



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

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.**



Get even more up close and personal with the animals on a **goat hike** at **Chestnut Hill Farm**, where stone walls frame fields and pastures across 170 acres. Loop trails wind through upland forests and along the edges of freshwater wetlands, all of which you can explore with an adorable goat in tow. Once you've worked up an appetite, head to **Start Line Brewing**, so named because it's just up the street from the Boston Marathon start line, where you can grab a flight of their craft brews and a great burger--feel free to walk along the marathon route afterwards.

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 **Doragon Ramen**, just 5 minutes from the hotel. This traditional Japanese ramen shop is a favorite with locals and visitors alike, and offers not only a wide variety of noodle options, but a truly stellar selection of dumplings as well.

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. For help coordinating your group tour, contact Executive Director Stacey David at sdavid@metrowestvisitors.org