

## Let's Walk Outside!

### Accessible Hiking Routes Great Places to Practice Cane & Other Mobility Skills

#### Using This Guide

There are many great locations across Massachusetts where you can spend hours walking through accessible sensory rich environments. Taking a tour through the Commonwealth, we have listed locations with accessible paths (paved or hard packed) for individuals with vision loss who may use long canes and also for individuals who use wheelchairs. We have highlighted the best options for practicing mobility skills and offer why we see them as the best. We are happy to add other hidden gems you may know about, so please share! We'd love to hear from you!

#### COVID-19 Considerations

- All Massachusetts parks follow current COVID-19 regulations and many amenities such as RESTROOMS, parking, snack bars and water options may be closed or limited.
- Please call ahead/visit <https://www.mass.gov/info-details/covid-19-updates-and-information> for the latest COVID-19 instructions to avoid disappointment when you arrive!

#### General Info

- Trail maps may be available in online details for each park
- Please carry out all trash
- Parking fees may apply to some locations. Please visit website(s) for details.

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.

# Let's Walk Outside (continued)

## Adaptive Recreation

- DCR Universal Access: Please call (413) 545-5760 or visit <https://www.mass.gov/orgs/universal-access-program> for locations where adaptive recreational equipment is available including wheelchair-free canoeing, beach accessible big wheel chairs, wheelchair mats on sand, accessible pools, and more.
  - [mass.gov/accessible-hiking-and-golfing](https://www.mass.gov/accessible-hiking-and-golfing)
  - [mass.gov/service-details/adaptive-hiking-programs](https://www.mass.gov/service-details/adaptive-hiking-programs) [mass.gov/visit-massachusetts-state-parks](https://www.mass.gov/visit-massachusetts-state-parks)

Park	Town	Walk Surface	Comments
Chicopee Memorial State Park	Chicopee	paved & unpaved	Paved bike trail, unpaved trails, swim in reservoir, cross country, grills, restrooms, accessible beaches, <a href="https://www.mass.gov/locations/chicopee-memorial-state-park">https://www.mass.gov/locations/chicopee-memorial-state-park</a>
Ashuwillticook Rail Trail	Cheshire	wide paved path	12.7 mile walking/bike riding path through Cheshire, Lanesborough, & Adams in scenic wildlife area. Cross country & shoe showing in winter, beach wheelchair, <a href="https://www.mass.gov/locations/ashuwillticook-rail-trail">https://www.mass.gov/locations/ashuwillticook-rail-trail</a>
Walden Pond State Reservation	Concord	paved; unpaved; wide trails	Accessible: beach, picnic, trails, restrooms, beach w/c available*, cross country skiing & snowshoeing; closes at capacity so call daily (978) 369-3254 <a href="https://www.mass.gov/locations/walden-pond-state-reservation">https://www.mass.gov/locations/walden-pond-state-reservation</a>

Please note: These Web links are being offered only as informational resources. It is not our intention to endorse or recommend the sites.

## Let's Walk Outside (continued)

Park	Town	Walk Surface	Comments
<b>Cape Cod Rail Trail</b>	South Dennis to Orleans	paved	South Dennis / Harwich / Brewster / Orleans / Eastham / Wellfleet are connected with several access points; "run, walk or ride through 6 towns"; ride horseback, swim, fish, hike, hunt (be aware), bike paths, cross country ski, snowshoe; bike rentals, accessible bike paths (508) 457-0495 <a href="https://www.mass.gov/locations/cape-cod-rail-trail">https://www.mass.gov/locations/cape-cod-rail-trail</a>
<b>Demarest Lloyd State Park</b>	Dartmouth	beach mat	Access to rocky beach is provided with beach mat & beach wheelchairs <a href="https://www.mass.gov/locations/demarest-lloyd-state-park">https://www.mass.gov/locations/demarest-lloyd-state-park</a>
<b>Dighton Rock State Park</b>	Dighton	packed dirt	Museum by appointment only, walking trails, bring outdoor games, fishing, canoeing, 85 acre park, <a href="https://www.mass.gov/locations/dighton-rock-state-park">https://www.mass.gov/locations/dighton-rock-state-park</a>
<b>Dunn State Park</b>	Gardner	compact stone dust	Accessible beach (w/acc. beach chair), picnic, w/c access. fishing piers, boat, canoe, kayak, picnic areas, 1 mile Woodland trail access. for w/c & heart healthy w/low grade (508) 457-0495 <a href="https://www.mass.gov/locations/dunn-state-park">https://www.mass.gov/locations/dunn-state-park</a>

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.

