

Amherst Trails and Robert Frost Trail

The Amherst Conservation Department manages and maintains an extensive network of 25 trails covering 80 miles. The longest is the 47 mile Robert Frost Trail, which traverses wetland habitat, ponds, farmland, river banks, historic mill ponds, and dense forests. The Ken Cuddeback Trail traverses swamps, forests and neighborhoods over 7 miles in south Amherst, and is a nice trail run or a mostly flat walk in the woods. The Metacomet-Monadnock Trail (New England National Scenic Trail) traverses a long area of south and east Amherst.

- Noah Webster Trail in the Podick Conservation Area, located off Route 116
- Ellsworth Barnard Trail in the Eastman Brook Conservation Area, off Leverett Road
- Joseph Langland Trail and Brookfield Trail in the Elf Meadow Conservation Area, off Hulst Road
- Sweet Alice Trail in the Sweet Alice Conservation Area, off Bay Road
- Jan Dizard Trail, Poets Walk Trail and Caroline Arnold Trail in Lawrence Swamp Conservation Area, off Station Road
- Mount Pollux Trails, off South East Street
- Harvey Allen Trails in the Upper Fort River Conservation Area, off Stanley Street
- Amethyst Brook Conservation Area Trails, off Pelham Road
- Mill River Recreation Area Trails, off Montague Road, Bridge Street
- Walt Whitman Trail in Cider Mill Pond and King's Reserve Conservation Areas
- Eugene Field Trail in Haskins Meadow Conservation Area, off E. Leverett Road
- H. H. Jackson in Puffers Pond Conservation Area, off State St.
- Julius Lester Trail and Jennifer Trail in Lower Mill River Conservation Area, off Montague Rd.
- Ray Stannard Trail in Mill River Conservation Area, off State St.
- Gerald Bozzo Trail in Wildwood Conservation Area, off Olympia Dr.
- Bob McClung Trail and Kevin Dimock Trail in Larch Hill Conservation Area, off S Pleasant St.
- Howard Gans Trail in Lower Fort River Conservation Area, off West St.

Location:	Amherst
Trail Type:	Various, including off-road, blazed path, crushed stone, paved path
Length/Difficulty:	127 miles; Moderate
Permitted Uses:	Walking, hiking, snowshoeing, bird watching, and picnicking
Information:	amherstma.gov/619/Amherst-Trails