


TRAIL MAP

Welcome to DCR's Douglas State Forest

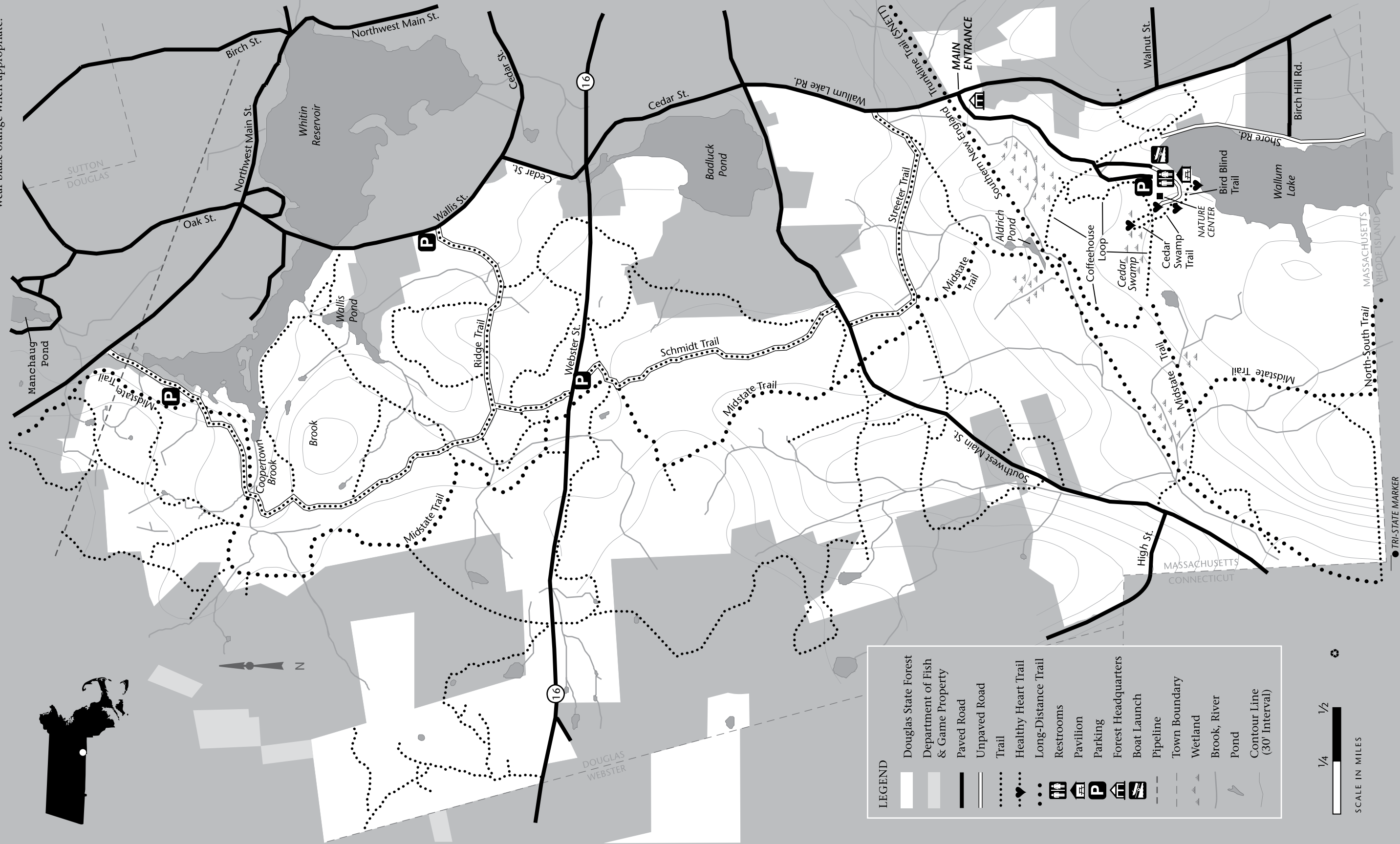
Offering over 4,600 acres of forest land, Douglas is a popular fresh water swimming and hiking facility. Douglas is part of the Massachusetts state park system and is managed by the Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental 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. For Douglas, visit www.mass.gov/dcr/parks/central/doug.htm


 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.

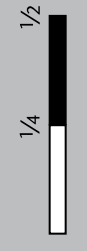
Deval L. Patrick, Governor
 Timothy P. Murray, Lt. Governor
 Ian A. Bowles, Secretary
 Richard K. Sullivan Jr., Commissioner, DCR

TRAIL USE GUIDELINES AT DOUGLAS

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



| LEGEND | |
|--------|------------------------------------|
| | Douglas State Forest |
| | Department of Fish & Game Property |
| | Paved Road |
| | Unpaved Road |
| | Trail |
| | Healthy Heart Trail |
| | Long-Distance Trail |
| | Restrooms |
| | Pavilion |
| | Parking |
| | Forest Headquarters |
| | Boat Launch |
| | Pipeline |
| | Town Boundary |
| | Wetland |
| | Brook, River |
| | Pond |
| | Contour Line (30' Interval) |



SCALE IN MILES