

Hikes & Happenings

Summer 2010

- Blue Hills Reservation
 - Blue Hills Trailside Museum
 - Brook Farm Historic Site
 - Chestnut Hill Reservation
 - Cutler Park Reservation
 - Elm Bank Reservation
 - Hammond Pond Reservation
 - Hancock Woods Reservation
 - Hemlock Gorge Reservation
 - Upper Neponset River Greenway
 - Quincy Quarries Historic Site
 - Stony Brook Reservation
 - Upper Charles River Greenway
 - Wilson Mountain Reservation
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Saturday, June 5

9 am - 1 pm Trail Work

1 pm - 2 pm Healthy Heart Hike

National Trails Day at Blue Hills Reservation

Call 617-698-1802, ext. 213 for registration and meeting place.

National Trails Day is a great way to meet people and stay healthy while lending a hand to improve local parkland. Join the Friends of the Blue Hills Adopt a Trail program and DCR staff in improving our trails. All tools, equipment and gloves provided. Please wear work clothes and sturdy footwear. Then join a 1 mile Healthy Heart Hike around Houghton's Pond and learn more about easy heart healthy hiking trails across the state.

Friends of the Blue Hills Trail Work Series

All trail work runs 9 am -1 pm

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

Join the Friends of the Blue Hills to lend a hand on the trails throughout the summer. Tools provided. Please wear work clothes and sturdy footwear and bring a water bottle and work gloves. For ages 15 and up.

Saturday, June 5

Saturday, July 10

Saturday, August 7

Saturday, June 12 9 am - 1 pm

Cutler Park Trail Work

Meet at the Cutler Park parking lot on Kendrick Street in Needham. Call 617-333-7404, ext. 101 for detailed directions.

Enjoy the scenery as we brush back trails along the Charles River. Join DCR staff, members of the Student Conservation Association and other volunteers as we improve the trails in Cutler Park. Tools and gloves provided. Please wear work clothes and sturdy footwear.

Celebrate Summer! Enjoy Sundays in the Park!

Chickatawbut Road will be closed to traffic this summer from Saturdays at 8 pm till Mondays at 7 am starting June 19. It's a great opportunity to pedal the roadway or take a stroll in Blue Hills east. Enjoy the great outdoors! Head for the Hills!

Sunday, June 20 1 pm

Summer Discovery Hike with Dad

Meet at the Shea rink parking lot at 651 Willard Street in Quincy.

It's Father's Day and summer is about to begin! Join us for a three mile signs of summer discovery hike. Bring your dad along for a wooded walk. Chickatawbut Road will be closed to traffic to encourage recreation on Sundays during the summer. Ages 8 and up. 2 hours

Tuesday, June 22 7 pm

Wednesday, August 18 6 pm

Chestnut Hill Reservation Weekday Walk and Talk

Meet in the large parking lot by the Reilly Memorial Recreation Center on Beacon Street in front of Gatehouse #1. Join the DCR park staff in a walk around Chestnut Hill Reservation to discuss upcoming improvements, ongoing maintenance and future ideas for the park. 1 hour.

Sunday, June 27 10 am, 11 am, & 12 pm

Beginners' Paddle at Mother Brook Mill Pond

Email info@bostonnatural.org or call 617-542-7696 for registration and meeting place. Space is limited.

Curious about canoeing? Mother Brook Mill Pond provides perfect conditions to learn. Bring your family to enjoy this gorgeous spot and receive basic paddling instruction. Please, beginners only for these three short trips! Co-sponsored by the Boston Natural Areas Network and DCR.

Free Tuesday Night Flicks at DCR Martini Shell Hyde Park

July 6- August 24

Meet at the DCR Martini Shell at 1015 Truman Parkway in Hyde Park. Call 617-698-1802 for more details.

Bring along a blanket, chair, popcorn and enjoy a family movie under the stars. The family movie series runs on Tuesdays from July 6 - August 24. All movies begin at sunset.

Saturday, July 17 1 pm

Insect Safari

Meet at Brookwood Farm at 11 Blue Hill River Road in Canton. Call 617-698-1802 x213 for info.

We will capture and release all varieties of six-legged creatures on this meadow exploration. We'll bring nets, bug boxes and magnifiers to identify our guests. Suitable for all ages. 1.5 hours

Saturday, July 24 10 am – 3 pm

Houghton's Pond Fish Festival

Take Rt. 93 to exit 3 and follow Fish Festival signs to picnic site 5 on the west side of Houghton's Pond.

"Catch" some "reel" fun at Houghton's Pond this summer! Join the DCR rangers and instructors from MassWildlife to learn the basics of fishing in this free clinic. Equipment is available or bring your own if possible. Crafts, games and other fishy activities too! A guaranteed good time.

Sunday, August 1 1 pm - 3 pm

Neponset River Canoe Paddle

Email info@bostonnatural.org or call 617-542-7696 for registration and meeting place. Space is limited.

Join the DCR rangers on a moderate paddle on the scenic Neponset River. We'll paddle upstream and down and discover the rich history of the area. Experienced paddlers only. No canoe instruction given. Ages 12 and up.

Saturday, August 7 12 pm – 3 pm

Summer Arts Fest at DCR Martini Shell

Meet at the Martini Shell at 1015 Truman Parkway in Hyde Park.