## Let's Walk Outside (continued)

Park	Town	Walk Surface	Comments
DAR State Forest	Goshen	hard packed surface for w/c & defined guideline for white cane use	Daughters of the Amer. Rev. Forest, accessible beach, horseback riding, fishing, cross country, snowshoeing, grills, beach w/c, accessible boating & hiking (413) 268-7098 <a href="https://www.mass.gov/locations/daughters-of-the-american-revolution-dar-state-forest">https://www.mass.gov/locations/daughters-of-the-american-revolution-dar-state-forest</a>
Kennedy Park	Fall River	paved	Sensory walks, picnic, group games <a href="https://en.wikipedia.org/wiki/Kennedy_Park_(Fall_River,_Massachusetts)">https://en.wikipedia.org/wiki/Kennedy_Park_(Fall_River,_Massachusetts)</a>
Heritage Park	Fall River	paved; wooden walkway	Section for using white cane, wheelchair access, carousel, rest rooms, gift shop, on Taunton River <a href="https://www.mass.gov/locations/fall-river-heritage-state-park">https://www.mass.gov/locations/fall-river-heritage-state-park</a>
Wompatuck State Park	Hingham	several paved trails, others hard packed	Camp, hike, paved bike path, heart-healthy trail, *wear orange in hunting season, (617) 895-8245 <a href="https://www.mass.gov/locations/wompatuck-state-park">https://www.mass.gov/locations/wompatuck-state-park</a>
Mt. Tom State Reservation	Holyoke		Accessible hiking, golfing, rest rooms, heart healthy trails, picnic, & fish. Cross country ski, snowshoe (413) 534-1186 <a href="https://www.mass.gov/locations/mount-tom-state-reservation">https://www.mass.gov/locations/mount-tom-state-reservation</a>

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.

## Let's Walk Outside (continued)

Park	Town	Walk Surface	Comments
<b>Hopkinton State Park</b>	Hopkinton		Self-guided heart healthy nature park, picnic area, restrooms, boat rental available (508) 435-4303 <a href="https://www.mass.gov/locations/hopkinton-state-park">https://www.mass.gov/locations/hopkinton-state-park</a>
<b>Nantasket Beach</b>	Hull	sandy beach, paved sidewalk	Beach wheelchairs available at bathhouse; food options, mini-golf, arcade, new boardwalk, historic Carousel (617) 925-1777 <a href="https://www.mass.gov/locations/nantasket-beach-reservation">https://www.mass.gov/locations/nantasket-beach-reservation</a>
<b>Mt. Greylock State Park</b>	Lanesboro	paved & packed packed dust	Highest point in MA, access paved route at summit, and at the Glen, great views, hike, camp, cross country ski, snowshoe (413) 499-4262 <a href="https://www.mass.gov/locations/mount-greylock-state-reservation">https://www.mass.gov/locations/mount-greylock-state-reservation</a>
<b>Blue Hills Reservation</b>	Milton	packed dirt, some paved	A few paved trails, ski, cross country, horseback riding, ski lessons & rentals, Wildlife Museum, rock climbing, camp, picnic, assessable by bus & train (617) 698-1802 <a href="https://www.mass.gov/locations/blue-hills-reservation">https://www.mass.gov/locations/blue-hills-reservation</a>
<b>Buttonwood Park*</b>	New Bedford	paved & dirt paths	Zoo, arboretum, gardens, walking paths, pond, Zoo, Zoo Train, Charlie's Nature Play, picnic by lake, Swan Paddle Boats. *must purchase all tickets on line in advance, group & senior rates available <a href="https://buttonwoodpark.org/">https://buttonwoodpark.org/</a>

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.

