

Pioneer Valley

Hiking Club

Leader's Guide



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Disclaimer

The information provided in this guide is intended for general informational purposes only. It should not be considered as professional advice or a substitute for seeking professional guidance.

Introduction

The idea for a leader's guide or manual came about during a clinic on the future of the club. One of our newer members mentioned that a previous club he had been a member of had an adventure guide. After that the ideas came fast and furious.

With PVHC, one of the major issues has been finding enough people to lead hikes. The biggest issue seems to be, from our conversations with people, is that they are nervous about leading. All the conversations we've had with members over the years haven't been enough to convince people to lead. Or not enough people to lead. So, when the idea of an adventure guide came up, it seemed like a good solution to help resolve the issue.

The guide includes lots of helpful information for first time as well as seasoned hike leaders. We included gear lists, helpful hints, websites, worksheets, release form, the PVHC ratings guidelines, car spotting instructions and a number of easy, moderate, and difficult hikes. The hike descriptions include maps, addresses, the type of hike, distance, elevation and, and a description of the route.

There is a lot of information in this guide. You won't need all of it. Choose what will be most helpful to you. You'll be able to print specific pages as needed. Example – the Release form, Hike Description, and maps.

The guide is a living document. We will add, make changes, and edit as needed and update. We will continue to add hikes as members send them to us.

Useful Websites for Maps and information

MA State Parks and Forests - www.mass.gov/orgs/department-of-conservation-recreation

New England Trail newenglandtrail.org

Trustees of the Reservation - thetrustees.org

Mass Audubon - www.massaudubon.org

Berkshire Natural Resources Council - bnrc.org

Norwottuck Rail Trail - www.mass.gov/locations/norwottuck-rail-trail

Robert Frost Trail (at storymaps.arcgis.com)

Pioneer Valley Hiking Club Coordinator's Worksheet Day hike

The purpose of this worksheet is to develop a notebook with accurate information about hikes and trails that we encounter. Our goal is to compile this data so we can continually improve our hikes and to have this information for someone who may wish to coordinate the same trip in the future. Please be as accurate and thorough as possible. Thank you for participating.

Location of Hike: _____

Coordinator: _____ **Weather:** _____

Date of Hike: _____ **Meeting time:** _____

Meeting location: _____

Driving time to trail head: _____

Distance of Hike: _____ **Duration of Hike:** _____

Rating: *Easy Moderate Difficult* **Loop trail or "A" to "B" trail:** _____

Color of Blazes: _____ **Condition of Blazes:** *Poor Fair Good*

Trail Conditions: *(Did you encounter mud, blowdowns, confusing intersection or was the trail open, was it an old dirt road, etc.?)*

Location of Trail Head: *(What would you tell someone else who is trying to find it? Be specific ...for example road names, Telephone pole number, etc.)*

Trail Description: *(Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)*

Was the Rating Accurate? *Yes No*

If not, what would you change it to? *Easy Moderate Difficult*

How many people went in your group? _____

Would you recommend or not recommend this trail in another season? _____

Why? _____

Items of Interest: *(Was there scenic cliffs, a pond, fire tower, etc.)*

Additional Information / Cross Reference Material:

Hike Coordinator Guidelines and Checklist:



Carpool Meeting Location:

Introductions

Review Hike Expectations

Review the difficulty, distance and time expectations, and terrain of the hike with everyone with an eye on assessing if each person's abilities and expectations are matched to the hike.

Does everyone have what they need?

Make sure each person has appropriate shoes, rain gear, sufficient "WATER", and snacks/lunch, and any special gear requirements needed on the hike. You might have nice weather now but ask yourself, "If the weather changes drastically will we be prepared?" If a new hiker doesn't have sufficient water, snacks, or rain gear you can usually have them pick something up at a convenience store or gas station near the carpool location. Don't risk leaving for the trail unprepared - at a minimum it can ruin the experience for everyone and possibly result in worse.

Encourage Carpooling

But make sure that people are paired up with return time in mind. (If someone wants to get back early and doesn't want to stop for ice cream, they may be a poor choice to carpool with someone who wants to linger socializing at a sit-down dinner on the way home) Park cars that will be left behind in an appropriate location so that the owners of the lot will let us return on future hikes.

Review Driving Directions

Review driving directions to trailhead. It's a good idea to pick a preplanned bathroom stop on drives over one hour long.

Wait 10 Minutes

Club policy is to wait 10 minutes after the meeting time for any late arrivals. For the goodwill of the group, we encourage you to limit how long you wait for anyone past this. Don't feel bad if you have to leave even if you know someone is expected. You are responsible for the group success of the activity.

THIS IS A GUEST RELEASE. READ IT CAREFULLY BEFORE SIGNING.

The Pioneer Valley Hiking Club (“PVHC”) is a social and recreational club for people who enjoy participation in outdoor activities centered around hiking with others. Our officers and event leaders are enthusiastic amateurs who volunteer to serve without compensation. The event leader(s) will attempt to provide a good faith description of the event and its difficulty and will answer questions concerning it based on whatever level of personal knowledge the leader(s) may have. Leaders may deny the right to participate in the event to any person, including club members, if the leader has a good faith belief that the person’s participation in the event will be unsafe or detract from the safety or enjoyment of other participants or the timely completion of the event or the person fails or refuses to sign this form. However, no representation is made that the PVHC or its members or leader(s) have any particular level of knowledge, experience, training or ability with respect to this event or situations that may arise during it. Each participant in this and other PVHC events acknowledges his/her agreement with the statements made above and further acknowledges and agrees that each participant is responsible for his/her own safety, determination of fitness to participate in the event and determination of what food, water, clothing and equipment is necessary to safely participate in the event. In consideration for the {leader(s), the PVHC, its members, officers, agents, servants, employees, volunteers and the other participants from any and all claims and liabilities, of every kind and nature, for bodily injury, personal injury, property damage or other form of loss or damage arising from or relating to any involvement in this event.

By signing below, I acknowledge that I have carefully read and assent to the above release.

Guest Name	Guest Signature	Emergency Contact Number

PVHC Hike Rating Guidelines

- **Easy 1** - 1-4 miles - Flat walk - Ex – Ashley Reservoir, Whiting St Reservoir
- **Easy 2** - 4+ miles - Some elevation – up to 500 feet gain, Ex - Arcadia Wildlife Sanctuary, Chick-a-Dee Trail
- **Moderate 1** - 5-6 miles - 500-1000 feet elevation gain, Ex – Tuesday night hikes – Goat Peak, Mt Holyoke
- **Moderate 2** - 5- 8 miles - 1000-1500 feet elevation gain, Ex – Mt Norwottuck/Rattlesnake Knob Loop
- **Moderate 3** - 6-10 miles - 1500-2500 feet elevation gain - Some scrambles, ledges, rough footing, Ex –Mt Tom Range Traverse, Mt Greylock via Gould Tr
- **Difficult 1** - 7+ miles - 2500+ feet elevation gain - Scrambles, ledges, rough footing, Ex - Seven Sisters, Greylock via Thunderbolt Tr
- **Difficult 2** - 10+ miles - 3000+ feet elevation gain o Scrambles, ledges, rough footing, climbing, Ex – Many White Mt and ADK 4,000 mountains, Mt Greylock Traverse, Seven Sisters Yoyo

Helpful Tips for Leaders

Hiking Apps

- AllTrails
- Gaia

Steps to Leading a hike.

1. Decide where you want to lead a hike.
 - a. Choose somewhere you hike often and know the route for your first one.
 - b. Ask another hike leader to co-lead.
2. Decide the trails, mileage, difficulty level.
3. Email the hike information to pvhc.scheduler@gmail.com – include the info below.
 - a. Title of hike – Where you are hiking.
 - b. Date of hike
 - c. Meeting time and approximate ending time.
 - d. Your contact info – phone, email, call, text, etc.
 - e. Meeting place – specific address including street number, street, and city.
 - f. Hike description – include miles and difficulty rating based on the club guidelines. You may include as many other details as you like as well as links to websites.
4. **Please remember when we are out on the trails, we represent PVHC!**

First kit supply list

These are not hardline lists of items you are required to have in your pack. They are recommendations based on the kind of hiking you do and whether you are a leader or a participant.

Everyone should carry at least a small first aid kit even for short easy walks and hikes. On even the easiest hike you could fall, get cut and need to have antiseptic cleaner and band aids. If you are participating in longer hikes with areas of loose scree, slabs, rough and uneven footing you should carry more for the possibility of sprains and more serious cuts. Ace bandages are great to have; I have given them to injured people on several occasions. The new ones are self-sealing and work very well.

Bandannas are great to have on hand as they can be used as slings or to secure a splint.

Check your first kit periodically, especially after you have used it, to replace items and check for old and/or expired supplies.

Leaders should, but are not required to, carry a well-supplied first aid kit. Everyone should carry what they feel comfortable having in their kit.

First Aid Kits

As a member of the P.V.H.C., you will have the opportunity to participate in day hikes and backpacking trips. Because of this, the following suggested first aid items are for your day pack and your backpack.

Day Pack First Aid Kit:

Because most day hikes are within short distances from civilization, the need to carry a large first aid kit is not as important as when backpacking. Therefore it is suggested you carry the following items in your day pack:

- Three - 3"x3" sterile gauze pads
- One roll 2" gauze roller bandage
- One 1" roll of tape
- Ten 1" Band-Aids
- Four knuckle Band-Aids
- Moleskin
- Tweezers
- Two safety pins
- Four antiseptic wipes
- Two first aid antibiotic ointment or tube (Neosporin, Top-I-Cal, etc.)
- Ace bandage

Backpack First Aid Kit:

- One 5"x9" trauma dressing
- Six gauze pads 3"x3" minimum
- Four 2"x2" gauze pads
- One roll 1" tape
- One roll 4" gauze roller bandage
- Two rolls 2" gauze roller bandage
- Fifteen 1" Band-Aids
- Five knuckle Band-Aids
- five Steri Strips
- Three 2nd skin burn pads
- Six first aid antibiotic ointments or one tube, (Neosporin, Top-I-Cal, etc.)
- Hydrocortisone creme
- Four Compound Benzoin Tincture
- Q-Tips
- Tweezers
- Four safety pins
- Moleskin
- Ace bandage
- Dent-U-Temp filling replacement (optional)
- Hypothermia thermometer, (optional)
- Ambesol Gel for toothaches, (optional)
- Tylenol or other pain medication, (optional)
- Bulb or plastic syringe for wound irrigation, (optional)
- Scissors, (optional)
- Sterile rubber gloves, you may help a stranger (optional, but highly recommended)

Daypack and a backpack equipment list

As with first aid kits, there is some equipment everyone should carry, even on the easiest of hikes. Water, food, extra layer, rain poncho, compass, headlamp, map, small first aid kit with bandanna.

Longer hikes, especially those going above tree line need to have much more gear as the possibility of harsh weather and hypothermia increases. Even in the summer. I've seen ice on above tree line trails in June-Sept.

Backpacking requires even more gear since you will be staying overnight and must have a tent, sleeping and cooking gear, water filtration, extra food, etc.

Use these lists as a guide for what gear to carry to hike safely in every circumstance.

Day Pack

Recommended Equipment

Going on a day hike can be a very pleasurable experience. This experience can be further enhanced by carrying the proper equipment. For example, hiking a summit in late spring or late August may require a heavy sweater or shirt, as the summits can become quite cold and breezy. Please note, a little damp and a lot of cold can cause hypothermia even during the summer months. As you become more experienced, unless you already are, you will learn or know what to pack. The following suggested list of equipment is what you should have on hand for the different types of day hikes you will be faced with:

- Day pack
- Fanny pack
- First aid kit
- Survival kit
- Whistle
- Flashlight with spare batteries and bulb
- Knife
- Compass
- Matches and or lighter
- Rope
- Map or guide book
- Water resistant wind pants and jacket
- Sweater or heavy shirt (wool or synthetic material)
- Rain pants and jacket
- Rain poncho
- Water bottles, at a minimum a quart of water should be carried
- Water purifier, water filter or Iodine tablets, on a long hike it may be helpful.
- Food for the day
- Extra food, you may be forced to stay out overnight or used to treat hypothermia
- Nylon or polypropylene tarp 10"X10" or heavy duty survival blanket
- Trowel
- Toilet paper
- Large zip lock baggie for trash and used toilet paper
- Gloves, wool hat, etc. for a potential cold weather activity.
- Extra pair of socks and sock liners
- Spare shoelaces
- Bandanna
- Camera with extra film
- Binoculars
- Hiking stick
- Fluorescent hunting vest, for hiking during hunting season, should you get lost

Please take the time to purchase a sturdy pair of hiking shoes or boots, as the wrong pair will make even a short hike miserable.

If you plan on hiking or backpacking during the cold weather months, wool or synthetic materials are the clothing of choice. **Stay away from cotton material during cold weather.** Cotton retains moisture and will cool you down quickly, which is fine during the 95 and 100 degree days of July, but is dangerous in cooler weather.

Again, the above list is a "laundry list". You can pick and choose what you need to take based on each hikes' difficulty, length, time of year, current weather forecast, etc.

Backpacking

Recommended Equipment

Although backpacking is an extended version of day hiking, it requires more equipment including a larger pack to carry all of the additional and bulky equipment. Again, as in other lists in this membership packet, the recommended equipment listed below is a suggestion of what you need should you elect to move up to backpacking:

- Backpack, internal or external
- Backpacking tent & ground cloth
- Sleeping bag
- Sleeping pad
- Backpacking stove and fuel
- Cooking pots, pans, utensils, etc.
- Repair kit

This is what is needed along with the majority of your day pack equipment to be fully equipped for either an overnight or multiple nights of backpacking. Based on these equipment lists, additional food and fuel is all that is necessary to extend a trip from one night to multiple nights.

The above equipment list is an investment, and selected correctly, will give you many years of backpacking pleasure. To ensure you select the proper equipment for the level and type of backpacking you wish to do, please talk to Ray at the store for some expert advice.

Survival Kit

Recommended Equipment

If you follow the equipment recommendations in this membership kit, you should be prepared for most emergencies. In the event you find yourself in an unfortunate situation, a small survival kit with some basic equipment could enhance your safety and well-being while on the trail. A survival kit should include the following equipment:

- Matches (waterproof and windproof are good for this purpose)
- Firestarter
- Small candle
- Small liquid compass, separate from your everyday compass
- Small mirror for signaling
- Notebook and pencil, for leaving notes on the trail.
- Emergency flares (optional)
- Emergency wire saw (optional)

The above equipment can be stored inside a small pouch or box such as a plastic soap dish or metal Band-Aid box. Then place the box or pouch in a double zip-lock bag to waterproof the items, and your survival kit will be ready to pack when you need it.

The equipment in your day pack list includes other pieces of equipment to round out your survival kit, such as first aid supplies, flashlight, extra food, emergency shelter, etc. As mentioned previously, the type of hike will determine what you should pack.

Repair Kit

Recommended Equipment

Your equipment will be only as good as you maintain it. Unfortunately, even when taking the best of care of your equipment, circumstances on the trail may lead to damage of your equipment. Because of this fact, the following list of equipment is recommended for your repair kit:

- Duck Tape
- Super glue
- Small spool of wire
- Sewing kit
- Repair tape, nylon tape is fine for making emergency repairs to your tent.
- Pack fittings, (for external packs) Pack one anyway in case a friend forgets to.
- Stove tools and parts
- Mattress patchkit, if you use an air mattress, (self inflating)

Additional Optional Equipment

Although the accompanying lists may seem extensive, there is still additional equipment you may want to consider adding to your pack(s):

- Sunglasses (crucial during snow season)
- Small foam pad, used to sit or kneel on, can also be used as a stove base in winter
- Bug dope
- Lip balm
- Sunscreen
- Snakebite kit
- Water bag (collapsible or dromedary bags to haul large quantities of water)
- First aid manual
- Candle lantern
- Headlamp

Car spotting and the reasons why

When a hike starts in one location and ends in a different location, we must have cars at both places. That is the basic reason for car spotting.

There are two kinds of car spots - easy and logistically complicated. The easy ones require hikers to show up for the hike at the trailhead where the hike ends. Everyone piles into a few cars and drives to where the hike begins. At the end of the hike drivers will take the original drivers back to their cars and everyone goes home.

The second kind of car spotting has cars parked at three different locations. This is where the fun begins! Hikers show up at the posted meeting place, some cars are left at that location. The volunteer drivers will take one passenger: just one. Only two people per car – one driver and one passenger. Everyone then drives to where the hike will end. Half of the cars are left at that location. The two people in those cars become passengers in the other half of the cars. Each car has four people – one driver and three passengers. There are now four people in each car. Ideally this works best if the total number of hikers can be neatly divided by 4. Really, divided by two – if the number of hikers isn't divisible by two someone has to go home – just kidding! In the odd numbered situation, we just end up with a car with 3 or 5 hikers in it, and someone has to sit on the bump in the back seat. The remaining half of the cars drive to where the hike begins.

It sounds simple but often turns out complicated. That is often because someone has a “better” idea of how to do it or which way to get to the trailheads. So, most importantly, please listen to your hike leader when they are explaining the logistics of the car spot. He or she has generally figured this out ahead of time and will likely have directions for each driver as well. Unless you absolutely know there will be a big screw up, please don't suggest “a better way.”

Step by step for both meeting at the end of hike and a third carpooling location.

Meeting at the end of the hike

Hike leaders -

1. Ask for volunteer drivers.
2. Put as many hikers into cars as comfortably fit.
 - a. Remind participants not to leave anything in the driver's car as they may not be in that car going back.
3. Drive to the start of the hike
 - a. Hike!
4. At the end of the hike bring people back to their cars

Even number EX. 12 people in 12 cars on the hike – 12 cars show up. 3 cars (4 per car) bring people to the start of the hike, 9 cars remain at the end. At the end of the hike 1 car brings the 3 drivers back to their cars at the start of the hike. Everyone else goes home.

Odd number with 2 cars bringing a passenger EX. 7 people in 5 cars arrive at the end of the hike meeting location. 2 cars drive 7 people to the beginning of the hike trailhead, 3 cars remain at the end. At the end of the hike 1 car brings the two drivers back to their cars, everyone else goes home.

Meeting at a carpooling location and driving to the hike with a car spot at either end.

Hike leaders – please figure the logistics ahead of time based on the number of hikers and provide driving directions if possible.

1. Ask for volunteer drivers.
2. 2, and only 2, people per car – 1 driver and 1 passenger
 - a. Remind participants not to leave anything in the driver's car as they may not be in that car going back.
3. Drive to where the hike will end.
4. Park half the cars, decide ahead of time who will leave their cars at this location.
5. The hikers in the parked cars become passengers in the other half of the cars. There are now 4 people per car.
6. These cars drive to the beginning of the hike trailhead.
7. Hike!
8. At the end of the hike, bring drivers back to their cars at the beginning of the hike, then drive to the original meeting location for people to retrieve their cars.

Odd number EX. 17 hikers in 12 cars meet at Sheldon Field to hike a MT Greylock Traverse. You will need 8 cars for the car spot. 4 cars remain at Sheldon Field. As it is an odd number there will be one extra person in one car. 2 people in 7 cars, 3 people in one car = 17 hikers. Everyone drives to the end point of the hike in North Adams. 4 cars are left there, those drivers and passengers get into the other 4 cars. There are now 3 cars with 4 hikers and one car with 5 hikers = 17 hikers. Those 4 cars drive to the beginning of the hike in Cheshire. Everyone hikes! At the end of the hike, 4 cars bring the 4 drivers and passengers of the other cars back to the beginning of the hike to retrieve their cars.

Easy Hikes

HIKE DESCRIPTIONS – Lori Tisdell

Location/Name of Hike: Laughing Brook Wildlife Sanctuary

Meeting location: Laughing Brook, 789 Main St, Hampden, MA 01036

A. Carpooling Location:

B. Trailhead location: 789 Main St, Hampden, MA 01036

Driving time to trail head:

Distance of Hike: 3.5-4 miles

Typical amount of time to complete: 2 hours.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory. Easy 2

Loop trail, Out & Back or Section Hike: Double Loop

Color of Blazes (if you know): Blue and Yellow

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Easy footing, some uphill not steep

- **Trail directions, as specifically as you know:** (*Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...*)

Blue blazes go away from the parking lot, yellow blazes go back to the parking lot.

- Straight ahead onto the Mort & Helen Bates Trail – blue blazes
- Bear right onto the East Brook Trail Bear right onto the Burgess Trail
- Right or left onto the Neft Loop Trail – it circles back to the junction so either way is fine.
- Bear right back onto the Burgess Trail
- At the East Brook junction, you may go straight to lengthen the hike continuing on East Brook and then back onto Mort & Helen Bartes Tr and back to the parking lot.
- Or bear right to return to the parking lot via the East Brook and Mort & Helen Bates Trails

Special Features, Views (*scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.*): Brooks, rock formations, stone fences,

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter): All seasons, excellent snowshoe hike in winter, fall colors abundant?

