The mission of the **Mystic River Watershed Association** is to protect and restore the Mystic River, its tributaries and watershed lands for the benefit of present and future generations. Covering 76 square miles, the Mystic River watershed is a living system full of fish and wildlife—including the largest river herring migration in Massachusetts. The watershed includes hundreds of acres of open space and parks that offer recreational opportunities to more than 600,000 community members in 22 cities and towns in greater Boston.

We invite you to discover the beauty of nature, a variety of wildlife, and health benefits of being active—all in your own “backyard!” Share the wonders of our parklands and waterways with family and friends and get to know your region up close and personal.

MyRWA wishes to honor and acknowledge the indigenous communities native to this region and its past, present, and future. To our knowledge, the watershed is on the colonized lands of the Massachusett, Nipmuc, and Pawtucket tribes. The name “Mystic” comes from the term that these tribes used for the river – “Missi-Tuk,” which means “great tidal river.” As you explore the watershed, we encourage you to learn with us about its past and current indigenous heritage.

Please visit our website if you are interested in volunteering or would like more information.

www.MysticRiver.org
The mission of the Mystic River Watershed Association is to protect and restore the Mystic River, its tributaries and watershed lands for the benefit of present and future generations. Covering 76 square miles, the Mystic River Watershed is a living system full of fish and wildlife—including the largest river herring migration in the Massachusetts. The watershed includes hundreds of acres of open space and parks that offer recreational opportunities to the more than 500,000 community members in 22 cities and towns in greater Boston. We invite you to discover the beauty of nature, a variety of wildlife, and health benefits of being active—all in your own "backyard!" Share the wonders of our parklands and waterways with family and friends and get to know your region up close and personal.

We would like to recognize our local landowners, stewards and community partners:

Bike to the Sea
Friends of Alewife Reservation
Friends of Belle Isle Marsh
Friends of Horn Pond
Friends of the Malden River
Friends of the Middlesex Fells
Friends of the Mystic River
Friends of the Community Path
Friends of Spy Pond Park
Massachusetts Dept. of Conservation and Recreation
City of Medford
Minuteman Bikeway
Medford Bicycle Advisory Commission
Medford-Brooks Estate Land Trust
Paddle Boston
WalkMedford

Note: The City of Medford has two walking routes with signage. Look for signs that say “Over the Mystic.” Physical maps are available at City Hall and the library.
MYSTIC RIVER BASIN LOOP

Location:
Torbert Macdonald Park Parking Lot, 4253 Mystic Valley Parkway, Medford

Difficulty:
Easy

Length:
2.6 mile loop

Features:
Enjoy the Mystic River and a large waterfront park, Macdonald Park, while never crossing the road! You can climb a viewing tower, rest on a waterfront dock and check out views of the Boston skyline on this loop trail. Visit the commercial centers at Assembly Row, Station Landing and Meadow Glen Mall featuring a new Wegmans. This is also the route of the Mystic River Watershed Association's annual Herring Run & Paddle!
**MYSTIC RIVER BASIN LOOP**

**Location:** Torbert Macdonald State Park Parking Lot, 4253 Mystic Valley Parkway, Medford

**Difficulty:** Easy

**Length:** 2.6 mile loop

**Features:** Enjoy the Mystic River and a large waterfront park, Macdonald Park, while never crossing the road! You can climb a viewing tower, rest on a waterfront dock and check out views of the Boston skyline on this loop trail. Visit the commercial centers at Assembly Row, Station Landing and Meadow Glen Mall featuring a Wegmans. This is also the route of the Mystic River Watershed Association’s annual Herring Run & Paddle!

*Record date of completed walk/ride.*
RIVERBEND PARK TO MEDFORD SQUARE

Location: Wegmans, 3850 Mystic Valley Parkway, Medford

Difficulty: Easy

Length: 3.6 mile out-and-back

Features: Start at Wegmans and head toward Medford Square through Riverbend Park taking in views of the Mystic River. Currently, you will need to take Riverside Avenue. In 2019, you will be able to take the “Clippership Connector,” a planned path which will make a direct connection to Medford Square. This project is a partnership between the Mystic River Watershed Assoc., Mass. Department of Conservation and Recreation (DCR), City of Medford, Solomon Foundation, the Medford Bicycle Advisory Commission, WalkMedford and Wegmans.

