

Bay Circuit Trail & Greenway

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



EVENTS – JULY & AUGUST

July 9th – Learn to Ride: Beginner bike class for kids at BCT Northern Terminus (w / Sarah Dolan)

July 10th – AMC Boston Chapter Hiking and Backpacking Potluck

July 13th – Another Willowdale Walk and Additional Dance with the BCT (w / Jon Unger and Pam Richardson)

July 23rd – Learn to Ride: Beginner bike class for kids at BCT Northern Terminus (w / Sarah Dolan)

July 23rd – Transit to Trails: Commuter Rail to Moose Hill (w/ Amber Stearns)

July 26th – Saturday Morning Work Party on the BCT (w/ Amber Stearns)

July 27th – Sunday Work Party on the BCT (w/ Amber Stearns)

Aug 6th - Learn to Ride: Beginner bike class for kids at BCT Northern Terminus (w / Sarah Dolan)

Aug 6th – Transit to Trail Hike: Boston to Lincoln on the BCT (w/ Amber Stearns)

Aug 7th – Thursday Morning Hike at Noon Hill & Shattuck Reservation (w / Annemarie McKee & Madelyn Atwood)

Aug 9th – Trail Run on the Bay Circuit Trail north (w/ Shannon MacKenzie, Maya Gelbard)

Aug 9th – Saturday Morning Work Party on the BCT: Transit to Trails (w/ Amber Stearns)

Aug 15th – Emerson Thoreau Amble (w/ Pam Richardson & Jon Unger)

Aug 17th – Hike & Blaze the BCT (w/ Amber Stearns)

Aug 20th – Learn to Ride: Beginner bike class for kids at BCT Northern Terminus (w/ Sarah Dolan)

Aug 21st – Transit to Trails Hike - Details TBD

Aug 22nd – Pedal Power

NOTE TO ADOPTERS AND VOLUNTEERS A restock of BCT blazes are arriving soon. These will be dispersed wherever needed to refresh the trail signage! Thank you for sending in your requests for blazes.



TRAIL NOTICES

No trail is perfect; here are some updates about temporary trail changes on the BCT.

POOR MEADOW BROOK BOARDWALK CLOSURE

Due to age and vandalism, the Poor Meadow Brook Boardwalk on the Hanson/East Bridgewater line has fallen into disrepair and is no longer safely passable. As a result, a temporary route around this segment of trail will be uploaded to baycircuit.org soon.

ROAD CLOSURE – EAST ST, DUXBURY

The north segment of East St in Duxbury is closed to pedestrian and vehicle traffic due to a bridge rehabilitation project. This road work is blocking the route of the BCT where it passes over Rt 3. More details on the work [here](#). A temporary route around this will be uploaded to baycircuit.org soon.

MARY FRENCH BOARDWALK REHABILITATION

Repairs to the Mary French Boardwalk are being made by the Town of Andover. As a result, the boardwalk is temporarily closed until further notice.

CONCORD REROUTE

A new reroute of the BCT has been successfully established by volunteers in Concord including Bob White, the Concord Trails Committee, and stewards from Annursnac Hill Association. This new route moves the BCT off College Rd in Concord to Annursnac Conservation Land and abutting private land. Maps will be updated with this route change soon.

MEDFIELD STATE HOSPITAL LAND BCT THREAT

The Town of Medfield owns a portion of land that the BCT currently resides in. This parcel is currently undeveloped, is home to tall grass, and is a nesting ground for bobolinks. A proposal has been made to the Select Board to develop a portion of the parcel which could threaten the BCT route and the wildlife currently residing here!

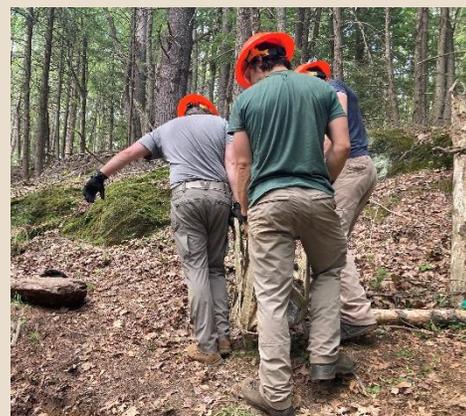
Join us on Saturday the 26th of July for a trail cleanup at this location and to help raise some awareness of the BCT and the importance of its existence and protection. Register for the event [HERE](#).