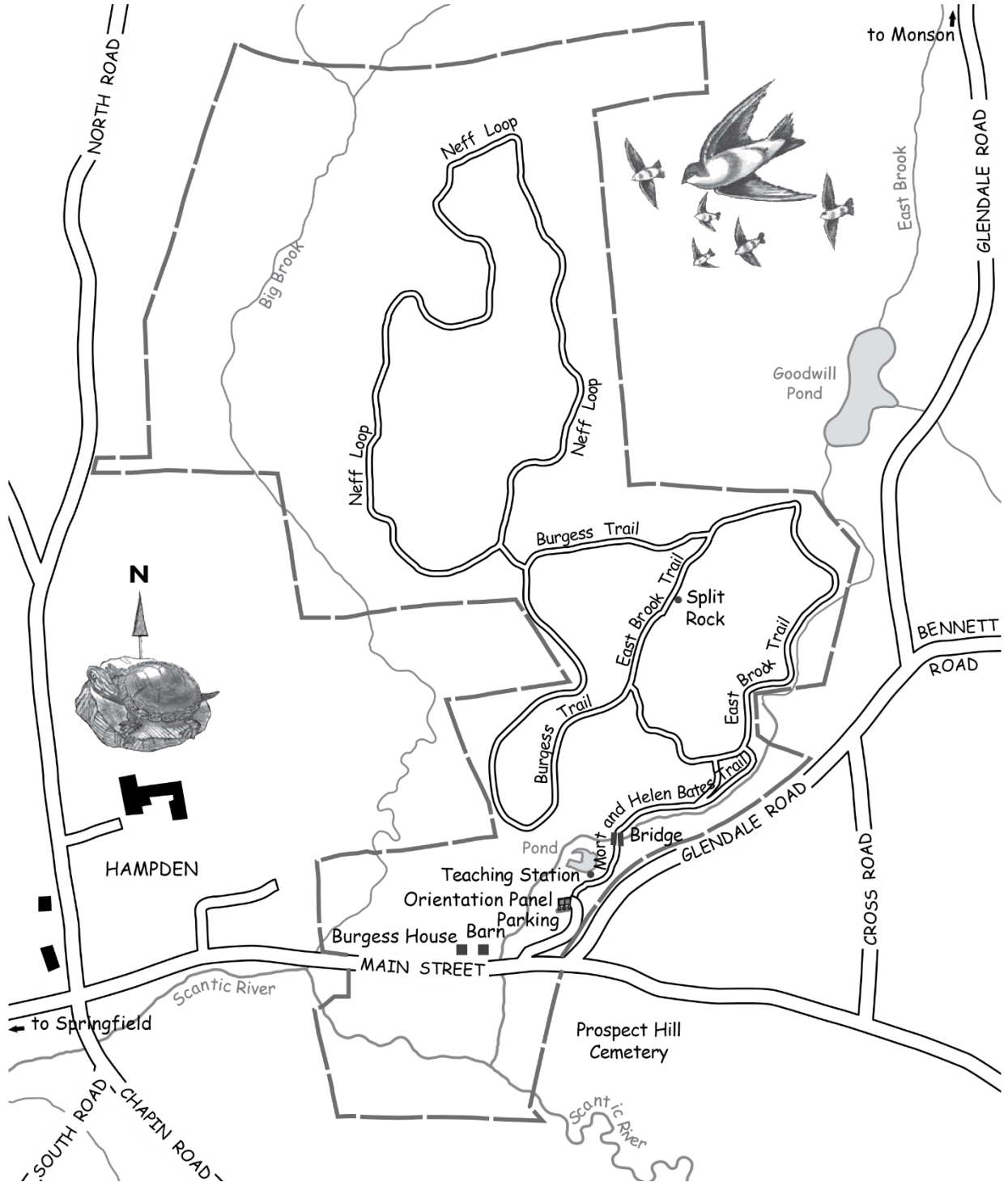
Recommendations for lunch spots—both before and after hike

Include a map if possible.

Any other comments or additional cross reference material

Laughing Brook Wildlife Sanctuary

Hampden, MA ▲ 800-710-4550 ▲ arcadia@massaudubon.org
www.massaudubon.org



HIKE DESCRIPTIONS - Debbie Bombard/Cheryl Stevens

Location/Name of Hike: West River Trail-Brattleboro, Vermont

Meeting location: Sheldon Field, 26 Old Ferry Road in Northampton

- A. Carpooling Location:** Sheldon Field, 26 Old Ferry Road in Northampton
- B. Trailhead location:** 28 Spring Tree Rd, Brattleboro. (Behind the Marina Restaurant)

Driving time to trail head: be about 45 minutes.

Distance of Hike: 6 miles **Typical amount of time to complete:** Depending on your group I'd say the hike would be 2.5 to 3 hours long.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Easy 2

Loop trail, Out & Back or Section Hike: -Out & Back

Color of Blazes (if you know):

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):

Trail directions, as specifically as you know: (*Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...*)

This section is about 4 miles so you could make it an 8-mile day if you want, but we like to turn around at the 3-mile point for a total of 6 miles-

Wide, flat, wooded trail along the West River, which is an old railroad bed.
Nice views along the river. There is a picnic area about a mile in.

Special Features, Views (*scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.*):

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)
This would be good in any season.

Recommendations for lunch spots—both before and after hike

After our hike we enjoyed lunch at The Marina Restaurant, right at the trail head. Waterfront dining, indoors or out. They take reservations for 6 or more people. You will also find many other eateries in downtown Brattleboro.

Include a map if possible.

Any other comments or additional cross reference material [WELCOME - THE WEST RIVER TRAIL](#)

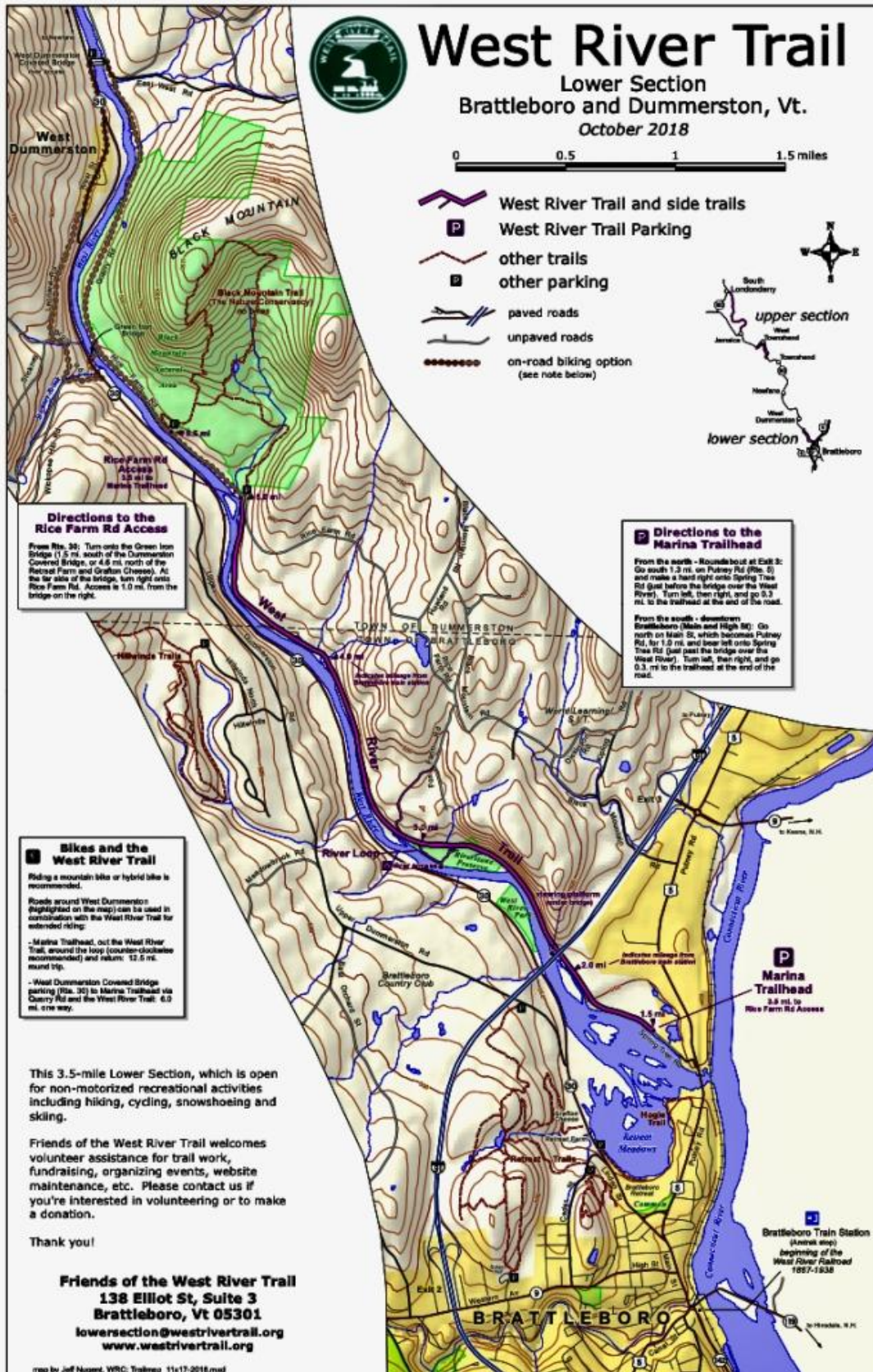


West River Trail

Lower Section
Brattleboro and Dummerston, Vt.
October 2018

0 0.5 1 1.5 miles

- West River Trail and side trails
- West River Trail Parking
- other trails
- other parking
- paved roads
- unpaved roads
- on-road biking option (see note below)



Directions to the Rice Farm Rd Access

From Rte. 30: Turn onto the Green Iron Bridge (1.5 mi. south of the Dummerston Covered Bridge, or 4.6 mi. north of the Retreat Farm and Grafton Cheese). At the far side of the bridge, turn right onto Rice Farm Rd. Access is 1.0 mi. from the bridge on the right.

Directions to the Marina Trailhead

From the north - Roundabout at Exit 3: Go south 1.3 mi. on Putney Rd (Rte. 5) and make a hard right onto Spring Tree Rd just before the bridge over the West River. Turn left, then right, and go 0.3 mi. to the trailhead at the end of the road.

From the south - downtown Brattleboro (Main and High St): Go north on Main St, which becomes Putney Rd, for 1.0 mi. and bear left onto Spring Tree Rd (just past the bridge over the West River). Turn left, then right, and go 0.3 mi. to the trailhead at the end of the road.

Bikes and the West River Trail

Riding a mountain bike or hybrid bike is recommended.

Roads around West Dummerston (highlighted on the map) can be used in combination with the West River Trail for extended riding:

- Marina Trailhead, out the West River Trail, around the loop (counter-clockwise recommended) and return, 11.6 mi. round trip.
- West Dummerston Covered Bridge parking (Rte. 30) to Marina Trailhead via Quarry Rd and the West River Trail, 6.0 mi. one way.

This 3.5-mile Lower Section, which is open for non-motorized recreational activities including hiking, cycling, snowshoeing and skiing.

Friends of the West River Trail welcomes volunteer assistance for trail work, fundraising, organizing events, website maintenance, etc. Please contact us if you're interested in volunteering or to make a donation.

Thank you!

Friends of the West River Trail
138 Elliot St, Suite 3
Brattleboro, Vt 05301
lowersection@westrivertrail.org
www.westrivertrail.org

map by Jeff Nugent, WRC; Trailmap_11x17-2018.mxd

HIKE DESCRIPTIONS – Debbie Bombard/Cheryl Stevens

Location of Hike: William Cullen Bryant Homestead - Trustee of Reservation Property - Cummington, MA

- 1. **Meeting location:** 207 Bryant Road, Cummington, MA Parking for 8 cars behind big barn.
- 2. **Carpooling Location/Trailhead location:** Sheldon Field, 269 Bridge Street, Northampton, MA.

Driving time to trail head: 40 Minutes.

Distance of Hike: 4.5 miles Easy 2+ 545' elevation gain **Duration of Hike (Approx):** 3 hours _____

Rating: Easy2 **Loop trail, Out & Back or Section Hike** Two loop trails that can be combined together.

Color of Blazes (Optional):

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Wooded trails with uneven ground.

Trail directions, as specifically as you know: *(Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)*

First loop: Walk across the street and to the right of the Bryant home, beyond the picnic area, you will see a sign for the Sugarbush Trail. This trail leads you to the sugar house ruins.

Continue on the trail until you come to a dirt road (Trow Road).

- 1. If you go right up the road, you come to Bryant Cemetery.
- 2. If you go left down the road, you will come to a sign for Sugarbush Trail . It enters the woods and takes you to the little pond on Bryant Road.

To connect to Second loop : From the little pond on Bryant Road , walk on Bryant Road toward the Intersection and take a left on W. Cummington Road. Walk a short distance to the kiosk for Second Loop.

Rivulet Trail goes through an old growth forest of hemlocks and along a trickling stream. The Pine loop Trail off of Rivulet Trail features large pine trees reaching heights of 150' , among the tallest in the Northeast. After finishing this loop it's a short walk back to the parking area. The grounds and trails of the homestead are open to the public. Parking area may not be plowed in the

winter.

Special Features, Views *(scenic cliffs, a pond, fire tower, stone walls, historical significance, etc.):* _____

Would you recommend or not recommend this trail in which season(s)? _____

Why? _____

Include a map if possible.

Any other comments?

After hike lunch spots: Old Creamery Co-op , 445 Berkshire Trail, Cummington, MA. The Williamsburg Snack Shack, 109 Main St., Haydenville,MA










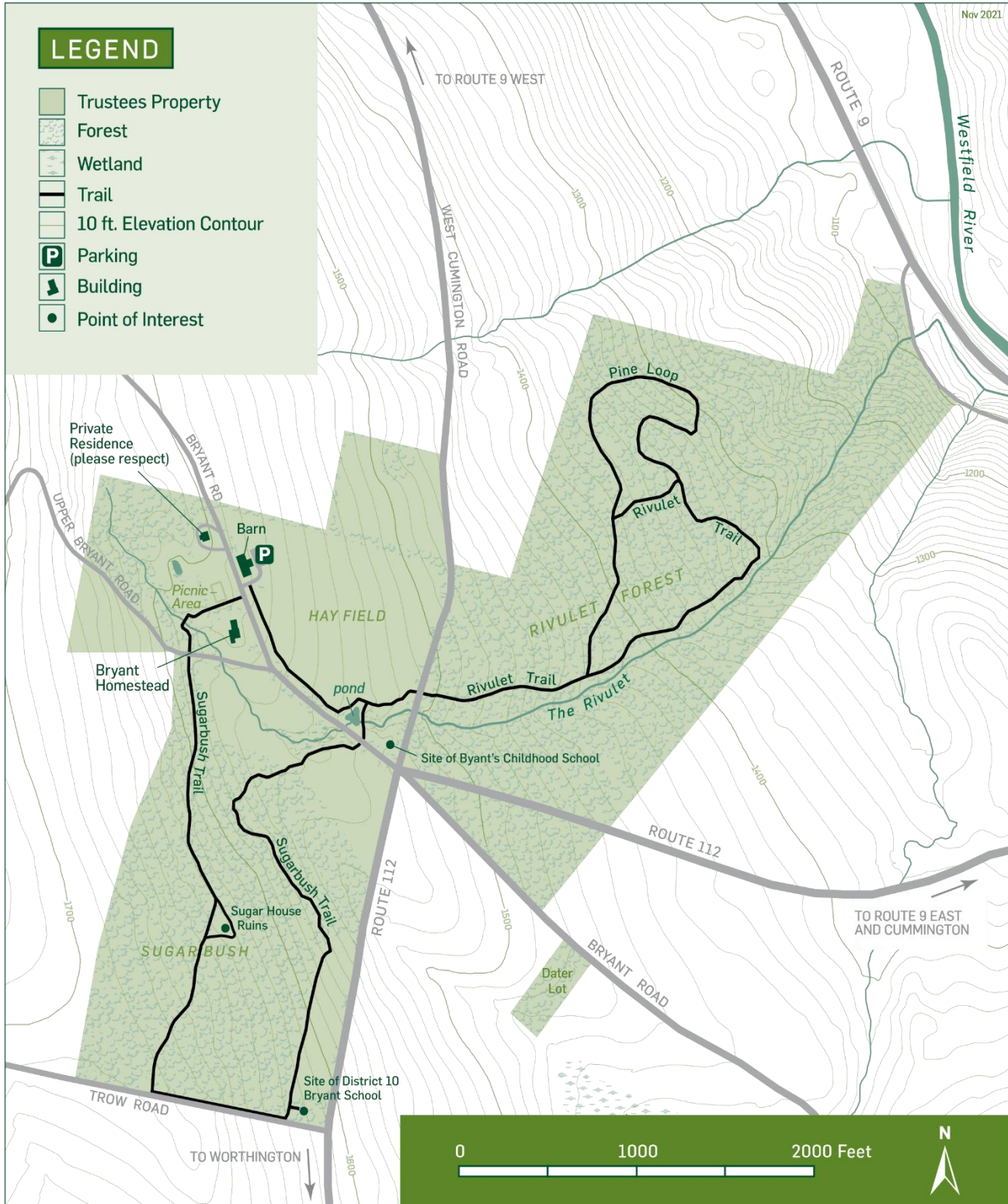
BRYANT HOMESTEAD (195 ACRES)

207 Bryant Road ▪ Cummington, Massachusetts

978.921.1944 ▪ info@thetrustees.org ▪ www.thetrustees.org

LEGEND

-  Trustees Property
-  Forest
-  Wetland
-  Trail
-  10 ft. Elevation Contour
-  Parking
-  Building
-  Point of Interest



HIKE DESCRIPTIONS – Jim Brown

Location/Name of Hike: : Alexandra Dawson Conservation Area and Bike Path - Hadley, MA

1. **Meeting location:** Trailhead / Parking across from 9 North Lane, Hadley, MA. Room for 8 cars
2. **Carpooling Location:**
3. **Trailhead location:** :

Driving time to trail head:

Distance of Hike: 4 miles Flat loop **Typical amount of time to complete:** 1.5-2 hours

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Easy 1

Loop trail, Out & Back or Section Hike: -

Color of Blazes (if you know):

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Bike path, road, easy trail

Trail directions, as specifically as you know: (*Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take the yellow trail...*)

The trail goes along the CT. River for a while then goes left through farmland until you reach the bike path.

Go right and continue on the bike path and over the bridge to Elwell State Park. Heading back on the

bike path, take left on West Street. At the end of West Street, you will connect back up to dike of the

Alexander Dawson Conservation Area and return to the parking area.

Elwell State Park has picnic tables and sani-cans.

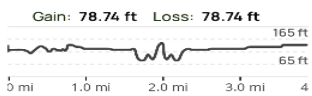
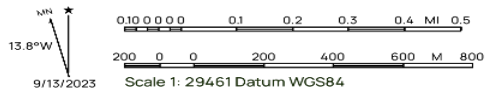
Special Features, Views (*scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.*): Bring binoculars – you may see an eagle and many other birds.

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

Recommendations for lunch spots—both before and after hike: Lunch : Essalon Café , 99 Russell Street, Hadley, MA

Include a map if possible.

Any other comments or additional cross reference material



Alexandra Dawson Conservation/Norwottuck Rail Trail
Hadley, MA



HIKE DESCRIPTIONS – Jeanne Kaiser

Location/Name of Hike: Walden Pond and DeCordova Sculpture Park

Meeting location:

A. Carpooling Location: Ludlow Commuter Lot (behind McDonald's).

B. Trailhead location: Walden Pond State Reservation, 915 Walden St., Concord MA

DeCordova Sculpture Garden located at 51 Sand Pond Lane, Lincoln, MA

Driving time to trail head: One hour and twenty minutes.

Distance of Hike: 3ish Typical amount of time to complete: 90 min.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory. Easy 1

Loop trail, Out & Back or Section Hike: loop around park

Color of Blazes (if you know):

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): this is a walk around the pond and the park, so footing occasionally involves some rocks or roots, but generally good footing.

Trail directions, as specifically as you know: (Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)

This walk can start with a walk around Walden Pond. But visitors should also stop at Henry Thoreau's Cabin. DeCordova Sculpture Park is a nice add-on to this hike, given the distance and the overall shortness of the walk. Navigating the sculpture park is self-evident. There is an admission fee.

Special Features, Views (scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):

The best thing about this walk is its historic significance. Strongly suggest having participants bring a Thoreau quote or two to enhance the experience. Also—if the ranger is around, chat with him or her—another great way to enhance the experience. The DeCordova park is a bit pricey but the sculptures inside and outside the museum are great.

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

Don't go during summer—especially on the weekend. Much too crowded to get a Thoreau-esque experience.

Recommendations for lunch spots—both before and after hike Suggest bringing lunch to eat at the park.

Websites - www.mass.gov/locations/walden-pond-state-reservation & thetrustees.org/place/decordova/

HIKE DESCRIPTION - Mike Reed

Location/Name of hike: Fitzgerald Lake (City of Northampton conservation area)

Meeting Location

A. **Carpooling Location:** Elwell Recreation Area lot, Damon Road, Northampton, or at the trailhead

B. **Trailhead Location:** Former Moose Lodge parking area at the end of Cooke Ave., Northampton

Driving Time to Trailhead: Approx. 7 minutes from Elwell

Distance, Elevation Gain, and Typical Duration of Hike: 7.0 miles, 465 feet of gain, 4.0 hours

Rating: Easy 2

Loop trail, out-and-back, or section (car-spot) hike: Multiple-loop trail (see map)

Color of Blazes (if known): Numerous. Noted in parentheses in the description below.

Trail Terrain: Mostly rock- and root-free on the eastern side of the lake, with minimal wet spots or mud. The western side of the lake is another story, with the Hillside Trail being fairly rocky, with some wet spots, whereas the Lakeside Trail has plenty of both.

