

Massachusetts Midstate Trail (SOBO): Thru-Hiker Cheat Sheet				Amenities						Area	
	Sect. Miles	Landmark	Total Miles	Park	Sleep	Privy	View	Food	Water	Town	Land
Approach	0	Watatic Parking @ Rindge State Rd (Rt. 119)	0	P						Ashburnham	Watatic Mountain SR Area (WMSRA)
	0.3	Trail (E) to Mt. Watatic Summit	0.3								
	0.8	Mid-State Trail Connector Intersection	0.8								
	1.2	Midstate Trail Monument (NH/MA) Stone Wall (E) follows MA/NH Line	1.2								
Day 1	0.02	Borden 1834 Survey; Ashby/Ashburnham Line	1.22							Ashburnham	SF
	0.03	Midstate Trail (S); Wapack Trail (N)	1.23								
	0.5	View of Watatic; S. Side of Nutting Hill	1.7				V				
	1.2	Mt. Watatic Summit, 180° View; Summit Monument (W)	2.4				V				
	1.3	Mt. Watatic Overlook; 500 ft S for 270-360° View	2.5				V				
	2.2	Branch E for Mt. Watatic (Stream N; Pond S)	3.4						W		
	2.4	Watatic Parking @ Rindge State Rd (Rt. 119)	3.6	P							
	3.62	Fisher Hill	4.82								
	3.98	Potential View in Fall/Winter	5.18				V				
	4.71	Camp Winnekeag Worship Area (benches & altar)	5.91								
	5.02	Winnekeag Lake, Ashby Road (Rt. 101)	6.22						W		
	5.85	Cool Ledges/Rock Formations	7.05								
	6.18	Mt. Hunger; No Views (beautiful mossy spot)	7.38								
	6.28	Overlook of Stodges Pond (N) on trail	7.48				V				
	7.29	Russell Hill Road	8.49								
	7.94	Brown Brook; CAUTION: high water in spring	9.14						W		
8.74	Fitchburg Road (Rt. 12); parking on Jewell Hill Road	9.94	P								
8.85	Stream	10.1						W			
10.8	Muddy Pond Shelter (gorgeous view of pond)	12		S	V			W			
Day 2	0	Westminster SF								Westminster	SF
	1.86	Bragg Hill Road	13.9								
	2.16	Trail Follows Whitmanville Rd	14.2								
	2.66	Cross Oakmont Ave. (Graffiti Bridge); Park on shoulder (N)	14.7	P?							
	3.86	Partial View E due to clearing	15.9				V				
	5.16	Rt 2A	17.2								
	5.56	1761 Old Mill Restaurant & Parking (0.2E; closed Mon.)	17.6	P				F	W		
	6.36	Cross over highway (Rt 2)	18.4	~2							
	7.37	Narrows Road near Stone Hill Rd; Parking on shoulder by brook	19.4	P?							
	8.05	Stream	20.1						W		
	8.76	Overlook (Crow Hill North)	20.8				V				
	9.31	Rockclimbing Area (views)	21.4				V				
	9.38	Overlook (Crow Hill South)	21.4				V				
	9.44	Picnic Tables; short trail to parking (P)	21.5								
	9.81	Stream	21.9						W		
	10.9	Redemption Rock @ Rt. 140; lots of parking; historical site	23	P							
	11.6	Stream	23.6						W		
	12	Road to Wachusett; CAUTION: POISON IVY (N)	24	1							
	12.1	Wachusett Building (candy machines et al in building)	24.1	P		R		F	W		
	12.5	Balance Rock (Glacial Erratic)	24.6								
13.3	Picnic Table (Road in view); Semahenna Trail (S)	25.4									
13.9	Wachusett Summit; Trash Cans; Harrington Trail (S)	26	P			V					
14.4	Stream	26.5						W			
14.7	Brook	26.8	1.4					W			
15.3	Westminster Rd.	27.4	P								
15.4	Stream (Beaver Outlet)	27.5						W			
16.2	Thompson Rd (Pond/Stream N); Chapman Trail (S)	28.2						W			
18.1	Gates Rd.; "Town Hayfield" Parking	30.1	P								
19.1	Water; Mohegan Scout Camp (BSA)	31.1						W			
20	Hubbardston Rd (Rt. 62)	32									
21.2	Side-Trail to Savage Hill; No View (Savage Hill WMA)	33.2									
22.8	Stream (Tea-Colored Water; Savage Hill WMA)	34.9						W			
24.5	Vascon Convenience Store (Rt 68); ~1 mile N to Trout & Pout Campground	36.5	P	C				F	W	Rutland	

RESPECT PRIVATE PROPERTY!!
Hike at your own risk.

Based on GPS data (Gaia GPS) from End-to-End Midstate Trail Trip July 10-16, 2019. These are notes from my hike that others might find helpful, this is not a replacement for the guidebook or maps.

Official Guidebook Available at:
www.midstatetrail.org

- Abbreviations List:**
- BSA: Boy Scouts of America
 - MA: Management Area
 - MAS: Mass Audubon Society
 - SF: State Forest
 - SR: State Reservation
 - TR: Trustees of Reservations
 - TV: Treasure Valley
 - WA: Watershed Area
 - WMA: Wildlife MA

CAUTIONS:

Ticks: Potentially an issue year-round, but especially bad in spring.

Poison ivy: Know what it looks like and avoid it if possible. In summer poison ivy may not be avoidable.

