

MASSACHUSETTS - General

Bay Circuit Trail	A recreation trail and greenway extending through 37 communities in eastern MA. https://www.baycircuit.org/
DCR - Department of Conservation, MA	See website for list of all MA state parks: https://www.mass.gov/orgs/departement-of-conservation-recreation
Mass Audubon	See website for list of all wildlife sanctuaries in MA: https://www.massaudubon.org/
Midstate Trail	A 92 mile hiking trail extending from RI to southern NH. http://www.midstatetrail.org/
Trustees of Reservations	See website for list of public areas managed by the Trustees: http://www.thetrustees.org/
Wapack Trail	A 21.5-mile hiking trail that runs north-south over a half-dozen small mountains, none taller than 2,300 feet, from Mt. Watatic in Ashburnham, MA., to North Pack Monadnock in Greenfield, N.H https://wapack.org/

MASSACHUSETTS - West of I-495

Oak Hill & Tophet Chasm	Littleton, MA	https://littletonconservationtrust.org/tws_holding/oak-hill/
Oxbow National Wildlife Refuges	Harvard, MA	https://www.fws.gov/refuge/Oxbow/visit/plan_your_visit.html
Purgatory Chasm State Reservation	Sutton, MA	Large rock formations to climb over, around, and through. https://www.mass.gov/locations/purgatory-chasm-state-reservation
Redemption Rock & Crow Hill	Princeton, MA	Redemption Rock offers lots of history then couple it with a hike along the Midstate Trail to the top of Crow Hills for some views atop Crow Hill Ledges. http://www.thetrustees.org/places-to-visit/central-ma/redemption-rock.html https://www.mass.gov/locations/leominster-state-forest
Mt. Watatic & Nutting Hill	Ashburnham, MA	Approx. 800ft elev gain; 2.2-3.5 miles depending on route; includes Wapack and Midstate Trails
Wachusett Mountain State Reservation	Princeton, MA	Many trails; shortest route to summit is 0.7mi and 600-700 ft elev gain. https://www.mass.gov/locations/wachusett-mountain-state-reservation
Witches Caves of Ashland Town Forest & Cowassock Woods	Ashland, MA	https://www.ashlandmass.com/DocumentCenter/View/2277/Ashland-Town-Forest-2017-Trail-Brochure?bidId=

MASSACHUSETTS - Inside I-495

Blue Hills Reservation	Milton, MA	Extensive trail network. Hilly and rugged terrain but options for hikes 1-9 miles and for a flat walk around Ponkapoag Pond. https://www.mass.gov/locations/blue-hills-reservation
Breakheart Reservation	Saugus / Wakefield, MA	Easy walks; lakes and forest. https://www.mass.gov/locations/breakheart-reservation
Deer Island	Winthrop, MA	5 miles of walkways and trails. http://www.mwra.com/03sewer/html/sewdi_access.htm
Drumlin Farm Wildlife Sanctuary	Lincoln, MA	Easy walks around the farmland and lots of farm animals to see up close. Part of Mass Audubon. https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/drumlin-farm?gclid=EAlaIQobChMIqtnE45uv4QIVFFYNCh2OoA6QEAAAYASAAEgLFYvD_BwE
Great Brook Farm State Park	Carlisle, MA	More than 20 miles of trails to explore. Includes an active dairy farm and ice cream stand in-season. https://www.mass.gov/locations/great-brook-farm-state-park
Harold Parker State Forest	Andover, MA	35 miles of walking, hiking, and mountain biking trails and ponds for swimming and fishing.
Ipswich River Wildlife Sanctuary	Topsfield, MA	12 miles of trails to explore forests, meadows, wetlands, drumlin, and esker. Part of Mass Audubon. https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/ipswich-river
Middlesex Fells Reservation	Stoneham, MA	Extensive trail network for hiking and biking. https://www.mass.gov/locations/middlesex-fells-reservation
Mount Misery	Lincoln, MA	Approx 2 mile (100 ft elevation gain) loop hike over well-maintained trails. https://lincolnconservation.org/tws_holding/mount-misery/
Prospect Hill Park	Waltham, MA	https://walthamlandtrust.org/wp-content/uploads/2017/03/2016-07-12-GOS-Prospect-Hill-Rotated.pdf
Walden Pond	Concord, MA	Walk the 1.7 mile path around the pond or explore the trails beyond. See the location of Thoreau's cabin and take a swim in the pond. Frequent ranger lectures in the visitor's center. https://www.mass.gov/locations/walden-pond-state-reservation
World's End	Hingham, MA	Easy walks with ocean views near Boston. http://www.thetrustees.org/places-to-visit/south-of-boston/worlds-end.html

