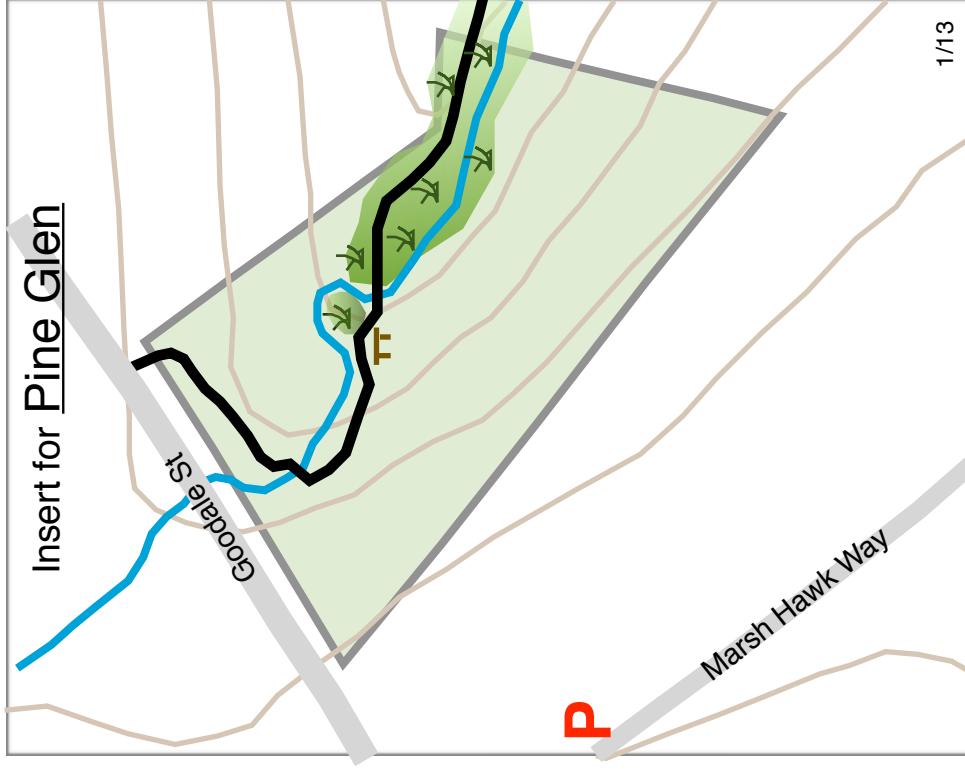
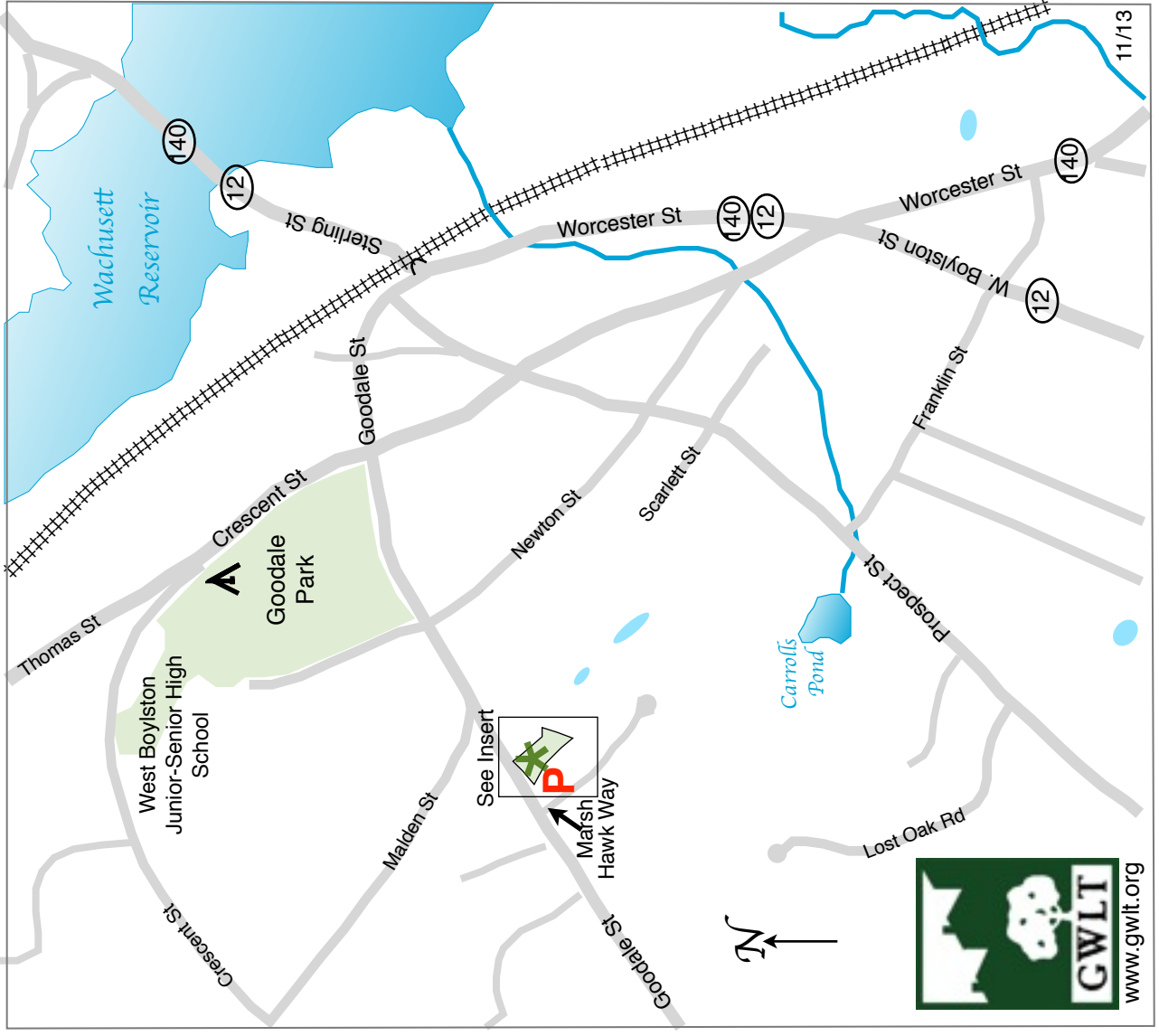
Length: Less than a mile

Dogs on leashes are allowed.

There is a very short moderately easy trail that takes you into the glen. The path follows and crosses a seasonal stream as it meanders through the property. In Spring there are daffodils and periwinkles that line the trail. Summer brings Celandine and Dame's Rocket followed in late summer by a massive display of Jewelweed. In winter you can follow deer tracks down the path. This property gives you the opportunity to get out into nature without walking very far. There is a spot beside the stream where a bench is located. Sit here under a White Pine tree and enjoy being out in nature.

Pine Glen

West Boylston



Porcupine Hill & Potter Sanctuary

Holden/Paxton Line

White Oak Land Conservation Society

Location: Porcupine Hill is on Route 31 on the Paxton/Holden Line .40 mile West of South Road in Holden.
Potter Sanctuary is about .10 mile further West. Currently there isn't a sign, look for mailbox #215. Park on either side of the pull off.

Length: 2 - 3 miles

Dogs on leashes are allowed.

These are a pair of lovely adjoining wooded properties. There are well-marked trails that combine for a variety of easy hikes. Blue markers indicate going out and yellow markers indicate that you are returning to the Porcupine Hill parking lot. White markers return you to the Potter Sanctuary parking area. It is easy to walk the .10 mile distance between the two parking areas on the highway.

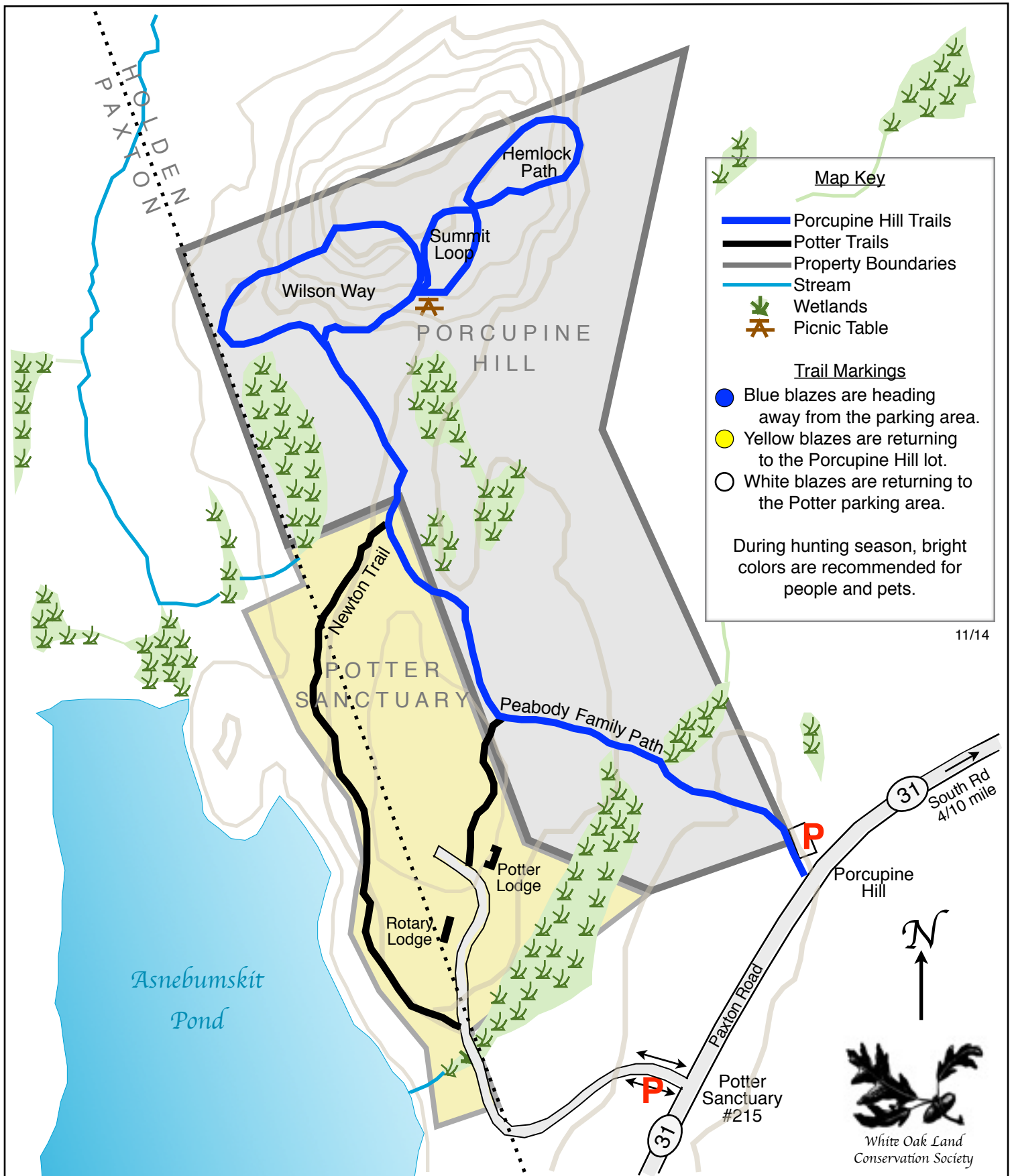
Porcupine Hill: This hike begins on the Peabody Family Trail. This trail is narrow in sections and takes you through dense thickets of Mountain Laurel. You'll find Sweet-pepperbush and Indian Cucumber Root along the sides of the trail. There are some rocks, stumps and roots to look out for. Damper areas have wooden bridges over them. You continue the climb up the hill over granite ledges on the Wilson Way loop trail. You will pass a picnic table set off on a nice ledge. For a longer hike, you can access the Summit Loop and Hemlock Path from here.

