

Difficult/Advanced Trails

Mount Lafayette and Franconia Ridge Trail – Franconia, NH

• An 8.5 mile loop trail featuring a waterfall and exceptional views of New England. On this trail, you will ascend three peaks, including the highest mountain outside the Presidential Range - Mount Lafayette. The various peaks add to a total elevation gain of almost 4,000 feet.

- Dogs are allowed
- This trail is rated as difficult and is suited for more experienced hikers.
- Due to the nature and elevation of this trail, it is best used from April through October.

Falling Waters Trail – Lincoln, NH

• This is a 5.7 mile out and back trail in Franconia Notch State Park. It is accessible year round and features gorgeous views and multiple waterfalls.

- Dogs are permitted
- This trail is rated as difficult and is suited for more experienced hikers
- Parking is free in some areas. Beach parking and other attractions are available for a fee

Metacomet-Monadnock Trail – South Hadley, MA

• This 8.1 mile out and back trail is located in Holyoke Range State Park and features wildflowers and views from the peak. The trail features several steep up and downs, making it cardio intensive

- Dogs are allowed
- Parking is available
- This trail is rated as difficult and is suited for more experienced hikers
- Due to the nature of the trail, it is best used from March until October

Acadia National Park – Maine

This national park is one of the top rated in the country and features hikes of various lengths and difficulty. Although accessible year round, summer offers all the trails and beaches the park has to offer. There is a fee to access National Parks, but it is waived for military with proper documentation. While dogs are allowed on leash, some areas are restricted.



Hiking & Walking in New England



New England offers amazing trails for adventurers of all ages and skills. From scenic paved walking trails to tough mountain climbs, there are options for everyone. Trails in the area feature everything from beach side walks to mountain peaks, including lakes, rivers, and waterfalls.

The information was compiled by:



Easy Trails

Cliff Walk – Newport, RI

- Cliff Walk is a 7 mile out and back trail with backyard views of the mansions on one side and the coastline on the other. It runs south along Newport's cliffs from Easton's Beach (also called First Beach) to Bailey's Beach.
- Dogs are allowed on this trail, but must be kept on leash.
- There are several options for parking; however, there is a fee in the summer.
- This walking trail is rated as easy

Sachuest Point National Wildlife Refuge Trail – Middletown, RI

- This is a 2.4 mile loop located in the wildlife refuge. This is an easy seaside hike and great for families. There is plenty of wildlife to see all year-round, including deer and waterfowl. The visitor center is open daily, 10 a.m.-4 p.m.
- Dogs are not permitted in the Wildlife Refuge
- This walking trail is rated as easy

Freetown – Fall River State Forest – Freetown, MA

- This State Park offers 25 miles of trails in over 5,000 acres of Forest. There is also a pool area for younger children, sites for grilling, horseback riding, fishing, hunting, and cross-country skiing in winter.
- Dogs are allowed, but must be kept on leash
- There is free parking in the park
- Trails range from easy to moderate difficulty

Colt State Park – Bristol, RI

- This 3.9 mile loop trail features amazing views of Narragansett Bay. The trail is paved and there is a small beach in the Park.
- Dogs are allowed, but must be kept on leash
- This is a walking trail and is rated as easy
- Free Parking is available, but can be limited during peak season

Moderate Trails

Arcadia Management Area – Exeter, RI

- This 14,000-acre, mostly-forested park offers multiple trails for hiking, walking, and horseback riding. Breakheart Loop - Hicks Trail and Newman Trail is a 3.7 mile loop trail in the area. This trail is rated as moderate difficulty, however, trails here range from easy to moderate. There are lakes, rivers, and ponds in the area as well, which can be seen from many trails.
- Dogs are allowed, but must be kept on leash
- Free parking is available, but may be limited in peak season

Blue Hills Skyline Trail – Quincy, MA

- A 12.7 mile loop trail located in the Blue Hills Reservation. This trail offers a lake and views of the Boston skyline. This trail is moderate and consists of several hills, so there is some elevation gain. The Reservation is just south of Boston and offers over 125 miles of trails in addition to this one, varying in lengths & difficulty.
- Dogs are allowed, but must be kept on leash
- Parking is available, but may be limited

Lonesome Lake Trail – Lincoln, NH

- This is a 3.1 mile loop trail circling a lake in Franconia Notch State Park. The trail takes you up part of Cannon Mountain and provides exceptional views of Franconia Ridge. Before you make the final descent down the mountain, try taking a plunge into the lake to cool down.
- Dogs are allowed, but must be kept on leash
- This trail is rated as Moderate, and is accessible from April – October
- Parking is available, but limited. There is no fee, but donations are encouraged.

Bash Bish Falls Trail – Mount Washington, MA

- This 2 mile out and back trail features the highest waterfall in Massachusetts. The trail is located in Bash Bish Falls State Park. The trail follows a brook through forest and boulders. At the top, you are rewarded with the view of the twin waterfalls cascading into a pool. Swimming in the pool is not allowed.
- Dogs are allowed, but must be kept on leash
- Parking is free at the lot near the trailhead
- This trail is best used from April until November, as parts can get icy in the winter

