

TRAIL MAP

Welcome to DCR's Mt. Washington State Forest

The 4,169 acre Mount Washington State Forest offers 30 miles of trails over rugged terrain. Hike the South Taconic Trail to the 2,250 ft. elev. summit of Alander Mountain for amazing views. Or follow the Appalachian Trail as it winds its way along the ridgeline and through Sage's Ravine.

Adjacent to the state forest is Bash Bish Falls, one of the state's most dramatic waterfalls. Cascading water tumbles through a series of gorges, and then plummets some 60 feet into a sparkling pool below.

Mt. Washington is part of the Massachusetts state park system and is managed by the Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs.

DCR oversees 450,000 acres of parks, forests, beaches, bike trails, watersheds, and dams. Its mission is to protect, promote, and enhance the state's natural, cultural, and recreational resources.

To learn about DCR and to discover more parks and recreational opportunities within the Massachusetts state parks, visit www.mass.gov/dcr.

♥ Designated by a heart symbol, Healthy Heart Trails are pathways or trails used for hiking or walking that are easy to moderate in activity level and intended for routine use to help build a healthy heart.

TRAIL USE GUIDELINES AT MT. WASHINGTON

- Stay on designated trails and roads.
- Observe all posted rules and regulations.

Deval L. Patrick, Governor
 Timothy P. Murray Jr., Lt. Governor
 Richard K. Sullivan, EOEA Secretary
 Edward M. Lambert, Jr., DCR Commissioner

LEGEND

- Mt. Washington State Forest
- Paved Road
- Unpaved Road
- Hiking Trail
- Healthy Heart Trail
- Multi-Use Trail
- Campground*
- Leanto
- Cabin
- Parking
- Forest Headquarters
- No Camping Area
- Restricted Natural Area
- Town Boundary
- Wetland
- Brook, River
- Intermittent Brook
- Pond, Lake
- Contour Line (30' Intervals)

*Camping allowed only at designated campsites or lean-tos.
 Motorized vehicles prohibited.

