

The Midstate Trail runs 92 miles through Worcester County, Massachusetts.

Yellow triangles mark the trail. A map and compass are important for safety, but you won't need them to follow the trail.

The north end of the trail is on the New Hampshire border in Ashburnham, MA. The north part of the Midstate Trail overlaps with the south part of the Wapack Trail, which runs north into New Hampshire for 19 miles.

The south end of the trail is on the Rhode Island border in Douglas, MA. It connects to the Rhode Island North-South Trail, which runs south 75 miles to the Atlantic Ocean.

Getting to the **north end** of the trail: Start at the parking lot for Watatic Mountain, on Route 119 in Ashburnham, MA, just west of the intersection with Route 101. The Midstate Trail runs about 2.5 miles north to the New Hampshire border, passing over Watatic Mountain. If you don't feel like hiking up the mountain, blue or yellow triangles mark a cut-off trail. Using the cut-off and part of the Midstate Trail, it is only 1.1 miles from 119 to NH.

Getting to the **south end** of the trail: On Southwest Main Street in Douglas, MA, almost at the Connecticut border, there is a gated road leading southeast and marked "19." Hike down this road as it turns into a trail, ignoring side paths and roads. In less than half a mile you will intersect the Midstate Trail, and see the first of its yellow triangles. Heading southbound, it is less than a mile to Rhode Island and the start of the trail.

For more information about the Massachusetts Midstate Trail, contact the Midstate Trail Committee at 508.797.9744 or [www.midstatetrail.org](http://www.midstatetrail.org). They publish the fine *Massachusetts Midstate Trail Guide*, which has all the maps you need for the trail.

The following USGS quads cover the trail south to north: Uxbridge, Webster, Worcester South, Worcester North, North Brookfield, Barre, Sterling, Fitchburg, Ashburnham.

This guide is not published or endorsed by the Midstate Trail Committee. Please send comments, suggestions, and additions to [editor@happinesspony.com](mailto:editor@happinesspony.com).

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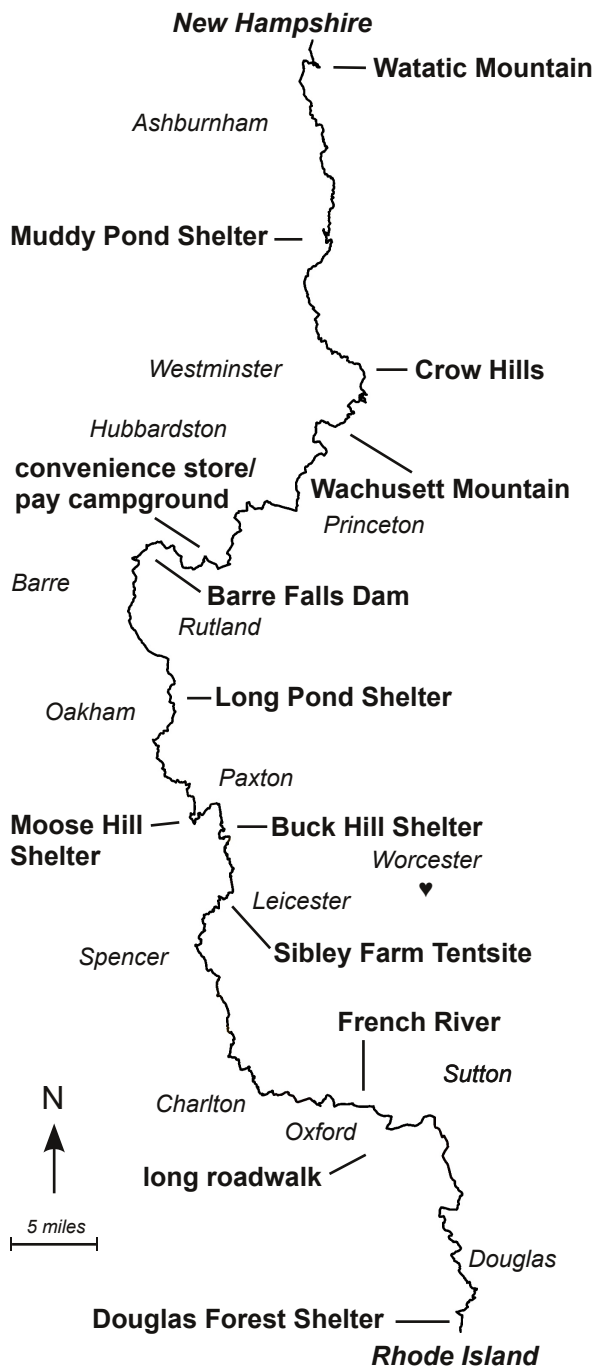
An electronic copy of this guide is at <http://archive.org/details/midstate>.