Trail Directions, as specifically as you know: Take Boggy Meadow Road (i.e., the gravel road) at the back right of the parking area for about a third of a mile till you come to the fork in the road, where you take the path to the right, which leads to the Middle Path trail (yellow). Take a left onto this trail, which eventually leads to the junction with the Marian Street Trail and the trail to the bird blind. Take a left onto the latter trail (blue) and descend approx. 1/3 mile to the junction with the bird blind spur (an interesting, and short, side trip). Cross over the boardwalk, then uphill back to Boggy Meadow Road (mile 1.5), where you take a right towards the dam/lake (which you'll see later). After about 100 yards on this road, take the first trail on the left, the one with three boulders at the entrance, and stay straight on this trail (there are a few side trails) and bear left where it merges with another. After 0.4-mile or so, the trail arcs broadly to the right as it passes behind the Fitzgerald property, with its large field (and security camera!).

After this, the trail intersects with the one coming up from Mary Jane Lane. Take the next right, which leads to an upland area. On this trail, keep bearing to the left (four lefts in all) to maintain a northeasterly to northerly direction (see map below). After the 4th left, the trail descends to a T-junction, where you take a right, and shortly after that a left. Cut across the intersecting trail that comes up immediately, and stay straight (i.e., on the trail with the white birch lying beside it), which leads to a nice lakeside trail after 0.25 miles or so. This trail hugs the shoreline until you reach the dam. Pass over the dam and take the unofficial trail to the left of the stone marker at the far end of it (passing over wooden planks), which brings you to the junction of the Hillside and Lake Trails. Take the Hillside Trail (red) on the right. Follow this trail until you reconnect with the Lakeside Trail (blue). Take a right at this junction and then a quick left after you cross the small brook, onto the so-called Fishing Place Trail. Stay along the shoreline for the entire length of this peninsula of sorts, until you come to a shortcut through some bushes leading to the canoe launch boardwalk. Follow this to the end.

Return: Head to the beginning of the boardwalk, take a right, and cross over the wooden walkway, then follow the blue-blazed trail back to the junction of the Hillside and Lakeside Trails. Stay on the Lakeside Trail (blue), which eventually reconnects with the unofficial path to the dam. Cross the dam and head uphill on the road. At the junction at the top of the hill, bear left onto Boggy Meadow Road, which leads directly to the Cooke Ave. parking area.

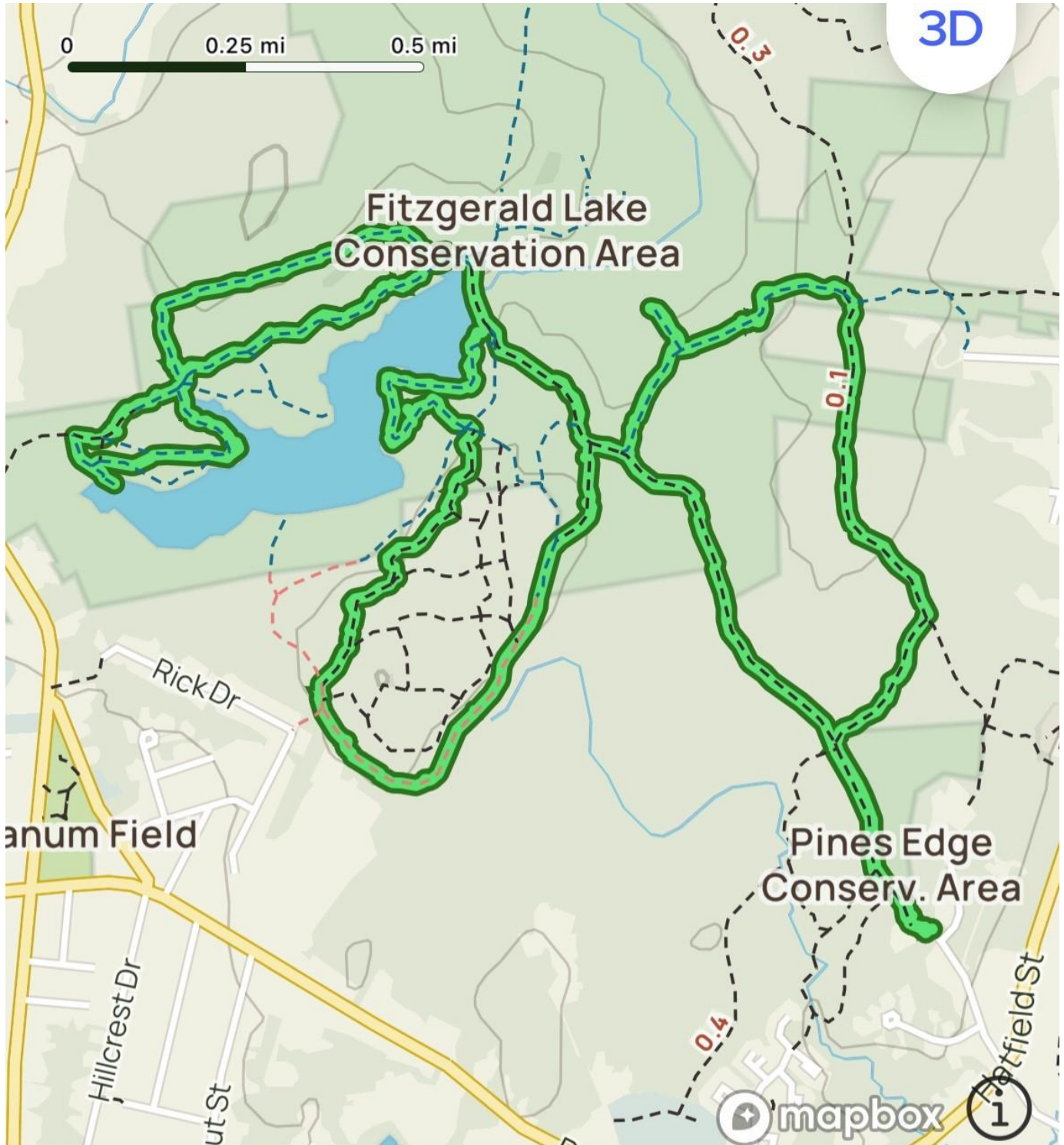
Special Features: The bird blind, lake, and canoe launch are nice.

Which season is good/not good for this hike and why: All seasons. Mid-summer can be buggy, though.

Recommendations for lunch spots: During the hike, near the lake shore at various spots, including the shoreline trail, and dam or canoe launch areas. Or afterward, at Tandem Bagel, Florence Pie Bar, etc.

Include a map if possible. See below

Any other comments or additional cross-reference material: Having a trails app such as AllTrails or Gaia would be quite helpful, especially in the middle loop shown below.



Moderate Hikes

HIKE DESCRIPTIONS Ed Marrone

Location/Name of Hike: Salmon River Trail

Meeting location: Enfield Park & Ride

A. Carpooling Location:

B. Trailhead location: Comstock Bridge (Colchester CT.)

Driving time to trail head: 1 Hour

Distance of Hike: Typical amount of time to complete: 4 + Hours

Rating (please use the PVHC rating system-if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory. Mod 2

Loop trail, Out & Back or Section Hike: Loop

Color of Blazes (if you know): Blue

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Easy footing, some uphill not steep

From Parking Lot, Cross Comstock Covered Bridge, TURN LEFT towards River and follow BLUE BLAZES approx. 3 miles until you come to NORTH / SOUTH Jct.

BEAR LEFT onto the NORTH LOOP

BEAR RIGHT at POWER LINES (WOOD SIGN ON TREE)

- FOLLOW BLUE BLAZES
- Bear RIGHT onto the BLUE / RED SPUR to the Waterfall
- RETURN to the BLUE / RED Jct. to the BLUE BLAZES.
- Bear LEFT back onto the BLUE BLAZE.
- Follow BLUE BLAZES to Day Pond STATE PARK.

Cross Bridge to Picnic Tables / Toilets.

BLUE BLAZES to return to Parking Lot are 50 Yards from the Toilets.

Follow BLUE BLAZES onto the SOUTH LOOP which will bring you to the NORTH/SOUTH Jct.

BEAR LEFT to return to Parking Lot

Special Features, Views (scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.): Brooks,

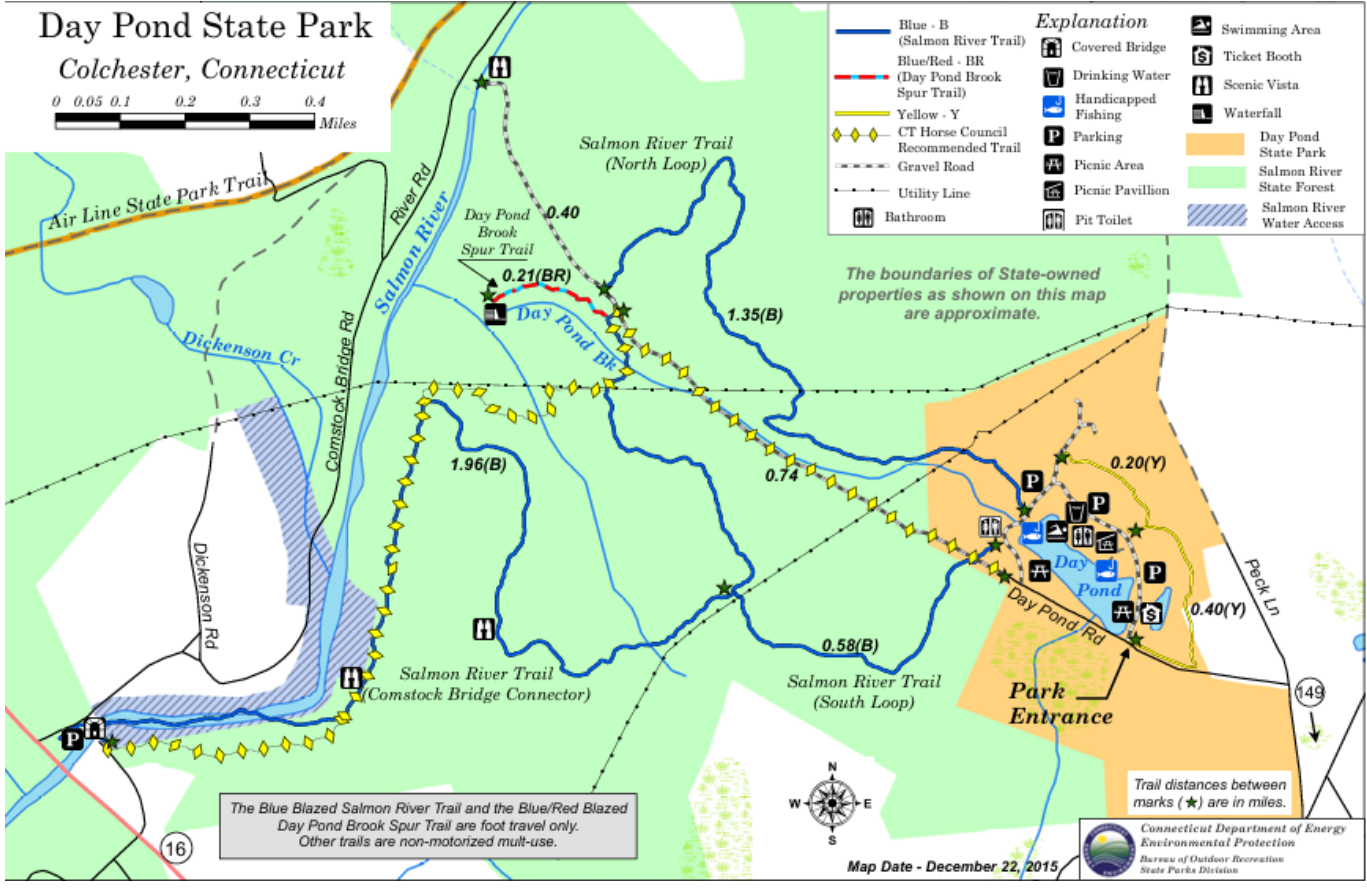
rock formations, stone fences,

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter): All seasons, excellent snowshoe hike in winter, fall colors abundant?

Recommendations for lunch spots-both before and after hike

Day Pond State Park

Colchester, Connecticut



Explanation	
Blue - B (Salmon River Trail)	Swimming Area
Blue/Red - BR (Day Pond Brook Spur Trail)	Ticket Booth
Yellow - Y (CT Horse Council Recommended Trail)	Scenic Vista
Gravel Road	Waterfall
Utility Line	Day Pond State Park
Bathroom	Salmon River State Forest
Covered Bridge	Salmon River Water Access
Drinking Water	
Handicapped Fishing	
Parking	
Picnic Area	
Picnic Pavilion	
Pit Toilet	

PVHC COORDINATOR'S WORKSHEET DAY HIKE

Location of Hike: Yokun Ridge South Section

Meeting location:

Carpooling Location: Tighe + Bond 53 Southampton Rd Westfield

Car Spotting Location: Olivia's Overlook, Richmond Mountain Rd, Lenox

Trailhead Location: Pleasant Valley Wildlife Sanctuary at 472 West Mountain Rd in Lenox

Driving time to trail head from Carpooling 41 minutes to Olivia's Overlook car spot location, 12 minutes

from there to PV Wildlife Center trailhead (Richmond Mtn Rd >Undermountain Rd>Reservoir Rd>West Mtn Rd

Distance of Hike: 6.5 miles PV Wildlife Ctr to Olivia's Overlook (option to bail at 6 miles) Duration of

Hike (approx.): 5.5 hours

Rating: Easy / Moderate / Difficult Loop trail, Out & Back or Section Hike:

Color of Blazes (optional)

Trail terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc): starts gently downhill, then turns into moderately steep with 850 foot vertical ascent to ledge viewpoint Rest of hike is gentle

Trail directions, as specifically as you know (ex. Follow blue blazes approximately 3 miles til you come to an intersecting yellow blazed trail, then take yellow...)

From Wildlife Sanctuary follow Bluebird Trail (blue circle blazes) approx. .3mi, then take Overbrook Trail (blue circle blazes) to Lenox Mountain Summit.

From here, take Yokun Ridge south trail (blue rectangular blazes) >>> approx. 2 miles to Reservoir Rd crossing

About 15 minutes gradual uphill hiking after Reservoir Rd crossing, can take unblazed trail on left, 15 minutes to

Kennedy Cliffs overlooking Parsons Marsh- good lunch spot. On this unblazed trail, you will encounter

2 intersections. Go left at the first intersection and right at the second. Retrace unblazed trail to Yokun Ridge trail

and head left (south) to Burbank trail, which is a loop -see map (blue blazes??). Take the WEST branch of

Burbank (straight at the signpost) to Olivia's Overlook and spotted cars. On the way, in 2/3 mile you will

encounter another lookout on the right called Burbank's Dedication.

Optional: From Olivia's, take Charcoal Trail loop (?? color blazes) and arrive again at Olivia's Overlook to

take spotted cars back to Pleasant Valley Wildlife Sanctuary.

Special Features, Views (for example: scenic cliffs, ponds, fire tower, historical significance) Scenic ledges at Lenox

Mtn Summit, Kennedy Cliffs, nice views at Burbank Dedication and Olivia's Overlook,

Would you recommend or not recommend this trail in which seasons? good for all seasons. Why?

Any other comments?

Note - on Audubon property (Bluebird + Overbrook trails they use their own trail marking system - blue

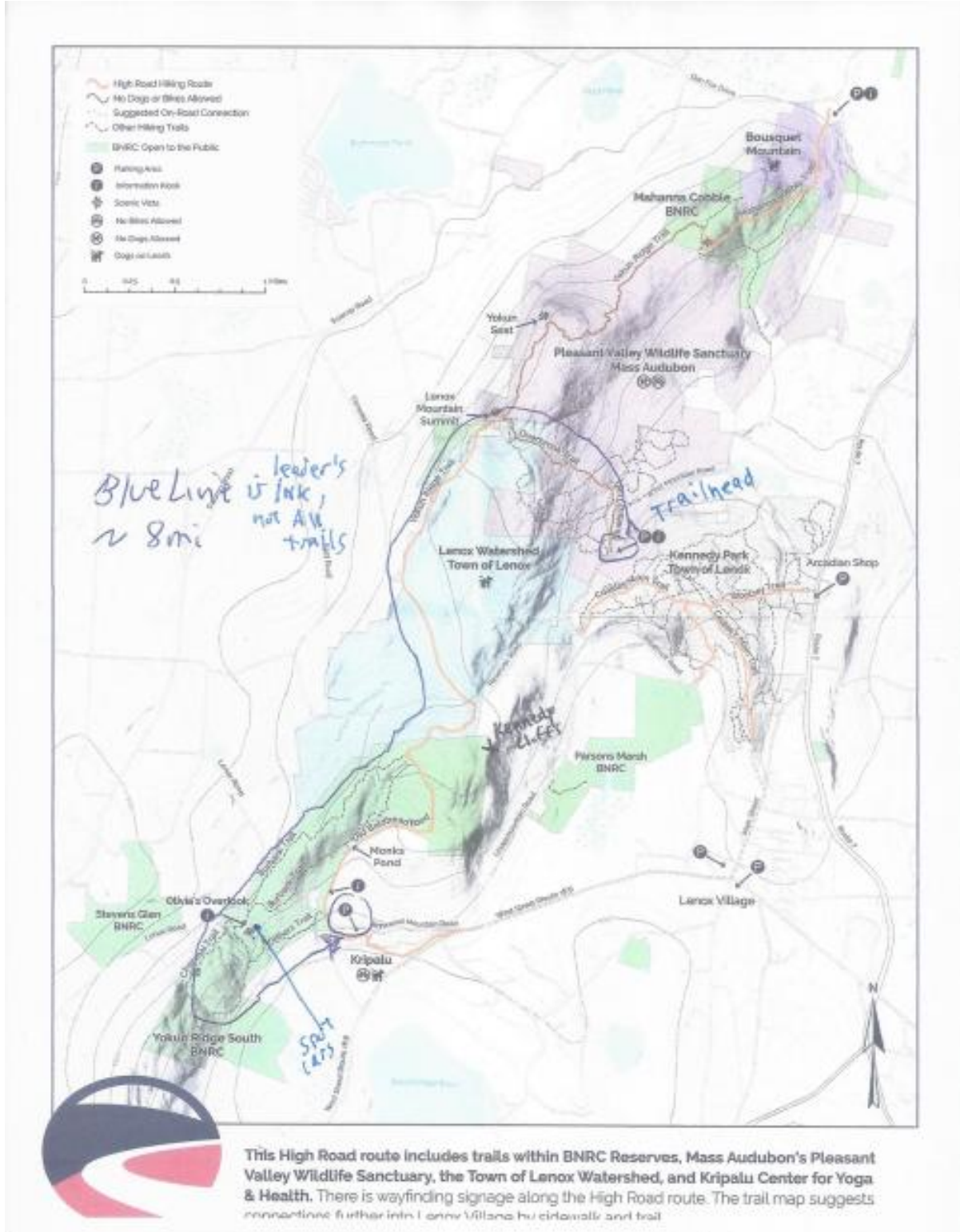
means outgoing, yellow means return to car. Overbrook and Laurel intersection has round blue tags on both trails

Various opportunities to make hike shorter or longer

Seasonal waterfalls on Overbrook Trail

Another option on the return part of Charcoal Trail loop is to take the Brothers trail, then road walk back to parking at Olivia's Overlook. Brothers Trail has some remarkably well designed and constructed trail stone work from another era, probably 100 years ago.

After hike lunch spots: Lucky's Ice Cream Lee, MA



HIKE DESCRIPTION – Mike Reed

Location/Name of hike: Bear Swamp (Trustees of the Reservations [TTOR] property)

Meeting Location

Carpooling Location: Norwottuck Rail Trail parking lot, Damon Road, Northampton

Trailhead Location: Hawley Road (off Rte. 112), Ashfield; ~0.5 miles past its intersection with Bear Swamp Road

Approx. Driving Time to Trailhead: 40 minutes

Distance, Elevation Gain, and Typical Duration of Hike: 5.0 miles, 600 feet of gain, 3 hours

Rating (per the PVHC rating system): Moderate 1

Loop trail, out-and-back, or section (car-spot) hike: As described, it's a figure-8 loop through this property, including two spur trails to separate overlooks.

Color of Blazes (if known): Various (see below)

Trail Terrain: rolling terrain, with a light to moderate amount of boulders and steep spots but minimal ledges. There are a few wet spots and at least two moderately challenging water crossings.

Trail Directions: Park at the trailhead on the west side of Hawley Road (by the TTOR sign) and head uphill past the kiosk. After ~0.1 miles, take a right onto the Lookout Trail (red dots) shortly after passing over a wet area (note that you might not see the red blazes until after you take the turn). After ~0.2 miles, this snaky trail starts heading more uphill and arcs to the left near the top of the hill. Continue until you come to a ledge and partially obscured vista. From here, the official trail descends between the two rocky knobs at the top—alternatively, you can backtrack a bit and go around the backside of the exposed rocks (approx. 8-foot drop). Once descended, continue straight on the Lookout Trail (red) for about 0.5 miles, where the trail passes the junction with the North-South Trail. Continue on the Lookout Trail for another 0.25 miles or so, until the trail turns left and ascends to the Orchard View overlook.

