

Bay Circuit Trail & Greenway

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SUMMER EXPLORATIONS...a note from the coordinator

In June's edition, I am pleased to share with you an extensive event lineup including hikes, trail workdays, training opportunities, bike lessons, and a long list of ice cream shops to check out during your BCT hikes!

I hope you get a chance to explore the BCT and its regional links. If you're looking for a specific opportunity to get involved that you haven't seen on this list, please reach out and let us know what you'd like to experience on the trail!

A new series I'm adding to our lineup will be a Transit to Trails initiative. For those folks without cars or those who prefer the train, we will be using the commuter rail to access to the outdoors. If you live on/near a transit line, send your recommendations and advice about public transit use

Please send BCT updates, stories, photos, and news to astearns@outdoors.org or sdolan@outdoors.org to be included each month!

UPCOMING EVENTS – JUNE

June 1st – BCT Single Day End-to-End Section Hikes (w/ AMC Boston Chapter)

June 2nd – West Bridgewater River Walk (w/ West Bridgewater Open Space & Jack Ames)

June 5th – AMC Worcester Chapter: Volunteer for Trails! Ice cream social + info session (w/ Amber Stearns & Connor Piechota)

June 8th – Southborough Trail Construction (w/ Southborough Trails Committee)

June 12th – Try Exploring Andover (TEA) Time Hike – West Parrish to Pumps Pond (w/ Mark Kaluzny)

June 14th – Saturday Morning Maintenance in Pembroke (w/ Amber Stearns)

June 20th – Sunrise Hike at Old Town Hill (w/ Sarah Dolan)

June 22nd – Mindfulness Appleton Hike (w/ Sarah Dolan)

June 22nd – Willowdale Walk and Dance with the BCT (w/ Jon Unger & Pam Richardson)

June 24th – Transit to Trails: PVD Commuter Rail to Moose Hill (w/ Amber Stearns)

June 25th – How to Ride a Bike (for kids) at Bradley Palmer State Forest (w/ Sarah Dolan)

June 27th to 29th – Mass Walking Tours on the Mystic Link Trail in Reading, Winchester and Tewksbury (w/ Mark Mandeville and Raianne Richards)

June 28th & 29th – AMC Boston 20s&30s Trail Work Weekend at Noble View (w/ Connor Piechota, Ellie Pelletier & Amber Stearns)

June 30th – Appleton After Work Walk (w/ Sarah Dolan)

Stay tuned for more details on a few of those upcoming events! All events will be posted to the BCT Event Calendar



BAY CIRCUIT CHALLENGES YOU!

Now more than ever, spending time outdoors has become a crucial part of staying mentally and physically healthy. Hike 50 or 100 miles (unique or repetitive) during the 2025 calendar year on the BCT and submit your points to receive a newly designed BCT patch and certificate sent out at the end of 2025. Alternatively (or in conjunction), you can participate in a BCT Bike Challenge!

Starting your 2025 Hike 50/100 Challenge is easy!

- **Step 1:** [Click here to sign up now for the 2025 challenge.](#)
- **Step 2:** Download tools for your Hike 50/100 BCT Challenge. [Hike Challenge Guidelines](#) & [Tracking Template](#)
- **Step 3:** Take a look at our [online map](#) and start planning your 2025 adventures! The trail awaits.
- **Step 4:** Finish the challenge by Dec. 31, 2025, and submit your completion using the links below! Be sure to submit a photo or story with your completion so that we can highlight it on our website! Please keep in mind patches will be sent out the start of the following year, January 2026.
- **Step 5:** Share your adventures with others on social media using the hashtags **#BCT #BCTHikeChallenge, or #BayCircuitTrail**. Show us your pictures and your stories! Follow us on Instagram and Facebook. If you tag us you may see your pictures and stories featured on our pages.

Challenge Guidelines

The [rules of the challenge](#) are simple! The challenge is based on a point system. In order to earn 50 or 100 points to complete the challenge and receive your prize, either hike 50 or 100 miles on the BCT or design your own challenge by hiking some miles *and* completing several alternative activities. **[Sign up for the challenge](#)** to secure an opportunity to earn a new BCT patch! **For more details about the 2025 Hike/Bike Challenges, [Click Here!](#)**

2025 PHOTO CONTEST

The BCT will be hosting its first ever Photo Contest!