We'll be drawing on the arts! Join the DCR rangers and the Menino Arts Center in Hyde Park for this fun interactive arts festival for all ages. Chalk art, stamp printing, tattoo you, group mural sketching workshops, natural dyeing and bead making. Fun for the whole family.

Sunday, August 15 10 am, 11 am, & 12 pm

More Beginners' Paddles at Mother Brook Mill Pond

Email info@bostonnatural.org or call 617-542-7696 for registration and meeting place. Space is limited.

Back by popular demand! A great opportunity to check out canoeing. Mother Brook Mill Pond provides perfect conditions to learn. Bring your family to enjoy this gorgeous spot and receive basic paddling instruction. Please, beginners only for these three short trips! Co-sponsored by the Boston Natural Areas Network and DCR.

Sunday, August 22 1 pm

Canine Capers at Elm Bank

*Meet at Elm Bank in Wellesley on Rt. 16. Follow the one-way road to parking lot C next to the map board.
Call (617) 333-7404 for more information.*

Throw a leash on your favorite pooch and join us for a dog-friendly walk at beautiful Elm Bank Reservation. Stretch your legs and socialize with other dogs and dog owners. 1.5 hours

Saturday, August 28 1 pm

Map and Compass

Call 617-698-1802 ext. 310 for registration and meeting place.

Are you feeling lost? Don't know which way to turn? Join us for a short discussion on the basics of navigation using a map and compass. Then we will put your new skills to work in the field. 1.5 hours

Discover Blue Hills Sundays in the Park!

Chickatawbut Road will be closed to traffic this summer from Saturdays at 8 pm till Mondays at 7 am starting June 19. Enjoy the great outdoors!

Visit www.mass.gov/dcr for more DCR summer news, including:

- DCR Park Passports
- Great Parks Pursuit
- Healthy Heart Trails
- Free DCR State Park Passes for loan at libraries

Check out the DCR Healthy Heart Trails !

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



Summer 2010

Blue Hills

Adult Walking Club

Welcome

The Blue Hills Adult Walking Club meets each weekend on either a Saturday or Sunday at 1:00 for recreational walks. This club is open to people of 16 years of age and older and there is no fee to join. Walks average 2 to 5 miles. New walkers are encouraged to participate.

The terrain can vary:

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

Walks will be lead by a park ranger or a Walking Club volunteer leader. Occasionally, the Walking Club meets at other DCR sites or car pools to sites within the Blue Hills Reservation. The rangers recommend wearing hiking boots and bringing drinking water on all hikes.

Enjoy the programs and keep walking!

June

Sunday, June 6 **1 pm**



Moderate walk, 2 miles. Healthy Heart Hike via East Boundary Path to Bearberry Hill. Returning via Stony Brook Path. Meet at the Olsen Pool parking lot, 75 Turtle Pond Parkway in Stony Brook Reservation, Hyde Park.

Sunday, June 13 **1 pm**



Easy/moderate walk, 3 miles. A figure eight around Houghton's Pond and Tucker Hill. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Saturday, June 19 **1 pm**



Moderate walk, some hilly terrain, 4 miles. Walk from St. Moritz Pond to Sawcut Notch, return on Indian Camp Path. Meet at the Shea Rink parking lot at 651 Willard St. in Quincy.

Saturday, June 26 **1 pm**



Moderate walk, some hills, 4 miles. Old Rte. 128 to Beech Hollow and Doe Hollow. Return via the green dot trail. Meet at the Houghton's Pond main parking lot on 840 Hillside St. in Milton.

July

Saturday, July 10 **1 pm**



Moderate walk, hilly terrain, 3 miles. Wolcott Path to Wildcat Notch and return via Halfway Path. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Sunday, July 18 **1 pm**



Moderate walk, some hilly terrain, 4 miles. Walk from St. Moritz Pond to Sawcut Notch, return on Indian Camp Path. Meet at the Shea Rink lot at 651 Willard St. in Quincy.

Sunday, July 25 **1 pm**



Moderate walk, hilly terrain, 3+ miles. Loop around the base of Great Blue Hill. Meet at the Trailside Museum north parking lot at 1904 Canton Avenue in Milton on Rte. 138.

Saturday, July 31 **1 pm**



Moderate walk, hilly terrain, 3 miles. Headquarters Path to Doe Hollow Path and return via Bugbee Path. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

August

Sunday, August 8 **1 pm**



Moderate walk, hilly terrain, 3.5 miles. Walk Border Path to Hancock Hill Path and return via Wolcott Path. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton.

Saturday, August 14 **1 pm**



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

Saturday, August 21 **1 pm**



Moderate hike, 3 miles. Walk the Summit Road to the top of Great Blue and loop around Eliot Circle. Return via the red dot and green dot trails. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton.

Sunday, August 29 **1 pm**



Moderate walk, hilly terrain, 3 miles. Wolcott Path to Wildcat Notch and return via Halfway Path. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Things to know before you go

- Wear sturdy footwear
- Carry drinking water on all hikes
- We will hike unless the weather creates unsafe conditions
- If weather conditions are questionable, please call the reservation headquarters at 617-698-1802, ext. 3
- All programs are FREE
- Reasonable accommodations available upon request. Please call the park rangers for more info.