After this, return to the rocky knob area mentioned above via the Overlook Trail and take a right at the junction, onto the “to Beaver Brook” connector trail (white dot). At the bottom of the hill, the trail bears to the left and descends again alongside Beaver Brook, where there's a small waterfall. The trail (white) continues across this brook for about 1/3 of a mile, where it meets the Fern Glade Trail (blue?). Turn right onto this trail and follow it for ~1 mile until it ends at Bear Swamp Road. Take a right onto this road and walk ~0.1 mile till you see the sign (and small bridge) for the beginning of the North-South Trail. Hike on this trail, again for ~1 mile, where you come to a nice waterfall. Here you take a right onto the Beaver Brook Trail (white dot), where it eventually overlaps with the waterfall area mentioned previously. Take this trail to its junction with the Fern Glade Trail again. This time, take a left and continue on the Beaver Brook Trail, where it descends and passes by (and below!) a beaver dam. After passing by this dam, the trail ascends and passes by a small, rocky peninsula overlooking a pond, which is my preferred lunch spot.

After this, continue on the Beaver Brook Trail back to the parking area, passing the junction with the Lookout Trail halfway back. Once at your cars, you can drop your packs and cross the street to the driveway ~75 yards to the north, marked by “Ashfield Trails” and “Apple Valley Overlook” signs. Ascend this driveway and stay to the right where the driveway bears left towards private property. Continue up this woods road to its terminus at the overlook, the best one. From here you can see Mount Snow, and other peaks, in VT. Return to your cars from here. Finé.

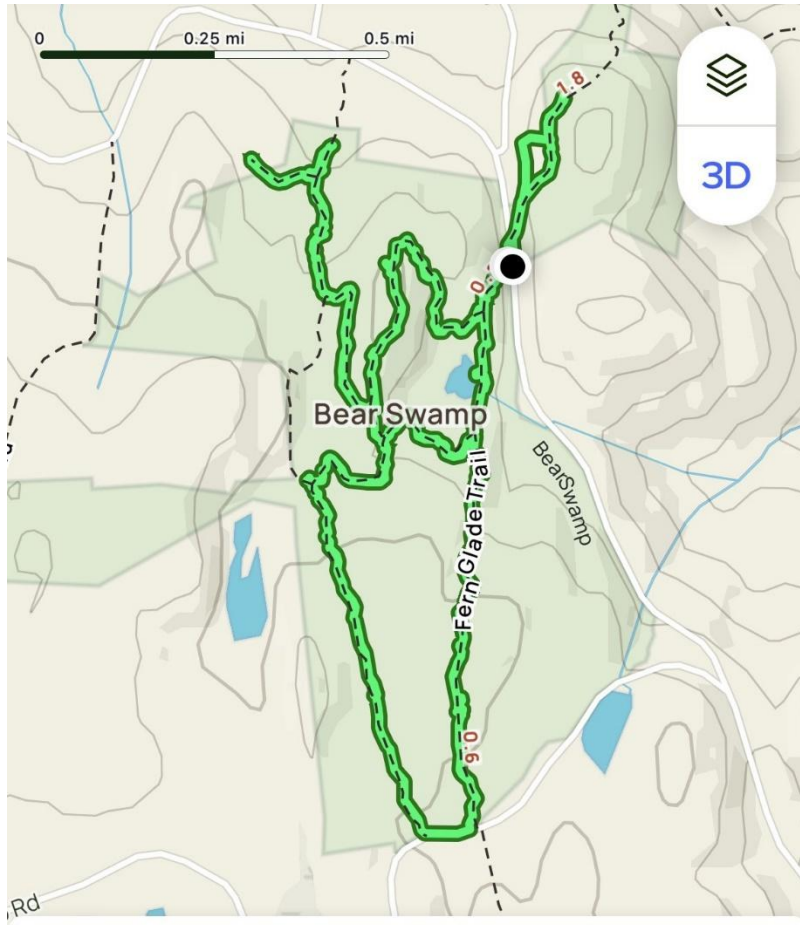
Special Features: As described above, there are some nice overlooks and waterfalls, plus the lunch perch beside the Bear Swamp pond.

Which season is good/not good for this hike and why: All seasons, including its being a great place to snowshoe in the winter.

Recommendations for lunch spots (before and/or after the hike): During the hike, at the rocky peninsula by the pond. If afterward, head back along Hawley Road and cross Rte. 112 towards Ashfield Center. Here my favorite breakfast and lunch spot is inside Elmers Store, right “downtown.”

Map: See below

Any other comments or additional cross-reference material: TTOR’s website, where you can print out nice maps of their properties.



Length	Elevation gain	Moving time
5.1 mi	600.4 ft	02:31:41



HIKE DESCRIPTIONS – Peggy Tibbitt

Location/Name of Hike: Amethyst Brook

Meeting location:

A. Carpooling Location:

B. Trailhead location: Amethyst Brook Conservation Parking, 191 Pelham Rd, Amherst

Driving time to trail head:

Distance of Hike: 8 miles

Typical amount of time to complete: 4 - 5 hrs.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Moderate 2

Loop trail, Out & Back or Section Hike: Loop with short optional spur to Poverty Mtn

Color of Blazes (if you know): Orange at first

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):

Mostly good footing except for a scramble fairly early on. Muddy sections on return part of loop.

Trail directions, as specifically as you know: *(Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)*

From the parking area follow the Robert Frost trail (orange blazes) over Mt Orient (not obvious and no view) to the optional spur to Poverty Mountain where the trail intersects with Poverty Ridge Run. Returning from Poverty Mountain take the Poverty Ridge Run trail (straight across Robert Frost). You will now follow mostly old dirt roads out. There are several possible routes and a stream crossing.

Special Features, Views *(scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):*

Bridges over Amethyst Brook, scramble early on, view from Poverty Mountain

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

Can be very muddy in the spring. Scramble is difficult if icy

Recommendations for lunch spots—both before and after hike

Include a map if possible.

Any other comments or additional cross reference material

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Map - June 29, 2023

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English (US)

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HIKE DESCRIPTIONS – Lori Tisdell

Location/Name of Hike: Mt Norwottuck/Rattlesnake Knob

Meeting location: The Notch, 1500 West St, Amherst

A. Carpooling Location: none

B. Trailhead location: The Notch

Driving time to trail head:

Distance of Hike: 4.5-5 miles **Typical amount of time to complete:** 3.5-4 hours with stops.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Moderate 2

Loop trail, Out & Back or Section Hike: Loop

Color of Blazes (if you know): White, Orange, Blue

Trail Terrain (Roots, rocky, slabby, scrubby, easy, good footing, etc.): Roots, rocks, muddy at times, mostly good footing with one scramble and a couple steep ascents/descents

Trail directions, as specifically as you know.

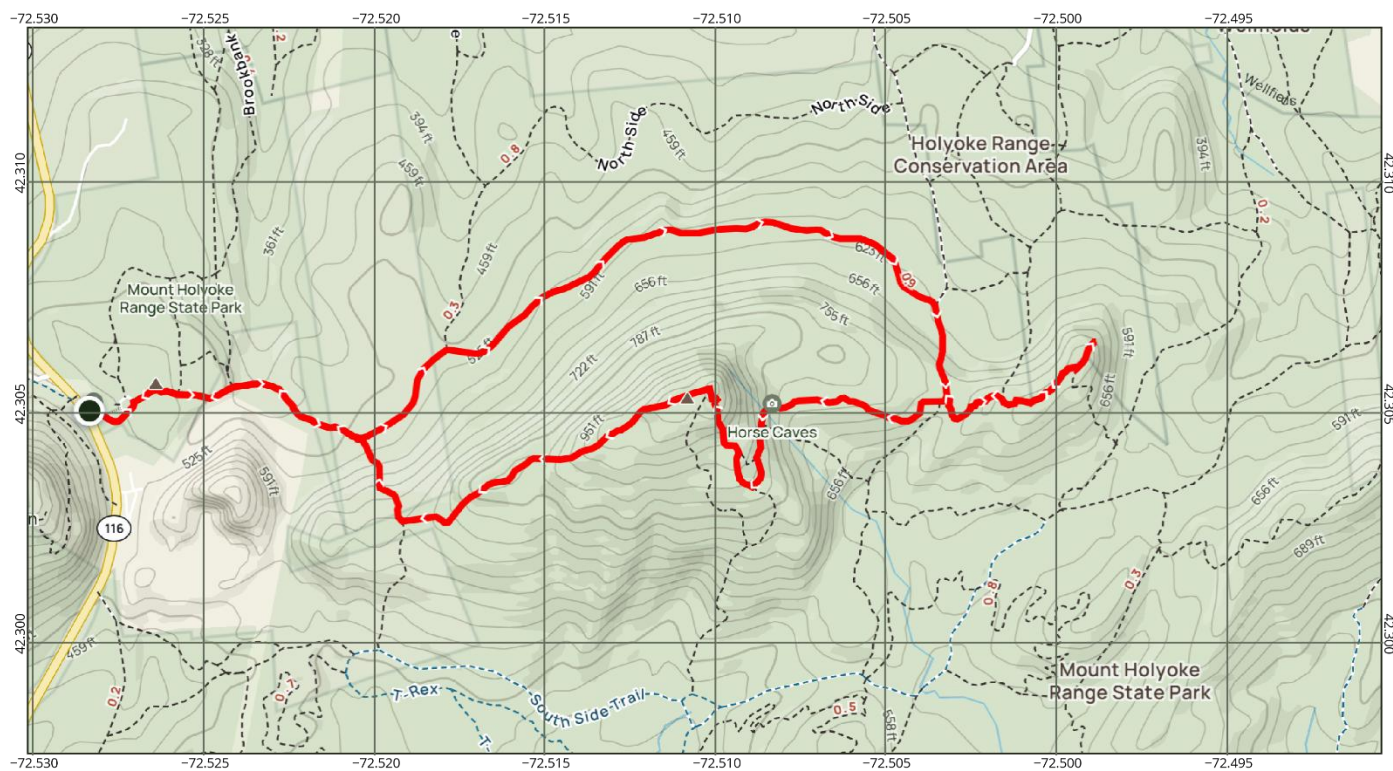
- Go to the back of the Visitor Center –
- Start on the NET/Robert Frost (White/Orange blazed) trail.
- Turn left onto the Robert Frost Tr when the white and orange blazes diverge.
- When the trails merge again bear left on the NET
- Continue straight onto the Blue Trail. Do Not go to the right onto the NET.
- Follow the trail to the two overlooks of Rattlesnake Knob.
- Retrace your steps back to the Blue and White trail junction.
- Stay straight back onto the NET the way you came.
- Stay on the Net (white blazes) the rest of the hike.
- Go up through the Horse Caves (tricky footing in wet or icy conditions), and on to the summit. There is a nice overlook on the right just before the summit.
- There are a few tricky areas on the way down – be cautious in wet and icy conditions.

Special Features, Views (scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):

Very nice views from Rattlesnake Knob and Norwottuck summit.

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter): The hike fine year? round but always have traction in the winter.

Recommendations for lunch spots—both before and after hike: Norwottuck Summit for lunch, Rattlesnake Knob for a break. Atkins Farm for lunch or ice cream afterwards.

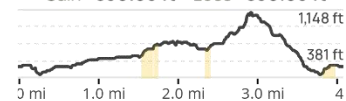


MN
 13.8°W
 9/1/2023



Scale 1: 24809 Datum WGS84

Gain: 830.05 ft Loss: 830.05 ft



Norwottuck/Rattlesnake Loop
 Amherst, MA



HIKE DESCRIPTIONS – Lynn Gebo

Location/Name of Hike: Becket Quarry Trustees Property

Meeting location:

A. Carpooling Location: 456 Quarry Road Becket

B. Trailhead location: 456 Quarry Road Becket

Driving time to trail head:

Distance of Hike: 6 miles **Typical amount of time to complete:** 3 hours

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Easy Moderate Difficult

Moderate 1

Loop trail, Out & Back or Section Hike: Loop

Color of Blazes (if you know): multi-color interconnecting trails.

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):

6 miles total if you hike all the connecting trails which are well marked. There is a sign at connecting color coded trails letting you know where you are.

Besides the quarry, you can view machines left after the operation of cutting stone ended. You can read about the quarry's history on many signs found throughout.

Trail directions, as specifically as you know: (*Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...*)

Special Features, Views (*scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.*): The trails take you through picturesque forests with great rock formations and also to a lookout with a huge slab of rock to rest on.

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter):

All seasons – especially good for snowshoeing.

This is an awesome hike to do in the autumn as the foliage seen from a trail to the right of the quarry, climbing some difficult terrain is spectacular and worth the effort.

Recommendations for lunch spots—both before and after hike

Include a map if possible.

Any other comments or additional cross reference material [Becket Land Trust](#)

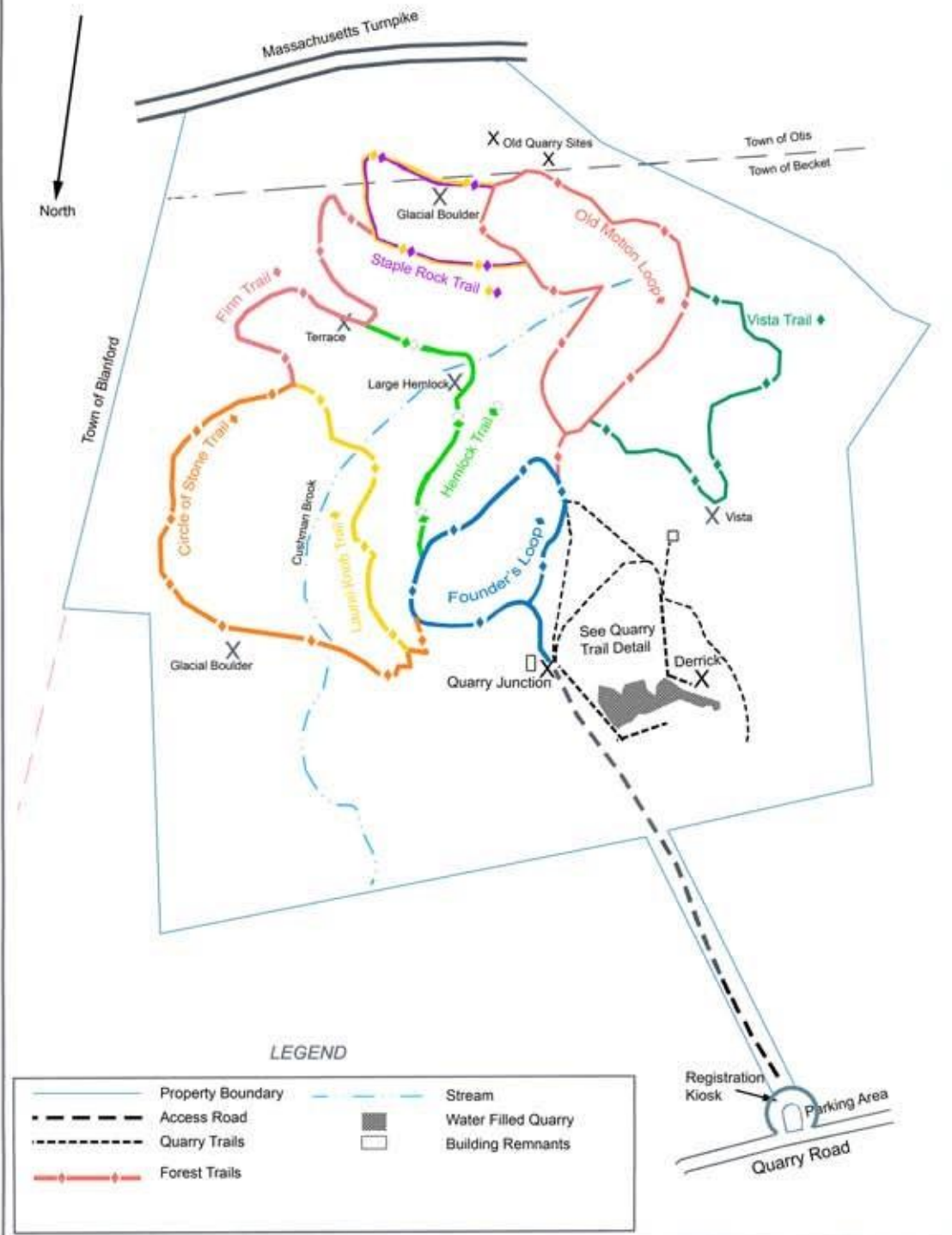
Becket Land Trust Historic Quarry and Forest

Trail Map

Scale 0 750 ft.

Forest Trails are marked with colored Diamonds:

- Founders Loop (Blue) ◆
- Old Motion Loop (Red) ◆
- Vista Trail (Green) ◆
- Circle of Stone Trail (Orange) ◆
- Laurel Knob Trail (Yellow) ◆
- Hemlock Trail (Light Green/White) ◆
- Finn Trail (Pink) ◆
- Staple Rock Trail (Yellow/Purple) ◆



HISTORIC QUARRY POST LOCATIONS

POST# DESCRIPTION

- 1 Sullivan Drill & Downhaul Ball
- 2 Large Grout Pile
- 3 Access Path
- 4 Small Grout Pile
- 5 Two Trucks
- 6 Guy Derrick Site
- 7 Electrical Generator Shed
- 8 Stiff Arm Derrick Site
- 9 Railgrade to Motion
- 10 Motion
- 11 Railgrade from Motion to Derrick
- 12 Switch and Portable Compressor
- 13 Stiff Arm Derrick Site, Objects
- 14 Reconstructed Guy Derrick and Winch



AT POST #1



AT POST #5



AT POST #7



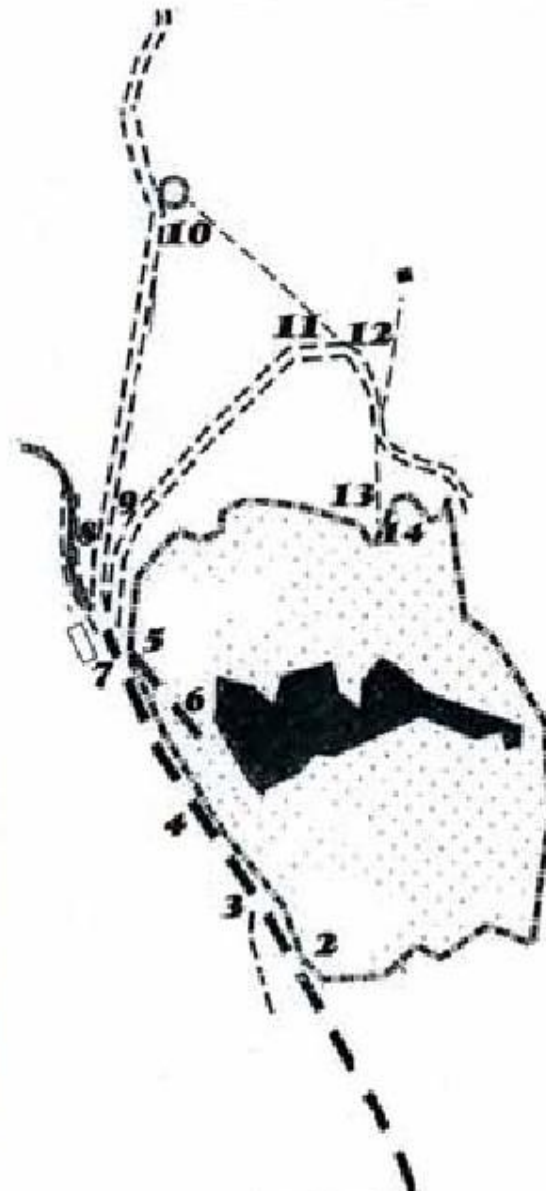
AT POST #8



AT POST #12



AT POST #14



TO POST #1
AND PARKING AREA

HIKE DESCRIPTION - Mike Reed

Location/Name of hike: Chapel Brook Falls, Two Bridges Trail; Bullitt Reservation (Trustees of the Reservations [TTOR])

Meeting Location

A. Carpooling Location: The Elwell Recreation Area lot on Damon Road, Northampton, or the Sheldon Field lot on Old Ferry Road.

B. Trailhead Location: TTOR's Chapel Brook parking area, Williamsburg Road, Ashfield

Driving Time to Trailhead: Approx. 30 minutes

Distance, Elevation Gain, and Typical Duration of Hike: 6.3 miles, 815 feet of gain, 4 hours

Rating (please use the PVHC rating system): Moderate 1

Loop trail, out-and-back, or section (car-spot) hike: This an out-and-back hike, with an approx. 1-mile loop at the northern (Bullitt Reservation) end

Color of Blazes (if known): Unknown

Trail Terrain: Moderate in all respects: climbs, rockiness, roots, water crossings, muddy areas. etc.

Trail Directions, as specifically as you know: From the TTOR parking area, cross the street to the Falls. Descend the trail adjacent to the falls, then continue generally downwards to the two bridges, after which trail is named. After this, the first half of the next section is generally upward but eventually levels off to just rolling terrain. At approx. 2.75 miles you come to a fork at a spot along the Pebble Trail loop, where I suggest going to the left, where you will encounter the "Pebble," a rather large boulder wedged between two large trees, and the Bullitt Res. overlook after this. Descend from the overlook along the mown path looping downwards to the gravel road leading to the Bullitt Reservation (0.1 mile), where I typically have lunch in the cupola-type structure behind the house. Return via the continuation of the Pebble Trail loop, uphill to the fork in the trail mentioned above, where you bear left to take the Two Bridges Trail back the way you came.

