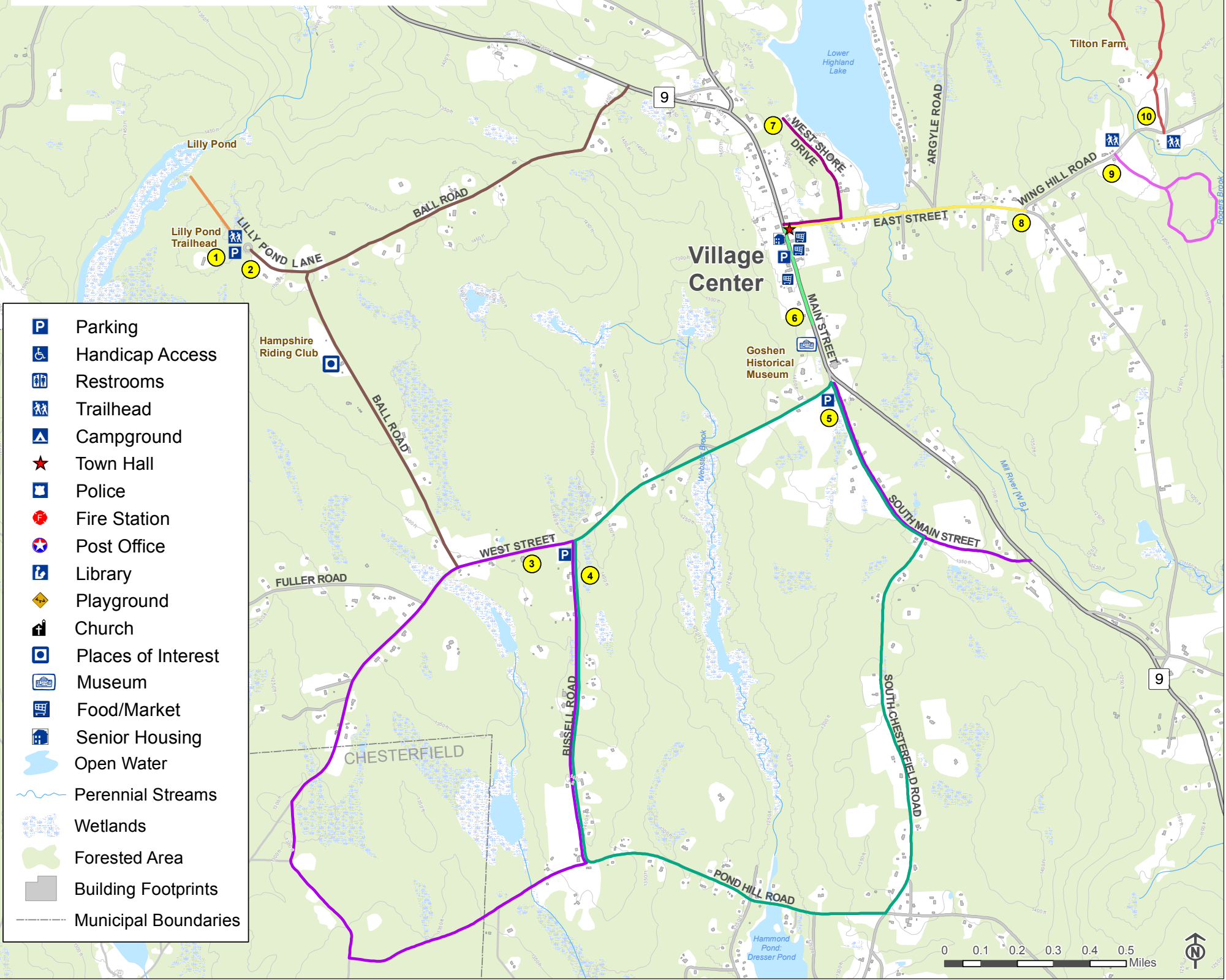
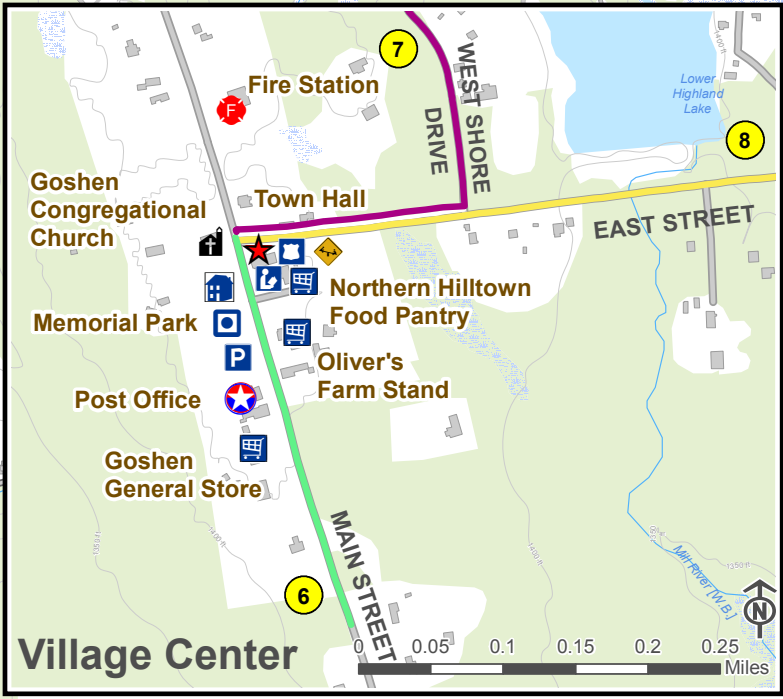