Potter Sanctuary: Follow the winding dirt road North to Newton Trail on your left. In Spring, Fall and Winter when the leaves are off the trees, there is a nice view of Asnebumskit Pond. This trail takes you to Porcupine Hill's Peabody Family Path where you have a choice of going North to the summit loop trails, or heading South to a connecting path that takes you past Potter Lodge and to the dirt road in Potter Sanctuary.

In the Spring these properties are alive with flowers such as Fringed Polygala, Clintonia and Pink Lady's-slippers. In mid-June there is a spectacular display of Mountain Laurel. In the Fall you will find many varieties of asters, and Witch Hazel in bloom.

Potter Sanctuary and Porcupine Hill

Paxton and Holden, MA



Poutwater Pond

Holden/Sterling Line

Massachusetts Nature Preserve Council

Location: From the intersection of Routes 122A and 31 in Holden, drive North on Route 31 for 3.10 miles. Turn right onto Mason Road. Travel for 1.20 miles, then turn right onto Sterling Road. Drive for 1.60 miles to the Holden/Sterling town line. Park in the lot on the left side of the road.

Length: 2 miles

No Dogs Allowed.

Poutwater Pond has a bog. It is part of the Wachusett Reservoir Watershed and a multi-use property. During hunting season, wear bright colorful clothing. No hunting is permitted on Sunday.

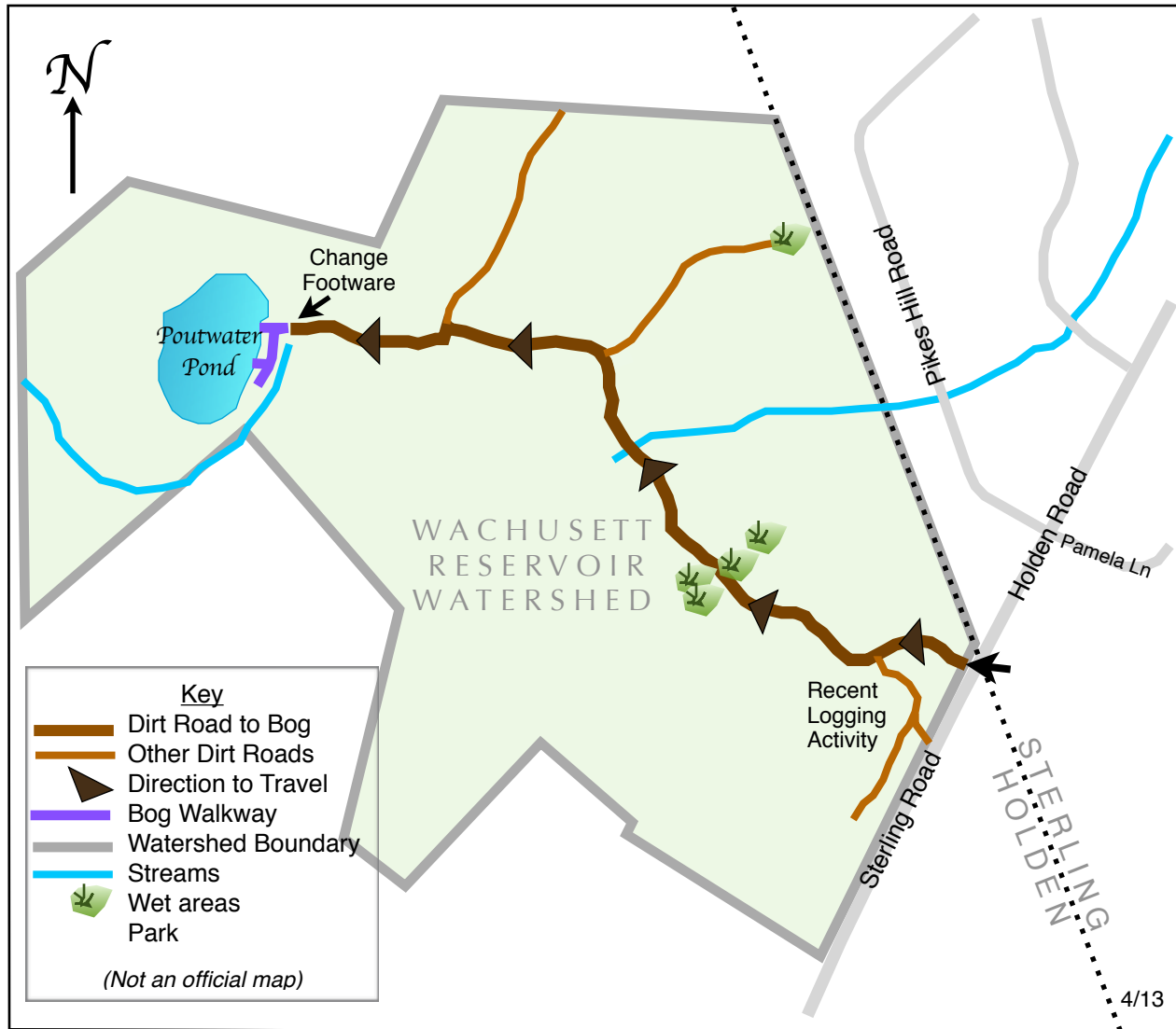
The bog is a wonderful, colorful world of plants only associated with bogs. There are Northern Pitcher Plants, Water Willows, Small Cranberries, Sundews, Arrow Alums, Pale Laurels, as well as Calopogon and White Fringed Orchids. You'll also find a wide variety of dragonflies and butterflies. To get to the bog, you follow dirt logging roads through the woods for about .70 mile. Turn right at the first intersection and then left at the next two cross roads.

The path through the bog is a series of plastic walkway sections. When entering the bog, be careful stepping onto the first section, the walkway will sink. I'd suggest that you move onto the second section before anyone else enters the bog. This walkway was rebuilt in 2012 and is currently in great shape, but sphagnum peat moss will begin growing and obscure some of the walkway. When it does, be careful not to step in the gaps between the sections.

Your feet will probably not get wet, but in the past I have suggested changing into old sandals (like Tevas) and old socks just before you enter the bog.

Poutwater Pond

Holden and Sterling



Special Instructions

In 2012 the walkway in the bog was rebuilt. Now, if you are careful entering the bog, you probably won't get wet, but it isn't a bad idea to follow the following instructions.

Wear your normal sneakers or hiking boots.
Bring the following:

- 1)An OLD pair of Teva **sandals** or OLD sneakers
- 2)An OLD Pair of **Socks**. (Change just before you go into the bog.)
- 3)A plastic bottle filled with **water** to rinse your feet. (one bottle will rinse off 2 people)
- 4)A small OLD **hand towel** to dry off with.
- 5)A **plastic bag** to put wet things in, to carry out.

Purgatory Chasm State Reservation

Sutton

Commonwealth of Massachusetts - DCR

Location: From Route 146 take Exit 6, Purgatory Road. Continue West for .25 mile to the Reservation's entrance and the visitor center.