Clippership Connector
RIVERBEND PARK TO MEDFORD SQUARE

Location: Wegmans, 3850 Mystic Valley Parkway, Medford

Difficulty: Easy

Length: 3.6 mile out-and-back

Features: Start at Wegmans and head toward Medford Square through Riverbend Park taking in views of the Mystic River. Currently, you will need to take Riverside Avenue. Soon you will be able to take the “Clippership Connector,” a planned path which will make a direct connection to Medford Square. This project is a partnership between the Mystic River Watershed Assoc., Mass. Department of Conservation and Recreation (DCR), City of Medford, Solomon Foundation, the Medford Bicycle Advisory Commission, WalkMedford and Wegmans.

Record date of completed walk/ride.
CONDON SHELL LOOP

Location: Condon Shell, 2501 Mystic Valley Parkway, Medford

Difficulty: Easy

Length: 3 mile loop/out-and-back

Features: Start at Condon Shell near Medford Square and walk upriver to Dugger Park. You’ll find peaceful spots along the river, see Medford’s Winthrop Community Garden or stop at Whole Foods for snacks and a restroom (2151 Mystic Valley Parkway). Duggar Park has a playground, tennis and basketball courts. In the summer, visit the Medford Farmers Market at the Condon Band Shell.
CONDON SHELL LOOP

Location: Condon Shell, 2501 Mystic Valley Parkway, Medford

Difficulty: Easy

Length: 3 mile loop/out-and-back

Features: Start at Condon Shell near Medford Square and walk upriver to Dugger Park. You’ll find peaceful spots along the river, see Medford’s Winthrop Community Garden or stop at Whole Foods for snacks and a restroom (2151 Mystic Valley Parkway). Duggar Park has a playground, tennis and basketball courts. In the summer, visit the Medford Farmers Market at the Condon Band Shell, or rent a kayak from Paddle Boston and head out on the Mystic River.

Record date of completed walk/ride.
Location: Dugger Park, 21 Mystic River Road, Medford

Difficulty: Easy

Length: 4.1 mile loop

Features: Start at Dugger Park for a nice walk or run along the river to the Medford Boat Club, Tufts Sailing Boat House and Mystic Lakes Dam. Head back through West Medford. Bald eagles are often spotted at the Mystic Lakes in the winter.
MYSTIC LAKES - WEST MEDFORD

Location: Dugger Park, 21 Mystic River Road, Medford

Difficulty: Easy

Length: 4.1 mile loop

Features: Start at Dugger Park for a nice walk or run along the river to the Medford Boat Club, Tufts Sailing Boat House and Mystic Lakes Dam. Head back through West Medford. Bald eagles are often spotted at the Mystic Lakes in the winter.

Record date of completed walk/ride.
Location: Brooks Estate, 275 Grove Street (Green Gate), Medford. Parking can be found on the side streets off of Grove Street.

Difficulty: Easy

Length: .9 mile loop

Features: This walking trail runs up the access drive from Grove Street to the Manor, behind the Manor/Carriage House, then loops back into the Brooks Estate. The Brooks Estate offers acres of open space, walking trails, Brooks Pond and a unique historic landscape. It is also critical habitat for birds and small mammals. Visitors are welcome to walk the paths and enjoy the quiet and beautiful outdoors.
BROOKS ESTATE LOOP

Location: Brooks Estate, 275 Grove Street (Green Gate), Medford. Parking can be found on the side streets off of Grove Street.

Difficulty: Easy

Length: .9 mile loop

Features: This walking trail runs up the access drive from Grove Street to the Manor, behind the Manor/Carriage House, then loops back into the Brooks Estate. The Brooks Estate offers acres of open space, walking trails, Brooks Pond and a unique historic landscape. It is also critical habitat for birds and small mammals. Visitors are welcome to walk the paths and enjoy the quiet and beautiful outdoors.

