



MetroWest Boston offers a huge array of parks, nature trails, ponds, and outdoor recreation areas. We recommend the following as one amazing itinerary:

Outdoor Recreation Tour

DAY 1: Explore the beauty of New England wildflowers at **Garden in the Woods** in the morning. A place visitors often describe as magical, the Garden's 45 acres were sculpted by retreating glaciers into eskers and steep-sided valleys, with a brook, pond, and wetlands that showcase native plants of the region. **Wander the paths, say hello to the turtles, fish, and frogs in the pond, and check the schedule for special talks and events.** When you've looked your fill, head to Jack's Abby for lunch.



Famous for their award-winning craft beer and tasty bar food, **Jack's Abby Beer Hall & Kitchen** offers a convivial atmosphere, an outdoor beer garden, fun bar games, live music on weekends, and plenty of special events. You can also book a behind-the-scenes tour of this microbrewery to see how their beer is made.

After lunch, head to Ashland to check in to your hotel, the **Warren Conference Center and Inn, a cozy alpine-style lodge**. Located on over 100 wooded lakefront acres, you can **spend the afternoon indulging in a variety of outdoor activities**...take a kayak out on the lake or swim from the beach, hike in the woods, play horseshoes or bocce on the lawn, try your skill at their ropes course, or create a little friendly competition with a game of tennis, volleyball, softball or soccer. Or simply pull an Adirondack chair up to a fire pit, prop up your feet, and roast a few marshmallows.





For dinner, try **Stone's Public House**, just 5 minutes from the hotel. Blending an Irish-American heritage with the newer concept of the Gastropub, Stone's chefs create each dish from scratch, complementing the unmatched intimacy, warmth and casual elegance of their pub and dining room, housed in the original inn built by John Stone in 1832.

DAY 2: Grab a great picnic lunch at **Marathon Deli** to take with you to **Hopkinton State Park**, where you can spend the day immersed in a wide variety of outdoor activities. The park's 1,500 acres of forest are crisscrossed by trails, beaches, stocked fishing, and more. The Boathouse rents **sailboats, kayaks, canoes, rowboats, pedal boats, and paddleboards**. Complimentary beach wheelchairs are also available. The bucolic forest offers **amazing trails for hiking, cross-country skiing, snowmobiling, horseback riding, and mountain biking**. After a fun day in the sun (or snow!), head back to the Warren Center for a cozy drink in front of the fire and a great night's sleep.



DAY 3: After breakfast, explore the beauty of the **Upper Charles Rail Trail**, which you can do **on foot or via bicycle**. If you get on the 6.7 mile trail in Holliston, just a short drive from the Warren Center, you can cross the famous 8-arch bridge that spans Bogastow Brook. The well-maintained trail offers great opportunities to view wildlife in the adjacent forests and bogs, as well as ample spots to hop off the path for a coffee, lunch or to take a peek in one of the little shops and boutiques in town.

Drive to Framingham in the afternoon for a **kayak, paddle, or hike** along the scenic **Sudbury River**, starting at the Carol Getchell Trailhead and heading north to Heard Pond, a location lush with vegetation and excellent for birding. The entire river basin was formed by glacial activity 10,000 years ago, leaving behind unique geography and geological formations, and a landscape bursting with wildlife. The river runs for miles, with various stops along the way for ponds, lakes and wildlife refuges, providing hours of outdoor enjoyment.

Want to extend your stay in MetroWest? Find more outdoor recreation areas, parks and trails on our website.



Come see what we have to offer in the heart of Massachusetts!
For other itineraries, events calendar, links to venues, and more,
please visit us online at www.metrowestvisitors.org