

TRAIL MAP

Upton State Forest
Westboro Rd.
Upton, MA
2015

MAILING ADDRESS:
Hopkinton State Park
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Welcome to DCR's Upton State Forest

Offering over 2,500 acres of park land, Upton is primarily used for hiking and horseback riding.

It 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 UPTON

- Stay on designated trails and roads.
- Observe all posted rules and regulations.
- **Off-Road Vehicle (ORV) use prohibited.**
- Be alert for other trail users:
Hikers: Allow bicyclists and equestrians to pass.
Bicyclists: Control your bike—do not skid. Avoid startling horses and hikers— announce yourself.
Equestrians: Control your horse.
- Be aware of hunting seasons, and wear blaze orange when appropriate.

