



Move outdoors!

Tie those walking shoes, buckle your bike helmet, grab your golf clubs or racquet, your camera or your suit and a towel! Try some of these suggestions to enjoy the great outdoors this summer.

Massachusetts has one of the largest state parks systems in the country! Our **state Parks and Forests** feature a huge variety of facilities, from fresh and saltwater beaches to hiking and bike trails to golf courses and more! There are parking fees for day use ranging from \$2 to \$9 per day; a ParksPass good for a calendar year is available for \$35 to state residents. <http://www.mass.gov/dcr/>. Be sure to check the website for information on which beaches and facilities are closed.

“**Outdoors This Week**” is a weekly listing of outdoor-oriented activities sponsored by a variety of regional organizations in the Boston metro area. To subscribe, go to www.sudburyvalleytrustees.org, choose the “What We Do” tab from the home page menu, and click on “Outdoors This Week”.

In addition to the state, federal and regional resources listed here, many **cities and towns** have conservation areas or other public recreation facilities with trails. Check out websites!

Walking/hiking groups, trails and more

Bay Circuit Trail www.baycircuit.org 180 miles of blazed multi-use, passive recreational trail in more than 32 cooperating towns in an “outer emerald necklace” between routes 128 and 495, from Plum Island in the north to Duxbury in the south, with the westernmost points in the Marlborough, Southborough and Ashland area.


Massachusetts Audubon Society www.massaudubon.org
Properties and facilities in many communities around the state. Some facilities charge a nominal fee for trail use to non-members.

Midstate Trail <http://www.midstatetrail.org>
The 92-mile hiking trail extends from the border of New Hampshire to Rhode Island.

New England Wildflower Society www.newfs.org/garden.htm botanic garden, courses, programs
Garden in the Woods, Framingham,.

Northeast Region, US Fish and Wildlife Service Wildlife Refuges
Assabet River National Wildlife Refuge, Hudson, Maynard, Stow and Sudbury,
<http://www.fws.gov/northeast/assabetriver/index.html>.

Great Meadows National Wildlife Refuge, Bedford, Billerica, Carlisle, Concord, Lincoln, Sudbury and Wayland. www.fws.gov/northeast/greatmeadows/



Oxbow National Wildlife Refuge, Ayer, Shirley, Harvard, Lancaster: .

www.fws.gov/northeast/oxbow/

Parker River National Wildlife Refuge, Newburyport., Kayaking and canoeing (entrance fee for boating). www.fws.gov/northeast/parkerriver/

Sudbury Valley Trustees www.sudburyvalleytrustees.org.

Properties in many local towns, and trail maps are available at their website as well as information about their events and programs. Free use of trails, charges to non-members for some organized events.

Trustees of Reservations www.thetrustees.org

Properties in many communities around the state. Many of the facilities are free to the public.

Walk'N Mass Volkssport Club offers free non-competitive events including walks, bikes, and swims. Their most popular events are walks of 5 and 10 kilometers on a well-marked trail with directions and a map to get you back where you started.

<http://www.ava.org/clubs/walknmass/>

Biking groups and a few trail suggestions (paved trails are also good for walking or roller-blading)

MassBike information on biking throughout the state ; it is a fabulous resource with information, links and maps for 29 trails in Metro Boston and Central Massachusetts alone (not to mention all of those in the rest of the Commonwealth!) www.massbike.org

Nashoba Valley Pedalers bike club www.nvpbike.org

Seven Hills Wheelman bike club www.sevenhillswheelmen.org

Assabet River Rail Trail Hudson to downtown Marlborough www.arrtinc.org/index.asp,

Bruce Freeman Rail Trail Lowell and Westford www.brucefreemanrailtrail.org

Mass Central Rail Trail www.masscentralrailtrail.org 25 miles of a proposed 104-mile Boston-Northampton trail are open now. See also www.wachusettsgreenways.org for information on the sections open from Sterling to Oakham in Central MA.

Minuteman Bike Trail Bedford to Cambridge <http://www.minutemanbikeway.org/>

Nashua River Rail Trail Ayer, MA to NH <http://www.mass.gov/dcr/>