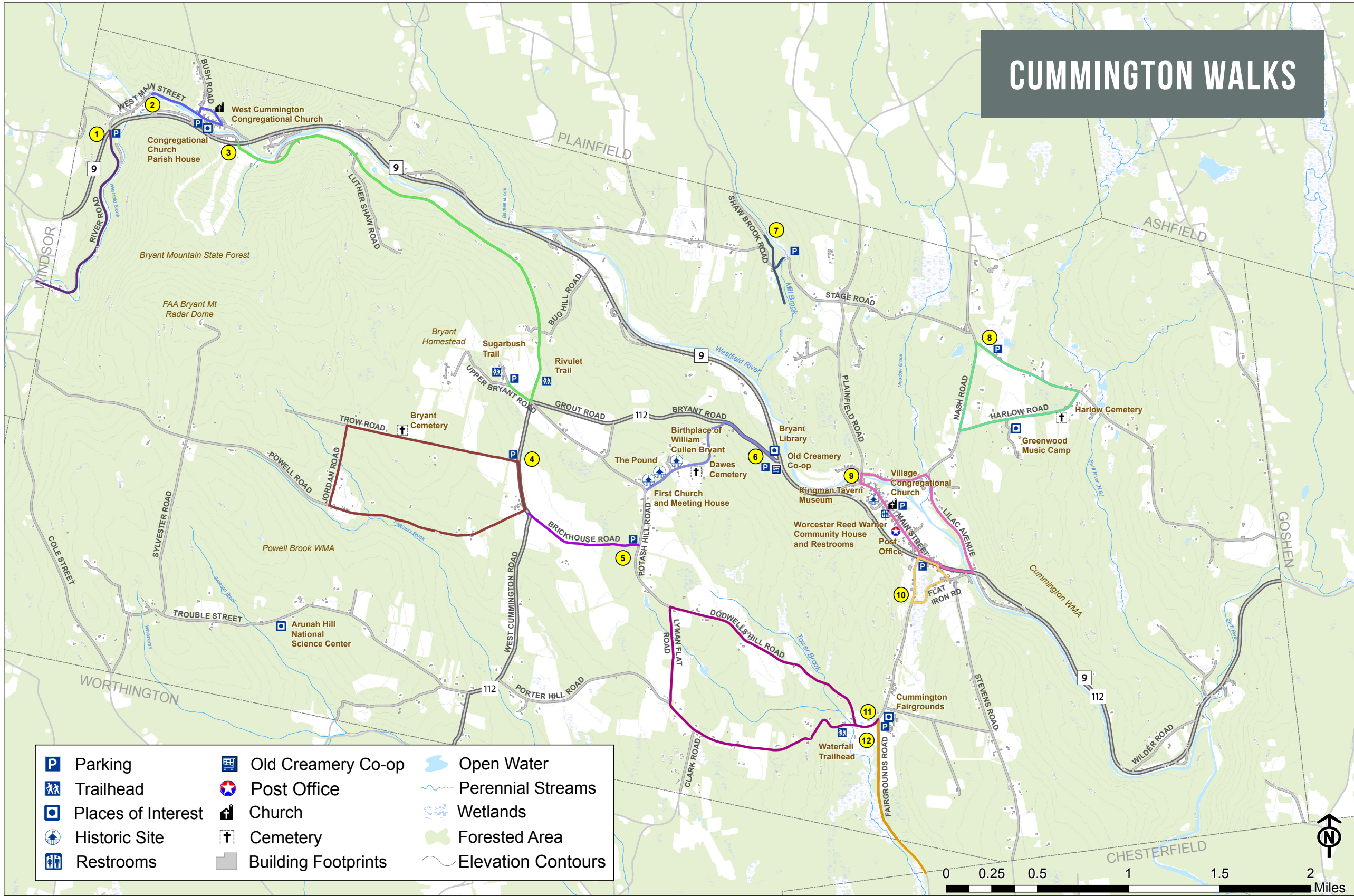


# CUMMINGTON WALKS



\* Distance and time estimates are for one-way.

- |  |   |   |
|--|---|---|
| 1 * River Rd. Route - Easy -to- Moderate (1.2 miles) - 36min | 5 * Brickhouse Rd. Route - Easy (0.7 miles) - 21min         | 9 Village Loop - Easy (1.8 miles) - 54min                 |
| 2 * West Main St. Route - Moderate (0.6 miles) - 18min       | 6 * Potash Hill Rd. Route - Challenging (1.0 miles) - 30min | 10 Flat Iron Rd. Loop - Easy (0.7 miles) - 21min          |
| 3 * West Cummington Rd. Route - Easy (2.8 miles) - 1hr 24min | 7 * Mill Brook Route - Moderate (0.5 miles) - 15min         | 11 Tower Brook Loop - Challenging (3.1 miles) - 1hr 33min |
| 4 Bryant Cemetery Loop - Moderate (2.8 miles) - 1hr 24min    | 8 Harlow Rd. Loop - Moderate (1.8 miles) - 54min            | 12 * Fairground Rd. Route - Easy (1.0 miles) - 30min      |

## LOCAL DESTINATIONS

### KINGMAN TAVERN MUSEUM



Housed in an early 1800s tavern, the Kingman Tavern Museum facility houses over 5000 artifacts depicting Cummington history from the late 1700s to the mid-1900s. It is open Saturdays from 2-5pm in July and August.

