



Walking in Massachusetts

Middlesex Fells Malden, Medford, Winchester, Stoneham, and Melrose

Special tips for this location: There are many parking lots and pull offs found [here](#). Open sunrise to sunset with no fees – if there is a gate at your parking location, gates open at 9am. Middlesex Fells allows mountain biking, boating, leashed and unleashed locations for your dogs, cross country skiing, fishing and hiking!

Highlights of this space include: Middlesex Fells is named one of the nation’s first state parks! There are over 2,200 acres to explore with forest, ponds, wetlands, and hills. If you are interested in the geology of the Fells check this [website](#) out! If you are interested in the creation story of the Middlesex Fells, click [here](#).

Hike idea: Make sure to have a printout of the trail map and have your app ready before heading out as the blazes are sometimes not clear. The suggested hike (parking at Flynn Rink- 300 Elm Street Medford) is the Crystal Spring to Rock Circuit Trail back to Crystal Spring and to your car-about 7.5 miles. This hike is considered rugged, strenuous and not suggested when slippery conditions exist. Take caution crossing the street to start the hike. Make sure to soak in all the great views on a clear day! To learn about other suggested hikes, click [here](#).

Dogs are allowed – There are leashed and unleashed areas! Lace up your sneakers, hiking boots, (microspikes if icy) grab mosquito and tick spray, sunscreen if needed, dress in layers, bring a copy of the map, have your trail app ready, bring a snack and LOTS of water- ENJOY!

“There is no Wi-Fi in the forest, but I promise you will find a better connection.”

– Ralph Smart