GOSHEN WALKS



- Parking
- Handicap Access
- Restrooms
- Trailhead
- Campground
- Town Hall
- Police
- Fire Station
- Post Office
- Library
- Playground
- Church
- Places of Interest
- Museum
- Food/Market
- Senior Housing
- Open Water
- Perennial Streams
- Wetlands
- Forested Area
- Building Footprints
- Municipal Boundaries

- 1** Lilly Pond Trail - Moderate (0.2 miles) - 6min
- 7** West Shore Dr. Route - Easy (0.5 miles) - 15min
- 2** Ball Rd. Route - Easy-to-Moderate (2.1 miles) - 1hr 3min
- 8** East St. toward Tilton Farm - Moderate (0.7 miles) - 21min
- 3** Bissell Rd. Loop - Easy (3.2 miles) - 1hr 36min
- 9** Tilton Farm South Loop Trail - Moderate (0.7 miles) - 21min
- 4** West St. Loop - Moderate-to-Challenging (4.2 miles) - 2hr 6min
- 10** Tilton Farm North Loop Trail - Challenging (0.8 miles) - 24min
- 5** South Main St. Route - Easy (0.8 miles) - 24min
- 11** D.A.R. Moore Hill Rd. Trail - Moderate (1.3 miles) - 39min
- 6** Goshen Historical Walk - Easy (0.3 miles) - 9min
- 12** D.A.R. Highland Lake Trail - Easy (0.3 miles) - 9min

PLACES OF INTEREST

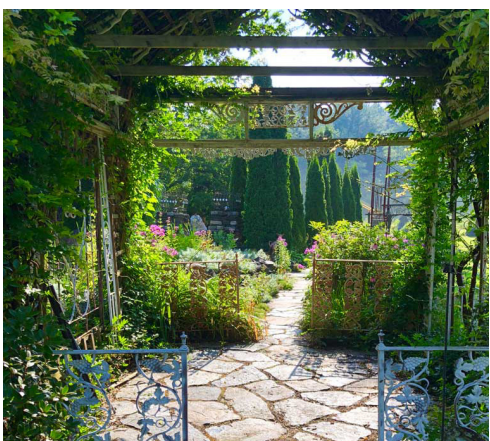
THREE SISTERS SANCTUARY
threesisterssanctuary.com

INSTITUTE FOR THE MUSICAL ARTS
www.ima.org

HAMPSHIRE RIDING CLUB
hampshirecountyridingclub.wordpress.com

D.A.R. STATE PARK AND CAMPGROUND
www.mass.gov/locations/daughters-of-the-american-revolution-dar-state-forest

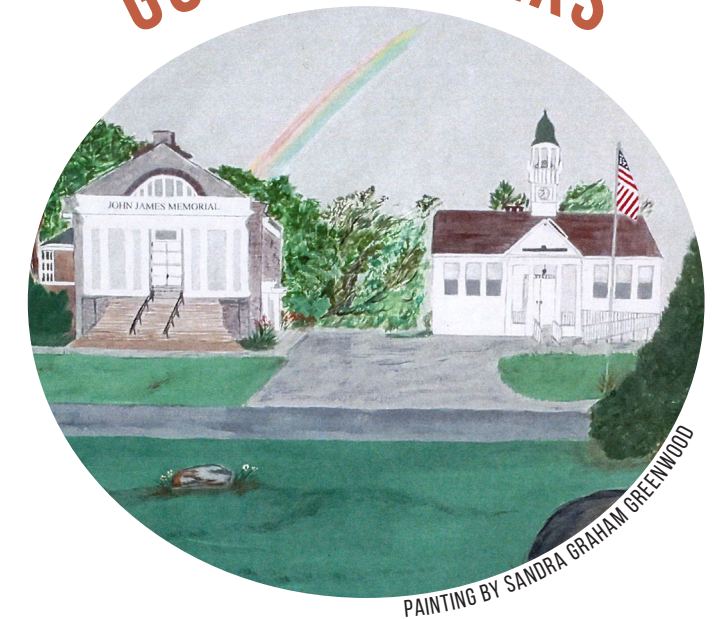
GOSHEN HISTORICAL MUSEUM
www.goshen-ma.us/departments/historical-commission/