Length: 4 miles

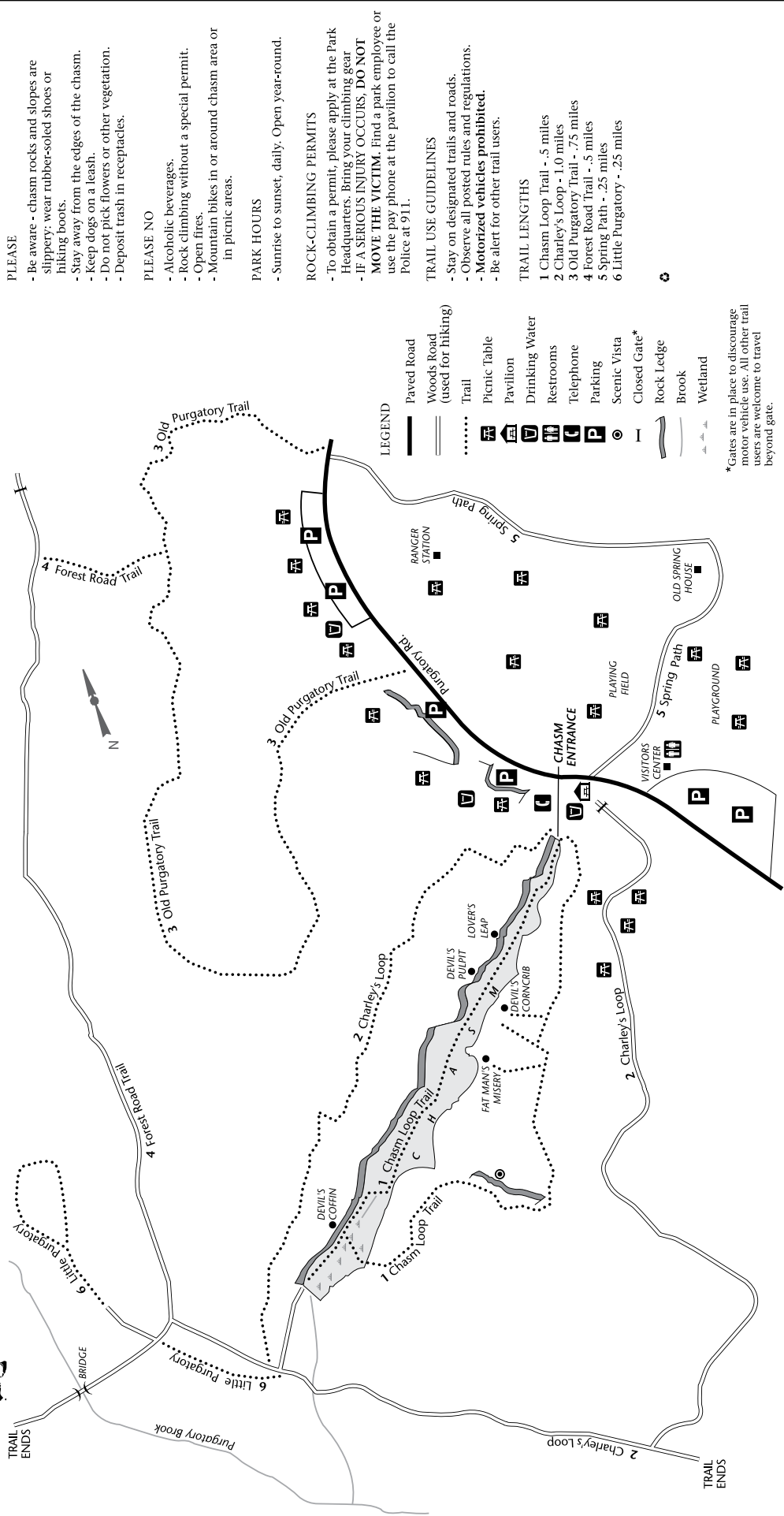
Dogs on leashes are allowed.

If you grew up in this area, you probably took a school field trip to Purgatory Chasm. This property is more than the Chasm. There are miles of moderate to difficult trails around the chasm, including a DCR "Healthy Trail". Most of the dirt roads and trails involve elevation changes and there are many tree roots and rocks that need to be avoided. There is a vernal pool to be explored in the Spring and mushrooms of every shape and size in the Fall.

The chasm itself is a unique natural landmark that is .25 mile long with granite walls rising 70 feet on either side. The chasm is thought to have been formed near the end of the last glacier, 14,000 years ago. There is a visitor center that has displays that explain the geology as well as the history and flora and fauna of the area. There are several picnic areas.

Purgatory Chasm

Sutton, MA



PLEASE

- Be aware - chasm rocks and slopes are slippery: wear rubber-soled shoes or hiking boots.
- Stay away from the edges of the chasm.
- Keep dogs on a leash.
- Do not pick flowers or other vegetation.
- Deposit trash in receptacles.

PLEASE NO

- Alcoholic beverages.
- Rock climbing without a special permit.
- Open fires.
- Mountain bikes in or around chasm area or in picnic areas.

PARK HOURS

- Sunrise to sunset, daily. Open year-round.

ROCK-CLIMBING PERMITS

- To obtain a permit, please apply at the Park Headquarters. Bring your climbing gear.
- IF A SERIOUS INJURY OCCURS, DO NOT MOVE THE VICTIM. Find a park employee or use the pay phone at the pavilion to call the Police at 911.

TRAIL USE GUIDELINES

- Stay on designated trails and roads.
- Observe all posted rules and regulations.
- **Motorized vehicles prohibited.**
- Be alert for other trail users.

TRAIL LENGTHS

- 1 Chasm Loop Trail - .5 miles
- 2 Charley's Loop - 1.0 miles
- 3 Old Purgatory Trail - .75 miles
- 4 Forest Road Trail - .5 miles
- 5 Spring Path - .25 miles
- 6 Little Purgatory - .25 miles



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

Rail Trails

Mass Central Rail Trail - Wachusett Greenways Section

Wachusett Greenways is working to open new Rail Trail sections. Following are four suggestions.

Sterling

Location: From Route 12 in Sterling Center, turn Southeast onto Waushacum Avenue. Travel about .10 mile, turn right into the Sterling Cider Mill Complex. Park beyond "Oh My Gosh Antiques & Collectibles". On the way out, Waushacum Ave is one way, but turning either right or left on School Street will help you get back to Route 12.

Dogs are only allowed for the first .20 mile, after that they are not allowed.

This section is 1.70 miles long. It takes you through wetlands, woodland and between two picturesque ponds. There are opportunities to see many wildflowers, birds and woodland creatures.

West Boylston

Location: From Route I-190 take exit 5, Route 140 South. Drive about 1.20 miles to the intersection where Route 140 turns left. Instead, bear right onto Thomas Street. Continue approximately .10 mile to the Thomas Street Parking Lot on the right side of the road.

Dogs on leashes are permitted on the trail for about the first 1.50 miles. After passing under Route I-190, the trail becomes part of the Wachusett Reservoir Watershed, and no dogs are allowed.

From the parking area head West along the path. You will pass through a chain link fence and by a sign for Bonci-Warren Fire Training Facility before you get to the official start of the trail.

This Rail Trail follows the Quinapoxet River. There are side trails that can be explored as well as remnants of the Springdale Woolen Mill complex. Wild flowers and lots of small animals can be seen along the trail.

Holden

Location: From the intersection of Route 122A and Route 31 in Holden, drive about 1.40 miles North on Route 31. Turn right onto Wachusett Street and then in .10 mile turn left onto River Road. Continue on River Road for about .90 mile. The Rail Trail parking area will be on the left.

No Dogs Allowed.

From this River Street parking area, you will find a hair pin turn. If you head East, you can access the same 3 mile section as you would from West Boylston. If you head West, you will continue to follow the Quinapoxet River, but the trail is narrower, hillier and has tighter turns, than the standard Rail Trail path. Either direction has a nice assortment of flora and fauna.

Rutland

Location: From the intersection of Routes 122 and 122A in Rutland, travel northwest for .90 miles. The large parking area will be on the right. There is a sign for the Rail Trail along with a small sign for the Midstate Trail which crosses Route 122 and the Rail Trail here.

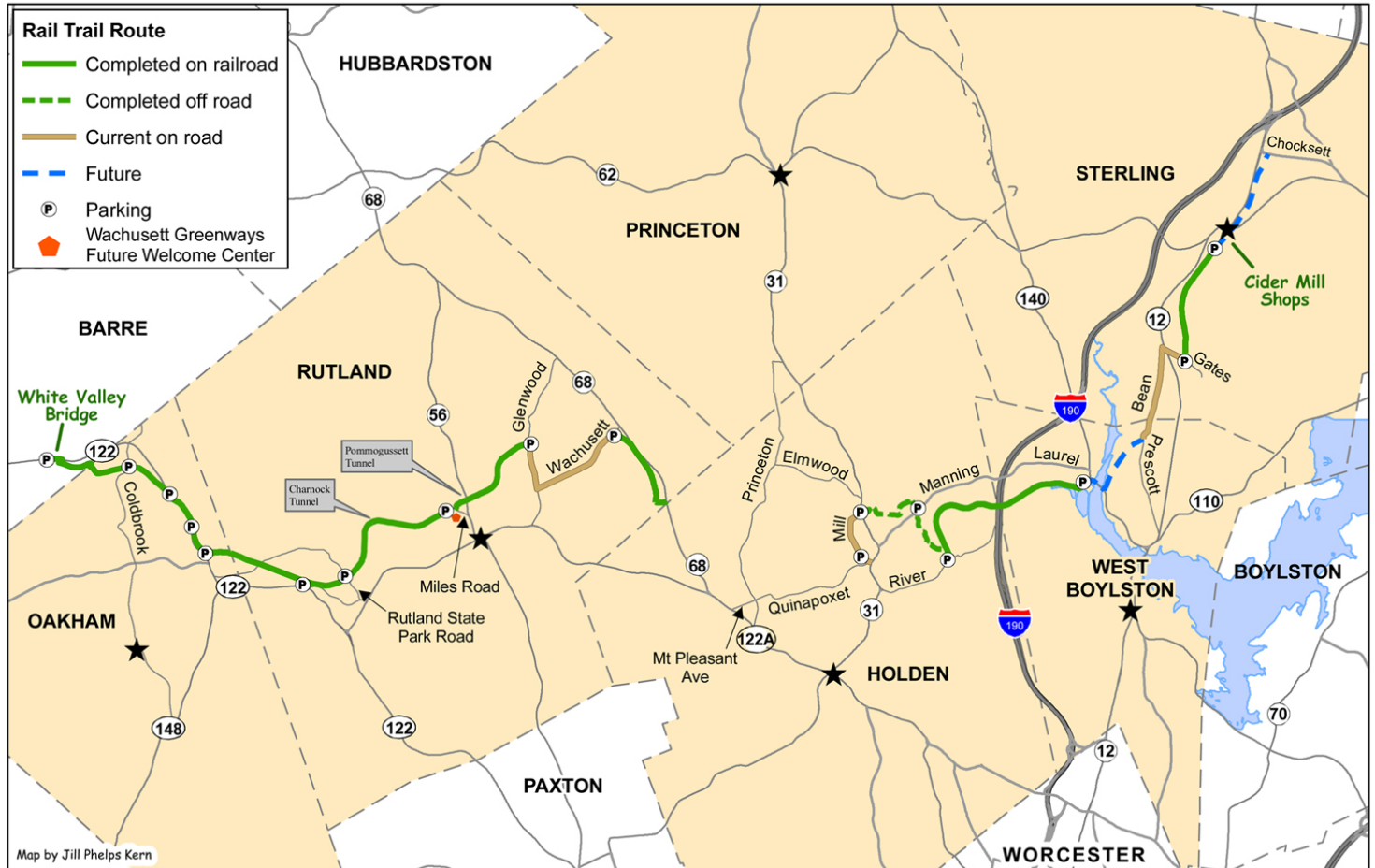
Dogs on leashes are allowed.