Heavy Rains, Flooding, and Tree Fall: The trail passes through many wetland areas that are easily flooded and have increased risk of tree-fall during/after heavy rains year-round, but especially in spring.

HUNTING!! Many/most trail areas are open to hunting. Especially during fall/winter have plenty of blaze orange and be aware of hunters.

Water Contamination: Assume all backcountry water sources are contaminated; suburban water sources may be contaminated with pesticides and other toxins from runoff that is not removed by filters and other purification methods.

Summer: Poison ivy, bugs (mosquitoes, gnats, ticks, blister beetles), bears, heat (carry lots of water).

Camping: Some campsites & shelters exist along trail, as well as private campgrounds/inns (call for availability). For "stealth camping" respect posted signs & private property; contact landowners for permission.

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Day 3	0	Vascon Convenience Store (Rt 68); ~1 mile N to Trout & Pout Campground	36.5	P	C			F	W	Rutland											
	0.69	Stream	37.2	4.7 miles	11.7 miles				W												
	1.71	Stream	38.2							W											
	2.09	Stream	38.6							W											
	3.05	Cellar Hole	39.6								W										
	3.42	Ware River	40								W										
	4.52	Barre Falls Dam (North); Spiggot near 2nd door of building	41.1					V	W			USAFC									
	4.71	Barre Falls Dam (South); Port-a-potties & picnic area	41.2	P			R														
	5.81	Water in July; likely seasonal	42.3	5.6 mile																	
	6.04	Road	42.6																		
	7.01	Stream	43.5															W			
	9.77	Boardwalk	46.3																		
	10.3	Parking (Rt. 122) + Port-a-potty	46.8	P																	
	11.7	Long Pond Shelter; Ware River WA	48.2			S															
	12.8	Stream (S of Long Pond); Clear and Cold	49.3	5.8 mile	7.4 miles																
	13.3	Stream	49.8															W			
	15.9	Trail Corridor 71 (0 Spencer Road, Oakham, MA)	52.4																		
	16.1	Browning Pond Road	52.6	P?																	
	16.8	Stream	53.4							W											
19.1	Buck Hill Shelter (Very Nice; Camp Marshall 4-H)	55.6			S																
Day 4	0			7.2 miles																	
	0.48	Turkey Hill Brook	56.1														W				
	2.82	Moose Hill Shelter, Pond. CAUTION: POISON IVY IN SHELTER!!!	58.4												S						
	3.57	Moose Hill; blaze on tree in middle field; Trail E of house!	59.2																		
	4.21	Moose Hill F.C./Leicester Reservoir; teen hangout N	59.8	P																	
	5.69	Leicester Country Inn (W), Main Street (Rt. 9); CAUTION: POISON IVY (N)	61.3	P		H															
	6.52	Burncoat Pond Wildlife Sanctuary (Audobon Society)	62.1							W											
	7.02	Sibley Farm Tent Sites Trail (0.1W)	62.6	2.1																	
	7.12	Tent Platforms & Composting Toilet (0.1W)	62.7			C	R														
	7.82	Burncoate Meadows Parking Area (Greenville St)	63.4	P																	
	9.62	Water (Clear, Intermittent Pools; cold)	65.2							W											
	10.4	2010 Reroute Sign	66	4.6																	
	12.4	4-Chimneys Parking (Brokum Rd); finally leave pavement	68	P																	
	12.8	Lone Hill (4-Chimneys WMA)	68.4																		
	14.6	Wee Laddie Pond & Little River; St. Mary's Spiritual Vineyard	70.2							W											
	15.8	Northside (Historical Center), Stafford St.	71.4		11 miles	21.5 miles															
	16.1	Cross Mass Pike (Rt. 90)	71.7																		
	16.1	Ye Olde Commons (LARP Facilities)	71.7																		
	16.4	Tiny Brook; Clear	72																W		
	17.1	Abandoned Factory (Private Property; N of Carroll Hill Rd)	72.7																		
	17.8	Cattle Tunnel (under Rt. 20); CAUTION: POISON IVY (N)	73.4																		
	19.1	Stream (Powerline)	74.7																W		
	23.4	Main St (Oxfords Dining; Carlos Pizza; House of Pizza)	79	P							F										
23.9	Underpass (Rt. 395)	79.5																			
26.5	Bugs Swamp (E) & Sacarrappa Pond (W)	82.1								W											
28.6	West Sutton (alt. ~1 mile to Sutton Falls Campground)	84.2	P		C																
Day 5-6	0			11.2 miles																	
	0.8	Whittier Farms (The Milk Store); Convenience Store	85										P						W		
	3.2	Whitin Reservoir Parking Lot; tons of day users	87.4										P								
	4.1	Stream	88.3																W		
	5.9	Stream; cold, clear water	90.1										3.3							W	
	6.53	Douglas Road (Rt. 16); nice lot	90.7										P								
	8.3	Southwest Main St	92.5										3.6								
	10.1	Trail Intersection: 0.6E Cedar Swamp/Visitor Center P	94.3										P							R	
10.6	Trail Intersection: 0.4E Southwest Main St & High St/Gore St	94.8	P																		
11.2	Douglas Shelter (~0.5 from border)	95.4			S																
11.7	Midstate Trail Terminus & Monument (MA/RI)																				
Approach	0	79 miles S on the North-South Trail (RI Trail) to Ocean	95.9																		
	2.5	Cool Rock Formations	98.4	3.8																	
	3.0	Pond	99							W											
	3.8	Buck Hill Road; room to pull off on shoulder	99.7	P?																	