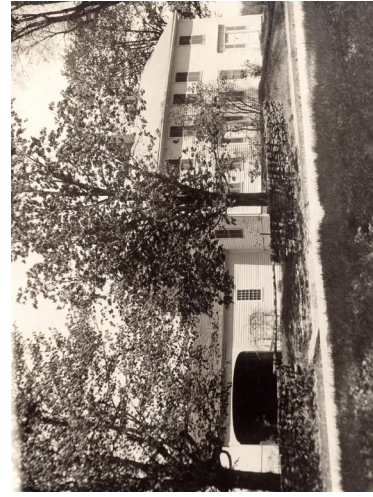


PLAINFIELD WALKS

- *Hallockville Pond Trail** - Easy-Moderate (0.5 miles) - 15min
 - *Hell's Kitchen Rd Route** - Moderate (2.0 miles) - 1hr
 - Helene's Loop** - Moderate (3.0 miles) - 1hr 30min
 - *Sunset Route** - Easy (1.25 miles) - 37min
 - *River Rd Route** - Easy-Moderate (2.5 miles) - 1hr 15min
 - Town Center Loop** - Easy (1.0 miles) - 30min
 - *South Central Route** - Easy (0.5 miles) - 15min
 - Old South St Loop** - Moderate (2.25 miles) - 1hr 7min
 - Pleasant St Loop** - Moderate (2.0 miles) - 1hr
 - *South St Stroll** - Easy-Moderate (0.75 miles) - 22min
- * Distance and time estimates are for one-way.*

The information depicted on this map is for planning purposes only. It is not adequate for legal boundary definition, regulatory interpretation, or parcel-level analysis.

A half mile equals approximately 1,000 steps based on an average person's height, weight and moderate pace.



Shaw-Hudson House, photo from archives

SHAW HUDSON HOUSE – Erected in 1833 in the center of town, it contains an authentic 19th century doctor's office and antique furnishings. It is open to the public by appointment. plainfieldmahistory.org

HIDDEN WALLS, HIDDEN MILLS: EXPLORING THE PLAINFIELD LANDSCAPE – Hidden Walls, Hidden Mills is a series of five self-guided tours that invite you to get out and have an adventure, learning to see and understand, “read” the activities of earlier generations written in stone in the rural and forested landscape of Plainfield, Massachusetts. plainfieldmahistory.org/hidden-walls-hidden-mills/

KENNETH DUBUQUE FOREST – Explore 35 miles of hiking, mountain biking and snowmobile trails that include remnants of the past, such as cellar holes from the abandoned village of South Hawley, a rare fieldstone “beehive” charcoal kiln, and the remains of a mill at Hallockville Pond. mass.gov/locations/kenneth-dubuque-memorial-state-forest

MASS AUDUBON WEST MOUNTAIN WILDLIFE SANCTUARY – West Mountain includes a 1.3 mile hiking loop within the watershed of the Westfield River. massaudubon.org/get-outdoors/wildlife-sanctuaries/west-mountain

ROUTE DESCRIPTIONS

1. HALLOCKVILLE POND TRAIL – EASY/MODERATE

This enchanting forest footpath runs along the bank of a pond to a waterfall and remains of a mill. The trail entrance is next to the large cabin near the pond marked “Loop Trail.” Fragrant pine needles carpet much of this literal “beaten path,” interspersed with wooden bridges over wetlands. To complete the loop, continue around the pond, but this leg is more challenging with an uneven, narrow path.



HALLOCKVILLE POND. PHOTO BY ANDREA LYNES

2. HELL’S KITCHEN RD ROUTE – MODERATE

If you like solitude and exercise, this is the place to go! The route starts with a gradual uphill, followed by a steeper downhill, which can be long and muddy after heavy rains. The terrain is dirt and great for dog walking, with very little traffic or houses in the area.

3. HELENE’S LOOP – MODERATE

Helene, an avid Plainfield walker, lived and walked in this area frequently. For an easier walk, head south on Prospect St, walking counterclockwise. Part of this loop borders Mass Audubon’s West Mountain Sanctuary, where parking is available. Prospect St is paved, but the other streets are gravel. This loop is very peaceful with a nice view at the corner of Governor and Summit Sts.



PHOTO BY ANDREA LYNES

4. SUNSET ROUTE – EASY

This easy, relatively flat gravel-covered route includes a beautiful place to view the sunset at the south end after a gradual decline. Along the way, notice the picturesque stone walls lining the road. Park anywhere along the shoulder of the road.

5. RIVER RD ROUTE – EASY/MODERATE

This route includes the remains of two mill sites (see map). Woolen Mill is located at the upper (northern) end, which can be accessed by a short path to the left of the garage (on private property). The owner allows people to access the mill site, but please remain respectful. Enjoy the scenic waterfalls and massive stone walls on River Rd. Midway down, the foundations of a grist, corn, and saw mill can be seen, and there is parking at this site. Route ends at Stage Rd in Cummington.

6. TOWN CENTER LOOP – EASY

North Union St is a gravel road that leads uphill from the Congregational Church to the Hilltop Cemetery. North Central St is paved and level; at the junction with Route 116, notice the landmark Shaw Hudson House on your right. Take care on Route 116. There is room for safe walking on the grassy banks.

7. SOUTH CENTRAL ROUTE – EASY

The closest parking for this route is at the Shaw Hudson House (use care when crossing Route 116). Passing by Plainfield’s quaint post office, you will see a pollinator garden that attracts many butterflies and bees in season. Heading south on paved South Central St, you will pass four pastures with horses, goats, Highland Cattle and a donkey before reaching Broom St.

8. OLD SOUTH ST LOOP – MODERATE

This walk starts at Guyette Farm. Heading north on Old South St, notice Michael Melle’s straw statues (private property) on the right. The unmaintained portion of Pleasant St can be wet and slippery. Beyond the horse farm, look for a vernal pool on the left.



MICHAEL MELLE SCULPTURE

Turn right onto Gloyd St. Be sure to check out the Franklin Land Trust kiosk in the parking lot for trail maps and appreciate the Raspberry Hill Community Garden nearby.

9. PLEASANT STREET LOOP – MODERATE

It is recommended that you start off in a clockwise fashion and stay on Pleasant St until you get to Jones Ave, which is always cool and peaceful with plentiful bird activity. Take care while walking on Route 116.

10. SOUTH STREET STROLL – EASY/MODERATE

This stroll begins at the Guyette Farm on Gloyd St. After you descend a gentle hill, you’ll go past an Italianate-style barn, ca. 1870 and then the Swift River Wildlife Management area. Turn around at the town line. After a moderate uphill, you’ll see vestiges of an abandoned section of South St. on the west side.

TO VIEW THIS MAP ONLINE, open your camera app on your phone, focus it on the code, and follow the instructions that pop up on your screen.
HilltownWalks.org



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

PLAINFIELD WALKS



LOWER MILL SITE. COURTESY OF PLAINFIELD HISTORICAL SOCIETY



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