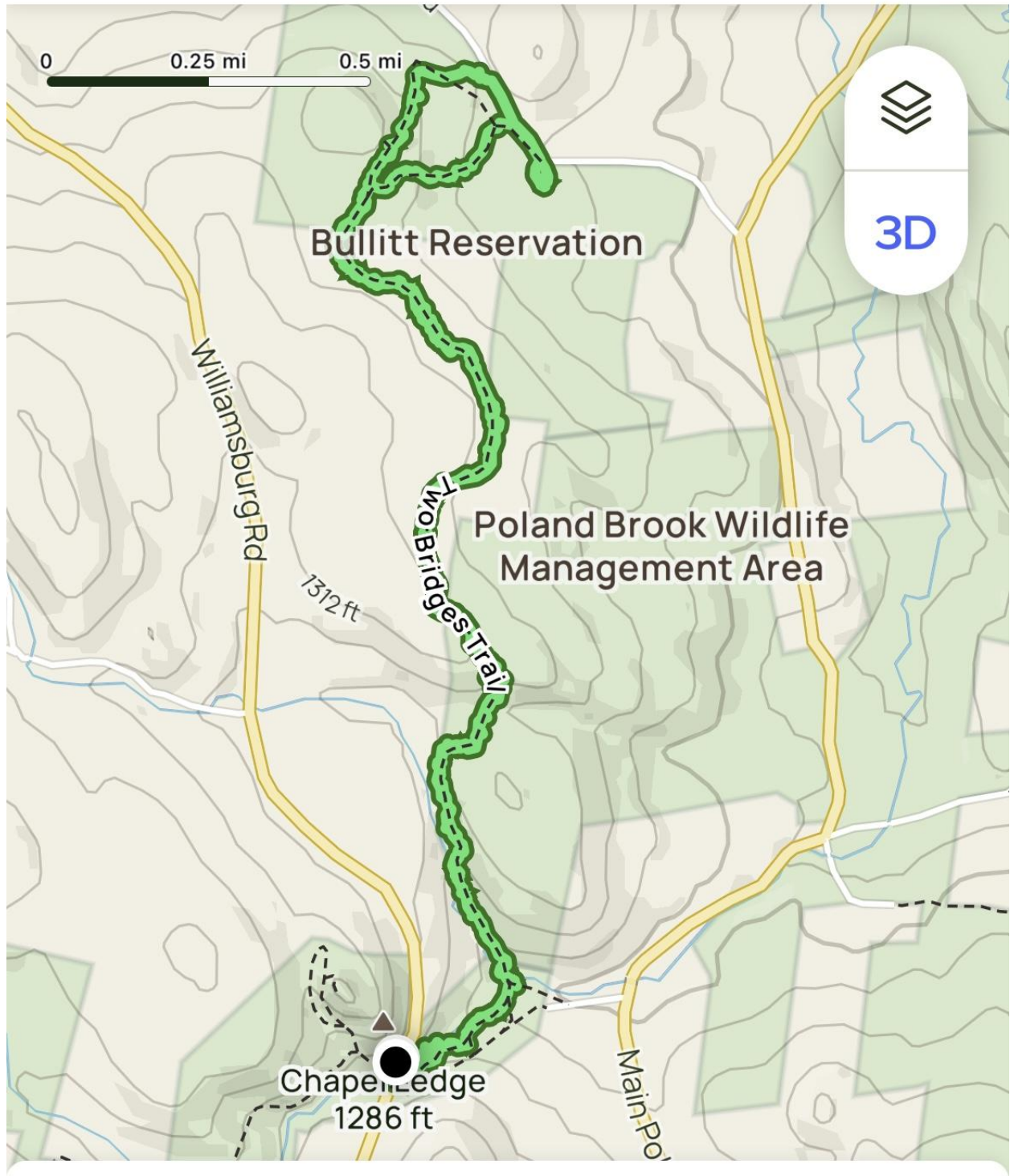
Special Features: The Chapel Brook Falls (cascade) and brook, which you're beside for a mile or so, are always crowd-pleasers, as are the two bridges. The above-mentioned Pebble is pretty interesting, and the Bullitt Res. overlook is nice. Finally, the Bullitt Reservation is historically interesting.

Which season is good/not good for this hike and why: Any season is good for this hike, but especially when sufficient water is present so that Chapel Brook is actively flowing. One caveat is that there are two spots—one just before arriving at the Pebble Trail loop, and another when you cross a small field heading back to the continuation of the loop trail—which can get pretty muddy after a good amount of rain has fallen.

Recommendations for lunch spots (before and/or after the hike): Either at the above-mentioned overlook or the cupola-type structure.

Any other comments or additional cross-reference material: See the TTOR website (www.thetrustees.org) for more info, maps, etc. Once at the website, click on the "Visit" tab, then enter "South Ashfield, MA," and you'll see Chapel Brook and Bullitt.

← Two Bridges Trail: Chapel Brook Fall... ...

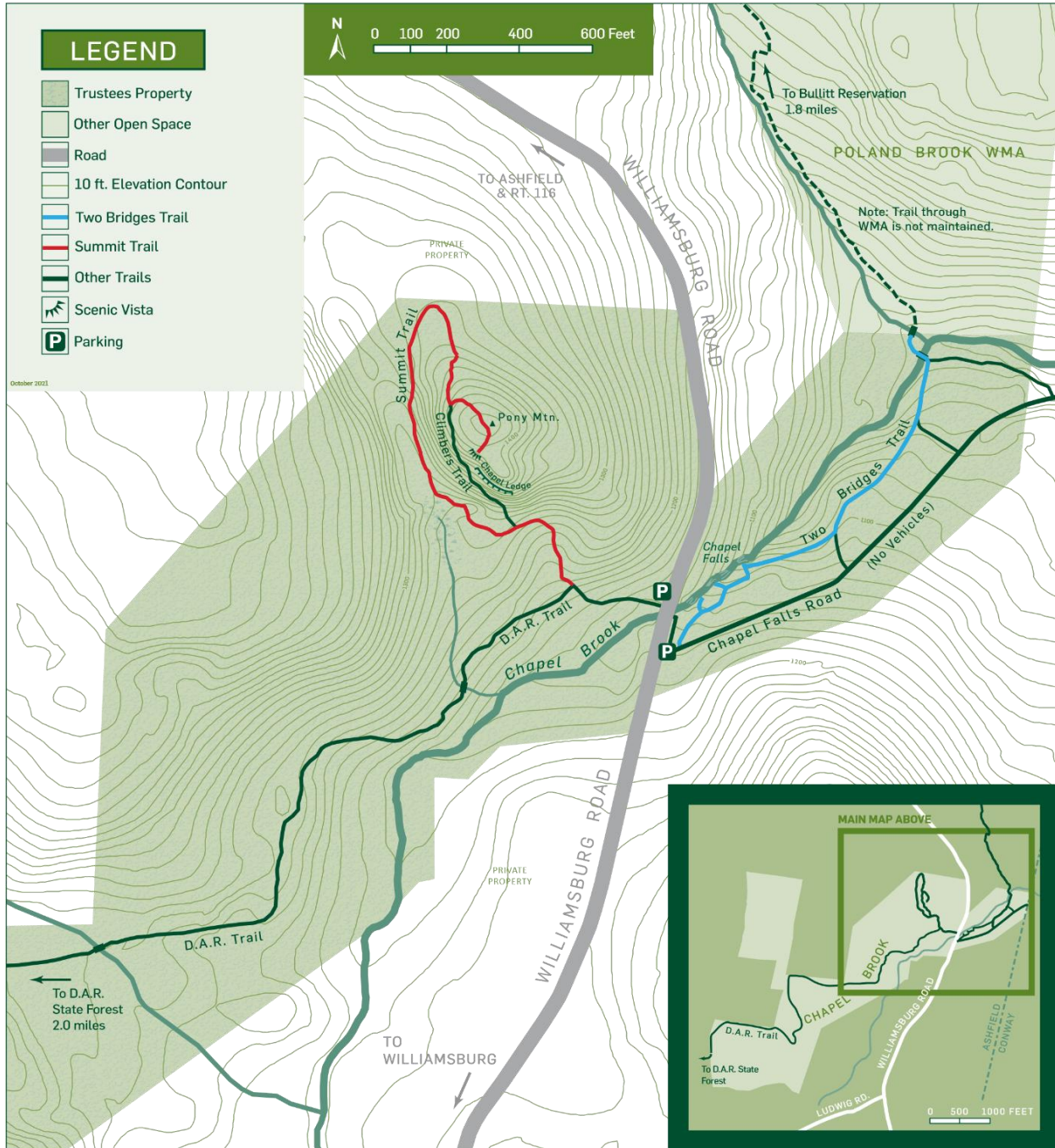




CHAPEL BROOK (175 ACRES)

Williamsburg Road ▪ Ashfield, Massachusetts

978.921.1944 ▪ info@thetrustees.org ▪ www.thetrustees.org

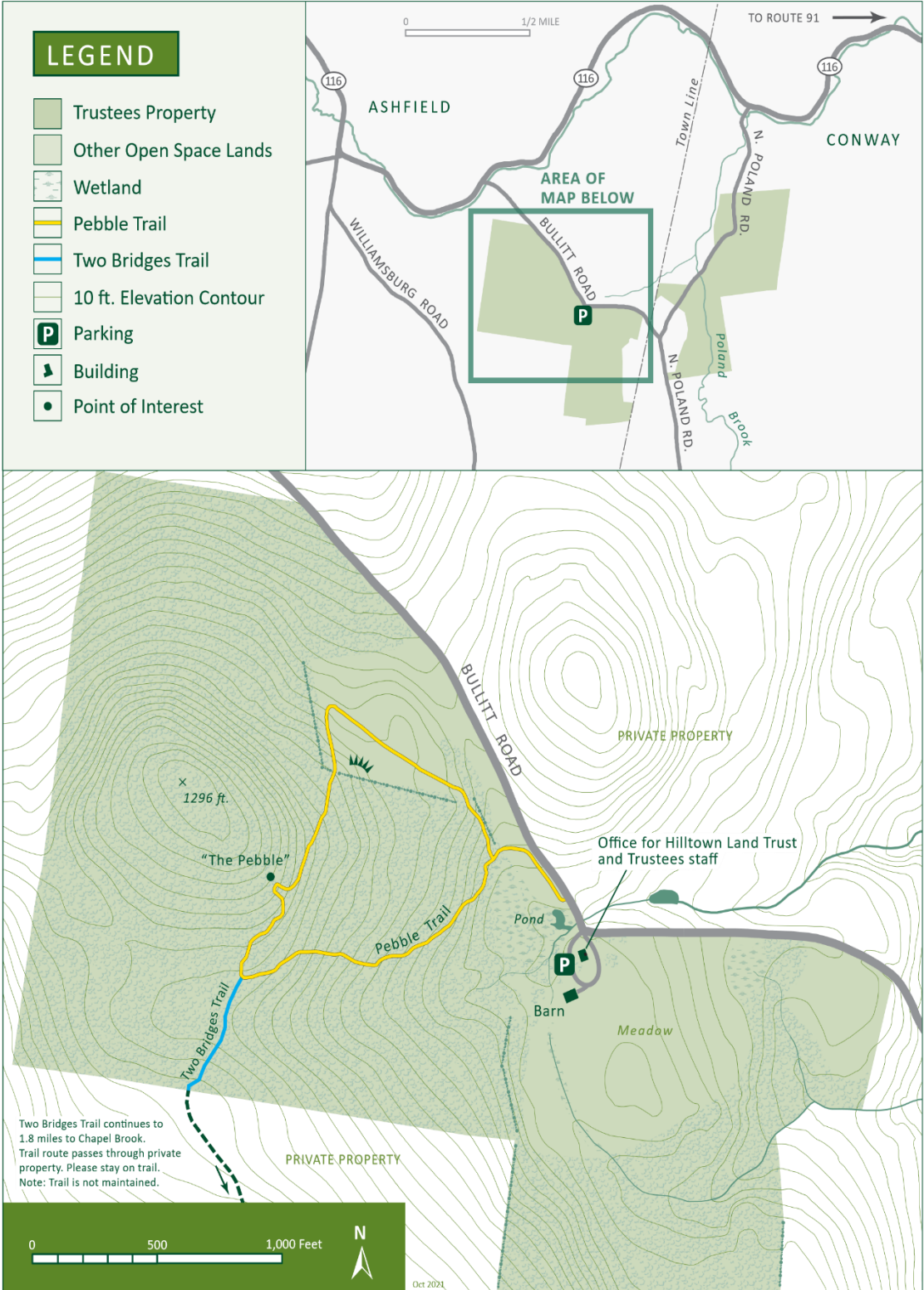




BULLITT RESERVATION (265 ACRES)

332 Bullitt Road ▪ Conway, MA

978.921.1944 ▪ info@thetrustees.org ▪ www.thetrustees.org



This map is a product of The Trustees of Reservations GIS Program. Source data was obtained from MassGIS, aerial photography, and GPS data collection. Property lines and trail locations are approximate. October 2021.

HIKE DESCRIPTIONS – Peggy Tibbitt

Location/Name of Hike: Mt Toby and optional cave

Meeting location:

A. Carpooling Location:

B. Trailhead location: Mt Toby Forest parking, approx. 92 Reservation RD Sunderland

Driving time to trail head:

Distance of Hike: 7-8 miles **Typical amount of time to complete:** 4-5 hrs.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Moderate 2

Loop trail, Out & Back or Section Hike: Loop

Color of Blazes (if you know): Orange to start.

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):

Relatively good footing

Trail directions, as specifically as you know: *(Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)*

Start on Robert Frost Trail (orange). Turn right at the sign for the cave. The cave is optional. To find the cave you go past the chasm and on your left is the entrance to the cave. Those who want to do the cave should bring a headlight. and can leave their packs at the cave entrance. Others can continue to the cave exit (trick footing). Those who do the cave can go back to get their packs and then back to cave exit. Follow below the ledges to get back to the Trail to the Caves, turn right on Sugar Farms Trail, left on Summit Trail to summit, there is a fire tower at summit you can go up, Summit is a good place for lunch/snack, from summit take Tower Rd/Robert Frost Trail to left on Tower Rd (dirt road), can take optional side loop to Roaring Falls, it's nice to take Cranberry Pond Trail and then left at junction back to Tower Rd and right. on Tower Rd to parking

Special Features, Views *(scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):*

The cave is the biggest feature. Also, great views from the tower at the summit and Roaring Falls

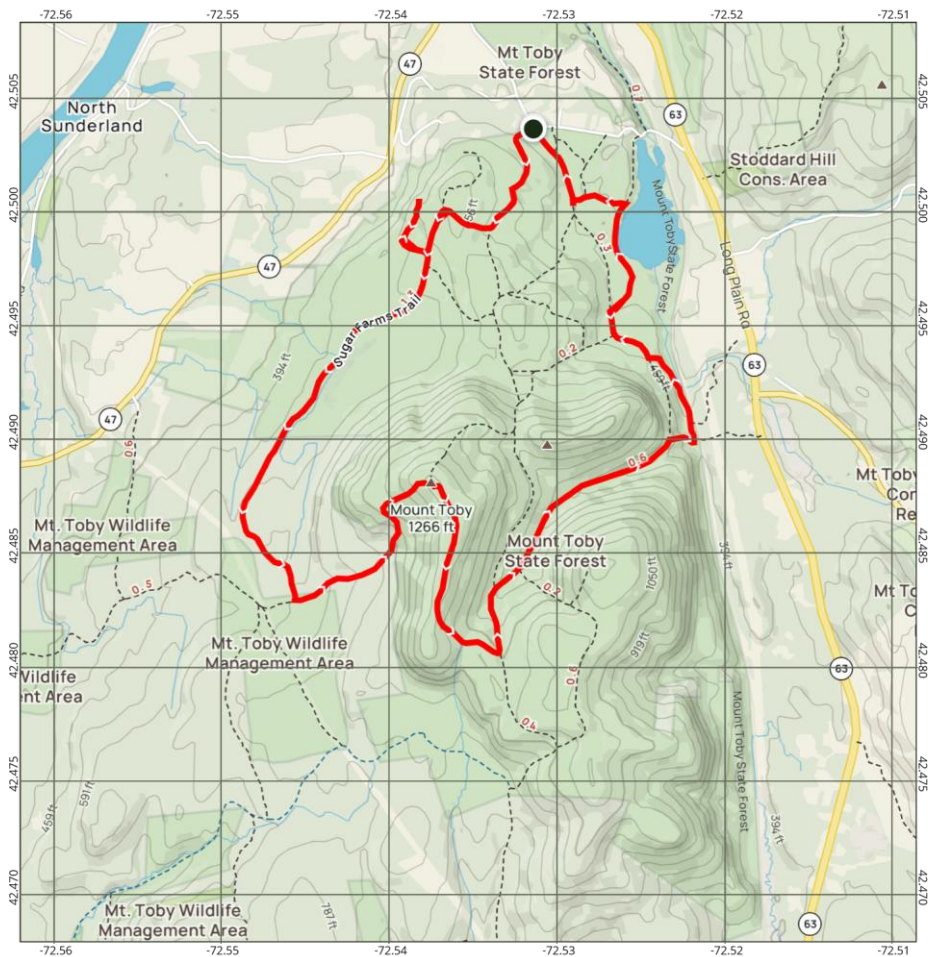
Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

If dry the falls may not be flowing

Recommendations for lunch spots—both before and after hike Include

a map if possible.

Any other comments or additional cross reference material



MN
13.8°W
6/29/2023



Mt Toby with cave
Sunderland, MA



HIKE DESCRIPTIONS – Peggy Tibbett

Location/Name of Hike: Harris Mountain Road to Holland Glen

Meeting location:

A. Carpooling Location:

B. Trailhead location: Harris Mountain Road, Granby/Amherst (on the border), approx. 198 Harris Mtn Rd

Driving time to trail head:

Distance of Hike: 8 miles

Typical amount of time to complete: 4-5 hrs.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Moderate 2

Loop trail, Out & Back or Section Hike: Out and back with the option of a short loop in the middle and a loop around Holland Glen

Color of Blazes (if you know): White in the beginning, then a different color or no blaze, yellow at Holland Glen

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):

Relatively good footing, up and down in parts

Trail directions, as specifically as you know: (*Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...*)

From the parking follow the NET (away from the Holyoke Range) to Federal St. There is a rope to help you descend and ascend near Bay Rd. Then you go a short way along Bay Rd before turning left into the woods. At Federal the NET follows roads which you don't want to do. Cross Federal onto Cheryl Circle (in a neighborhood). Go a short way and take a left into the woods just past the stream that goes under the road. The trail is blazed but I don't remember the color. (blue?). You will (carefully) cross an active railroad track and come to Rt 9. Crossing Rt 9 is the most dangerous part of the hike. Then you are at Holland Glen Conservation area which is a 1-mile loop marked in yellow. It's best to go up the right side. Views are better that way. At the top is a good place to stop for lunch/snack. On return you can do a short loop after crossing the bridge over Hop Brook.

Special Features, Views (*scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.*):

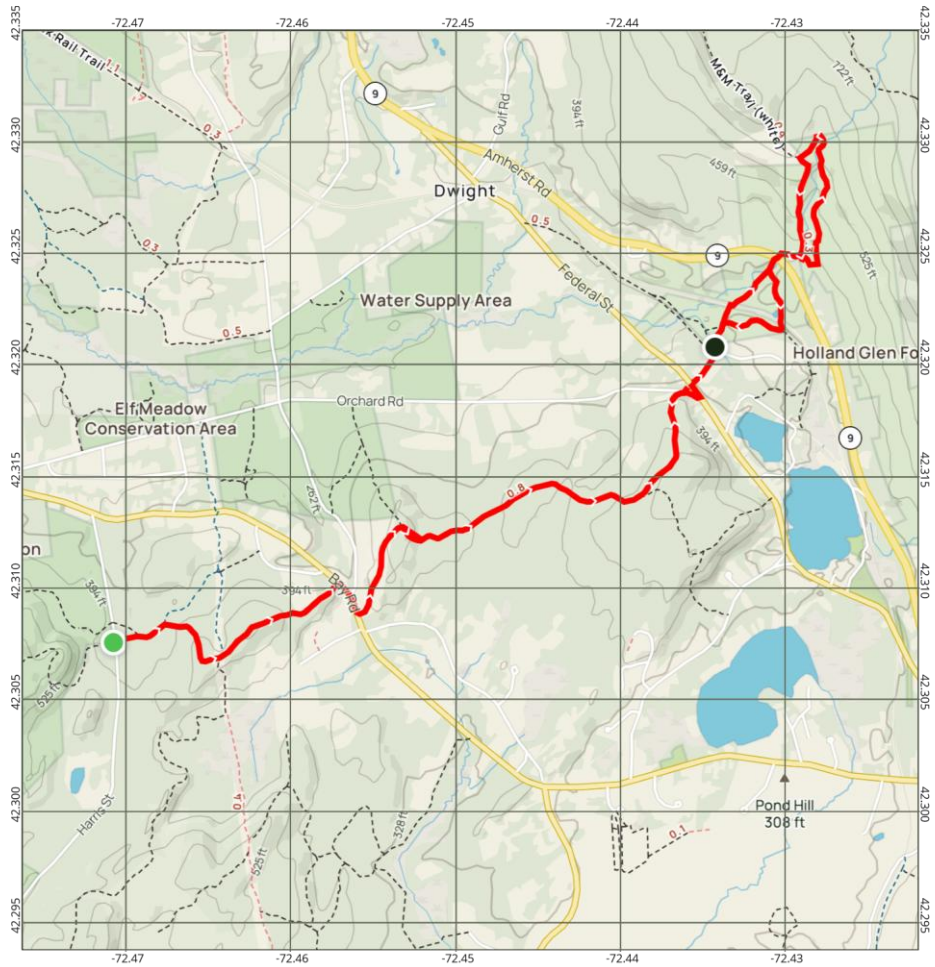
Rope to help with descent and ascent near Bay Road. Holland Glen is very pretty.

