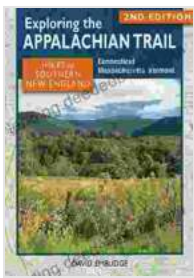


# Hikes In Southern New England: Uncover Hidden Trails and Panoramic Views

Southern New England is a hiker's paradise, offering a diverse range of trails that cater to all levels of experience. From gentle strolls through verdant forests to challenging ascents with breathtaking panoramic views, there's a trail here to ignite your adventurous spirit.



## Exploring the Appalachian Trail: Hikes in Southern New England: Connecticut, Massachusetts, Vermont

by Shalu Sharma

★★★★☆ 4.5 out of 5

Language : English  
File size : 42320 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Screen Reader : Supported  
Print length : 304 pages



### 1. Blue Hills Reservation

Just a short drive from Boston, the Blue Hills Reservation encompasses over 7,000 acres of unspoiled wilderness. With over 125 miles of hiking trails, there's something for everyone, from easy loops to strenuous treks to the summit of Great Blue Hill, the highest point in eastern Massachusetts. The trails offer stunning views of the Boston skyline, the Atlantic Ocean, and the surrounding countryside.



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## **2. Blackstone River Valley**

The Blackstone River Valley National Heritage Corridor is a 50-mile stretch of the Blackstone River that meanders through central Massachusetts and Rhode Island. The valley is home to a network of hiking trails that follow the riverbank, offering picturesque views of waterfalls, historic mill towns, and rolling hills. The Blackstone River Bikeway, a paved trail that runs along the river, is also popular with hikers.



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### **3. Metacomet Trail**

The Metacomet Trail is a 114-mile footpath that traverses the Metacomet Ridge, a series of traprock ridges that run through central Massachusetts and Connecticut. The trail offers stunning panoramic views of the Connecticut River Valley and the surrounding mountains. The Metacomet Trail is a challenging hike, with steep ascents and descents, but it's also one of the most rewarding hikes in the region.



[Download Trail Map](#)

#### **4. Mohegan Trail**

The Mohegan Trail is a 14-mile hiking trail that runs through the Nipmuck State Forest in central Massachusetts. The trail is named after the Mohegan people, who once inhabited the area. The Mohegan Trail is a relatively easy hike, making it a good choice for families with young children. The trail offers a mix of forest scenery, open fields, and panoramic views.



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## **5. Appalachian Trail**

The Appalachian Trail, the longest hiking trail in the world, stretches over 2,190 miles from Georgia to Maine. The trail passes through Southern New England, including the Berkshires of Massachusetts and the Litchfield Hills of Connecticut. The Appalachian Trail is a challenging hike, but it's also an incredibly rewarding one. Hikers are rewarded with stunning mountain views, pristine forests, and a sense of accomplishment that comes with completing a long-distance hike.



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## **Planning Your Hike**

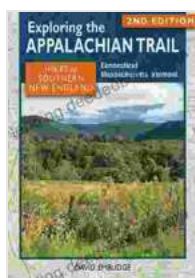
Before you embark on your hiking adventure, there are a few things you should keep in mind:

- **Check the weather forecast.** Make sure to check the weather forecast before you go hiking, especially if you're planning a long hike or a hike in a remote area.
- **Wear appropriate clothing and footwear.** Dress in layers so you can adjust to changing temperatures. Wear comfortable, closed-toe shoes that provide good support.



- **Carry plenty of water.** Bring plenty of water with you, especially if you're hiking in hot weather. You can also bring a water filtration device to refill your water bottle along the way.
- **Bring snacks and food.** Bring along snacks and food to refuel your energy levels. Pack high-energy foods like granola bars, trail mix, and sandwiches.
- **Let someone know your plans.** Before you go hiking, let someone know where you're going and when you expect to return. This is especially important if you're hiking alone.

Southern New England is a hiker's paradise, with a diverse range of trails to suit all levels of experience. Whether you're looking for a gentle stroll through the woods or a challenging trek to the summit of a mountain, you're sure to find a trail that's perfect for you. So lace up your hiking boots and get ready to explore Southern New England's stunning natural beauty.



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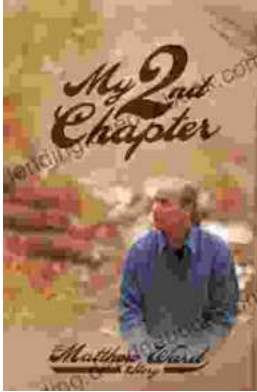
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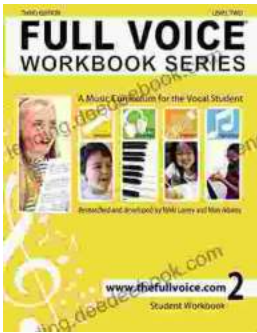
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