## Let's Walk Outside (continued)

Park	Town	Walk Surface	Comments
Harold Parker State Park	North Andover	some paved trails	Accessible beaches, beach wheelchair, fish, picnic, rest rooms, swim, heart healthy trails, camp, ponds, canoe, kayak, horseback riding, cross-country ski, snowshoeing (978) 686-3391 <a href="https://www.mass.gov/locations/harold-parker-state-forest">https://www.mass.gov/locations/harold-parker-state-forest</a>
Norwottuck Rail Trail	Northampton	wide paved	Wide paved roads for walkers & use of adapted bicycles, level path, well-groomed grassy shorelines for white cane users, restrooms <a href="https://www.mass.gov/locations/norwottuck-rail-trail">https://www.mass.gov/locations/norwottuck-rail-trail</a>
Pilgrim Memorial State Park	Plymouth	paved	Plymouth Rock, the Mayflower, restrooms, free outdoor summer concerts <a href="https://www.mass.gov/locations/pilgrim-memorial-state-park">https://www.mass.gov/locations/pilgrim-memorial-state-park</a>
Heritage Museum & Gardens	Sandwich	paved paths	McGraw Garden of the Senses with w/c accessible paths & great shore lining options for cane users <a href="https://heritagemuseumsandgardens.org/visit/">https://heritagemuseumsandgardens.org/visit/</a>
Middlesex Fells Reservation	Stoneham		Fish, bike, hike. Long Pond Nature Trail has pamphlet w/Teacher's Manuel describing plants, animals, insects & geology @ 12 stations. (1 hr.), easy walk (617) 727-1199 x406 <a href="https://www.mass.gov/locations/middlesex-fells-reservation">https://www.mass.gov/locations/middlesex-fells-reservation</a>

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.

## Let's Walk Outside (continued)

Park	Town	Walk Surface	Comments
<b>Wells State Park</b>	Sturbridge	stone dust	A 1-mile loop through forested area, includes wetlands & historic stonework, camping Yurts w/access. ramps, Mill Pond Trail (1 mile) <a href="https://www.mass.gov/locations/wells-state-park">https://www.mass.gov/locations/wells-state-park</a>
<b>Gertrude Boyden Wildlife Refuge</b>	Taunton	paved road & wooded trails	Also called the 620 Spring Street Dam, walkway by the pond to view wildlife <a href="https://www.taunton-ma.gov/resident-resources/pages/nature-parks">https://www.taunton-ma.gov/resident-resources/pages/nature-parks</a>
<b>Watson Pond State Park</b>	Taunton	packed dirt	Picnic benches & grill pits, walking trails, do a scavenger hunt, collect leaves, pinecones for 'memory box', etc. Listed as accessible but paths not wide enough for wheelchair; restrooms <a href="https://www.mass.gov/locations/watson-pond-state-park">https://www.mass.gov/locations/watson-pond-state-park</a>
<b>Massasoit State Park</b>	East Taunton	paved & unpaved road, hiking trails	Gates used to discourage vehicles so walk around them, <a href="https://www.mass.gov/locations/massasoit-state-park">https://www.mass.gov/locations/massasoit-state-park</a>
<b>Canalside Rail Trail</b>	Turners Falls	packed stone dust	Swim, fish, walk, heart healthy trail, accessible trail at summit (1/4 mile loop) <a href="https://www.mass.gov/locations/canalside-rail-trail">https://www.mass.gov/locations/canalside-rail-trail</a>

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.



## Let's Walk Outside (continued)

Park	Town	Walk Surface	Comments
Wendell State Forest	Wendell	stone dust	Half-mile "friendly trail" from headquarters to Ruggles Pond with moderate decent (for experienced hiker) through forest, picnic area. <a href="https://www.mass.gov/locations/wendell-state-forest">https://www.mass.gov/locations/wendell-state-forest</a>
Quinsigamond State Park	Worcester	hard packed	Accessible beach, 2 beach wheelchairs, adaptive kayak, 1 accessible trail Regatta Point: swim, sail, picnic, fish Lake Park: swim, picnic, beach, tennis <a href="https://www.mass.gov/locations/quinsigamond-state-park">https://www.mass.gov/locations/quinsigamond-state-park</a>

### Additional Resources

- All Out Adventures: <https://alloutadventures.org/>
- Massachusetts Vacation Guide, seasonal fairs, concerts, etc.: [massvacation.com](http://massvacation.com)
- Cape & Islands Vacation Guide: [capecodchamber.org](http://capecodchamber.org)
- Ferry to/from Martha's Vineyard from Falmouth: [islandqueen.com](http://islandqueen.com)
- Ferry to/from Martha's Vineyard from New Bedford:
  - [nefastferry.com](http://nefastferry.com) and [falmouthferry.com](http://falmouthferry.com)

Developed by: Maureen Coyle, MA, COMS,  
Carroll Center for the Blind

Edited by: Lelia Couzyn, M.Ed., COMS  
Carroll Center for the Blind

Lisa DiBonaventura, M.A., COMS

Please also see MCB/DDS Partnership "Focus" resources:

<https://www.focusonvisionandvisionloss.org/recreation.html>

Please note: These Web links are being offered only as informational resources.

It is not our intention to endorse or recommend the sites.