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

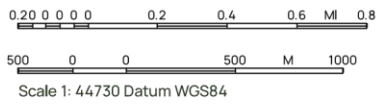
In dry seasons there may be no water in Holland Glen.

Recommendations for lunch spots—both before and after hike

Include a map if possible.



MN
13.8°W
6/28/2023



Harris Mtn Rd - Holland Glen
Amherst, MA



HIKE DESCRIPTIONS – Lynn Gebo

Location/Name of Hike: Sanderson Brook Falls by way of Newman Marsh Trail

Meeting location:

- A. Carpooling Location:** Chester off of Route 20, across from Bannish Lumber Company
- B. Trailhead location:** Chester off of Route 20, across from Bannish Lumber Company

Driving time to trail head:

Distance of Hike: 6 miles

Typical amount of time to complete:

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Moderate 2

Loop trail, Out & Back or Section Hike: Loop

Color of Blazes (if you know):

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):

Trail directions, as specifically as you know: *(Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)*

Walk on wide trail over a bridge and about 1/4 mile in look for sign and trail off to left for Newman Marsh Trail
You will follow blue blazes up a very steep trail for about a mile and near the summit the trail takes you over a stream on your left. Continue following the blue blazes and you will see signage for the vista trail. Follow this, even as it starts to go down in elevation. You will come to your first vista which is spectacular and a great place to stop and enjoy. Continue on this trail which will open up to a wider trail. Follow this for about 1/2 mile and you will then take a right on to a narrower trail with rocky footing and up and downs. At the next intersection take a right onto the CC Trail which will be all downhill. At the bottom, an intersection, take a right on to the Sanderson Trail, an old road. You will follow this down to your car, however, be sure to watch for the sign on your left for Sanderson Falls. Take a short walk down to the falls, which can be spectacular if we have had a lot of rain.

Special Features, Views *(scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):*

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

Recommendations for lunch spots—both before and after hike

Include a map if possible.

Any other comments or additional cross reference material

HIKE DESCRIPTIONS – Deb Bombard/Cheryl Stevens

Location of Hike: Swift River Reservation-Trustee of Reservation Property Petersham, MA

- 1. **Meeting location:** Trailhead is on Nichewaug Road. Parking for 8 cars. There is a kiosk in the parking lot with the full map and other info-
- 2. **Carpooling Location/Trailhead location:** CVS in Belchertown, 151 North Main St

Driving time to trail head: 40 Minutes.

Distance of Hike: 5 miles, 500' approx. elevation gain--comes in mostly at the end of the hike.

Duration of Hike (Approx): about 3 hours

Rating: Mod 1 **Loop trail, Out & Back or Section Hike** Loop trails that can be combined together.

Color of Blazes (Optional): Yellow & Blue

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Wooded trails with uneven ground.

Trail directions, as specifically as you know: *(Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)*

We like to follow the Yellow Trail to the Blue Loop then pick up the Yellow Trail again to start the climb back up to the parking lot. --There is also a red Loop you can explore if you want a longer hike.

Well-marked trails go along the East Branch of the Swift River. 439 acres. 7 miles of trails are available. Most of the forest was decimated by a major hurricane in 1938. Today most of the white pine and mixed hardwood forest date to after this hurricane. On the Blue loop you will find a cellar hole and remnants of a homestead. This is where we break for lunch. It's about the halfway point.

The Trustee site has a color- coded map you can print out.

This property has 3 different parking areas so be sure everyone heads to the same one!

According to the Trustee site the parking lots are infrequently plowed in the winter.

Special Features, Views *(scenic cliffs, a pond, fire tower, stone walls, historical significance, etc.):* _____

Would you recommend or not recommend this trail in which season(s)? _____

Why? _____

Include a map if possible.

Any other comments? _____

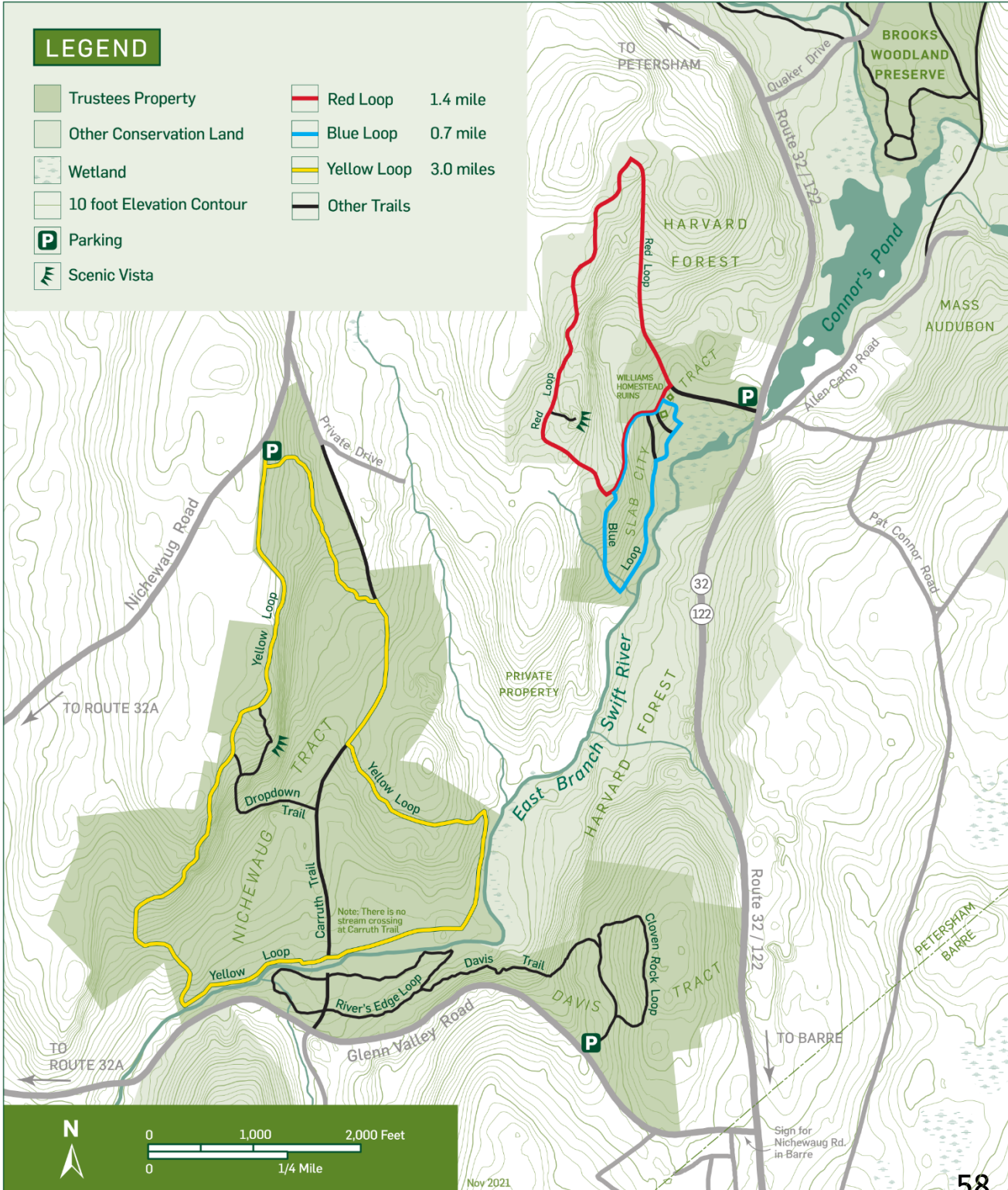
After hike lunch spots: A great place to get a bite to eat after the hike is Stone Cow Brewery. 500 West Street, Barre.

It's about 15 minutes from the trailhead. Lunch Thursday-Sunday. BBQ and live music on the weekends. They also have an ice cream shed, farm animals, children's playground, and a pretty nice view!



SWIFT RIVER RESERVATION (439 ACRES)

Route 32 / 122 ▪ Nichewaug Road ▪ Glen Vally Road ▪ Petersham, MA
 978.921.1944 ▪ info@thetrustees.org ▪ www.thetrustees.org



Source data obtained from USGS topographic maps, field surveys, Global Positioning System (GPS), and data provided by MassGIS. Boundary lines and trail locations are approximate. This map is a product of the Geographic Information System of The Trustees of Reservations, November 2021.

HIKE DESCRIPTIONS – Jim Brown

Location/Name of Hike: Quabbin—from Visitors' Center

Meeting location:

A. Carpooling Location: none

B. Trailhead location: Visitor's Center, Quabbin, Rte 9

Driving time to trail head: none.

Distance of Hike: 6 miles **Typical amount of time to complete:** 3 hours.

Rating : Moderate 1

Loop trail, Out & Back or Section Hike: loop

Color of Blazes (if you know): pink and brown.

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.):

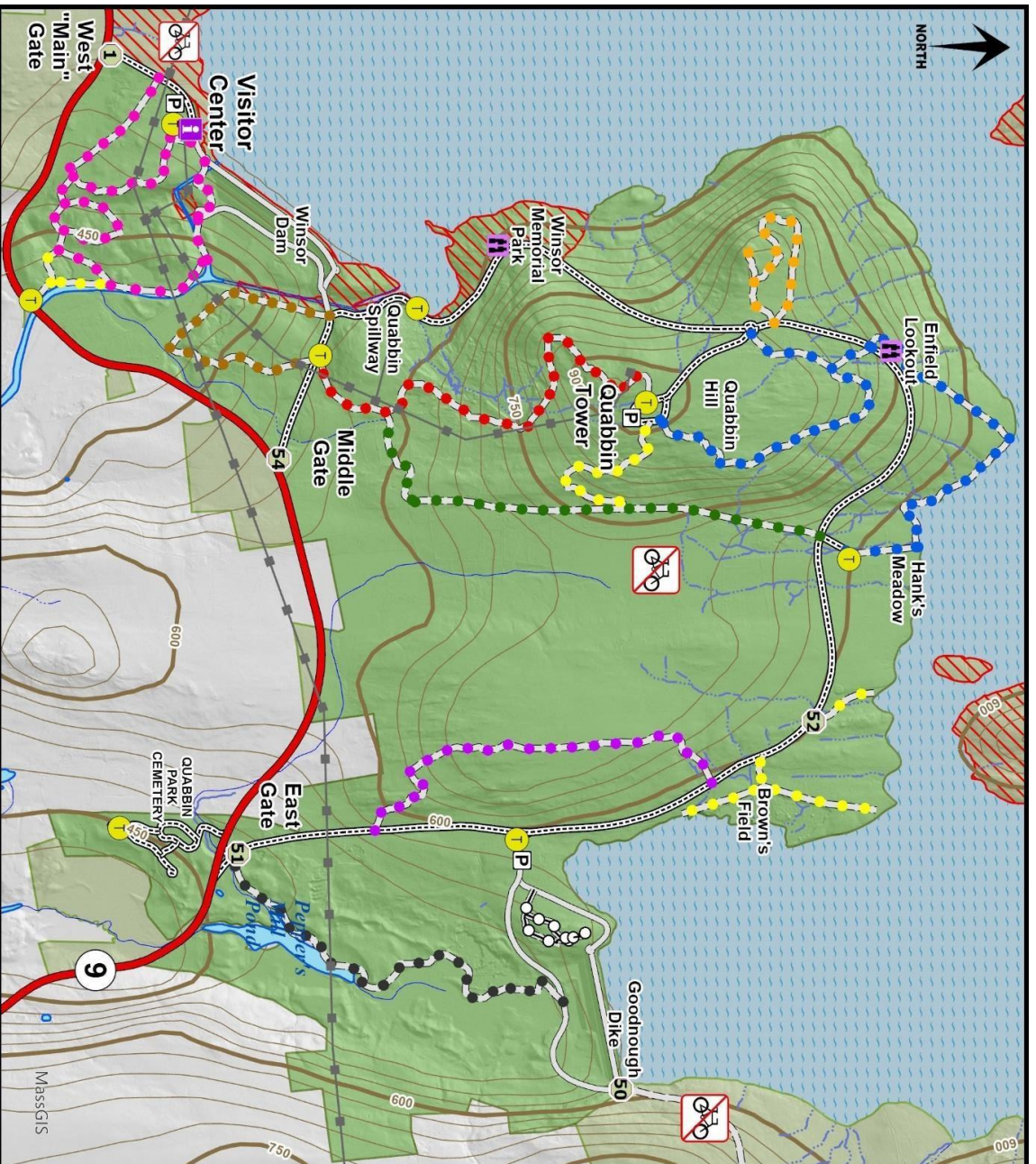
Trail directions, as specifically as you know: cross field to Blue Meadow Rd. Take Visitor Center Loop to Rte 9.

Cross the bridge to the east side of the Swift River, take to the dam and then go under the dam to the west side of

the Swift River, to the Visitor Center Loop, to Timber Frame over ridge to Visitor Center.

Special Features, Views -views of dam, reservoir. May see fly fisherman on river depending on season.

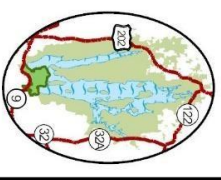
Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter): good in any season.



Quabbin Park Public Access

No shoreline fishing or boating allowed in Quabbin Park.
No swimming or wading allowed in the Reservoir.
Bicycles are allowed on paved roads only.

- Visitor Center
- Parking
- Viewing Area
- Portable Toilet (seasonal)
- DCR Gate
- Bicycling Prohibited
- Black: East Gate Trail
- Purple: Old Stone Trail
- Orange: Bald Mountain Hill Trail
- Blue: Shoreline/Enfield Lookout Trail
- Red: Tower Trail
- Brown: Spillway Trail
- Pink: Visitor Center Loop Trail
- White: Goodnough Dike Vista Trail
- Green: Webster Road Trail
- Yellow: General Unnamed Trail
- State Route
- Road: Bicycle & Vehicle Access
- Road: Bicycle & Pedestrian Only
- Forest Road/Trail: Pedestrian Only
- Power Line
- Perennial Stream
- Intermittent Stream
- Restricted Area
- Quabbin Park
- Quabbin Reservation
- Quabbin Reservoir
- Lake, Pond



Quabbin Visitor Center
100 Winsor Dam Rd, Belchertown, MA 01007
QuabbinVisitor.Center@mass.gov

(413) 323-7221

Emergency: dial 911, Quabbin Rangers 617 (828)-2452, or
State Police (Quabbin) - (413) 323-7561
February 2022



MASSACHUSETTS DEPARTMENT OF
CONSERVATION AND RECREATION

HIKE DESCRIPTIONS – Lori Tisdell

Location of Hike: Mt Tom Trails

A. Meeting location: Mt Tom, Bray Lake Parking Lot, Reservation Rd, Holyoke

B. Carpooling Location/Trailhead location:

Driving time to trail head:

Distance of Hike: 8 miles, 1600 approx. elevation gain

Duration of Hike (Approx): 5-6 hours with breaks

Rating: Mod 3 **Loop trail, Out & Back or Section Hike Loop**

Color of Blazes (Optional): Red, unblazed, white,

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Wooded trails with uneven ground, a few steep sections, rocky footing

Trail directions, as specifically as you know: (Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)

- Head out of the parking and go left on Reservation Rd to the Tea Bagg Trail
- On the Tea Bagg watch for an unblazed right turn, when the trail goes left- you've gone too far
- Stay in this trail until you get to a left-right intersection - go left
- The trail rises more steeply here and leads to the Eyrie House Ruins - explore the ruins
- Head down the trail towards the upper parking area (no longer used)
- Go left on the NET - follow the Net for the several miles
- You will go over Dry Knoll, Goat Peak, Whiting Peak (good place to stop for lunch/break)
- At the intersection of the NET and DOC Trail go left on the DOC
- Stay on DOC until the intersection of DOC/Quarry - go right on the Quarry Trail
- Continue onto the Knox Extension Trail
- At the Bray Valley Trail go left
- At Bray Loop Trail go right
- Cross the large bridge on the left
- Follow the access trail back to the parking lot.

Special Features, Views (*scenic cliffs, a pond, fire tower, stone walls, historical significance,*) Lots of views from the ridge, interesting ruins at Eyrie House

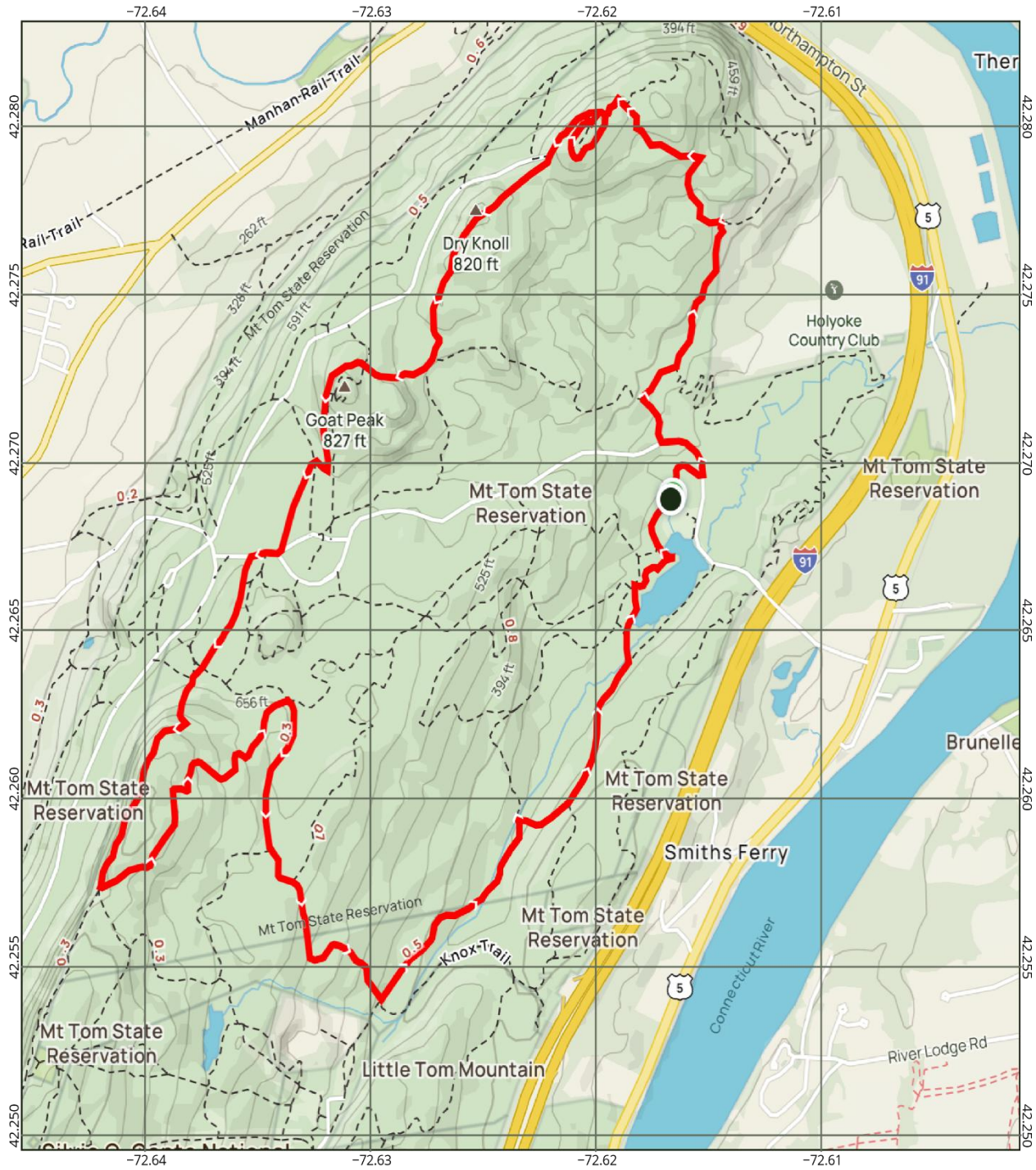
Would you recommend or not recommend this trail in which season(s)? Any season is good. Traction in winter

Why?

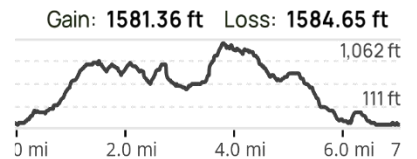
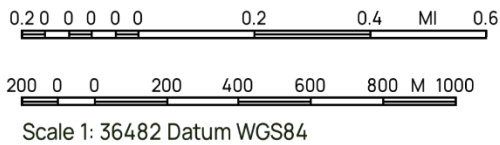
Include a map if possible.

Any other comments?

After hike lunch spots



MN
 13.7°W
 9/15/2023



Mt Tom Loop
 Holyoke, MA



HIKE DESCRIPTIONS - Jeanne Kaiser

Location/Name of Hike: Mt. Tom

Meeting location:

A. Carpooling Location: Bray Lake, Mt Tom State Reservation

B. Trailhead location: same

Driving time to trail head: 0

Distance of Hike: 5ish, 1200 elevation gain **Typical amount of time to complete:** 3-4 hours

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Moderate 2

Loop trail, Out & Back or Section Hike: loop

Color of Blazes (if you know): varied—trails are clearly marked with signs

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): rocks, roots etc. and the occasional short scramble

Trail directions, as specifically as you know: *(Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)*

From Bray Lake either walk up the road to the intersection with Teabag Trail or take the unnamed, but obvious, trail at the end of parking lot. (The end of the parking lot that is on the right as you come in). Take the Teabag Trail to the intersection with the NET (white blazes). Ascend the NET to Goat Peak. After enjoying Goat Peak (possible side trip to the tower); retrace steps on the NET until reach the intersection with Beau Bridges Trail. Walk the length of this trail until you reach the parking lot and road. Make a right on the road until you reach the NET again. Ascend the NET up to the ridge. Walk along the ridge (a little scrambly here, but very scenic) until you reach the DOC trail. Descend on the DOC trail until hitting the Keystone Trail and returning to Bray Lake.