Record date of completed walk/ride.
SOMERVILLE COMMUNITY PATH

Location:
Alewife T Station Garage, Alewife Brook Parkway and Cambridge Drive, Cambridge

Difficulty:
Easy

Length:
2.3 mile out-and-back

Features:
This tree-lined linear path provides a nice break from the hustle and bustle of the city. Stop in Davis Square to eat at one of the many fabulous restaurants. When you return to the Alewife T, head west to see the Alewife Stormwater Wetland. Recreational amenities include a boardwalk and scenic overlooks, environmental education opportunities, an amphitheater, interpretive signage, and links to the Alewife Greenway Extension's bike and pedestrian paths.
SOMERVILLE COMMUNITY PATH

Location: Alewife T Station Garage, Alewife Brook Parkway and Cambridge Park Drive, Cambridge

Difficulty: Easy

Length: 2.3 mile out-and-back

Features: This tree-lined linear path provides a nice break from the hustle and bustle of the city. Stop in Davis Square to eat at one of the many fabulous restaurants. When you return to the Alewife T, head west to see the Alewife Stormwater Wetland. Recreational amenities include a boardwalk and scenic overlooks, environmental education opportunities, an amphitheater, interpretive signage, and links to the Alewife Greenway Extension’s bike and pedestrian paths.

Record date of completed walk/ride.
FRESH POND LOOP

Location: Fresh Pond Reservation, 250 Fresh Pond Parkway, Cambridge*

Difficulty: Easy

Length: 2.4 mile loop

Features: Bike, walk or run around Fresh Pond—you can even tour the water treatment plant at this location. Fresh Pond Reservation consists of 162 acres of open space and is one of the best bird-watching sites in Greater Boston. Fresh Pond Reservoir is also a vital part of the drinking water supply system for the City of Cambridge.

*Cambridge resident sticker or handicapped plate required for parking, per city website. The Alewife T Station is a short walk away.

Record date of completed walk/ride.
**FRESH POND LOOP**

**Location:** Fresh Pond Reservation, 250 Fresh Pond Parkway, Cambridge*

**Difficulty:** Easy

**Length:** 2.4 mile loop

**Features:** Bike, walk or run around Fresh Pond—you can even tour the water treatment plant at this location. Fresh Pond Reservation consists of 162 acres of open space and is one of the best bird-watching sites in Greater Boston. Fresh Pond Reservoir is also a vital part of the drinking water supply system for the City of Cambridge.

*Cambridge resident sticker or handicapped plate required for parking, per city website. The Alewife T Station is a short walk away.

**Record date of completed walk/ride.**
SPY POND LOOP

Location: Spy Pond Park, Pond Lane, Arlington

Difficulty: Easy

Length: 2.8 mile loop

Features:
Lots to see and do along this route!
Boat to Elizabeth Island and play in Spy Pond Park.
Find the boat ramp with summer weekend canoe and kayak rentals from 12-6 pm at the Pond Lane entrance to the park. You will walk part of the Minuteman Bikeway, a 10-mile shared-use path that runs from Arlington to Bedford with many historic Revolutionary War era sites along the way to visit.

Record date of completed walk/ride.
SPY POND LOOP

Location: Spy Pond Park, Pond Lane, Arlington

Difficulty: Easy

Length: 2.8 mile loop

Features: Lots to see and do along this route! Boat to Elizabeth Island and play in Spy Pond Park. Find the boat ramp with summer weekend canoe and kayak rentals from 12-6 pm at the Pond Lane entrance to the park. You will walk part of the Minuteman Bikeway, a 10-mile shared-use path that runs from Arlington to Bedford with many historic Revolutionary War era sites along the way to visit.