NEW HAMPSHIRE - General

Wapack Trail	A 21.5-mile hiking trail that runs north-south over a half-dozen small mountains, none taller than 2,300 feet, from Mt. Watatic in Ashburnham, MA., to North Pack Monadnock in Greenfield, N.H. https://wapack.org/
NH Fire Tower Quest Hikes	Kid and family friendly! Complete 5 of the 16 mountains and receive a patch. https://www.nhdf.org/Natural-Heritage/Fire-Towers
52 With A View List	List includes scenic non-4000 footers. http://4000footers.com/list_52wav.shtml
4000 Footers List	http://4000footers.com/nh.shtml

NEW HAMPSHIRE - Southern

Andres Institute of Art and Outdoor Sculpture Park	Brookline, NH	Easy walks through an outdoor art sculpture park. http://andresinstitute.org
Crotched Mountain	Greenfield, NH	Approx. 3.5mi out-and-back hike with 800 ft elevation gain.
Mine Falls Park	Nashua, NH	Great for walking and biking. Is bordered by the Nashua River to the north and the Millpond and canal system to the south.
Mt. Monadnock	Jaffrey, NH	Several trails to this bald summit (3165ft) with views in all directions..
Pack Monadnock Mountain	Peterborough, NH	Approx 2.8mi (800 ft elev gain) loop trail to summit (2290 ft). Part of Miller State Park and hike includes Wapack Trail. https://www.nhstateparks.org/visit/state-parks/miller-state-park
South Mtn. and fire tower in Pawtuckaway State Park	Nottingham, NH	Small mountain (908ft) with panoramic views from its fire tower. Pawtuckaway State Park also includes a beach for swimming and a boulder field of glacial erratics left by the glaciator. https://www.nhstateparks.org/visit/state-parks/pawtuckaway-state-park.aspx

NEW HAMPSHIRE - Central & White Mountains

Cardigan Mountain	Alexandria, NH	3155 ft large cone summit with views in all directions. Multiple trails of varying distances; shortest from the east side is approximately 2.5 mi one-way to summit. https://www.nhstateparks.org/visit/state-parks/cardigan-mountain-state-park
Mt. Crawford	Crawford Notch, NH	Hike the Davis Path about 2.2 miles to the 3119 ft bald summit with views towards Washington.
Mt. Jackson	Crawford Notch, NH	A mostly-below treeline hike to the 4052 ft bald summit with views of the Presidentials.
Mt. Kearsarge South	Willmot, NH	2.8 mile (1100ft elev gain) loop trail to summit (2937ft). https://www.nhstateparks.org/visit/state-parks/winslow-state-park
Mt. Major	Alton, NH (Lakes Region)	Panoramic views of Lake Winnepesaukee from this 1785ft summit. Loop hike is approximately 3 miles and 1000 ft elevation gain.
Mt. Moosilauke	Benton, NH	A 4802 ft broad, bare summit with extensive views. This is the south westernmost 4000-footer within the White Mountains.
Mts. Morgan & Percival	Holderness, NH (Lakes Region)	An adventurous hike up and over several ladders, over ledges, and down through caves (tight squeeze!). Views from the rocky summits are of Squam Lake and Lake Winnepesaukee. Approximately 5.5 mile loop over the two peaks and 1500 ft elevation gain.
Mt. Osceola	Lincoln, NH	A 4340 ft summit with fine views. A 3.2 mi hike from Tripoli Rd. Continue on to descend into the "Chimney" between Osceola and East Osceola peaks.
West Rattlesnake Mountain	Holderness, NH (Lakes Region)	Beautiful views of Squam Lake from the ledges. Approximately 1.0 miles one-way and 450ft elevation gain (2mi out and back) or do a loop or venture further over to East Rattlesnake.
Mt. Sunapee	Newbury, NH	Skip the ski resort and hike up the backside of this 2745 ft summit. Various trails, but the one that takes you by Lake Solitude and over White Ledges is about 3.5 mi one-way. https://www.mountsunapee.com/summer/hiking/
Mts. Welch and Dickey	Thorton, NH (Waterville Valley area)	4.4 mi loop hike with 1800 ft elevation gain over two peaks, including exposed rock slabs and with views to the Tripyramids and Sandwich Mtn range.
Mt. Willard	Crawford Notch, NH	A 1.6 mile below-treeline hike to ledges near the summit that look down into Crawford Notch. Only 900 ft elevation gain for gorgeous views into the Notch!