As COVID-19 has impacted many aspects of our daily life, you can still make an impact in the fight against Alzheimer’s by hiking locally within your community! 48 Peaks provides a fun and healthy outlet for you and your family during this time. Together, we will conquer mountains!

Below you will find a list of hiking trails across Massachusetts. Feel free to choose one on the list or find a hike near you! Click on the trail name to be taken to the AllTrails website to learn more. Please check online to make sure your trail is open before heading out!

1. **BASH BISH FALLS TRAILS** South Egremont, MA – 2.1 miles, rating: easy
2. **BEAVER BROOK NORTH RESERVATION** Waltham, MA – 2.5 miles, rating: easy
3. **BILLERICA STATE FOREST** Billerica, MA – 4.1 miles, rating: easy
4. **BLUE HILLS RESERVATION** Quincy/Canton/Milton, MA – 51 trails to choose from, rating: easy-hard
5. **BREAKHEART RESERVATION** Saugus, MA – 9 trails to choose from, rating: easy-moderate
6. **BURLINGTON LANDLOCKED FOREST OUTER LOOP** Lexington, MA – 4.5 miles, rating: easy
7. **CASCADE FALLS LOOP TRAIL** Worcester, MA – 1.4 miles, rating: moderate
8. **DANFORTH FALLS LOOP TRAIL** Hudson, MA – 1.2 miles, rating: easy
9. **KNUCKUP HILL (SWEATT HILL) AND TROUT POND** Wrentham, MA – 1.4 miles, rating: easy
10. **MASSASOIT LOOP** Taunton, MA - 4.0 miles, difficulty: easy
11. **MIDDLESEX FELLS RESERVATION** Medford/Stoneham, MA – 31 trails to choose from, rating: easy-moderate
12. **MOUNT GREYLOCK STATE RESERVATION** Adams, MA – 34 trails to choose from, rating: easy-hard
13. **MOUNT HOLYOKE TRAIL** Hadley, MA – 1.9 miles, rating: moderate
14. **MOUNT TOBY TRAIL** Sunderland, MA – 4.3 miles, rating: moderate
15. **MOUNT TOM** Holyoke, MA – 1.2 miles, rating: moderate
16. **MOUNT WATATIC** Ashburnham, MA – 2.2 miles, rating: easy
17. **PINNACLE TRAIL** Wrentham, MA – 3.3 miles, rating: moderate
18. **SABINE WOODS TO SURRENDEN FARMS** Groton, MA – 3.7 miles, rating: easy
19. **WACHUSET MOUNTAIN** Princeton, MA – 4.2 miles, rating: moderate
20. **WORLD’S END TRAIL** Hingham, MA – 3.8 miles, rating: easy

Got Questions? We’re here to help! Contact: Aimei Lund, TLD Manager, aslund@alz.org 617.393.2026