Special Features, Views *(scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):*

A nice hike, including some of the best Mt. Tom has to offer: views from Goat Peak, the Beau Bridges trail, which is quite beautiful especially when water is running high, and the views from the ridge.

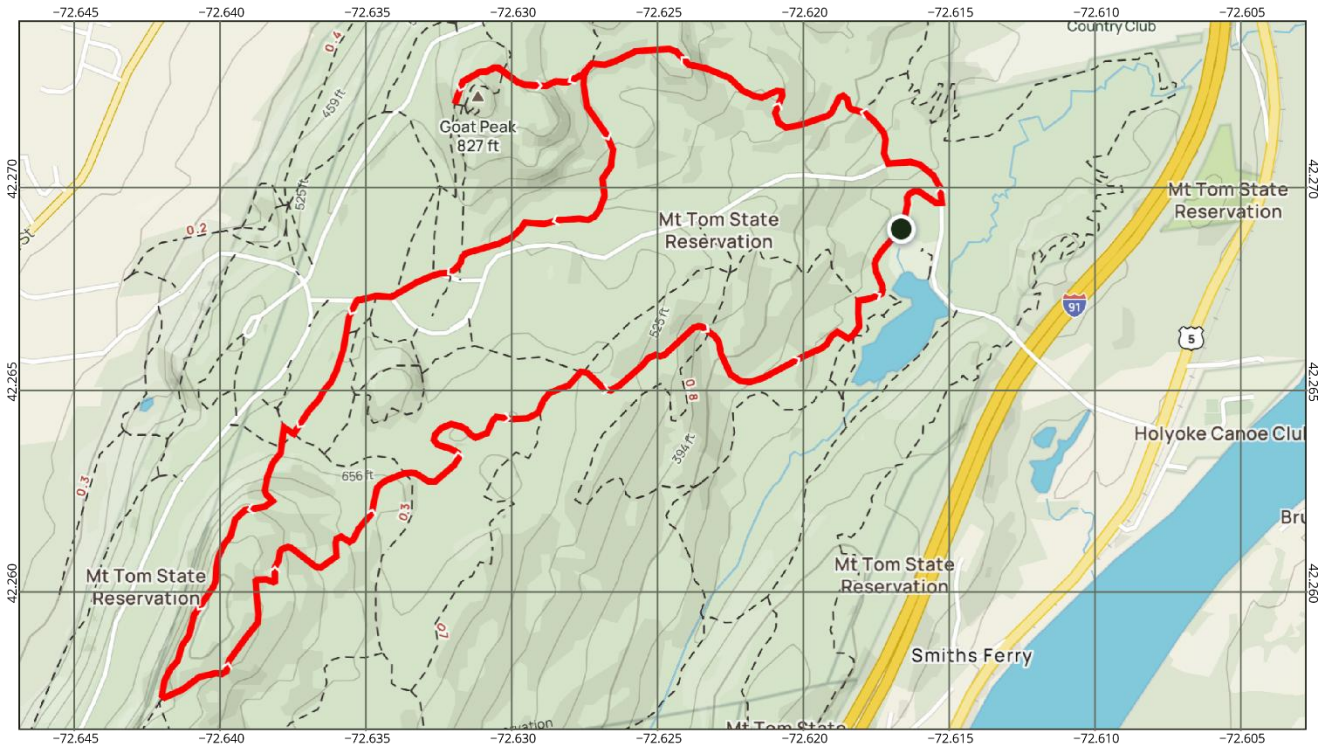
Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

All seasons are good—however, foot traction is definitely needed in winter and the leaf-covered trails in fall can be treacherous in the steep areas. The unnamed trail from the parking lot has a water crossing that could be very difficult when water is running high and safer to take the road at those times.

Recommendations for lunch spots—both before and after hike

Suggest bringing lunch to eat at the park.

Include a map if possible.



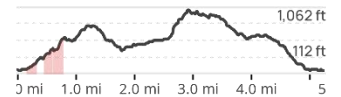
MN
13.7°W
9/16/2023

0.2 0 0 0 0 0 0.2 0.4 0.6 MILES 0.8

500 0 0 500 METERS 1000

Scale 1: 27592 Datum WGS84

Gain: 1236.88 ft Loss: 1233.6 ft



Mt Tom Loop - Jeanne
Holyoke, MA



HIKE DESCRIPTIONS

Location/Name of Hike: Noble View, Russell, MA

Meeting location: Carpooling Location: 635 South Quarter Rd, Russell

C. Trailhead location: : 635 South Quarter Rd, Russell (Noble View Parking Lot.)

Driving time to trail head:

Distance of Hike: 7.5-8 miles, 900-1000 feet elevation gain **Typical amount of time to complete:** 4-5 hours

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.) *Easy Moderate Difficult*

Moderate 2

Loop trail, Out & Back or Section Hike: A looping meander

Color of Blazes (if you know): Multi-color interconnecting trails

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Mostly good footing, a few tricky sections, a lovely meander through the forest

Trail directions, as specifically as you know: (*Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...*)

1. Head through the gate on the road – first right onto the Border Trail – Yellow Blazes
2. Right onto Pitcher Brook Trail – Red blazes
3. Left onto Laurel Lane trail – Orange blazes
4. Right onto the Border Trail – Yellow blazes
5. Left onto Woodland Trail – Red blazes
6. Left onto Ann’s Trail – Green blazes
7. Left onto Link Trail – Orange blazes
8. Right onto Dam Brook Trail – Red blazes
9. Straight ahead onto the Circuit Trail – Blue Blazes
10. Right onto Pitcher Brook Trail – Red Blazes
11. Right onto Ann’s Trail – Green blazes
12. Left onto Forish Trail – Blue/Green blazes
13. Left onto Spring Trail – White Blazes
14. This is Outdoor Center – where cottages, bunkhouses, and camping areas are located. There is a lovely view and picnic tables for break
15. As you are facing the buildings, go along the right side – you will pass the Mac Ross Memorial.
16. The Mac Ross Trail is to the right – it leads back to the road
17. Go right and back to the parking lot.

Special Features, Views (*scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.*): Waterfall, cellar holes, Dam, spring, vernal pools, ice pond.

Which season is good/not good for this hike and why (e.g. muddy in spring, icy in winter): All seasons – fall has lovely colors and it is especially good for snowshoeing

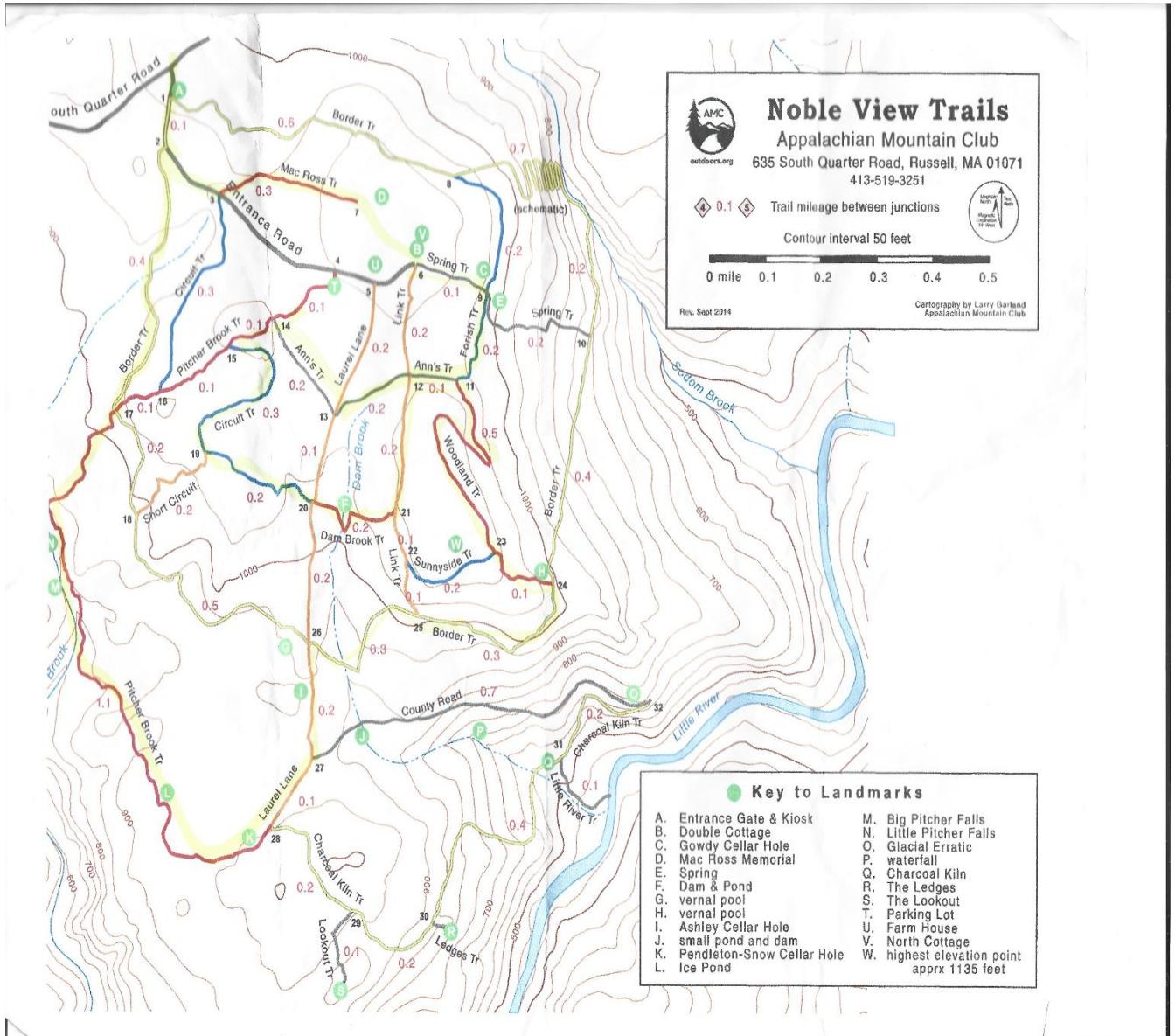
Recommendations for lunch spots—both before and after hike – bring your lunch and stop at the outdoor center

Include a map if possible.

Any other comments or additional cross reference materials

www.outdoors.org/destinations/massachusetts/noble-view/

There are many different configurations of hikes that can be put together to create hikes from a few miles to 8-10 miles. Lots of interesting features - use the map to find them. The trails and features are well marked on the map and the trails. I have found the hikes tend to be longer than the mileage on the map indicates.



Difficult Hikes

HIKE DESCRIPTION FORM – Mike Reed

Location/Name of hike: Bear Mountain (CT) via Undermountain Trail and Paradise Lane

Meeting Location

A. Carpooling Location: 53 Southampton Road, Westfield (back right parking area)

B. Trailhead Location: Designated Bear Mtn. Trailhead on Under Mountain Road (Rte.41) in Salisbury, CT

Driving Time to Trailhead: 1 hour, 20 minutes

Distance, Elevation Gain, and Typical Duration of Hike: 6.5 miles, 1,690 feet, 4.5 to 5.0 hours

Rating (per the PVHC rating system): Moderate 3/Difficult 1

Loop trail, out-and-back, or section (car-spot) hike: Out-and-back to Paradise Lane, then a loop trail up and over Bear Mountain, back to the Paradise Lane junction (see map below).

Color of Blazes (if known): Unknown on Undermountain Trail and Paradise Lane, white blazes along the AT section, then unknown again heading back on Undermountain Trail to the trailhead.

Trail Terrain: Moderate amount of rocks and roots, except for the climb up Bear Mountain, which is a vigorous, rocky scramble. The descent is moderate and less rocky. Water crossings and/or muddy areas are minimal.

Trail Directions: The ascent from the trailhead, on the Undermountain Trail, is moderately steep, until you take the right onto Paradise Lane, at approx. 1.5 miles. The terrain on Paradise Lane and the first 0.1 mile of the AT is rolling and slightly upwards. At approx. 3.0 miles, take a left at the junction with the AT and ascend steeply up the rocky approach to the summit of Bear Mountain, where you will find a large, flat-topped mound of boulders and cobbles, along with a plaque honoring Owen Travis, who apparently developed one or more of the trails leading to this summit. After this, there is a moderate descent to the junction with the Undermountain Trail, where you will take a left at approx. 4.5 miles and descend, moderately steeply at first, to the junction with Paradise Lane, and then moderately steeply again (still on the Undermountain Trail) back to the trailhead.

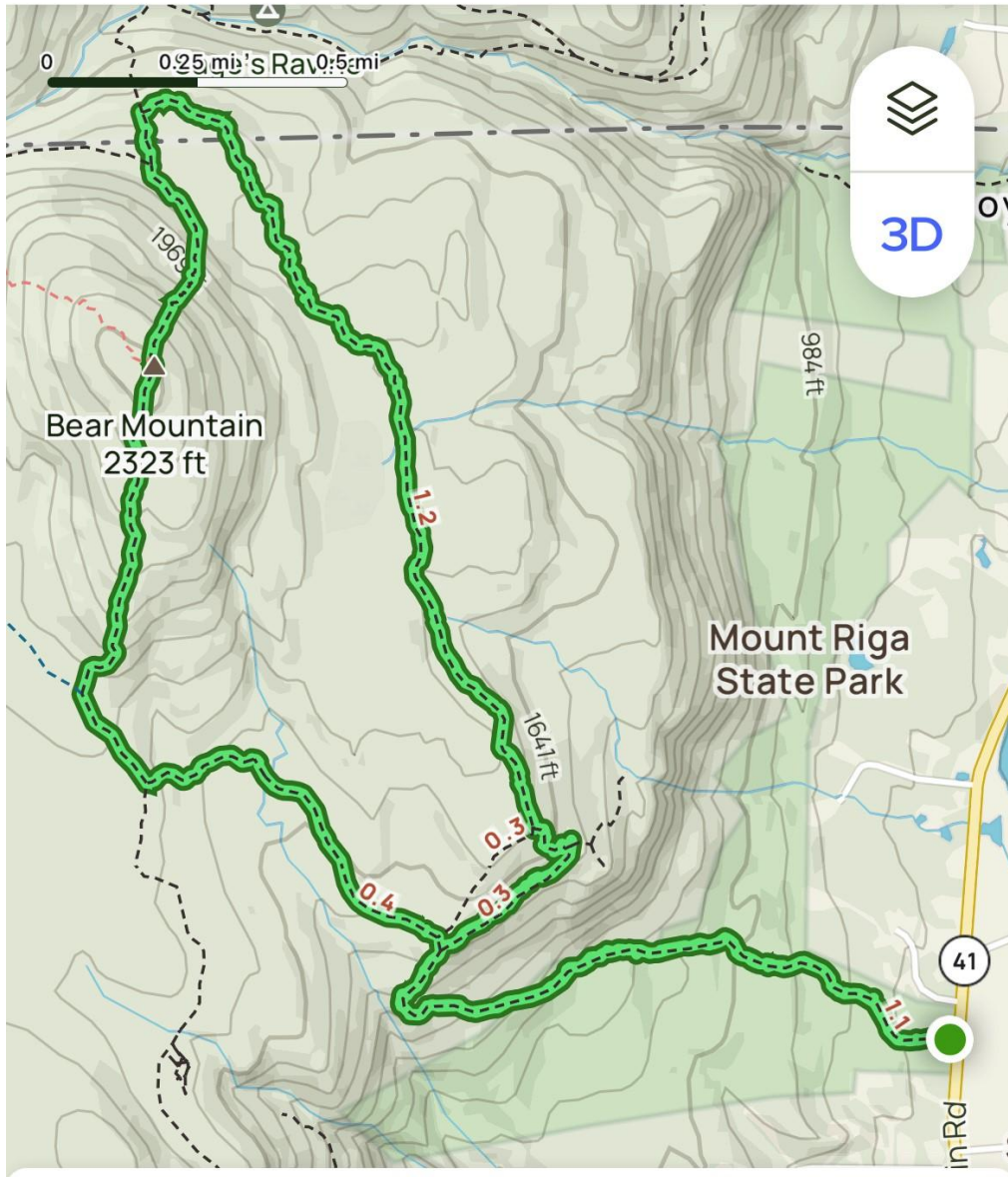
Special Features: The steep, rocky climb up Bear Mountain is good preparation for similar climbs in the Whites, Adirondacks, Green Mountains, etc. On a clear day, the approx. 180-degree view at the top is impressive.

Which season is good/not good for this hike and why: Spring, Summer, and Fall are best. The scramble up Bear Mountain in the winter would be a challenge to do with snowshoes, and there's a good chance that the summit may be icy as well.

Recommendations for lunch spots: Perched on the boulders at the top of Bear Mountain, with that fabulous view!

Any other comments or additional cross-reference material: The AMC's trail descriptions for the AT may be helpful. Note also that this mountain can be approached from the western side, from the vicinity of the Mount Frissell trailhead on East St. in Mount Washington, MA, where it could be combined with the Tri-state Hike.

← Bear Mountain via Paradise Lane ...



HIKE DESCRIPTIONS – Lori Tisdell

Location/Name of Hike: Mt Greylock

Meeting location: Sheldon Field, Ferry Rd, Northampton

A. Carpooling Location: Sheldon Field, Ferry Rd, Northampton

B. Trailhead location: Gould Trailhead, West Mountain Rd, Adams, MA

Driving time to trail head: 1 hour plus pit stop at McDonald's 1 hour 15 minutes.

Distance of Hike: 8 miles / 2700 feet elevation gain **Typical amount of time to complete:** 6 hours.

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory. Difficult 1

Loop trail, Out & Back or Section Hike: Loop Hike

Color of Blazes (if you know): White/Blue

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): Areas of roots, rocks, and good footing, mostly easy to moderate grades.

Trail directions, as specifically as you know:

- On the right side of the entrance looking at the road is the start on the Brookside Trail,
- Follow the blue blazes of the Brookside Tr
- At the end of the Brookside Tr go right onto the Cheshire Harbor Trail,
- The Cheshire Harbor Trail ends at the Appalachian Trail North
- follow the AT North to the Summit.
- Heading back to the cars – Follow the AT South, at Summit Rd (paved) there is a parking area.
- straight ahead at the back of the parking area is The Gould Trail
- Follow the Gould Trail back to the parking lot.

There are a couple of side trails - do not take them. Follow the route of the attached map.

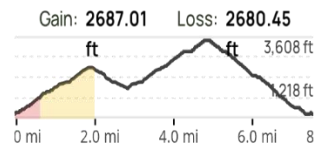
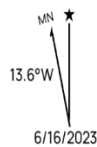
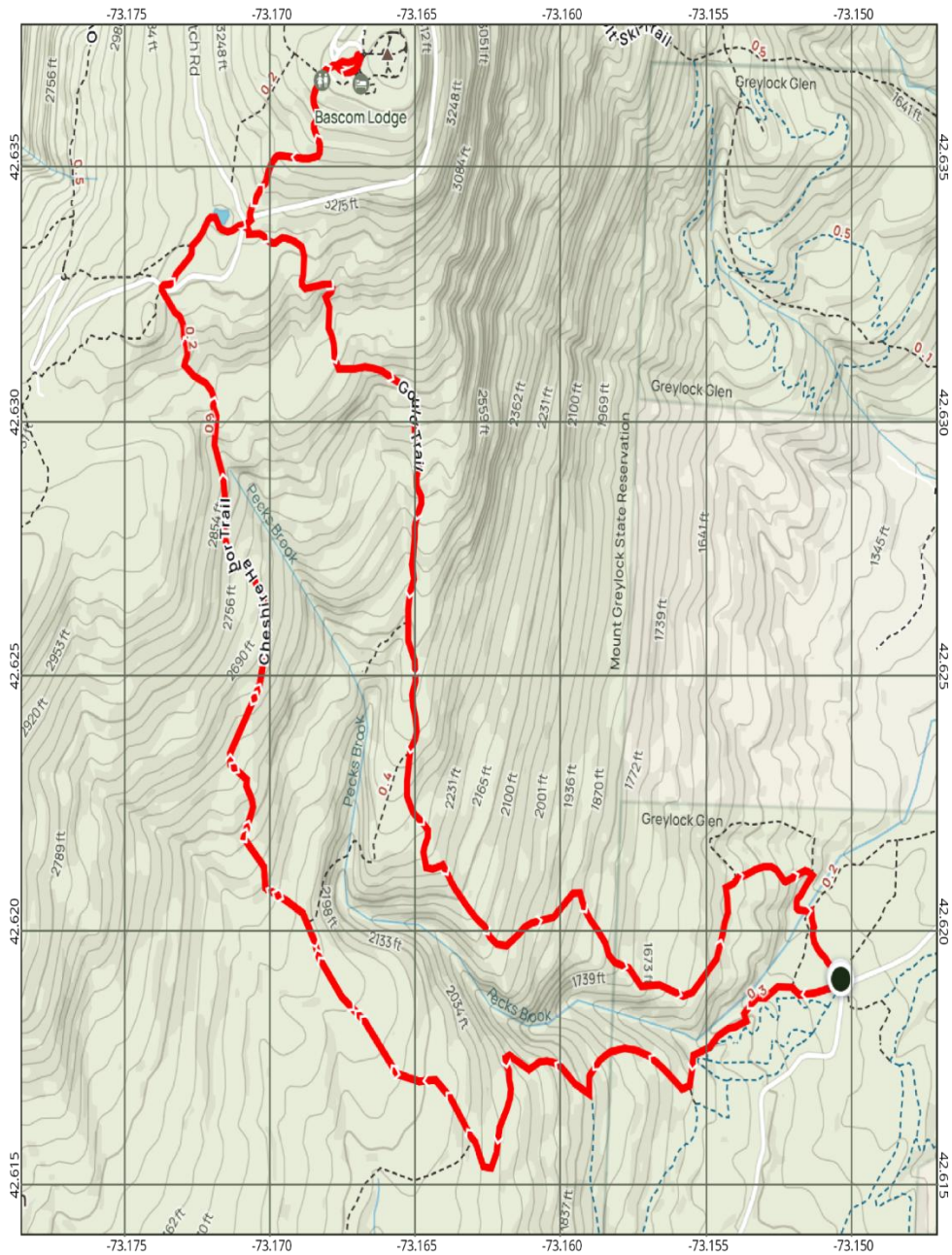
Special Features, Views (scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):

Great views from the summit, glades, some minor waterfalls, a lovely mountain pond

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter) All seasons. In

winter it is usually packed out, so snowshoes aren't always necessary. Traction in the winter as the upper trails can get very icy. Mud during times of thaw.

