



The information depicted on this map is for planning purposes only. It is not adequate for legal boundary definition, regulatory interpretation, or parcel-level analysis.

	<b>1 Reservoir Rd Extension Route</b> - Challenging (1.0 miles) - 30min		<b>8 Greenberg Trail</b> - Moderate (0.75 miles) - 22min
	<b>2 North Rd to Chesterfield Rd Route</b> - Easy (1.0 miles) - 30min		<b>9 Lynes Woods Trail</b> - Moderate (1.25 miles) - 37min
	<b>3 Tob Hill Rd Route</b> - Challenging (1.5 miles) - 45min		<b>10 Four Roads Loop</b> - Moderate (2.0 miles) - 1hr
	<b>4 Town Common to North Rd Loop</b> - Challenging (4.0 miles) - 2hrs		<b>11 Lyman Rd South Route</b> - Moderate (2.25 miles) - 1hr 7min
	<b>5 Turkey Hill Rd Trail</b> - Moderate (0.75 miles) - 22min		<b>12 Edwards Rd Route</b> - Moderate-Challenging (1.25 miles) - 37min
	<b>6 Stage Rd Route</b> - Moderate (2.5 miles) - 1hr 15min		<b>13 Mine Rd Route</b> - Easy (1.0 miles) - 30min
	<b>7 South Rd Route</b> - Easy (1.25 miles) - 37min		

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

A half mile equals approximately 1,000 steps based on an average person's height, weight and moderate pace.



**FALL FESTIVAL** – The Pumpkin Roll is just one highlight of Westhampton’s annual Fall Festival, held in mid-October.

**MUSEUM & BLACKSMITH SHOP** – Located at 5 Stage Rd. A collection of 19th century household and farm implements and a display related to the historic Loudville Lead Mines. Summer Sundays 2-4 or by appt. Free.

**WESTHAMPTON PUBLIC LIBRARY** – Received LEED Gold Certification in 2010 and sports a solar array on its roof. A pollinator garden was created on the grounds in 2021. 1 North Rd. [www.westhampton-ma.com/westhampton-public-library](http://www.westhampton-ma.com/westhampton-public-library)

**KESTREL'S GREENBERG FOREST**  
[www.kestreltrust.org/places/explore-greenberg-family-conservation-area/](http://www.kestreltrust.org/places/explore-greenberg-family-conservation-area/)

**MA AUDUBON'S LYNES WOODS WILDLIFE SANCTUARY**  
[www.massaudubon.org/get-outdoors/wildlife-sanctuaries/lynes-woods/about/trails](http://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/lynes-woods/about/trails)

**STEVENS PROPERTY**  
[www.hilltownlandtrust.org/protected-lands/hit-hiking-trails-and-maps/hiking-stevens-property-huntington-ma](http://www.hilltownlandtrust.org/protected-lands/hit-hiking-trails-and-maps/hiking-stevens-property-huntington-ma)

## ROUTE DESCRIPTIONS

### 1. RESERVOIR ROAD EXTENSION ROUTE - CHALLENGING

This uphill hike turns into an unimproved trail (rough in winter/mud season). Very wooded with lots of mountain laurel. Eventually opens up to Bofat Hill Rd., with a beautiful beaver pond and the now-unused Cold War communications bunker and a new solar array. Park safely on the side of Northwest Rd. or Reservoir Rd.



### 2. NORTH ROAD TO CHESTERFIELD ROAD ROUTE - EASY

This nearly flat paved one mile walk begins in sunshine near Hanging Mountain Farm but transitions to a nicely shaded one, passing a hemlock forest along the way. Park safely on the south side of Montague Rd.

### 3. TOB HILL ROAD ROUTE - CHALLENGING

Park where pavement ends on Tob Hill Rd. Continue to a fork (Spruce Hill Rd.) where you take a right rather than continuing straight ahead. All wooded uphill with some stony, wet spots.

### 4. TOWN COMMON TO NORTH ROAD LOOP - CHALLENGING

Head east on Stage Rd., steeply downhill past the high school, turning left onto Easthampton Rd. Head north through two intersections passing the elementary school and gravel works. Turn right onto Hathaway Rd. Take right onto North Rd. back to the Town Center parking lot.

### 5. TURKEY HILL RD TRAIL - MODERATE

This wooded trail used to be an old carriage road. From Easthampton Rd., turn onto Turkey Hill Rd. Park on the right side at the road's end to access the trailhead. Go past first left and when you come to a fork, bear left and continue until you can see a private quarry and the end of Hooker Rd.

### 6. STAGE ROAD ROUTE - MODERATE

Head east from the Town Center parking lot on Stage Rd., steeply downhill past the high school ending with a right turn onto Easthampton Rd. Turn around at Route 66 by the bridge. Enjoy the open space and views of Mayval Farm.

### 7. SOUTH ROAD ROUTE - EASY

Park respectfully at the north end of Cemetery Rd. Head south turning left onto South Rd. Follow the rolling green fields belonging to two 19th century farms named Intervale and Runnymede. Take care crossing South Rd.



### 8. GREENBERG TRAIL - MODERATE

Trail loops are 1-2 miles round trip, with many steep but short sections. Wooded with options for following Sodom Brook. See Kestrel Trust website's "Greenberg Family Conservation Area."

### 9. LYNES WOODS TRAIL - MODERATE

See kiosk for map. Trail highlights include a rocky mossy stream, fields and a water lily pond. For more information, see Lynes Woods Wildlife Sanctuary on the Mass Audubon website. Posted no dogs.

### 10. FOUR ROADS LOOP - MODERATE

Park at Lynes Sanctuary lot. Head south on Edwards Rd. going uphill. Turn right onto Laurel Hill Rd. then right onto Lyman Rd. (unmarked). Note the rocky cliff on the left before turning right onto Crowley Rd. Well maintained dirt road walking.

### 11. LYMAN ROAD SOUTH ROUTE - MODERATE

Park at the corner of Laurel Hill Rd. and Lyman Rd. Head south. After you pass the former White Reservoir dam, look for a stone wall and Fomer Rd. Cemetery uphill on your right. Several Revolutionary War soldiers are buried here.

### 12. EDWARDS ROAD ROUTE - MODERATE/CHALLENGING

Park at Lynes Sanctuary. Hike mostly uphill. Continue on unimproved road, but turn around where it gets rougher in approx. 1/4 mi. (Private property)



### 13. MINE ROAD ROUTE - EASY

This paved quiet walk takes you past ancient maples and hemlock forests. Park on Mine Rd. at Rt. 66.



## 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

## 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**

### TICK WARNING

- Check your body and clothing for ticks
- Use insect repellent
- Seek medical advice if you find a tick bite or if rash or fever occurs