This is a nice tree-lined trail that gives you excellent views of ponds and wetlands. From this parking area you can walk in either direction. There are many side trails that take you into the woods and along side ponds.

Maps

Wachusett Greenways has recently updated their maps. There is an overview and eight enlarged sections. Refer to the following overview map for additional options. For the eight enlarged sections see:

<http://www.wachusettgreenways.org/WG%20Trail%20Map.htm>



- 1. 1.7 miles – Sterling Center to Gates Road, Sterling**
Park at the old Sterling Cider Mill beyond Oh My Gosh antiques. From Route 12 in Sterling center take Waushacum Ave. southeast to the entrance. Or park at the Gates Road entrance. The West Waushacum Bridge is 0.2 miles from Gates Road and 1.5 miles from the Cider Mill entrance.
- 2. 3 miles – Gates Road, Sterling to trailhead off Route 140, West Boylston**
Park at Gates Road in Sterling 0.2 mile east of Route 12. This trail section is on active and former roads. Ride on Gates Road to Route 12. Cross Route 12 to Bean Road with extreme caution! Travel south along Bean Road to the Sterling/West Boylston town line. Cross active railroad tracks, then immediately turn right through a yellow DCR gate. Take this rough-graded, inactive road one mile to pass through the next yellow DCR gate. Turn right onto Route 140. Use extreme caution on this causeway where the sidewalk is missing along one bridge. Where Route 140 turns right, turn left and travel a short distance to the Oakdale trailhead on the right.
- 3. 3 miles – Thomas St. off Route 140, West Boylston to River Street, Holden**
Park near the Quinapoxet River just off Route 140 in West Boylston. [From I-190 take Exit 5, Route 140 south one mile. Where 140 bears left over causeway, continue straight ahead to first parking area on the right.] This 3-mile section of trail on the rail bed follows the Quinapoxet River, crossing the Charlotte Kaplan and Jeremiah Kaplan Bridges to reach River Street, Holden.
- 4. 2.2 miles – Connector from River Street – Manning Street – Route 31 at Mill Street, Holden**
Park at River Street (just west of where River Street bridges the Quinapoxet at Harris Street). Access the trail at the back of the parking lot behind the yellow gate. The 2.2-mile connector is not part of the original railroad. The trail from River St. to Manning Street is moderately hilly. The section from Manning Street to Mill Street/Route 31 has steep slopes, better walked in some sections. Parking is also available at Manning Street where the trail crosses and at Mill Street/Route 31. [The Trout Brook Reservation entrance is near the MCRT crossing on Manning Street, and accesses 10 miles of Reservation trails for hiking, mountain biking, dogs on leash, horseback riding, cross-country skiing.]
- 5. 3 miles – Route 31 at Mill Street to Princeton Street, Holden**
Park at Route 31 at Mill Street (north of Holden center). The trail is on-road along Mill Street west for one mile to the old mill site and waterfall on the right. Limited parking is also available just before the bridge. Turn right through a yellow DCR gate and travel up a steep hill to return to the railroad grade. The trail from here to Princeton Street is not yet developed and travels along the railroad bed and old logging roads. Continuing from Princeton Street near Maple Spring Pond to the Holden/Rutland town line off Route 68, the trail is not yet developed. Travel on roads of your choice to reach the town line at Route 68 where you can pass through a gate on the left and climb back to the railroad bed or continue on-road to Route 68 and Wachusett Street.

- 6. 1.2 miles – Wachusett Street off Route 68, Rutland to Holden line**
Park at Wachusett Street just west of Route 68. Travel south 1.2 miles to the Holden line or a bit beyond. This section of trail is complete. Return to the parking lot to complete the 2.4-mile round-trip. To continue, travel on Wachusett Street west to Glenwood Road less than 2 miles, then travel north (right) approximately 1 mile on Glenwood to the bottom of a hill where the former railroad crosses.
- 7. 1.6 miles – Glenwood Road to Route 56, Rutland**
Park at the Glenwood Road trail entrance one mile north of Wachusett Street. Travel west on the completed rail trail 1.6 miles to end before Route 56. See views of Moulton Pond. When the tunnel under Route 56 is developed you will be able to continue thru to the west. will be able to continue thru to the west.
- 8. 4.1 miles – Miles Road, Rutland, to Route 122, Oakham just west of Old Turnpike Rd.**
Park at Miles Road entrance. Travel west over Thayer Pond, through the long, beautiful, mossy Chamock cut, then through the Chamock tunnel. Continue west across Barrack Hill Road, cross the paved Rutland State Park entrance road, the Midstate Trail intersection and travel over Muddy Pond west to outlet. Parking available at the Rutland State Park entrance road, at Route 122 at the Midstate Trail, and at Route 122 just west of Old Turnpike Road.
- 9. 2+ miles – Route 122, just west of Old Turnpike Road, Oakham, to Route 122 crossing, to Coldbrook Road, Oakham**
Continue west from Muddy Pond outlet to where the trail crosses Route 122. Cross Rte. 122 with great caution, pass over WG's 110' bridge and continue to Coldbrook Rd. The section was constructed in 2010 with the final stone dust 'paving' planned for 2011.
- 10. 1.3 miles – Coldbrook Rd, Oakham to Ware River crossing in Barre**
Construction planned for 2012. Available now as unimproved route.

Portable toilets located at Sterling center and Oakdale, West Boylston trailheads.

These trail sections are complete with a stone dust surface for bicycles, stroller, wheelchairs and other non-motorized use.

Updated 1/11

Mass Central Rail Trail (MCRT) Progress Map Sterling Center to Oakham



Wachusett Greenways
Box 121, Holden MA 01520
www.wachusettgreenways.org
508-829-3954

Rocky Pond Community Forest

Boylston

New England Forestry Foundation

Location: Rocky Pond Rd.: From I-290 East, take Exit 24, Church St. Turn left, on Church St./Central St. and drive 1.30 miles. Turn right onto Rocky Pond Rd. Drive .10 mile, turn right, continuing on Rocky Pond Rd. for about .20 mile. 1) Park on the right side of the road for a pond view, and access to a dead end/former logging road.
2) Continue on Rocky Pond Rd. for an additional .50 mile. There is a sign at the trailhead and an area to park on the left side of the road.

Green St.: From the corner of Central St. and Rocky Pond Rd. drive .10 mile and continue straight onto Warren St. Drive .70 mile and bear right onto Green St. Continue for .80 mile, passing Mile Hill Rd. on the left. 3) At the sign, park on the right side of Green St.

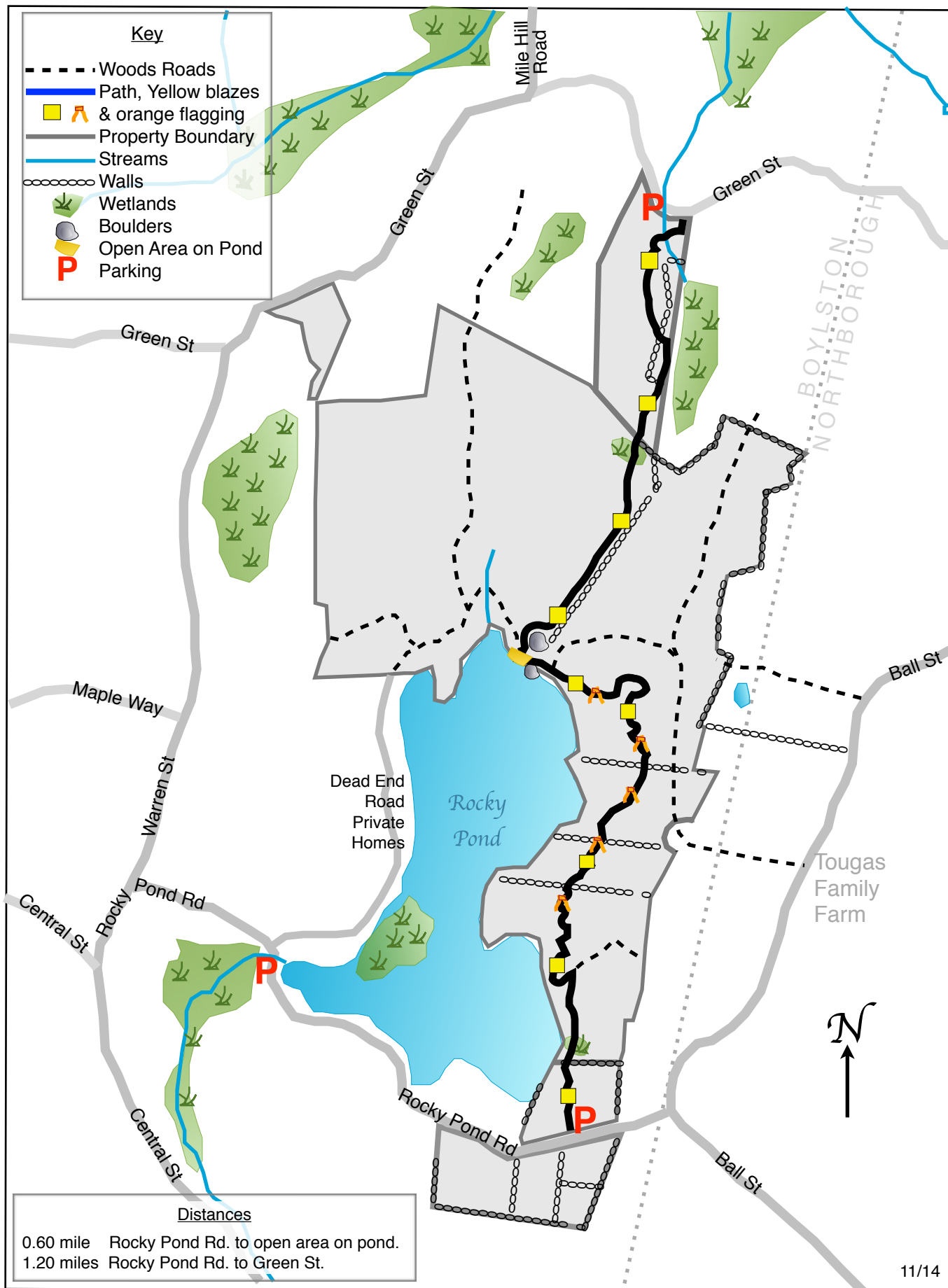
Length: The trails and roads can be combined for several miles of hiking. Dogs on leashes are allowed.