Poor Meadow Brook Boardwalk



Mary French Boardwalk Rehab



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. Charles River Link Trail

- a. "The Charles River Link (CRLT) is a 16-mile regional trail along one of the most scenic parts of the Charles and that will eventually provide a connection between the [Bay Circuit Trail](#) in Medfield and downtown Boston. This diverse and spectacular suburban trail, opened in June of 2009, connects 26 open space jewels in six towns - Newton, Wellesley, Needham, Natick, Dover and Medfield." – [Town of Wellsley website](#)
- b. The BCT and CRLT overlap between Hospital Rd in Medfield and Farm St in Dover along a low-lying route beside the Charles River. This overlapping section is a part of a reroute put together by volunteers over the course of a few years and completed in 2024. Thank you to Art Schnure and George Lester (among numerous other volunteers!) for their hard work.
- c. For more info and trail maps, see CRLT resources [here](#).

2. Bruce Freeman Rail Trail

- a. "The Bruce Freeman Rail Trail is a rail trail through the communities of Lowell, Chelmsford, Westford, Carlisle, Acton, Concord, Sudbury, and Framingham in Massachusetts — following the 25-mile route of the old New Haven Railroad Framingham & Lowell line. The trail has a 10-foot-wide pavement with a 2-foot-wide packed shoulder on each side. The Bruce Freeman Rail Trail is open to non-motorized uses such as cycling, jogging, walking, rollerblading, and skiing." – [BFRT website](#)
- b. The BCT and BFRT overlap between Spring Hill Conservation Area in North Acton, north to the latest extension of the rail trail beneath the Lowell Connector. This gorgeous path has robust road-crossing infrastructure, is well signed and marked with trail mileage, and boasts some lovely scenery.
- c. Want to know more about the BCRT? Check out the [website](#) run by Friends of the Bruce Freeman Rail Trail for updates about trail development, an events calendar, newsletter registration, and more.

TRANSIT TO TRAILS ON THE BCT

Don't have a car but you want to go for a hike somewhere new? Live in Boston or near a commuter rail line? You can get to the BCT via train!

Here are some upcoming hikes and activities that are centered around the MBTA schedule:

July 23rd

[Transit to Trails: Commuter Rail to Moose Hill](#)

Aug 6th

[Transit to Trail Hike: Boston to Lincoln on the BCT](#)

Aug 9th

[Saturday Morning Work Party on the BCT: Transit to Trails @ Halifax Station](#)

Aug 21st

[Transit to Trails Hike Details TBD](#)

Aug 22nd

[Pedal Power @ the Museum of Science](#)

Learn to Ride: Beginner Bike Class for Kids at BCT's Northern Terminus

Sarah Dolan

Newburyport, MA – Get ready to be inspired! The Parker River National Wildlife Refuge Visitor's Center, serving as the scenic northern terminus of the Bay Circuit Trail (BCT), has been buzzing with excitement thanks to our highly successful "Learn to Ride: Beginner Bike Class for Kids." This fantastic initiative, a collaborative effort between the U.S. Fish & Wildlife Service and the Appalachian Mountain Club (AMC), is empowering young cyclists to master essential skills and discover the pure joy of biking!

Our dedicated AMC Bay Circuit Trail Outreach Assistant, Sarah Dolan, leads these popular two-hour sessions. With her extensive experience and passion for teaching, Sarah focuses on building balance – the absolute cornerstone of confident cycling. It's truly amazing to watch the transformation! With pedals temporarily removed, kids engage in fun, repetitive activities and games, progressively learning vital skills like proper helmet and road safety, how to safely get on and off their bikes, walking with their bikes, effective stopping techniques, and the exhilarating feeling of coasting on two wheels.

The program kicked off with a resounding success on July 9th, with the next session on July 23rd. The visible progress and surge in confidence among our young participants have been truly heartwarming. This program isn't just about learning to ride; it's about fostering independence, building self-assurance, and connecting children with the outdoors in a safe and supportive environment. We're thrilled to be helping the next generation discover the freedom and fun of exploring trails like the Bay Circuit Trail on two wheels!

Don't Miss Out! Upcoming Class Dates:

These popular classes are held every other Wednesday throughout the summer. If you know a child eager to learn, mark your calendars for our upcoming sessions:

- **July 23, 2025**
- **August 6, 2025**
- **August 20, 2025**
- **September 3, 2025**

Join us in celebrating these budding cyclists and the wonderful partnerships that make such enriching community programs possible!

Ipswich Open Space 25th Anniversary Summer Hiking Series

Join Ipswich Open Space on a series of summer hikes in July and August.

"Explore nature, learn from local experts, and enjoy scenic trails! All hikes are guided, family-friendly, and feature easy terrain."

Upcoming Hikes Include:

August 15th

@ Dow Brook Conservation Area

August 22nd

@ Kamon Farm/Turkey Hill Conservation Area

August 23rd

@ Dow Park to Daniel Boone Park

August 30th

@ Strawberry Hill

For more details, see the [webpage here!](#)