Record date of completed walk/ride.
MIDDLESEX FELLS - HEALTHY HEART TRAIL

Location:
Greenwood Park, 149 Pond Street, Stoneham (across from Stone Zoo)

Difficulty:
Moderate

Length:
1.5 mile loop

Features:
This hike allows for some variety and elevation gains without being too difficult, and is great for cross country skiing in the winter. Follow Saddleback and Whip Hill Path. Go over Whip Hill to take in a great view of Spot Pond or take a short side trip to Crystal Spring. To view more Middlesex Fells trail options visit www.friendsofthefells.org/trails/.
MIDDLESEX FELLS - HEALTHY HEART TRAIL

Location: Greenwood Park, 149 Pond Street, Stoneham (across from Stone Zoo)

Difficulty: Moderate

Length: 1.5 mile loop

Features: This hike allows for some variety and elevation gains without being too difficult, and is great for cross country skiing in the winter. Follow Saddleback and Whip Hill Path. Go over Whip Hill to take in a great view of Spot Pond or take a short side trip to Crystal Spring. To view more Middlesex Fells trail options visit https://www.friendsofthefells.org/find-a-trail/

Record date of completed walk/ride.
HORN POND LOOP

Location: Horn Pond Parking Lot, 85 Lake Avenue, Woburn

Difficulty: Easy

Length: 2 mile loop

Features: This path and network of local streets takes you around Horn Pond, an important waterbody that feeds the Aberjona and Mystic Rivers. Connects to Horn Pond Mountain hiking trail and at the top there are views to downtown Boston. This is a great area for birding!

Record date of completed walk/ride.
HORN POND LOOP

**Location:** Horn Pond Parking Lot, 85 Lake Avenue, Woburn

**Difficulty:** Easy

**Length:** 2 mile loop

**Features:** This path and network of local streets takes you around Horn Pond, an important waterbody that feeds the Aberjona and Mystic Rivers. Connects to Horn Pond Mountain hiking trail and at the top there are views to downtown Boston. This is a great area for birding!

*Record date of completed walk/ride.*
RIVER'S EDGE - MALDEN RIVER WALK

Location: River's Edge Parking Garage, 200 River's Edge Drive, Medford

Difficulty: Easy

Length: 1.7 mile out-and-back

Features: Wonderful Malden River vistas with an observation deck, Tufts Boathouse, and interpretative signage. Head south along the Malden River, reverse your direction and head north to Little Creek then come back to parking garage. Great route for families and young cyclists. You can often spot rowers from the local high school programs and Tufts University practicing on the river.

P
RIVER’S EDGE - MALDEN RIVER WALK

Location: River’s Edge Parking Garage, 200 River’s Edge Drive, Medford

Difficulty: Easy

Length: 1.7 mile out-and-back

Features: Wonderful Malden River vistas with an observation deck, Tufts Boathouse, and interpretative signage. Head south along the Malden River, reverse your direction and head north to Little Creek then come back to parking garage. Great route for families and young cyclists. You can often spot rowers from the local high school programs and Tufts University practicing on the river.

Record date of completed walk/ride.
RIVERGREEN PARK & NORTHERN STRAND COMMUNITY TRAIL

Location: Rivergreen Dr, Everett, MA 02149

Difficulty: Easy

Length: 1.5 mile loop

Features: Rivergreen Park is organized along its central trail, an accessible paved walkway from the sidewalk of Rivergreen drive along South Creek, up past active play fields and courts along the North Creek, to Airforce Rd. The park features a shaded pavillion with seating, views of the Malden River, and unpaved trails along the river bank. At the park, you can also see 32 colorful firefly sculptures, which were installed in 2022 to celebrate work to increase biodiversity and restore important wetland in this area. From Rivergreen Park, you can connect to the Northern Strand Community Trail, which stretches 8 miles from Everett to Lynn.

Record date of completed walk/ride.
Location: Waitt's Mountain Park, Leonard Street, Malden

Difficulty: Easy

Length: 0.4 miles

Features: As the highest point in Malden, this trail features expansive views of the Boston skyline. During the Battle of Bunker Hill, people observed the battle from Waitt's Mount. The historic park also has a basketball court, natural playground, rope climb, amphitheater, rain garden, and hosts many community events.