In 2025 we hope you get to spend plenty of time out on the trail. While you're out there, we encourage you to capture your favorite moments and share them with us.

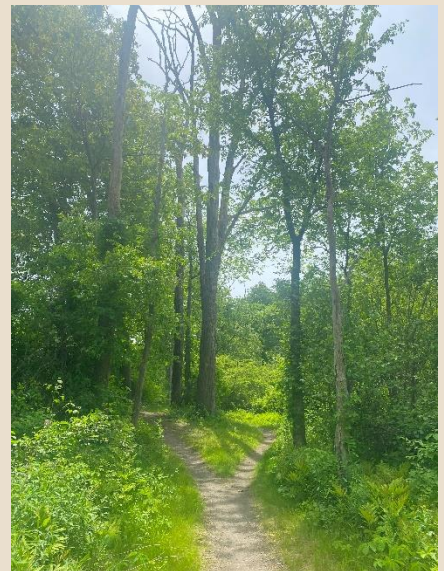
The submission window for the contest will not open until Fall of 2025, but in the meantime, you can **tag @baycircuit on [Instagram](#) and [Facebook](#)** with the **#BCTPhoto25**. We will highlight some of these photos on our socials and website!

When the time comes, we will include all the tagged photos in the photo contest AND you'll be able to submit any other BCT photos through this webpage. We will pick five winners to showcase on the BCT and AMC websites and the **#1 selection will receive some new BCT merch!**

SATURDAY MORNING MAINTENANCE

I am looking for volunteers in southeastern MA to join me on Saturday Morning Maintenance of some unadopted sections of BCT.

About two Saturdays a month from 9:30am – 1:30pm we will do some standard maintenance of the trail segments in the most need. Please spread the word! Look for these event postings [HERE](#).



BCT CONNECTIONS

Part of the beauty of the BCT are the regional connections this trail provides. I would like to highlight a few trails that overlap or connect with the BCT in some way, providing regional outdoor rec links. I encourage you to check out these opportunities! This list is by no means comprehensive, but it's a great starting point if you're looking for new explorations in Eastern Mass.

1. Mass Central Rail Trail

- a. The MCRT, once completed, will connect Boston to Northampton via 104 miles of rail trail network across the state! Currently, about 70 of those 104 miles are open to the public. 20 miles are in stages of planning and/or development, leaving only 10+ miles to protect and redevelop into the final stretches of this comprehensive trail.
- b. The BCT and MCRT share a short stretch of trail in Wayland (about 2 miles), and the MCRT has links with another 18 trails!
- c. If you're looking for opportunities to explore MA on bike, this is an excellent place to start. Check out the MCRT interactive map [HERE](#)

2. Mystic Link Trail

- a. An offshoot of the BCT, the Mystic Link Trail is a new route and footpath intended to connect Boston to the Bay Circuit and beyond! Similar in structure to BCT, this trail will guide you through a network of greenspaces from Somerville to Andover.
- b. This trail is still in development, but you can check out the trail map [HERE](#) and learn more about the project [HERE](#).
- c. Interested in seeing some of the Mystic Link in person? Join [Mass Walking Tours](#) Mark Mandeville and Rianne Richards, on their explorations of the Mystic Link this year from June 27th – June 29th!

3. Norwood Tiot Trail

- a. Another trail in its early days, the Norwood Trails Committee is developing a new loop trail around their town. Once completed, this new trail will cover approximately 18 miles, and will include a whopping 20+ boardwalks, bog bridges, and bridges for all the water crossings
- b. This dedicated committee is hard at work developing their maps and signs, designing and planning for boardwalk installation, and promoting this great new opportunity for close-to-home outdoor recreation!
- c. The Tiot will reside within a few miles of the BCT in Walpole: if you live in this area or you're interested in getting involved with this trail project, please reach out to the Norwood Trails Advisory Committee: trails@norwoodma.gov

ICE CREAM ON THE BCT

Courtesy of Bill Stanton, BCT end-to-ender, check out the list of places to get an ice cream on/near the BCT

(not comprehensive – send in your recommendations!)