This is a sustainably managed forest. The New England Forestry Foundation manages this forest to create income while conserving it for wildlife and the community. The property has old logging paths and a hiking trail that take you through this beautiful diverse forest. The trails are lined with ferns and various wildflowers. There are tall trees as well as an understory of Witch Hazel and young trees. There are many glacial boulders throughout the property.

The 1.20 mile hiking path has entrances on Rocky Pond Rd. and Green St. At the midpoint of the path is an open area on Rocky Pond where you get an excellent view of the pond and some huge glacial boulders. This area can be accessed from all three parking areas. The easiest walk is from 1) parking area and the dead end/former logging road. You pass private homes, then enter the woods.

The other two sections of the trail have some challenges. Both have areas of moss covered rocks that need to be navigated. Using a hiking pole or walking stick may be helpful. One rocky portion South of the open area is poorly marked. Look for orange flagging tape, as you pick your way through the rocks. Another observation: after periods of wet weather, several spots on the path may have standing water on them. Also, in mid-summer, if the path has not been recently cleared, there will be many thorny fruit bushes arching into the path. It's a good idea to bring a pair of clippers with you.

Rocky Pond Community Forest Boylston, Northborough



Sibley Farm
Spencer
Common Ground
The Greater Worcester Land Trust
Mass Audubon

Location: From the intersection of Route 9 and Greenville Street in Spencer drive for 1 mile on Greenville Street. There is a parking area on the left that is a starting point for both Sibley Farm and Mass Audubon's Burncoat Pond Sanctuary.

Length: There are several trails that can be combined for many miles of hiking.

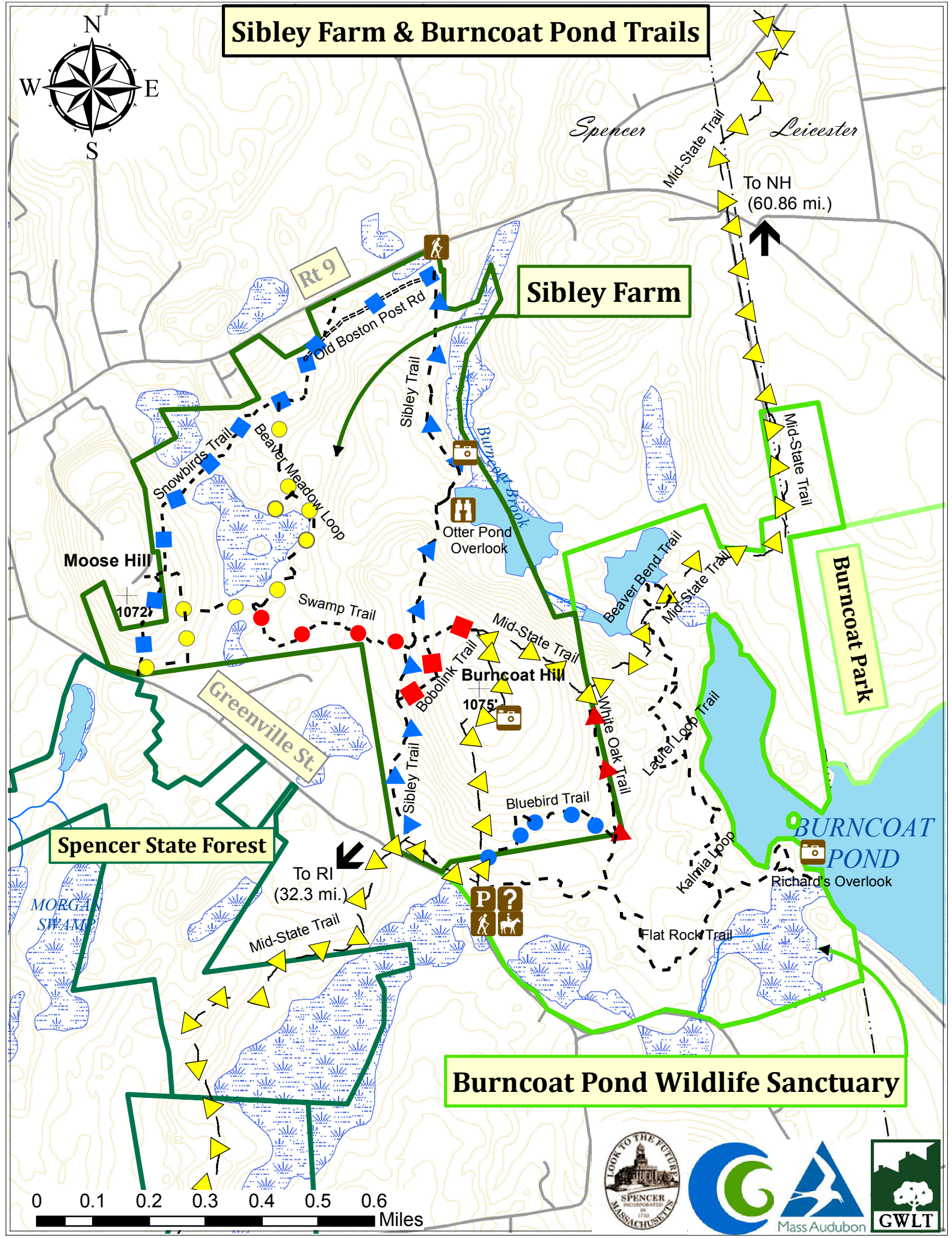
Dogs on leashes are allowed on the Sibley Farm portion of the property. Dogs are not allowed on Mass Audubon's Burncoat Pond Sanctuary.

In 2012, this 352-acre property was saved from development and protected by the hard work of many conservation organizations, the Town of Spencer, and the Commonwealth of Massachusetts. There are fields, meadows, forests, ponds, and wetlands to be explored. Volunteers worked hard to restore the property after years of neglect. A trail system has been developed that can be used for hiking, horseback riding, and snowmobiling.

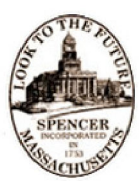
This is a special place that attracts birds and wildlife. A flock of Eastern Bluebirds was seen in the meadow near the parking area on Greenville Street. There are beavers in the wetlands and porcupine and deer in the woods. The meadows are alive with Queen Anne's Lace, goldenrods and thistles. White Baneberry grows along some of the trails. The Midstate Trail also crosses the property as it makes its way across the state.

This is a multi-use property and hunting is allowed on the Sibley Farm portion of the property. During hunting season please wear bright clothes. Hunting is not allowed on Sunday.

Sibley Farm & Burncoat Pond Trails



Burncoat Pond Wildlife Sanctuary



Slater Woods and Environs

Dudley, Oxford

Dudley Conservation Land Trust

Mass Audubon Society

Mass Wildlife

Location: From Worcester take Rte I-290 South to Rte. 395. Follow Rte I-395 South to exit 4B to Oxford Center. At the traffic light in Oxford center continue straight onto Charlton Road. Follow Charlton Road for .70 mile and take a left on Dudley Road (not Old Dudley Road). Go approximately 2.30 miles and park near the sign on the left side of the road.

Distance: About 5 miles

No dogs allowed.

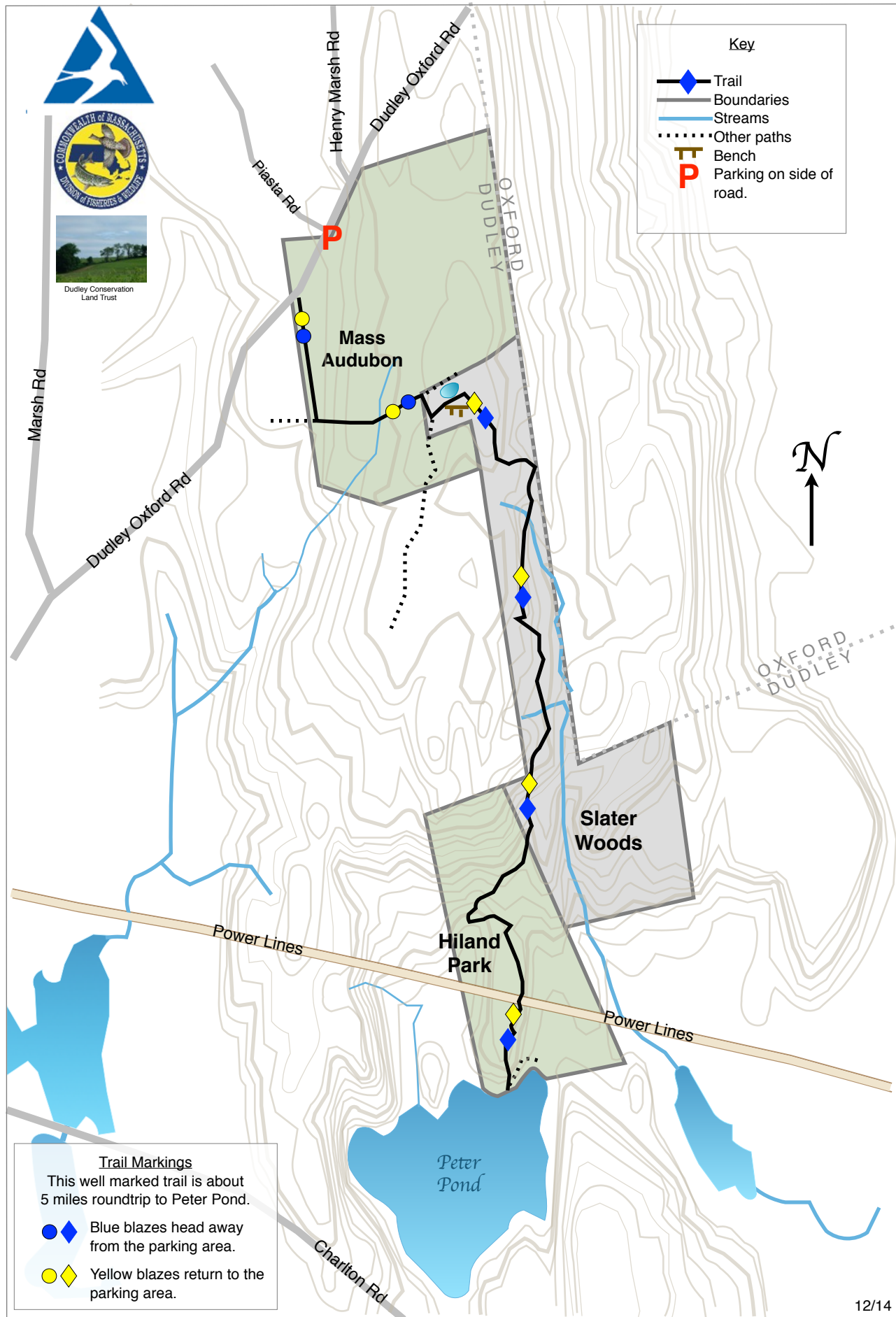
This trail takes you on an adventure that starts on Mass Audubon property with a cart path and a discontinued town road, the Olde County Road. A more rugged path continues through Slater Woods and Hiland Park and takes you by a wetland, along the top of a wooded ridge, and up and down impressive outcroppings. The path ends at the beautiful Peter Pond.

