



F. Gilbert Hills State Forest

Welcome to DCR's F. Gilbert Hills State Forest

Offering over 1,000 acres of park land, F. Gilbert Hills boasts 23 miles of trails primarily used for hiking, mountain biking and horseback riding as well as access to the 30-mile Warner Trail that leads to Sharon, Massachusetts to Diamond Hill State Park in Rhode Island. Additionally there are eight miles of motor biking trails.

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

DCR oversees 450,000 acres of parks, forests, beaches, bike trails, watersheds, and dams. Its mission is to protect, promote, and enhance the state's natural, cultural, and recreational resources. To learn about DCR and to discover more parks and recreational opportunities within the Massachusetts state parks, visit www.mass.gov/dcr. For F. Gilbert Hills, visit www.mass.gov/dcr/parks/southeast/fgil.htm

Designated by a heart symbol, Healthy Heart Trails are pathways or trails used for hiking or walking that are easy to moderate in activity level and intended for routine use to help build a healthy heart.

TRAIL USE GUIDELINES AT F. GILBERT HILLS

- Stay on designated trails and roads.
- Observe all posted rules and regulations.
- **ORV Riding Season: May 1st through the last Sunday in November. Motorcycles only.**
- Be respectful of other trail users:
 - Hikers:** Allow bicyclists and equestrians to pass.
 - Bicyclists:** Control your bike—do not skid. Avoid startling horses and hikers—announce yourself.
 - Equestrians:** Control your horse.
- Be aware of hunting seasons, and wear blaze orange when appropriate.



LEGEND

- F. Gilbert Hills State Forest
- Paved Road
- Unpaved Road
- Hiking Trail
- Warner Trail
- Bridle Trail
- Mountain Bike Trail
- Healthy Heart Trail
- Mountain Bike/Motorcycle Trail
- Picnic Area
- Restrooms
- Parking
- Forest Headquarters
- CCC Water Hole Structures
- Closed Gate*
- Town Boundary
- Wetland
- Brook, River
- Pond, Reservoir
- Contour Line (30' Interval)

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



TRAIL MAP

F. Gilbert Hills State Forest
45 Mill St.
Foxborough, MA 02035
(508) 543-9084
2015