Sunshine Sundaes –
191 Summer St, Kingston, MA

Nino's Deli and Ice Cream –
269 Pembroke St, Kingston, MA

Heidi's Hollow Farm –
165 Liberty St, Hanson, MA

Peaceful Meadow's Farm –
98 N Bedford St, Whitman, MA

Daddy's Dairy –
1280 Belmont St, Brockton, MA

Crescent Ridge Dairy –
407 Bay Rd, Sharon, MA

Scoops @ Waston's Candy –
761 Main St, Walpole, MA

Sunshine Farm –
41 Kendall Ave, Sherbon, MA

Bubbling Brook –
1652 High St, Westwood, MA

New City Microcreamery –
534a Boston Post Rd, Sudbury, MA

Cedar Hill Dairy Joy –
331 North Ave, Weston, MA

Rancatore's –
1752 Mass Ave, Lexington, MA

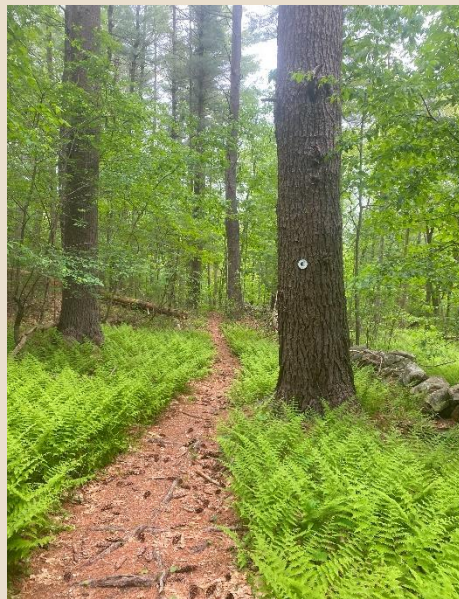
Little Z's –
14 Fletcher St, Chelmsford, MA

Meadowlands Ice Cream –
328 N Billerica Rd, Tewksbury, MA

Old Town Ice Cream –
120 Newburyport Turnpike, Rowley, MA

White Farm's Ice Cream –
326 High St, Ipswich, MA

PHOTO OP HIGHLIGHTS! Some photos from May (and early June) on the BCT



Appleton Branch Hike led by Jon Unger. Part of the BCT Single Day End-to-End section hikes on May 31st! Photos by Sarah Dolan



White Farms Ice Cream pitstop during a BCT Mindfulness Hike with Sarah Dolan



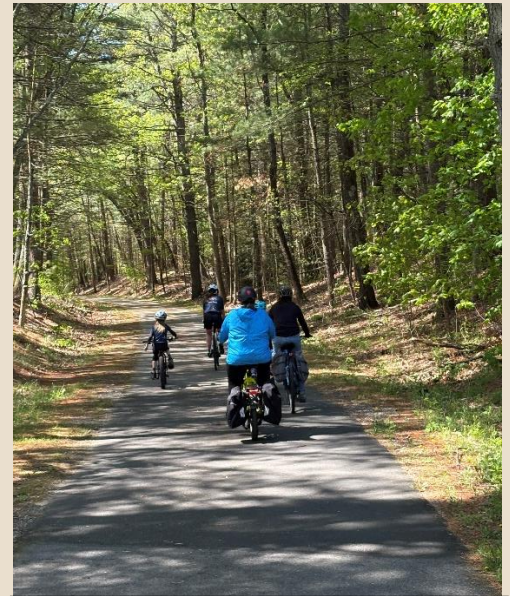
Checking out the new rail trail extension beneath the Lowell Connector in Lowell



Volunteers build a new trail in Southborough to help bypass Rt 30 on the Boroughs Loop Trail & BCT



Volunteers build a new trail in Southborough to help bypass Rt 30 on the Boroughs Loop Trail & BCT. (Kurt did some heavy lifting!)



A lovely Mother's Day Bike Ride of the BCT on the Bruce Freeman Rail Trail!



Josh Moughan, leader of the Dirty Hands Project and Hike for a Change + Amber, who had the pleasure of joining Josh for a section of trail



Amazing volunteers from New England Biolabs constructed some trail drains, cleared corridor, and created a new route to get around the mud in Ipswich.



The BCT Table at West Bridgewater River Walk, courtesy of dedicated BCT volunteer, Jack Ames!