The roundtrip is about five miles, so plan your time accordingly. The paths are well marked. Mass Audubon uses circular blazes and the Slater Woods and Hiland Park use diamond shaped trail markers, but the color scheme is the same. Blue indicates going South towards Peter Pond and Yellow markers are returning to the trailhead on Dudley Oxford Road. There are other woods roads that take you onto private property, so if you don't see any trail markers, you may have accidentally taken a wrong turn.

Mass Audubon does not allow hunting, but the other properties do, so wear bright colorful clothing during hunting season. No hunting is permitted on Sunday.

Slater Woods and Environs

Dudley, Oxford



Southwick Pond & Muir Meadow

Paxton/Leicester Line

The Greater Worcester Land Trust

Location: Southwick Pond can be accessed from Rt 122 in Paxton. Take Walbridge Road (across from Pleasant View Nursery) to the end (.40 mile).
Muir Meadow is located on Pleasant Street in Paxton. Park on Indian Hill Road or at Howe's Nursery. If you park at Howe's Nursery, please ask permission.

Length: About 2 miles roundtrip, or more depending on the route you pick.

Dogs on leashes are allowed.

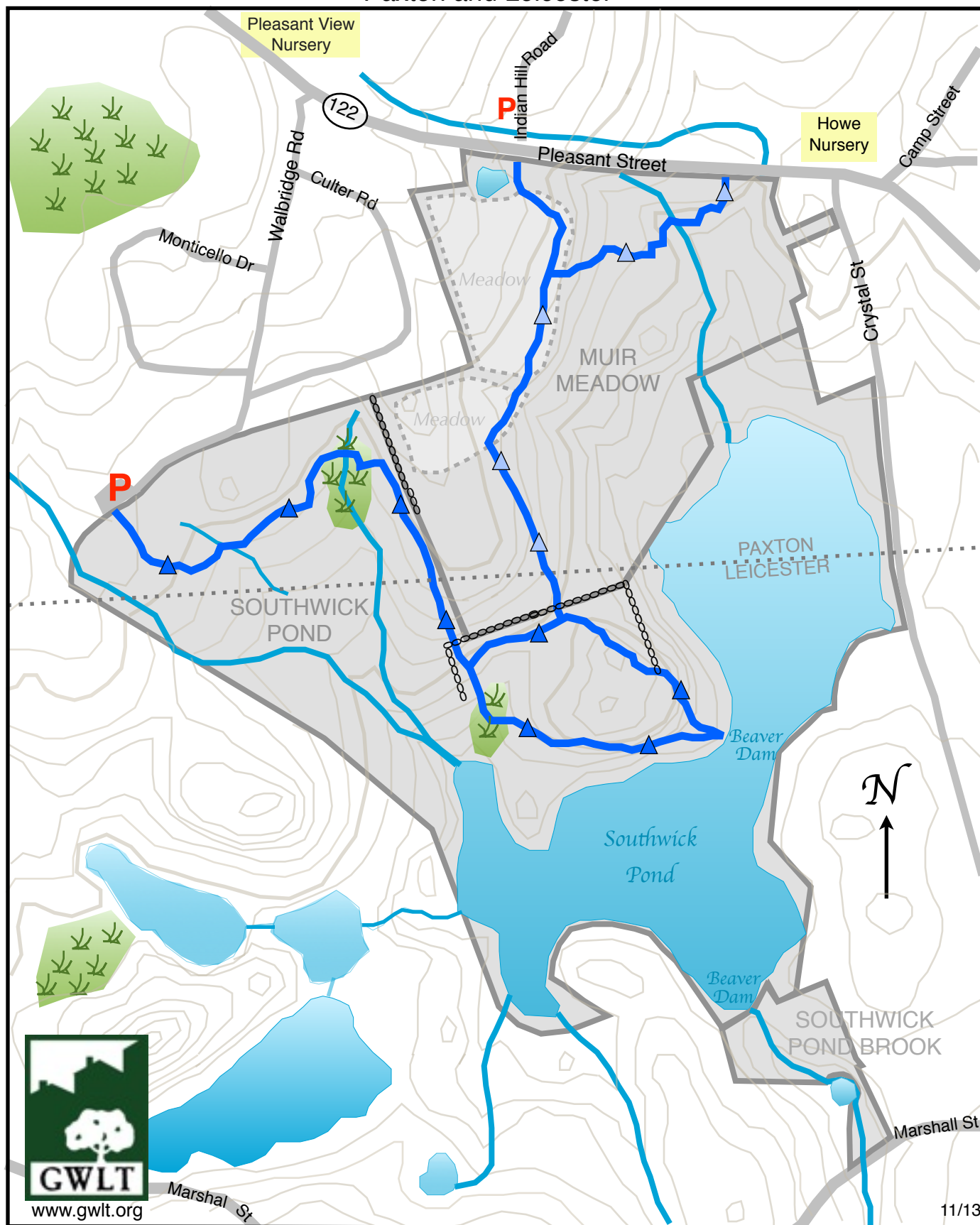
These properties are beautiful any season of the year. Both properties have moderately easy trails that take you through many habitats.

Southwick Pond: You start in a diverse woodland. One special thing that happens the day after it rains, Red Efts can be found in great numbers on the path and around mushrooms. There are log bridges that take you through a wetland that features Jack-in-the-pulpits, Cinnamon Ferns and frogs. This path is in the shape of a lasso. When you reach the point where the trail divides, continue straight to walk along the pond first. The views of the pond are spectacular. In mid-June, the Mountain Laurel is beautifully showcased against the water. Go to the water's edge at the beaver dam. The pond has Fragrant Water-lilies and Blue Flags. As you complete the loop, look for the main trail, turn right and head in a northeasterly direction, to return to the parking area.

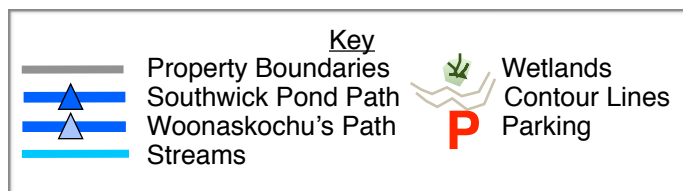
Muir Meadow is a newly established conservation area that abuts Southwick Pond. There is a path that starts on Pleasant St., just North of Howe's Nursery. Step over the guard rail to begin your hike. The trail has light blue triangular blazes. This path takes you through woods which are home to unusual plants like Blue Cohosh and Beaked Hazelnuts as well as Mountain Laurel and blueberries. The path continues along the meadow. Black-eyed Susan, many species of goldenrod, asters and milkweed make a colorful display. This trail eventually crosses a stone wall and connects up with the Southwick Pond trail. Retrace your steps to complete the hike. The path has another starting point across from Indian Hill Road, at the Muir Meadow sign.

Southwick Pond & Muir Meadow

Paxton and Leicester



11/13



Spencer State Forest

Howe State Park

Spencer

Commonwealth of Massachusetts

Location: From the intersection of Routes 9 and 31 in Spencer, head South on Route 31 for 1.10 miles. Turn right onto Howe Road and drive for 1 mile. The road bears right; you will find parking areas for the Park on both sides of the road.

Length: Many miles through the 965-acre property.

