

Welcome

The Southeastern Massachusetts Adult Walking Club meets each weekend on either a Saturday or Sunday at 1:00 for recreational walks. 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. New walkers are encouraged to participate.

The terrain can vary:

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

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

Occasionally, the Walking Club meets at other DCR sites. Some DCR sites charge a parking fee.

The rangers recommend wearing hiking boots and bringing drinking water on all hikes



December

Saturday, December 12 1 pm
Blue Hills Reservation

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Moderate walk, hilly/rocky terrain, 1+ miles. Wolcott Path to Five Corners and Skyline to the summit of Hancock Hill. Return via Hancock Hill Path. Meet at the Blue Hills Headquarters staff parking lot at 695 Hillside St. in Milton.

Sunday, December 20 1 pm
Blue Hills Reservation

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Moderate walk, some small hills, 3+ miles. Old Rte. 128 to the pipeline and back by Bugbee Path. Meet at the Houghton's Pond main parking lot on 840 Hillside Street in Milton.

January



First Day Hikes 2016 Friday January 1st

Free hot and hearty soup at noon
All hikes begin at 1:00pm

Meet at the Houghton's Pond main parking lot on 840 Hillside Street in Milton.

Celebrate the New Year in the Blue Hills! This is the twenty-fourth year of our New Year's tradition. Join the fun. Warm up with a free cup of hearty soup, and then stretch your legs on a variety of guided hikes suitable for all ages and abilities. A great way to jump start the year!

**Please bring a canned good to support
Father Bills Homeless Shelter in Quincy.**

For more information, call 617-698-1802

Saturday, January 9 1 pm
Blue Hills Reservation

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Moderate walk, hilly terrain, 2.5 miles. Hike the Tucker Hill green dot loop. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

Sunday, January 17 1pm
Blue Hills Reservation

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Easy walk, 2 miles. Loop around Houghton's Pond and old Rte. 128. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Saturday, January 23 1 pm
Myles Standish State Forest

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Easy walk, 2.5 miles. Hike around the scenic Easthead Reservoir at Myles Standish State Forest. Meet at Headquarters, 194 Cranberry Road, South Carver. (508) 866-2526.

Sunday, January 31 1 pm
Blue Hills Reservation

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Moderate walk, some hilly terrain, 3.5 miles. Meadow Road to Three Pines Trail to No Name Trail. Meet at the Donovan School at 123 Reed St. in Randolph.

February

Saturday, February 6 1 pm
Blue Hills Reservation

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Moderate walk, hilly terrain, 3.5+ miles. Wolcott Path to Eustis Trail and Base Path, return via Hancock Hill Path. Meet at the Blue Hills Headquarters staff parking lot at 695 Hillside St. Milton.



Sunday, February 14 **1 pm**
Borderland State Park

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Easy walk, 3 miles. Share your love of nature on Valentine's Day with a walk along the Pond Walk Trail that loops around Leech Pond. Meet at Borderland State Park Visitor Center at 259 Massapoag Avenue in North Easton. \$5 per car parking fee. (508) 238-6566.

Saturday, February 20 **1 pm**
Blue Hills Reservation

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Moderate walk, hilly terrain, 2.5 miles. Bugbee Path to Beech Hollow Path and Oblique Path. Return via Old 128. Meet at the Houghton's Pond main parking lot at 840 Hillside Street in Milton.

Sunday, February 28 **1 pm**
Blue Hills Reservation

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Moderate walk, hilly terrain, 3 miles. Wolcott Path to Wildcat Notch and return via Halfway Path. Meet at the Blue Hills Headquarters staff parking lot at 695 Hillside St. in Milton.

Mark Your Calendar's
Maple Sugar Days
March 19th & 20th
10am – 4pm

For more information call: (617) 333-0690

It's sugarin' time in the Blue Hills! Join us as we make maple syrup in the traditional way at beautiful Brookwood farm in Canton. Smell the wood smoke as you watch clouds of steam rise from the bubbling sap. Savor the taste of real maple sugar and enjoy a journey through time as you learn about the history of maple sugar in Massachusetts. Activities for all ages.

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 508-866-2580, ext 165

**Check out
the DCR
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 and Recreation
508-866-2580, ext 165
www.mass.gov/dcr



Winter
2015- 2016

**Southeastern
Massachusetts
Adult Walking Club**

