

Welcome

The Southeastern Massachusetts Adult Walking Club meets each weekend on either a Saturday or Sunday for social recreational walks. Meeting times may vary. Please see descriptions. This club is open to people of 16 years of age and older, and there is no fee to join. Walks average 2 to 5 miles and terrain is varied. New walkers are always welcome.

The terrain can vary:

- ▲ EASY (mostly level terrain)
- ▲▲ MODERATE (hilly terrain)
- ▲▲▲ DIFFICULT (strenuous & steep)

Walks will be led by DCR park staff or a Walking Club volunteer leader.

The Walking Club meets at DCR sites across Southeastern Massachusetts. Some DCR sites charge a parking fee. For more info, visit:

<http://www.mass.gov/eea/agencies/dcr/massparks/passes-and-fees/parking-fees.html>

The rangers recommend wearing hiking boots, dress in layers and bringing drinking water on all hikes.

Share the trails!



September



Saturday, September 2 1 pm-2:30 pm

Blue Hills Reservation ▲▲

Moderate walk, rugged and rocky terrain, 2.5 miles. Walk the summit road to the top of Great Blue Hill. Return via the green dot and Wolcott Path. Meet at the Trailside Museum NORTH parking lot at 1904 Canton Avenue in Milton.

Saturday, September 9 1 pm- 3 pm

South Cape Beach ▲▲

Moderate walk, 4 miles, some soft sand. Start at Nantucket Sound and hike sheltered woodland trails, with bridges, boardwalks and viewing platforms. Park at Bayberry Lot at South Cape Beach State Park on Great Oak Road in Mashpee.

Sunday, September 17 1 pm- 2:30 pm

Nasketucket Bay State Reservation ▲▲

Moderate walk, 3 miles. Walk along abandoned farm fields, along a rocky coast and through a holly/oak/beech forest. Rocky/sandy beach terrain for a portion of the walk. Meet at the main parking lot on Brandt Beach Road in Mattapoisset.

Sunday, September 24 1 pm- 3 pm

Blue Hills Reservation ▲▲

Moderate walk, hilly terrain, 3.5+ miles. Wolcott Path to Breakneck Ledge to Chestnut Run and Border Path, return via Wolcott Path. Meet at Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Saturday, September 30 10 am – 12 pm

Nickerson State Park ▲▲

Moderate 4 mile hike, with some small hills, to Higgins Pond at Nickerson State Park. Enter at the main gate at 3488 Main Street, Route 6A in Brewster. Follow the park road 3.5 miles to Area 7 Day Use parking lot at the end of Nook Road.

October

Sunday, October 8 1 pm -3 pm

South Cape Beach, Dead Neck Trail ▲▲

Moderate walk, 2-3 miles, terrain includes sandy beach, road, boardwalk, and woodland trails. Walk along the water's edge to the tip where Vineyard Sound enters Waquoit Bay and enjoy the autumn landscape. Meet at the South Cape State Beach parking area at 494 Great Oak Road in Mashpee.

Sunday, October 15 1 pm- 2:30 pm

Wompatuck State Park ▲▲

Easy/moderate walk along paved trails, with some hills. 3+ miles. Orchard Walk. Meet at the Wompatuck State Park Visitor Center at 204 Union St. in Hingham.

Saturday October 21 10 am- 11:30 am

Ellisville Harbor State Park ▲

Walk 2.5 miles along the salt marsh, old agricultural fields, and along the beach at Ellisville Harbor State Park. Meet at the main parking lot on State Road (Route 3A) in Plymouth.

Sunday, October 29 1 pm- 3 pm

Massasoit State Park ▲▲

Moderate walk, about 4 miles. Enjoy a fall hike through the woods and wetlands of Massasoit State Park. Meet at the main parking lot at 1361 Middleboro Ave. in East Taunton.



November

Sunday, November 5 1 pm-2:30 pm

Quashnet River-

Waquoit Bay Reserve ▲▲

Moderate walk, some hilly terrain, 3+ miles. Walk sandy fire roads following the river from the Kiosk at Martin Road to Mashpee High. The return trip takes us on a narrower trail along the other side of the river. Park at lot on Martin Road, off Rt. 28 in Falmouth.

Saturday, November 11 1 pm-3 pm

Blue Hills Reservation ▲▲

Moderate walk, some hills. Walk a 4 mile loop around Ponkapoag Pond on the green dot trail. Meet at the Ponkapoag Golf Course parking lot at 2167 Washington St. in Canton.

Sunday, November 19 1 pm- 3 pm

F. Gilbert Hills State Forest ▲▲

Moderate walk, some hilly and rocky terrain, about 4.5 miles. Hike to the park's High Rock area. Meet at F. Gilbert Hills State Forest at Headquarters parking lot at 45 Mill Street in Foxboro.

Sunday, November 26 1 pm- 3 pm

Wompatuck State Park ▲▲

Moderate walk along paved & unpaved trails, 3+ miles. Walk to the Burbank Boulder. Meet at the Transfer Station (large warehouse building) on the left side of the park road, beyond the campground entrance and before Mount Blue Spring.



Things to know before you go

- Wear sturdy footwear
- Carry drinking water
- We will hike unless the weather creates unsafe conditions
- If weather conditions are questionable, please call the reservation headquarters at 508-866-2580, ext 165



Check out the DCR's Healthy Heart Trails !



DCR is excited about our Healthy Heart Trails program to promote better health and fitness while connecting with nature. We have designated more than 70 Healthy Heart Trails across the state and hope that you will make them part of your regular exercise routine. We encourage you to not only track your mileage, but to record your experience. Download the tracking chart at www.mass.gov/dcr/recreate/hht to calculate your progress.

If you would like to receive this brochure via e-mail, please send an e-mail request to: Tom.Bender@state.ma.us

Department of Conservation & Recreation
508-866-2580, ext 165
www.mass.gov/dcr



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Southeastern Massachusetts Adult Walking Club