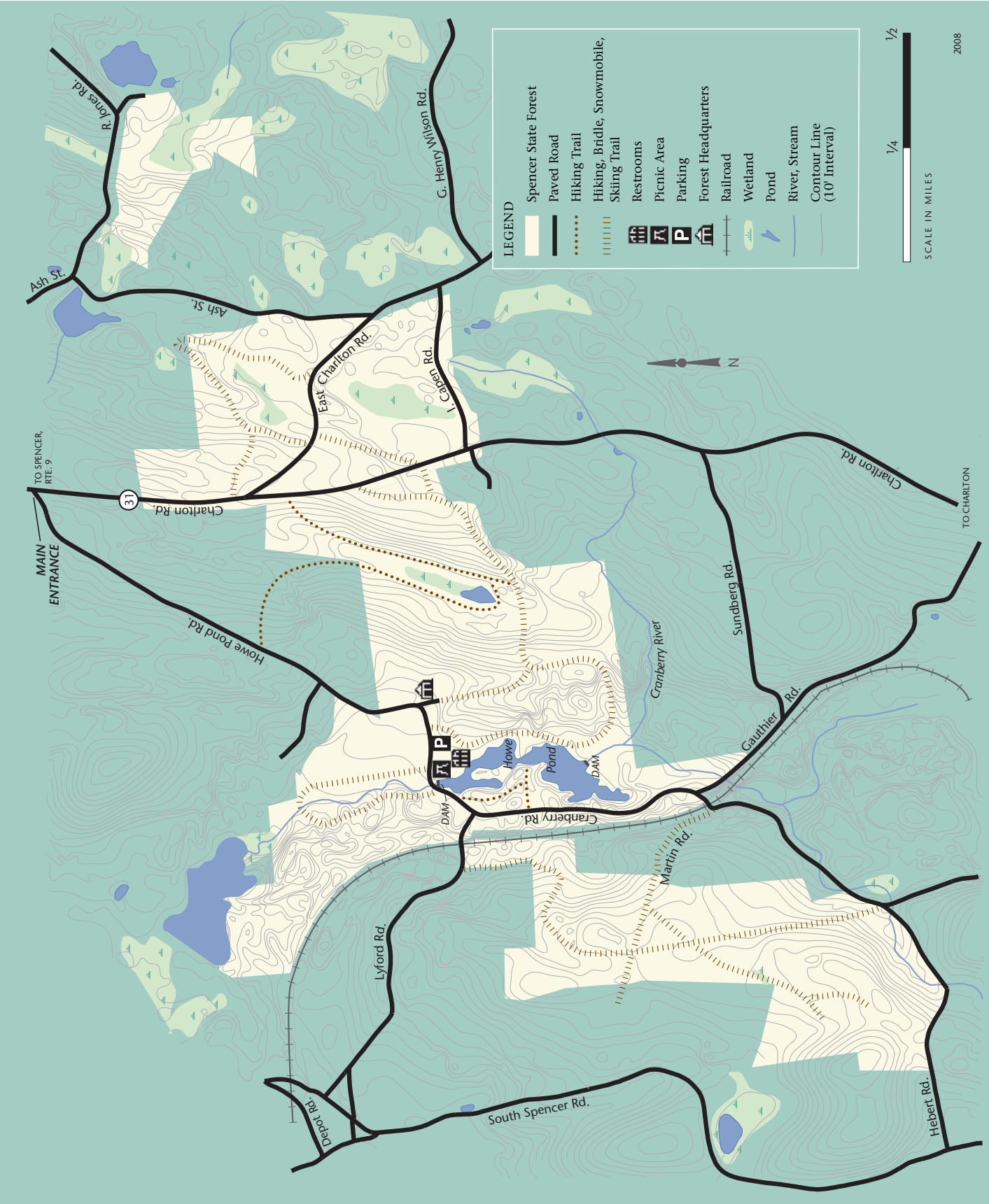
Dogs on leashes are allowed.

This is the birthplace of three Spencer inventors; Elias Howe, Jr., the inventor of the sewing-machine, and his uncles, William Howe, inventor of the "Howe truss" bridge, and Tyler Howe, inventor of the spring bed. There is a stone memorial near the former houses' foundation.

This property offers many recreational opportunities including swimming, fishing and picnicking. There are rest rooms which are open during the warmer months. Most of the paths were established for multiple uses including hiking and horseback riding, and in the winter, snowmobiling and cross-country skiing. These paths are wide and easy to walk on. There are also a few hiking paths that are narrower and cover more rugged terrain.

In the picnic area, Howe Pond and Cranberry River have beautiful stone work along their banks. This area is home to many species of birds like Great Blue Herons, and an assortment of ducks. Every season brings a procession of colorful wildflowers like Marsh-marigolds in the Spring; Pickerelweed, Jewelweed and Joe-pye-weed in the Summer; and asters and goldenrod in the Fall.

Spencer State Forest is a multi-use property. During hunting season, wear bright colorful clothing. No hunting is permitted on Sunday.



Summer Star Wildlife Sanctuary

690 Linden Street

Boylston, MA

Location: From Route I-495, take exit 26 to Route 62 West. Go 1.80 miles to the center of Berlin. Bear left onto Linden Street (flashing yellow light). Follow Linden Street 2.10 miles to the entrance on the left.

Length: 1.75 miles

No Dogs allowed.

Hours: The trails are open from dawn to dusk, Saturday through Tuesday. The Trailhead House is open 11:00 am to 3:00 pm on these days.

Summer Star Wildlife Sanctuary is the inspiration of one person. It is a place “where wildlife lives freely, and where people can appreciate and celebrate nature. The Sanctuary is a place of tranquility and self-reflection.”

This 45 acre property is located in the heart of a conservation effort in Boylston, Berlin and Northborough. The Tri-town Landscape Partnership Project is trying to protect hundreds of acres of roadless land to link critical wildlife habitats and maintain wildlife corridors.

Summer Star’s trails take you through a rich wooded landscape that features many glacial boulders. There are beautiful stone walls and evidence of past quarrying. There is a path to Wrack Meadow Brook, a beautiful babbling stream. On the other side of the brook is another protected property, the Sudbury Valley Trustees’ Wrack Meadow Reservation.

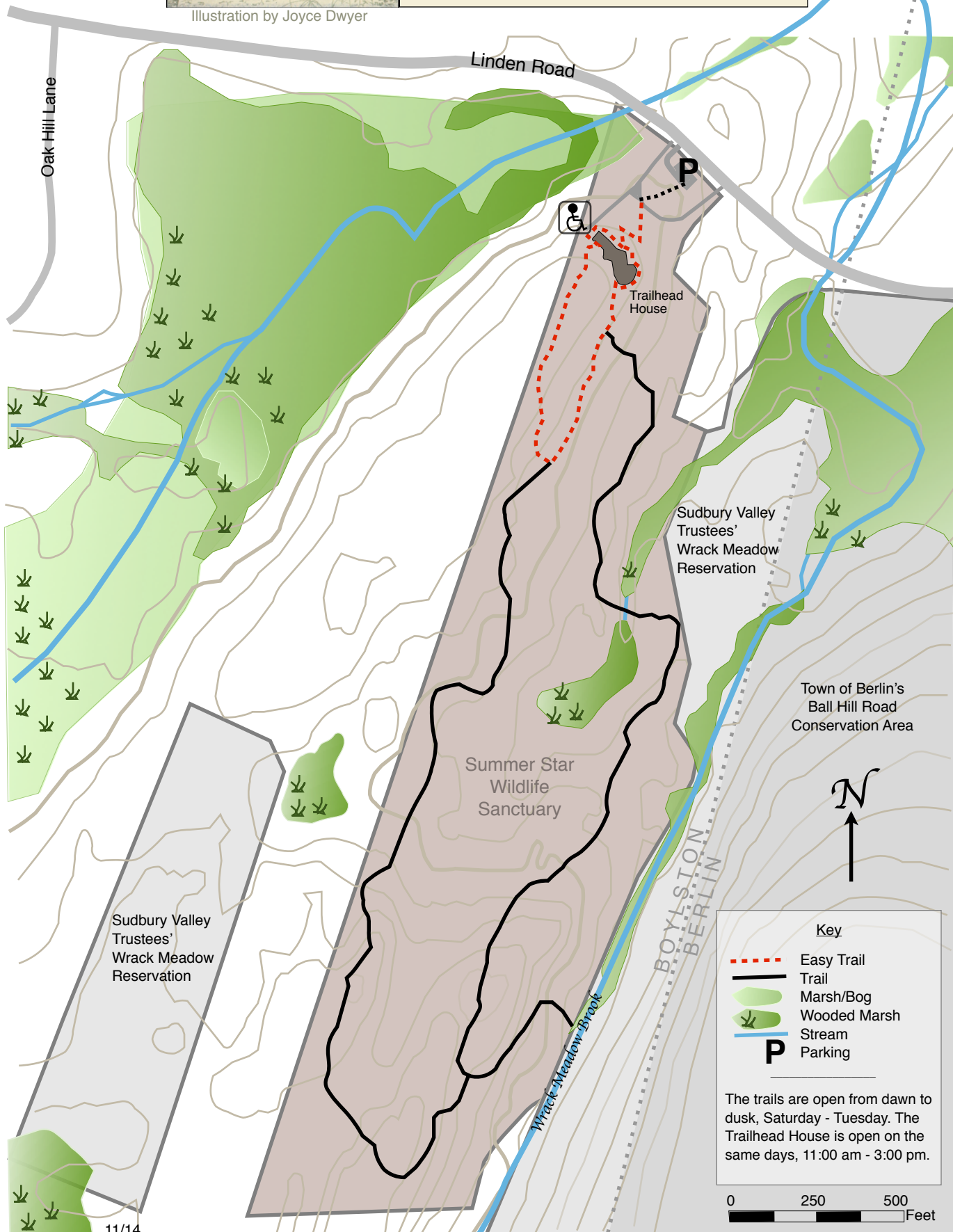
The Trailhead House is environmentally designed, from the composting toilets to the rooftop Earth garden that complements the surrounding landscape. The Trailhead House is a work of art which has been built from sustainable materials. The building lets you be part of and one with nature.



Illustration by Joyce Dwyer

SUMMER STAR WILDLIFE SANCTUARY

690 Linden Road, Boylston, MA



Trout Brook

Holden

Town of Holden

Location: There are four parking areas. The following directions start from the intersection of Routes 122A and 31 in Holden.

Manning Street - Drive North on Route 31 for 2 miles. Turn right onto Manning St. Drive East for .90 mile. The parking lot is on the left. All of the trails can be accessed from here.

North Street - Follow the directions for Manning Street. Continue .20 mile further and turn left onto North St. Continue for about .70 mile. The parking area will be on the left side of the road. The Bob Elms (Blue) Trail and the White Oak Trail can be accessed from here. See the next section for the description for the White Oak Trail.

Mason Rd - Drive North on Route 31 for 3.10 miles. Turn right onto Mason Rd. Continue for .90 mile. The parking lot is on the right side. The Red, White, and Blue Trails can be accessed from here.

Sterling Rd - Follow the directions for Mason Rd. Pass the Mason Rd. parking area and turn right onto Sterling Rd. Drive about .10 mile. The parking area will be on the right. Access the Bob Elms (Blue) Trail from here.

Length: There are many paths that can be combined for 8-10 miles of hiking.

Dogs on leashes are allowed.

Multi-use property. Wear bright colorful clothing during hunting season. No hunting is permitted on Sunday.