Record date of completed walk/ride.
WAITT’S MOUNT PARK LOOP

**Location:** Waitt’s Mountain Park, Leonard Street, Malden

**Difficulty:** Easy

**Length:** .4 miles

**Features:** As the highest point in Malden, this trail features expansive views of the Boston skyline. During the Battle of Bunker Hill, people observed the battle from Waitt’s Mount. The historic park also has a basketball court, natural playground, rope climb, amphitheater, rain garden, and hosts many community events.

*Record date of completed walk/ride.*
BELLE ISLE MARSH LOOP

Location: Belle Isle Marsh Parking Lot, 1399 Bennington Street, Boston

Difficulty: Easy

Length: .6 miles

Features: Belle Isle Marsh is a 0.6 mile moderately trafficked loop trail that features beautiful wildflowers, marshlands and is good for all skill levels. One tall observation tower and two docks provide great viewing stops. This is Boston's last remaining salt marsh. Dogs are also able to use this trail.
BELLE ISLE MARSH LOOP

Location: Belle Isle Marsh Parking Lot, 1399 Bennington Street, Boston

Difficulty: Easy

Length: .6 miles

Features: Belle Isle Marsh is a 0.6 mile moderately trafficked loop trail that features beautiful wildflowers, marshlands and is good for all skill levels. One tall observation tower and two docks provide great viewing stops. This is Boston’s last remaining salt marsh. Dogs are also able to use this trail.

Record date of completed walk/ride.
Mystic Lakes to Mystic River Paddle*

Location: Tufts Sailing Boat House Parking Lot, 481 Mystic Valley Parkway, Medford

Difficulty: Moderate

Length: 4 miles out-and-back paddle

Features: Explore Lower Mystic Lake and follow it to the start of the Mystic River and end of Alewife Brook. Put-in at the Mystic Lakes Dam, near the parking lot. If you want to get out for a break, snack, or drink, use the launch near the Medford Whole Foods. Paddle back upstream to the Mystic Lakes. During May and June, look for hundreds of river herring traveling up the Mystic River.

* This page is not required to complete the booklet as we recognize that not everyone has access to a boat.
Mystic Lakes to Mystic River Paddle*

Location: Tufts Sailing Boat House Parking Lot, 481 Mystic Valley Parkway, Medford

Difficulty: Moderate

Length: 4 miles out-and-back paddle

Features: Explore Lower Mystic Lake and follow it to the start of the Mystic River and end of Alewife Brook. Put-in at the Mystic Lakes Dam, near the parking lot. If you want to get out for a break, snack, or drink, use the launch near the Medford Whole Foods. Paddle back upstream to the Mystic Lakes. During May and June, look for thousands of river herring traveling up the Mystic River.

* This page is not required to complete the booklet as we recognize that not everyone has access to a boat.

Record date of completed walk/ride.
MYSTIC TO MALDEN RIVER PADDLE

Location:
Blessing of the Bay Boat House, 32 Shore Drive, Somerville

Difficulty:
Easy

Length:
2 miles out-and-back paddle

Features:
Explore the confluence of the Mystic and Malden Rivers during this leisurely paddle. You can see the Tufts Rowing Team Boat House halfway up the Malden River, paddle downstream to see the Amelia Earhart Dam, and visit Macdonald Park across the river from Blessing of the Bay. Paddle Boston operates a full service canoe and kayak operation at this site.

* If you cannot afford to rent a boat, please reach out to the Mystic River Watershed Association for a discounted pass.
MYSTIC TO MALDEN RIVER PADDLE

Location: Blessing of the Bay Boat House, 32 Shore Drive, Somerville

Difficulty: Easy

Length: 2 miles out-and-back paddle

Features: Explore the confluence of the Mystic and Malden Rivers during this leisurely paddle. You can see the Tufts Rowing Team Boat House halfway up the Malden River, paddle downstream to see the Amelia Earhart Dam, and visit Macdonald Park across the river from Blessing of the Bay. Paddle Boston operates a full service canoe and kayak operation at this site.

* If you cannot afford to rent a boat, please reach out to the Mystic River Watershed Association for a discounted pass.