Recommendations for lunch spots—both before and after hike. Lunch at the summit



Mt Greylock Loop
Adams, MA



HIKE DESCRIPTIONS – Jeanne Kaiser

Location/Name of Hike: Appalachian Trail -Beartown State Forest-Tyringham Cobble

Meeting location:

A. Carpooling Location: Tighe and Bond, Westfield

B. Trailhead location: CAR SPOT—location 1-Tyringham Main Rd. Tyringham (in the little village of Tyringham—not far from post office. Location 2-MA 23 in Monterey

Driving time to trail head: About an hour with car spot logistics.

Distance of Hike: 12 miles, 2400 elevation gain

Typical amount of time to complete: plan on an all-day event

Rating (please use the PVHC rating system—if you have questions on how to rate the hike, check the information about the rating system on the club website and in the directory.

Difficult 1

Loop trail, Out & Back or Section Hike: Section hike

Color of Blazes (if you know): White

Trail Terrain (Roots, rocky, slabby, scrambly, easy, good footing, etc.): rocks, roots etc. and the occasional short scramble

Trail directions, as specifically as you know: (Ex. Follow blue blazes approx. 3 miles until you come to an intersecting yellow blazed trail, then take yellow...)

After leaving the cars at Rte 23, head north on the AT. Follow the white signs until you reach the other set of cars at the other end.

Special Features, Views (scenic cliffs, a pond, fire tower, stone walls, historical significance, lakes etc.):

A wonderful section of the AT. The hike is categorized as Difficult 1 only because of the length. The terrain is generally easy to moderate. This hike passes through a great variety of scenery. It skirts Benedict Pond and then climbs to The Ledges, which gives excellent views of the Southern Berkshires. It passes beaver ponds, creeks, and wildflowers. Culminates with a view of Tyringham—which is basically an iconic New England village, complete with white steepled church. The final part of the walk is over stiles, through a pasture.

Which season is good/not good for this hike and why (e.g., muddy in spring, icy in winter)

All seasons are good—excellent wildflowers in spring and summer.


Recommendations for lunch spots—both before and after hike

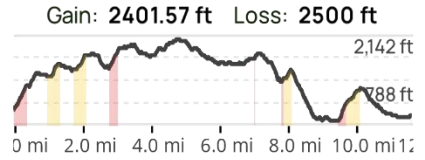
Suggest bringing lunch to eat at the park.

Include a map if possible.

Any other comments or additional cross reference material



MN 
 13.5°W
 9/16/2023



AT Through Beartown SF
 Monterey, MA

Bike Rides

BIKE RIDE DESCRIPTIONS – Jim Brown

Location of Bike Ride: Norwottuck Bike Trail West

Meeting location: Elwell Recreation Ct-Northampton

Driving time to Bike path:

Distance of Bike Ride: 20 miles **Typical Amount of time to complete:** 3 hours

Rating: Easy

Loop trail, Out & Back or Section Bike Ride: out and back

Bike Path Terrain (easy, hilly, road bike path, etc.): flat—rail trail

Bike ride directions, as specifically as you know: *(Ex. Follow the bike path approx. 3 miles until you come to an intersecting, bike path, road, etc.)*

follow west to Southampton (8 miles). Lunch at Tandem Bagel. Side trail to Arcadia (4 miles) and return to Elwell.

Special Features, Views: *(scenic views, a pond, fire tower, stone walls, historical significance, etc.):*

After bike ride lunch spots

Include a map if possible.

Any other comments?

Additional cross reference material?

BIKE RIDE DESCRIPTIONS – Jim Brown

Location of Bike Ride: Norwottuck Bike Trail West

Meeting location: Elwell Recreation Ct-Northampton

Driving time to Bike path:

Distance of Bike Ride: 23 miles **Typical Amount of time to complete:** 3 hours

Rating: Easy

Loop trail, Out & Back or Section Bike Ride: out and back

Bike Path Terrain (easy, hilly, road bike path, etc.): flat—rail trail

Bike ride directions, as specifically as you know: *(Ex. Follow the bike path approx. 3 miles until you come to an intersecting, bike path, road, etc.)*

Follow the bike trail east to Lawrence Station, Amherst (8.5 miles). Can lunch at Hadley. Maple Farms or Panera. Return to Elwell and then take the bike path west to Look Park (6.5 miles) 23 miles total.

Special Features, Views: *(scenic views, a pond, fire tower, stone walls, historical significance, etc.):*

The bike path passes over Connecticut River on bridge. Good views of Holyoke Range.

After bike ride lunch spots

Include a map if possible.

Any other comments?

Additional cross reference material?

**ORWOTTUCK BRANCH
of the MASS CENTRAL
RAIL TRAIL**

Access Points
The Newtucket Branch can be accessed from various points along its route, including primary trainheads and parking at:

- "Connector Pike," located at Dorton Road in Northampton. This access point allows for tables, stanchions, views from the Connecticut River bridge and car-top river access for boats.
- "Hadley Depot" on Railroad Street in Hadley.
- "Mountain Farms," behind the Mountain Farms Mall in Hadley.

- "Fort River" on Hill Lane in Amherst. This access point also has picnic tables.
- "Warren Wright," on Warren Wright Road in Belchertown. This is the current eastern terminus of the trail.

The Newtucket Branch also connects to other paths and roads with access to downtown Northampton and the Northampton Bike Path system via Woodmont Road: UMass Amherst via the Swift Connector; and Amherst center, Amherst College and Hampshire College via Route 116.

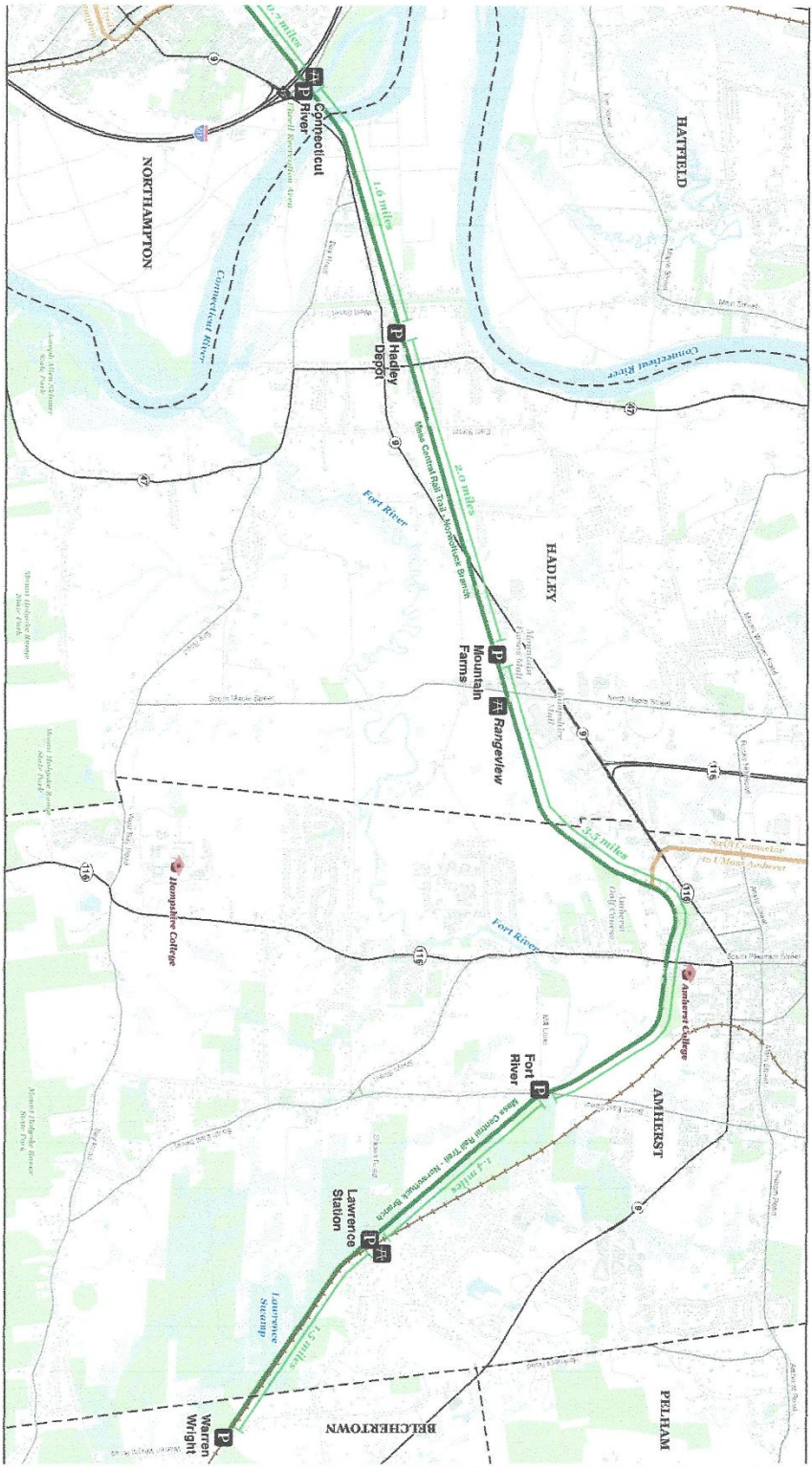
LEGEND

- ◆ Highway Exit
- ◆ College or University
- ◆ Access Point with Parking
- ◆ Picnic Area
- ◆ Newtucket Branch
- ◆ Connecting Path
- ◆ Active Railroad
- ◆ Highway
- ◆ Major Road
- ◆ Minor Road
- ◆ Town Boundary
- ◆ Building Footprint
- ◆ Wetland
- ◆ Open Water
- ◆ Proposed Open Space

dcrr
Massachusetts

0 0.25 0.5 0.75 1
Miles
0 0.25 0.5 0.75 1
Kilometers

Map of Massachusetts
© 2010 Massachusetts Department of Transportation
Map data © OpenStreetMap contributors, Imagery © Mapbox, Imagery © Mapbox, Imagery © Mapbox



Pacing, Resting & Rhythm

by John "PaPaSmurf" Klebes

Hiking, one of those great activities that doesn't require any specialized skills. It's just put one foot in front of the other, right? Experienced hikers quickly learn that hiking at a steady pace and rhythm can drastically change your enjoyment of the adventure. Have you ever started out strong then felt like the whole rest of the day was a slog. A steady walking pace, with good rhythm and regular breaks, let you sustain your energy level over the whole day. Without good management of pace, rhythm and rest stops many newer hikers either get worn out too early, or bite off more trail than they can reasonably hike while still enjoying it. Hiking is not a sprint; it's a marathon.

Pace

Finding your pace may take a while. You will want to start off slower and evaluate your breathing and efforts. The idea is to find a pace and rhythm that is relaxed enough that you can keep it up fairly consistently given the present terrain and trail conditions. You should adjust your pace for changes in terrain to maintain a steady breathing pattern and energy output. Start with a pace that seems pretty easy. After a period of time evaluate the effect on your breathing and sweating. Slow down or speed up as appropriate. Breathing heavily and sweating? Slow down. Breathing normally and feeling good? Speed up a little. Adjust and set a pace of the same length and speed between steps that you feel you can sustain without frequent breaks. Try to settle on a pace that almost raises your breathing but does not make you perspire.

Rhythm

The easiest way to stay on pace is to develop a hiking rhythm. This is a cadence that you can keep going for a long time without requiring a break. You don't want to hike so fast that you are constantly out of breath or over-exhausted. Steady consistent demands on your muscles are more sustainable than fluctuating strains and rests. Once you've got a steady pace try moving in a fluid motion. Move everything in harmony so that your steps are rhythmic and efficient without wasting energy. Take it easy at first. Warm-up, and get to the rhythm that feels best early. You don't want to push too hard before you are ready. Practice breathing in time with your steps. Your breathing can help synchronize your steps so that your whole-body hikes in a fluid motion.

Rest stops

A pleasant rest stop now and then allows you to enjoy more of the hike and its scenery. It is also a time to catch your breath, adjust clothing and gear, and have a drink and snacks. It is also a good time to assess how everyone is doing and make sure the group stays together. It is also a good time to check for hot spots, sore spots, or other issues that might be developing, like blisters or chafing. But be careful. Too many rest breaks can break up the rhythm and become frustrating and discouraging. It is better to adjust the pace to a more manageable rhythm that can be sustained than to be taking frequent stops. Try to keep any short rest stops to 2 minutes. A drink of water, enjoy a view, catch your breath, and then move on. This will allow you to quickly return to your previous pace and rhythm. Longer breaks of 5-10 minutes can be used to re-fuel. Have a snack, take a bathroom separation, and rest and relax. Remove your pack, sit down and relax. You should aim for a longer break every hour or so. Save breaks over 10

minutes for lunch and dinner stops. When you rest for more than 10 minutes you will find it much more difficult to return to your previous pace. You might need to ease back into hiking slowly.

Uphill ascents

Shorten your steps and slow down to a pace that matches your breathing. Try to keep the same rhythm but take shorter steps. This is better than taking normal steps, which require an excessive amount of effort to climb at the same pace and may result in needing to take more breaks. You want to pick a pace and rhythm that is sustainable as each break becomes harder and harder to return to the original rhythm. Zigzagging across steeper slopes may be easier than going directly up or down.

Downhill descents

You can take some longer steps downhill but try to keep your rhythm if the terrain allows. On steeper and more dangerous sections go ahead and adjust your downhill rhythm as this will have the least impact on your overall pace. Remember most accidents happen on the downhill so be cautious and safe.

Group leads

As a leader you can set an enjoyable rhythm for less experienced hikers by walking at a pace that is adapted to be comfortable to the less experienced members of the group. A group should only be as fast as the slowest members and should never be forced to hike a pace that they are not able to maintain. Put the fastest hikers in the back and slower hikers near the front to keep control of the pace. It's too easy for a faster hiker in front to move the pace up faster without realizing it. Keeping the group together at a sustainable pace is important for both enjoyment and safety.

Summary

Start a hike at a pace that's right for you, and adjust it as needed your hike. Match your breathing to your stride. Don't break your stride on steep sections but adjust the speed and timing. Take short breaks when needed. Aim to finish the day walking the same speed at which you started. Think rhythm and graceful form.

Unexpected Ice and Snow

by John "PaPaSmurf" Klebes

The air is cold and crisp, the sun is shining, and the roads and landscape look free of ice and snow. Great day for a hike. But then part way through your hike you encounter snow and ice. You know this time of year you should be prepared with traction devices, crampons, or even snowshoes or an ice ax. But you thought it was so nice looking by the road that you wouldn't need them. Now you are stuck with a dilemma. Should you continue on or turn back?

Depending on your skills and confidence level it may be OK to continue but it's a very personal decision. If you are not comfortable, or the conditions get worse, don't be afraid to turn around and head back. And don't let another person talk you into continuing if you are uncomfortable and don't feel safe. Better safe than sorry. That said, there are a lot of tricks to help you continue under snow and icy conditions if you take it carefully.

Number one is to keep assessing what you are crossing with the realization that you may have to return the way you came. Even if it's a loop hike its possible conditions are worse ahead so you always must be prepared to retreat the way you came. If you are not comfortable returning back through the spot you are crossing, then don't attempt to go forward. Keep in mind that it can be significantly more difficult going downhill versus uphill on snow and ice. Keep this in mind when assessing if you can down climb the section you are going up.

Hiking on Snow

If the snow is only a few inches deep you can usually get away without snowshoes. As the snow rises above your boot it can wick into your footwear. It helps to have good waterproof winter boots. Keep this in mind if you have lightweight hikers or sneakers as the snow will melt from your body heat and wick into your socks. There is nothing worse than wet cold feet. You can slip a plastic bag over your socks before slipping your feet into your boots as a waterproof layer and to keep you warmer - but this would be a good time to turn around.

If the snow is deeper and you are hiking with a larger group where some have snowshoes you can follow behind the group. Those with snowshoes take turns breaking trail and packing the trail down while those without snowshoes follow in the snowshoe-packed footprints.

If you do find yourself in deeper snow and post-holing (when your legs are sinking deep into the snow with every step) you will find that each step robs you of mobility. Having to step up and out of a hole each time can make even walking a short distance exhausting. This can be made even worse if there is enough firmness to sometimes hold your weight than unexpectedly punching through. Take turns breaking trail as the most work is done by the lead hiker, and the others can follow in his footprints. You will only be able to lead for a short way so trade places in the front often and remember you will make very little progress while using lots of energy. This may only be appropriate if you have encountered a short windblown section of deep snow. Do not attempt to post-hole for long distances without overnight equipment.

Below I've put together some tips for different snow and ice conditions:

Old soft snow with footprints – Many times the old footprints have packed down the snow and/or may have crusted over making it possible to place your foot in the old footprint and avoiding postholing. The edges of the footprints make it less likely you will slip as well if you don't have traction devices on your boots. If you find the footprints slippery on a steeper slope you can try placing your foot half in and half out of the footprint, so you compress a little extra snow to maximize grip.

Old soft snow without footprints – Many times the soft snow gives you traction. If you are not postholing the soft snow allows your boots to grip as it compresses underfoot. On steeper angles it helps to plunge your toe forward onto the slope when hiking uphill. Conversely, when hiking downhill plunge your heel down firmly to make a step as you descend. Remember kick toes into the hill on the up and plunge heel down into the snow on the downhill.

Old hard snow with footprints – Old hard snow can be icy and slippery. By placing your foot into existing footprints, the edges of the hard snow will limit your foot from slipping. Be very careful and place one foot at a time while putting some weight on your hiking poles. Try to have three points of contact if it's slippery (plant two hiking poles and one foot before moving the other foot – then repeat, moving only one pole or foot at a time). If it's too slippery in the footprint try plunging your foot down hard to create new footprints. If you break the crust of snow the new footprints will give you a hold on the slope.

Old hard snow without footprints - Without footprints in hard snow it can be very easy to slip. Try plunging your feet into the hard snow. Sometimes kicking with your toe, plunging your heel, or stepping sideways, or using a duckwalk pattern gives better traction.

New soft snow over existing packed trails - This can be misleading. If you step on new snow over a well-packed trail, you may only sink a few inches, and the new snow gives you some area to compress underfoot to give traction. Be careful to try and stay on the packed trail. In deeper snow, if you step off the area of the trail that has packed footprints underneath you will post-hole unexpectedly, perhaps into deep snow. Depending on how well and how wide the packed footprints are underneath it may be difficult to avoid stepping off the packed sections since the new snow hides where it is packed down.

Deep soft snow – Sometimes it's difficult to climb in deep snow because with each footstep the snow sloughs off the slope or you post-hole back down to where you started. To keep from post-holing or having the snow sloughing off try to gently place your foot down, then tamp it down two or three more times to bind the snow into a step. By gently packing the snow down you can usually get it to hold your weight. It's time-consuming but works well in short difficult sections and those behind you can follow in your tamped footprints. Along with the previous advice on post-hole hiking, deep snow brings a navigation issue. It can be difficult to find the actual trail in the new snow. Look for the slight indentation that the trail may leave in the surface of the snow. You can also look for trail markers, cut marks on branches, man-made features, worn marks on rocks or tree trunks to indicate where the trail is. It is very typical to trim any branches that face the trail to about six to eight foot above the ground. Look to see if there's an alley in the trees with only the branches missing on the corridor where the trail may be. Keep in mind that in deep snow you might be above the area that is trimmed back and hiking in the branches that are not trimmed. In deep snow the higher branches that are not trimmed back can look like they are straight across the trail because the snow has put you higher than when hiking at ground level.

Icy Conditions – Icy conditions on a steep slope are nearly impossible without good foot gear and traction equipment. Turn back if you must traverse in such conditions. There are a few tricks to get past a short section that is icy. While it's best from a conservation perspective to always stay on trail, stepping off trail may be safer. Try stepping slightly off the packed icy trail onto softer virgin snow that lets you punch a new footprint that grips. Trying to continue on a slippery packed trail can be dangerous but many times you can step just a little off trail and make a fresh, gripping footstep. You can also take advantage of tree limbs and trunks for safety handles. But remember that you might have to down climb back the way you came so keep that in mind as you make your way around icy obstacles.

Depending entirely on the conditions of the snow and kind of trail it may be doable to continue hiking without snowshoes and traction. If the ground isn't too steep and the snow isn't either too deep or too hard, you may be able find good hiking in good hiking shoes. But know when to turn back and stay safe.