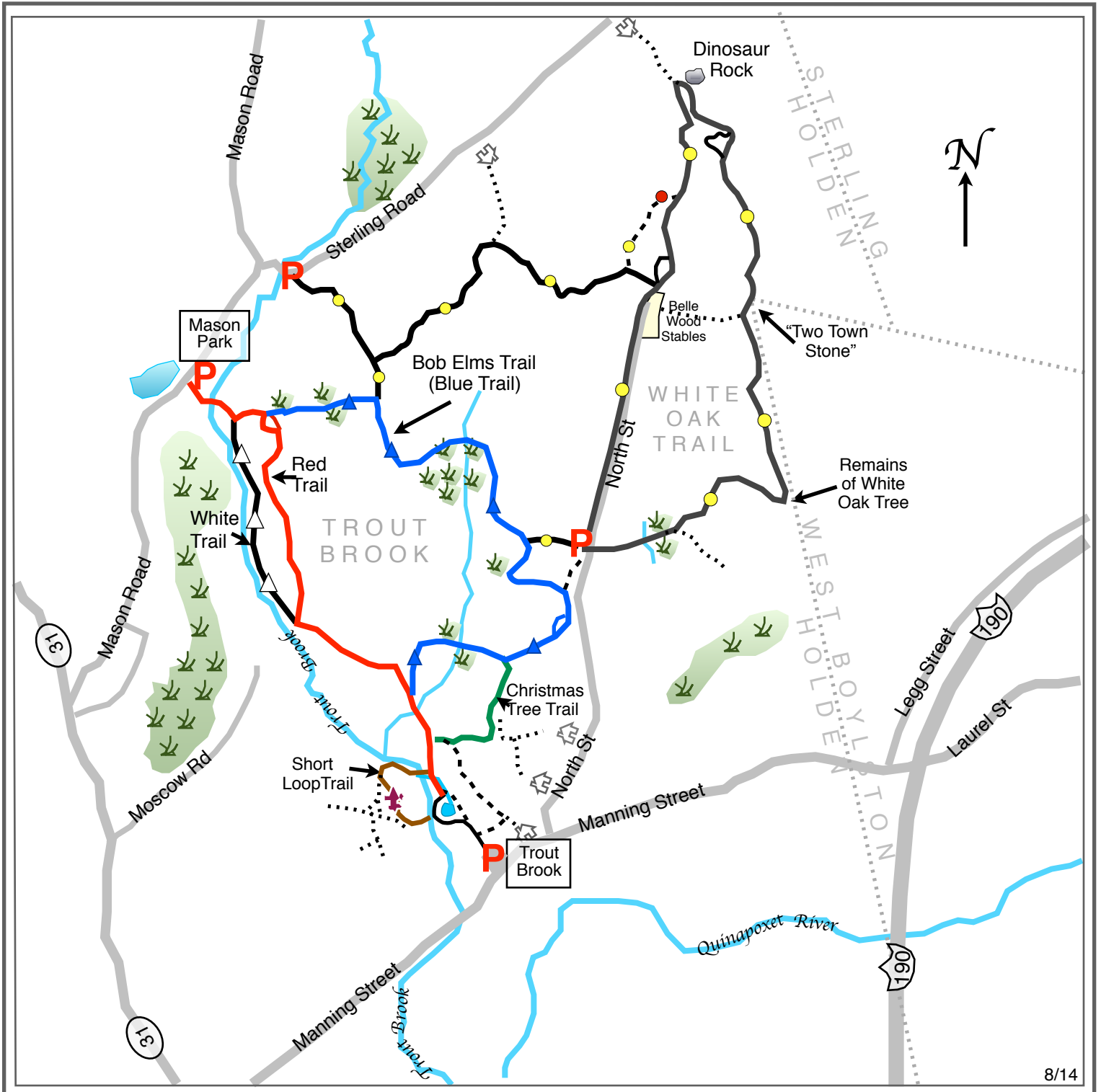
This is a huge property with many varied hiking opportunities. From the parking area of the main entrance on Manning Street, walk North passing by a large picnic area that includes many picnic tables. To start hiking, walk around the left side of the small pond. The Red and White Trails begin on the other side of the pond. This point is about .40 mile from the parking area, so keep that in mind when estimating the length of the walk you want to take. The Red and White trails can be combined for a nice loop. The Red Trail goes through the woods while the White Trail walks along Trout Brook and crosses wetlands.

The Short Loop/Mushroom Trail starts from a point midway around the pond. Walk through a picnic structure and cross a bridge. This short steep trail climbs up through the forest and then takes you down to the old mill dam. This gives you a great look at Trout Brook. Follow the brook East and cross a bridge that takes you to the beginning of the Red and White Trails. To continue a short combined trail hike, walk .50 mile North on the Red/White Trails and turn West onto the Bob Elms Trail (Blue) for several tenths of a mile. Turn South onto the Christmas Tree Trail which takes you through a field. At this time the turn for the Christmas Tree Trail is not marked, but it is a noticeable intersection. This trail reconnects with the Red/White Trails. Walk South around the pond and back to the parking area.

The Bob Elms Trail (Blue) is named in honor of Bob Elms, who worked on the trails of Trout Brook, and the White Oak Trail, and helped maintain the Midstate Trail. This is a very wet trail, especially at the northern end. In wet weather, there may be some vast areas of shallow water that have to be carefully crossed. This also is an incredibly beautiful area. Downed trees are covered in moss, and everywhere you look is a terrarium-like scene of woodland ground covers.

Trout Brook Reservation and White Oak Trail

Holden



Key

- | | |
|-------------------------------------|-----------------------------------|
| White Oak Trail & connecting trails | Short Loop Trail & Mushroom Trail |
| Bob Elms Trail (Blue Trail) | Alternate paths |
| Red Trail | Private paths |
| White Trail | Wetlands |
| Christmas Tree Trail | Stone Walls |
| Brook, River, or Ponds | |
| Parking | |

White Oak Trail

North Street, Holden

White Oak Land Conservation Society

Location: From the intersection of Routes 122A and 31 in Holden, drive North on Route 31 for 2 miles. Turn right onto Manning St. Drive East for 1.10 miles and turn left onto North St. Continue for about .70 mile. The parking area will be on the left side of the road.

Length: Several miles

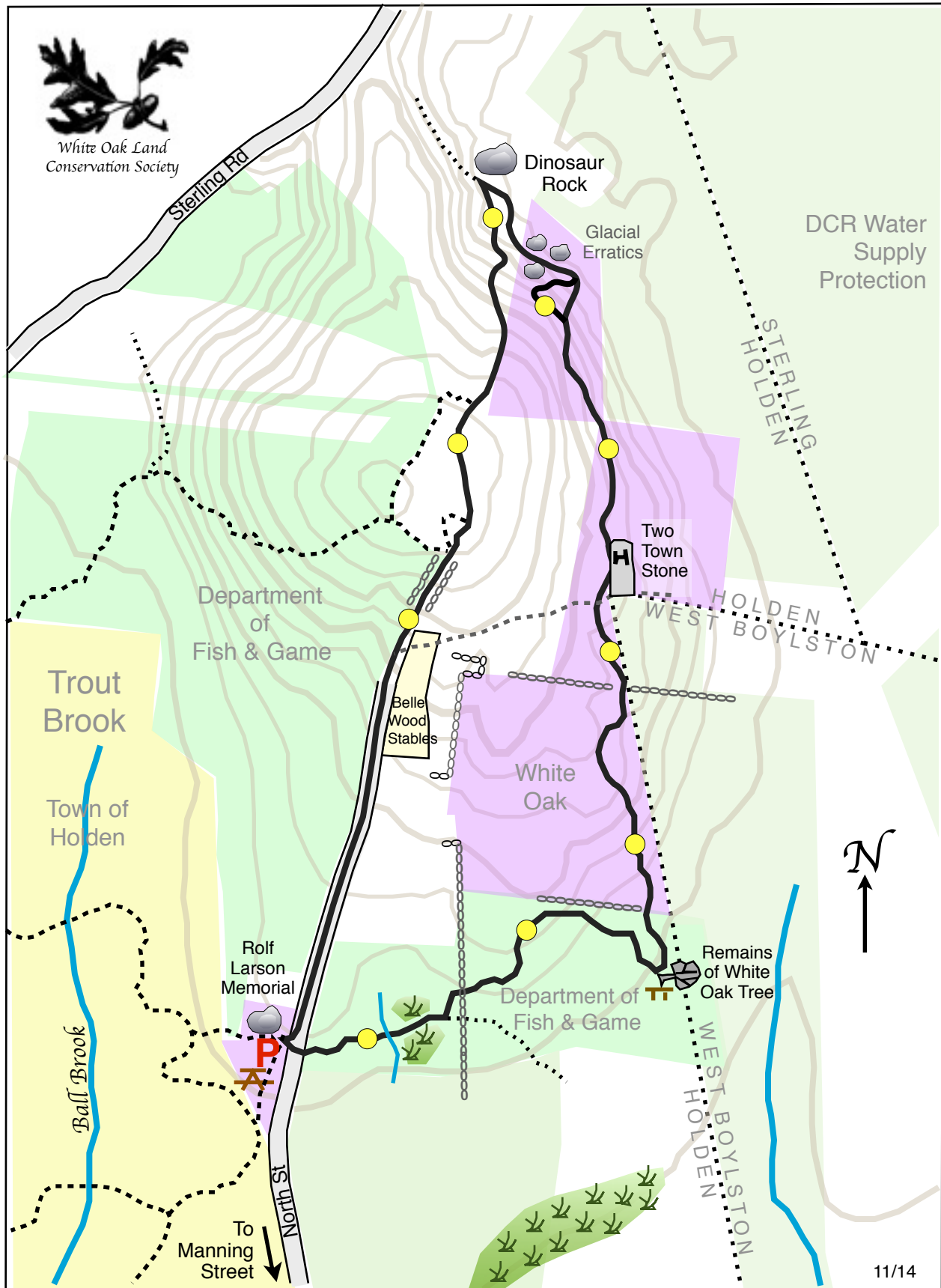
Dogs on leashes are allowed.

Multi-use property. Wear bright colorful clothing during hunting season. No hunting is permitted on Sunday.

The White Oak Trail was built under the auspices of Wachusett Greenways and is dedicated to Rolf Larson who was a leader in making the trail. This trail is well established and easy to hike on. It has much of the natural beauty of the trails in Trout Brook, along with several notable landmarks. The White Oak Land Conservation Society's name was inspired by a majestic White Oak tree. This tree fell during the winter of 2014. The remains of this landmark can be found at the Southwestern corner of the trail. There is also an old town boundary marker on the Holden/West Boylston line. The chiseled town initials are still visible on the marker. There are also many large glacial boulders. One found at the Northeastern portion of the trail is affectionately called Dinosaur Rock.

White Oak Trail

North Street, Holden



During hunting season, bright colors are recommended for people and pets.