### CUMMINGTON FAIRGROUNDS

The Cummington Fair was initiated in 1883 by the Hillside Agricultural Society and runs annually each August. For a full schedule of events and fairs visit: [cummingtonfair.com](http://cummingtonfair.com)

### THE BRYANT HOMESTEAD

The childhood home and later summer residence of 19th-century poet & conservationist, William Cullen Bryant. A National Historic Landmark open seasonally for special programs, tours, and events. For more info & trail maps visit: [www.thetrustees.org/bryanthomestead](http://www.thetrustees.org/bryanthomestead)

### BRYANT FREE LIBRARY

Built in 1872 by William Cullen Bryant and donated to the Town of Cummington along with a collection of his books. The library is open Mondays and Wednesdays 6-9pm, Saturdays 8:30-12:30pm.

### OLD CREAMERY CO-OP

Originally built in 1886 by the local dairy farmer co-operative to churn milk into butter; reorganized in 2012 as a community-owned food co-operative. [www.oldcreamery.coop](http://www.oldcreamery.coop)

For more information on other historic town landmarks, houses, and roads, see *Only One Cummington, vols. I, II, published by the Cummington Historical Society, 1974, 2008.*

# ROUTE DESCRIPTIONS

# CUMMINGTON WALKS



## WALK YOUR WAY TO HEALTH

**WALKING IS** perhaps the simplest positive change you can make to improve your health, and it's an exercise that's easy to stick with.

**WALKING JUST 30 MINUTES A DAY MAY:**

- Reduce the risk of heart disease
- Maintain a healthy weight
- Help prevent type-2 diabetes
- Decrease risk of some cancers
- Boost energy levels
- Prevent/manage high blood pressure

**1 IN 3 AMERICAN ADULTS HAS PREDIABETES. DO YOU?**

Visit [doihaveprediabetes.org](http://doihaveprediabetes.org) to find out or call the Hilltown Community Health Center to take the risk test now: **(413) 667-2203**

## 10. FLAT IRON ROAD LOOP – EASY

Green herons, beavers, mergansers, turtles, spotted salamanders, and endangered American Bitterns have all been seen on this trail, which flanks protected wetlands and will be appreciated by all nature-lovers.



## 11. TOWER BROOK LOOP – CHALLENGING

This hilly, partially-paved loop follows idyllic rural roads, taking walkers through country scenery and farmland.

## 12. FAIRGROUND ROAD ROUTE – EASY

This paved route begins at the Cummington Fairgrounds and ends at the Chesterfield town line. Turtles, beavers, deer, and otters have all been seen in the adjacent wetlands.

## 6. POTASH HILL ROAD ROUTE – CHALLENGING

This uphill walk starts at the Old Creamery Co-op and traverses the historic Potash Hill Arts Community and the first Cummington settlement, passing the Dawes Cemetery, the birthplace marker for nature poet and journalist William Cullen Bryant, and finishing at the site of the first church and meeting house.



## 7. MILL BROOK ROUTE – MODERATE

This trail is steeped in history. Look for the door to the old tannery (under the road) at the parking pull-off! When you reach the Mill Brook, you can walk either north or south. To the north is a maintained dirt road that follows the river and passes historic mill buildings (in Plainfield). The southern route is a less-maintained dirt road that also follows the brook. Sign posted for hunting.

## 8. HARLOW CEMETERY LOOP – MODERATE

This partially-paved loop passes by beautiful farms as well as the Harlow Cemetery. In the summertime, you may even hear young musicians practicing at the famous Greenwood Music Camp.

## 9. VILLAGE LOOP – EASY

This paved loop crosses the East Branch of the Westfield River and circles the heart of Cummington Village, with its quaint homes, historic Kingman Tavern Museum, Worcester Reed Warner Community House and Pettingill Memorial Field. One short section follows Route 9; there is a wide shoulder, but please beware of high-speed traffic.



## TIPS FOR YOUR WALK



### WARM-UP AND S-T-R-E-T-C-H!

Before starting any exercise, move around to warm-up your muscles (walk in place, etc).

**REMEMBER THE FOLLOWING** so you are prepared for any change of plans or weather:

1. Water, food or snack
2. Sunscreen or hat
3. Bring an extra layer (jacket, etc.) and wear comfortable, supportive shoes
4. Walking map
5. Cell phone, emergency numbers

**COOL DOWN** – Slow your pace towards the end of the walk. Stretch your legs and arms.

### BE SAFE!

- Wear bright, reflective clothing
- Walk against traffic on busier routes

## 1. RIVER ROAD ROUTE – EASY TO MODERATE

This unmaintained gravel road is optimal for wildlife viewing along Westfield Brook. Uneven road surfaces might be difficult for some walkers, and there can be seasonal flooding. This route ends on Worthington Rd. in Windsor.

## 2. WEST MAIN STREET LOOP – MODERATE

This walk takes you through West Cummington Village. Start at the Parish House and loop around by taking Church St. up to the West Cummington Church, or you can stay along West Main St, following a beautiful stretch of the Westfield River. Look for the footbridge that crosses the river near the Singing Bridge Lodge.



## 3. WEST CUMMINGTON ROAD ROUTE – EASY

This lovely downhill route begins on the dirt road leading from the Bryant Homestead, then follows paved roads, passing the trailhead for the Rivulet Trails maintained by the Trustees of Reservations and picturesque views of the Homestead and Westfield River.

## 4. BRYANT CEMETERY LOOP – MODERATE

This loop is a mixture of paved and dirt roads and is quite hilly, passing historic farms and the Bryant Cemetery. Be advised that Trow Road is not plowed in the winter.

## 5. BRICKHOUSE ROAD ROUTE – EASY

This route is quintessentially New England, taking walkers on a dirt road lined with old maple trees. Keep your eyes out for a roadside farmstand during your walk.