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# A Thru-hiker's Guide *to the* Massachusetts Midstate Trail



**Camping:** The greatest challenge to thru-hiking the Midstate Trail is the lack of established campsites. Although there are five shelters and one tentsite, they are not spaced evenly—according to the *Midstate Trail Guide*, there is a 33-mile gap between Douglas Forest Shelter and Sibley Farm Tentsite, and a 35-mile gap between Long Pond Shelter and Muddy Pond Shelter. Hiking shelter-to-shelter is possible, but grueling.

The shelters are wooden, three-sided structures. There are no outhouses at the shelters.

The Sibley Farm Tentsite has two wooden platforms for camping, available on a first-come-first-served basis. There is a composting toilet at the tentsite.

Except where the trail is on roads, the area alongside the trail is mostly undeveloped and suitable for camping—with the permission of the land owner or manager.

Some maps show a campground on the trail at Wee Laddie Pond. This is now a private, fenced-in facility.

**Terrain:** The trail winds through swamps, suburbs, woods, and mountains. In late spring and summer, it is quite buggy.

The highest point on the trail is the summit of Wachusett Mountain. Some of the finest views on the trail are from Watatic Mountain and the Crow Hills.

**Water:** The trail crosses many clear brooks and streams, and at least one spring. Some of the water sources flow through populated areas or farms. All water should be purified. In dry season, you should be prepared to carry 3L of water between reliable sources. The trail frequently passes houses, and some homeowners are delighted to chat with hikers and refill their water bottles.

**Mileage table:** Mileages in the table were calculated by consulting the latest *Midstate Trail Guide*, rolling a wheeled map measurer on older maps, and estimating locations from recent GPS measurements. Some trail relocations are included. Distances are approximate, and may be outdated. The length of the trail is given as 92 miles in the *Midstate Trail Guide*.

South		North
0.0	MA/NH border	92.0
0.5	Side trail for Watatic Mountain (1832')	91.5
1.1	Route 119	91.0
7.5	Route 12. Ashburnham center is 1.2 miles west. Convenience store, pay phone, restaurants.	84.5
10.0	Muddy Pond Shelter. Nice pond.	82.0
23.0	Wachusett Mountain Ski Area. Ask for water.	69.0
25.0	Wachusett Mountain (2006')	67.1
33.5	Route 68 & East Branch Ware River. Convenience store, no phone. Pout & Trout Campground (508.886.6677, \$18–20 per campsite) is 1.0 mile north on River Road.	58.5
37.5	Barre Falls Dam. Water inside ranger station.	54.5
45.0	Long Pond Shelter. Piped spring near trail 0.2 miles south.	47.0
52.0	Buck Hill Shelter. No water.	40.0
55.0	Moose Hill Shelter. Stagnant pond.	37.0
59.0	Sibley Farm Tentsite. Outhouse.	33.0
72.0	French River footbridge	20.0
75.5	Route 12. Oxford center is 1.1 miles south. Large pharmacy, pay phone, restaurants. If you're hiking into Oxford, taking Sutton and Lovett saves 1.7 mi.	16.5
91.5	Douglas Forest Shelter down side trail. No water.	0.5
92.0	MA/RI border	0.0