Record date of completed walk/ride.
Tips for Fuel on the Trail

Short, leisurely walks don’t usually require any fuel besides water and your own two feet! However, if you are planning an activity that is of moderate intensity or that will last more than 45 minutes, packing smart hydration and food choices is a good idea.

- Stay hydrated with water (plain or sweetened with fruit) or unsweetened iced tea instead of sugar-sweetened beverages. Freeze a bottle of water the night before your activity: it can be used as an ice pack, and will be ready to drink later in the day!
- Consider portable protein choices such as pouched tuna and salmon to support your hard work! Other options that work well are cheese sticks, snack packs of hummus, and grilled chicken strips (keep cool with an ice pack or frozen bottled water).
- Choose whole grains for more filling fiber than refined grains. Options like whole grain breads, wraps, tortilla chips, and crackers all work well on the go!
- Pack a rainbow of colorful fruits & veggies to provide fiber & hydration for your activity! Choices that travel well include apples, bananas, dried fruit, snap peas, baby carrots, and sweet pepper strips.
- Nuts & seeds are great for keeping hunger from getting in the way of your fun! Bring a handful of walnuts, almonds, sunflower or pumpkin seeds for a crunchy, satisfying snack.
Friends of the Genesee Valley Greenway

Membership Application

Benefits of Membership:

1. A year-long subscription to the Greenway News, which focuses on trail enhancement efforts and celebrates the stories of our volunteers, trail users, and trail communities.
2. Gratifying volunteer opportunities as a trail adopter or committee member.
3. Leadership opportunities through service on our Board of Directors.
4. Invitations to FOGVG-sponsored programs and events, including the Volunteer Appreciation Picnic, Annual Meeting, and organized hikes.
5. The knowledge that your membership is helping to develop, maintain and improve the Genesee Valley Greenway for future generations.

Name _________________________________________
Address ________________________________________
City ____________________ ST ______ Zip __________
Phone (Day) _________________ (Eve) ______________
Email _________________________________________

□ Please send me a link to the newsletter and put my print copy in a public place
□ Please send me a .pdf file and put my print copy in a public place

Membership Level
□ New Membership
□ Renewal
□ Individual $20
□ Family $25
□ Supporter $35
□ Contributor $50
□ Trail Blazer $100
□ Business Sponsor $120

Additional Contribution: $________ Total Enclosed: $___________

Please make checks payable to:
Friends of the Genesee Valley Greenway
P.O. Box 42
Mt. Morris, NY 14510

www.eatwelllivewell.org
www.wegmans.com
Tips for Packing Healthy Picnic Baskets

- Whole wheat breads are high in fiber and contain more nutrients than white bread. Also, try whole grain tortillas or wraps for variety.
- Bring fruits and vegetables in a variety of colors to get optimal nutrients. Pack a container full of colorful fruit salad for a healthy and delicious desert!
- Bring a whole watermelon, cantaloupe, or honeydew and slice it open on the spot. Nature’s packaging works beautifully to keep these fruits cool and fresh.
- Cut up veggies for dipping. Carrots, broccoli crowns, bell pepper strips and cucumbers are just a few options to try. Dip into low-fat dips, hummus or salsa for flavor!
- Consider alternatives for burgers and hot dogs. Turkey, poultry sausages, leaner ground beef, veggie burgers and grilled chicken are available and are lower in fat.
- Instead of sweetened sodas or fruit juices, bring seltzer mixed with all-natural fruit juice, unsweetened iced tea, or bottles of water. Freeze the bottled water the night before to use as cold packs to keep food cold. When you’re ready to eat, you will have an icy bottle of water ready to drink.

From Wegmans Nutrition Team
Here’s how to record trail visits in your Wegmans *Hit the Trail* Passport!

- Hit the trail with your passport
- Record date of completed trail on each page
- Drop off completed passports at the Mystic River Watershed Association office for a chance to WIN prizes!

**This passport belongs to:**

Name ____________________________________________________________

Address _________________________________________________________

Phone/email _____________________________________________________