

Worthington, MA - Walking Routes	<div><div>17</div><div>Scott Rd. Loop - Moderate (3.2 miles) - 1hr 36min</div></div>	<div><div>7</div><div>Capen St. One Way - Easy (0.8 miles) - 24min</div></div>	<div><div>13</div><div>Scott Rd. Loop - Moderate (3.2 miles) - 1hr 36min</div></div>
<div><div>14</div><div>Indian Oven Rd. Loop - Moderate(4.7 Miles)- 2hr 21min</div></div>	<div><div>8</div><div>Thayer Hill Rd. One Way -Difficult (1.4 miles) - 42min</div></div>	<div><div>14</div><div>Indian Oven Rd. Loop - Moderate(4.7 Miles)- 2hr 21min</div></div>	<div><div>14</div><div>Indian Oven Rd. Loop - Moderate(4.7 Miles)- 2hr 21min</div></div>
<div><div>15</div><div>Guard Rd. Loop - Moderate (2.9 miles) - 1hr 26min</div></div>	<div><div>9</div><div>Harvey Rd. Loop - Moderate (3.2 miles) - 1hr 36min</div></div>	<div><div>15</div><div>Guard Rd. Loop - Moderate (2.9 miles) - 1hr 26min</div></div>	<div><div>15</div><div>Guard Rd. Loop - Moderate (2.9 miles) - 1hr 26min</div></div>
<div><div>16</div><div>Curtis Rd. Loop - Moderate (2.2 miles) - 1hr 6min</div></div>	<div><div>10</div><div>Sam Hill Loop - Moderate (2.1 miles) - 1hr 3min</div></div>	<div><div>16</div><div>Curtis Rd. Loop - Moderate (2.2 miles) - 1hr 6min</div></div>	<div><div>16</div><div>Curtis Rd. Loop - Moderate (2.2 miles) - 1hr 6min</div></div>
<div><div>17</div><div>Highlands Footpath - Moderate (7.9 miles) - 4hr</div></div>	<div><div>11</div><div>Starkweather Hill Rd. One Way - Moderate (1.1 miles) - 33min</div></div>	<div><div>17</div><div>Highlands Footpath - Moderate (7.9 miles) - 4hr</div></div>	<div><div>17</div><div>Highlands Footpath - Moderate (7.9 miles) - 4hr</div></div>
	<div><div>12</div><div>Sam Hill Rd. One Way - Moderate (1.3 miles) - 39min</div></div>		

OTHER LOCAL PLACES TO WALK			
BRYANT HOMESTEAD Bryant Road, Cummington. www.thetrustees.org	GARDNER STATE PARK. Rt. 112, Huntington. www.mass.gov	LITTLEVILLE DAM Goss Hill Road, Huntington www.nae.usace.army.mil	
CHESTERFIELD GORGE. Ireland Street, Chesterfield. www.thetrustees.org	GLENDALE FALLS Clark Wright Road, Middlefield. www.thetrustees.org	ROAD'S END AUDUBON SANCTUARY Corbett Road, Worthington. www.massaudubon.org	
DAR STATE FOREST Rt. 112, Cape Street, Goshen. www.mass.gov	KNIGHTVILLE DAM Rt. 112, Huntington. www.nae.usace.army.mil	WEST MOUNTAIN WILDLIFE SANCTUARY Plainfield. www.massaudubon.org	
DOROTHY FRANCES RICE WILDLIFE SANCTUARY Peru. www.trails.com	NOTCHVIEW Rt. 9, Windsor. www.thetrustees.org		


TRAIL DESCRIPTIONS

1. **BASHAN HILL ROAD**
A moderate walk on a dirt road with some short steep ups and downs. The trail passes near the summit of Bashan Hill, Worthington's highest point at 2033 feet. It then drops down to the headwaters of the Middle Branch of the Westfield River. It can be combined with Parish Road for a longer walk.




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2. **PARISH ROAD** – A scenic, flat dirt road that follows the upper reaches of the Middle Branch of the Westfield River, crosses an old stone bridge and passes marshes and beaver dams. It can be combined with Bashan Hill Road for a longer, more challenging, walk.
3. **LINDSAY HILL ROAD** – A remote dirt road that passes through Worthington State Forest in a long uphill and down to Route 143.
4. **DINGLE ROAD** – From Route 112 this is a beautiful walk on a dirt road beside Bronson Brook. It ends in a steep uphill from Pleasant Street to Route 143.
5. **COLD STREET LOOP** – A loop that contains both paved and dirt surfaces. It has both up hill and down hill and passes by North Cemetery. There is some walking on Route 143.
6. **RIDGE ROAD LOOP** – A loop that contains both dirt and paved surfaces. It passes open fields, woodlands and North Cemetery, as well as The Corners at Worthington Center. There are steep hills, and it involves walking on Route 143.

7. **CAPEN STREET** – A beautiful short flat walk that follows Bronson Brook on a dirt road.
8. **THAYER HILL ROAD** – A steep, dirt road that passes through woodlands and becomes more gradual as it approaches Old Post Road.
9. **HARVEY ROAD LOOP** – Both dirt road and paved, this route has ups and downs as it follows Harvey Road, Route 112 and Old Post Road. It passes through the center of Worthington by the Town Hall and the school as well as the Corner Grocery and agricultural fields. It involves walking on Route 112.
10. **SAM HILL LOOP** – On both dirt and paved surfaces, this route passes Center Cemetery and Windy Hill Farm, as well as crossing Watts Brook. There are moderate hills. There is some walking on Route 112 through the center of town. It can be combined with Sam Hill Road or Starkweather Hill for a longer walk.
11. **STARKWEATHER ROAD** – A dirt road that is a gradual slope rising to Worthington's west ridge. It passes through woodlands and fields and crosses Watts Brook.
12. **SAM HILL ROAD** – A dirt road that rises to Worthington's west ridge. It passes through woodlands and borders Fox Den Wildlife Management Area.
13. **SCOTT ROAD LOOP** – A dirt road loop that has moderate ups and downs. It travels through woodlands and passes a large beaver pond.
14. **INDIAN OVEN LOOP**
Both dirt and paved surfaces. This loop travels up and down through open fields with scenic views and woodlands. There is some walking on Route 112.



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15. **GUARD ROAD LOOP** – Dirt and paved surfaces with some steep hills. It passes through woodlands and over Watts Brook.
16. **CURTIS ROAD LOOP** – Dirt roads through woodlands, bordering Fox Den Wildlife Management Area. It passes through the heart of Worthington's maple sugar country and crosses Kinne Brook.
17. **HIGHLANDS FOOTPATH**
Part of the regional footpath, it follows Worthington's west ridge from Huntington to the Worthington Corners. It has both dirt and paved surfaces, and the trail borders Fox Den Wildlife Management Area, the Worthington Golf Course, and provides easy access to Windy Hill Farm and the Center Cemetery.



KATE EWALD

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 ITEMS 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

WORTHINGTON WALKS



LIESE SCHAFF



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. With the lowest dropout rate of any physical activity and requiring no expensive equipment, walking is hard to beat when it comes to keeping yourself healthy.

WALKING JUST 30 MINUTES A DAY CAN:

- Reduce the risk of heart disease
- Maintain a healthy weight
- Help prevent type-2 diabetes
- Increase muscle strength
- Decrease risk of some cancers
- Boost energy levels
- Prevent or manage high blood pressure