THREE SISTERS SANCTUARY

ROUTE DESCRIPTIONS

GOSHEN WALKS



1. **LILLY POND LOOP – MODERATE**
This is a short, but not well-maintained trail that slopes down to the Pond. It is heavily vegetated on both sides and can be wet at times. The hiking trail opens to a beautiful, open water bog and habitat to a variety of wildlife. A Great Heron rookery has been seen, as well as bear, moose, deer, and beaver.



2. **BALL ROAD ROUTE – EASY-TO-MODERATE**
This scenic dirt road has much to offer. After parking at Lilly Pond Lane, be mindful that the trailhead is to the right of the driveway. The level Southeast route will take you under a canopy of old trees to a beaver pond at the corner of West St, while the hilly Northeast walk will offer some historical markers.

3. **BISSELL ROAD TWO WAY OR LOOP – EASY**
This peaceful country road is a short easy stroll featuring wildflowers and horse pastures. To extend the walk, go right at the end of the block to continue on Bissell where it is unpaved and leads into Chesterfield. You will come to Sugar Hill Rd, where you can take a right to get to West St. and loop back to your car if you park at the juncture of Bissell and West.

4. **WEST STREET LOOP – MODERATE-TO-CHALLENGING**
Featuring several steep hills and the scenic Hammond Pond, this is for a walker looking for a challenge. You can park along Bissell Rd. and start toward Pond Hill Rd. or West St.



5. **SOUTH MAIN STREET ROUTE – EASY**
Park at the corner of South Main and West Streets and head Southeast on South Main St. for this scenic walk. In a 1/4 mile, note the meadow with wildflowers in the summer. Continue until you come to a steep decline, and turn around, as it leads shortly to Rte 9.

6. **GOSHEN HISTORICAL WALK – EASY**
This is a short walk for those interested in a taste of historical Goshen. Parking in the Town lot, walkers can skirt Route 9 on a grassy embankment toward the Museum (check website for hours: goshen-ma.us). Check out Oliver's Farm Stand across from the parking lot!

7. **WEST SHORE DRIVE ROUTE – EASY**
This is a relatively short walk and offers views of a beautiful lake as well as various lakeside homes. Parking is along East St.

8. **EAST STREET TOWARD TILTON FARM ROUTE – MODERATE**
Park in the town lot, cross Route 9 and head East on East St. The two hills on this route offer a challenge for those up for it. For those with excess ambition, toward the middle of Wing Hill Rd pick up the Southern Loop of the Tilton Farm trail. The second hill can be avoided by turning around at the corner of East and Wing Hill.



9. **TILTON FARM SOUTH LOOP – MODERATE**
The trailhead map kiosk is on Wing Hill Road next to the Green Barn. Follow the mown path through the hayfield/old orchard into the woods. There is a T-junction in the woods and the trail is a loop that can be taken in either direction.

10. **TILTON FARM NORTH LOOP – CHALLENGING**
The map kiosk is across from the pavilion at the Tilton Town Farm Recreation Area. The trail is horseshoe-shaped and there are trailheads behind each ballfield. The northern portion of the trail is concurrent with the D.A.R. State Forest Tilton Farm Trail.

11. **D.A.R MOORE HILL ROAD TO FIRE TOWER – MODERATE ***
This route is a paved hilly road that winds its way through the park. At about one mile in, there is a steep but short trail to the fire tower. When the Mountain Laurel is in bloom, the trail is enveloped in a tunnel of fragrant blossoms. Park at the main parking lot by the entrance.



12. **D.A.R HIGHLAND LAKE TRAIL – EASY ***
This is a fully accessible gravel trail. It follows the lake for a short distance with a gazebo around the midpoint. It is not accessible from the main parking lot. Visitors must drive about 1000 feet to the Boat Launch/ Accessible Trail sign where there is parking.

*Parking at D.A.R State Forest is \$8 for MA residents and \$15 for non-MA residents.

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 to find out or call the Hilltown Community Health Center to take the risk test now: **(413) 667-2203**

