



Bay Circuit Trail Greenway

A note from the coordinator...

This June, we celebrate National Trails Day (June 6th), Pride Month, and the imminent arrival of warmer weather and sunshine.

Join us for an afternoon hike or ride, a weekend of trailwork, a community event, or take things into your own hands and explore an unfamiliar section of the trail with friends, family, or on your own.

In this newsletter you will find some great photos from our time on the trail in May, an essay by recent end-to-ender Peter Bawkin, encouragement to submit your BCT photos from the last six months, and a much needed list of Ice Cream shops to hit up during your next trail outing.

In June and August this year we are looking for more volunteers to help with some trail maintenance in Southborough, Kingston, and Andover, so keep an eye out for these opportunities to try your hand at trail work. (We also take seasoned pros of course!)

As always, please send in your updates, photos, and experiences to share in this newsletter.

Happy Trails!

-Amber Stearns

SEE JUNE EVENT CALENDAR - ON PAGE 2

For ALL upcoming BCT events see [HERE](#). For June Events, see our Event Calendar on page 2.



Photos by Patrick Flanagan

BAY CIRCUIT TRAIL EVENTS CALENDAR

June
/2026

Event Categories

- Tues Ride Series
- Group Bike Ride
- Women's Hike
- Group Hike
- Training or Class
- Community Event
- Volunteer Event

How to use this calendar

Click on each bubble in the calendar for more details about the event. Each bubble contains the title of the event, the town it will take place in, and a color that represents the type of event. See the key above.

Please register for events you plan to attend.

WWW.BAYCIRCUIT.ORG

06



TRAIL CONSTRUCTION - JUNE 13

We are looking for 8 volunteers to join us in Southborough on **Saturday June 13th from 9am - 2pm** to help construct a new trail reroute.

We will be creating a bench-cut trail along a riverbed to eliminate part of a dangerous road walk along Rt 30 in Southborough and Framingham. [Register Here!](#)

*Warning for poison ivy - we will have Tyvek Suits & Tecnu for protection



TRAIL MAINTENANCE - JUNE 20

Spruce up the Southern Terminus of the BCT on **Saturday, June 20th from 8am - 12pm**

To celebrate AMC's 150th anniversary, we will give the Southern Terminus of the Bay Circuit Trail a refresh; clearing blowdowns, overgrown shrubs and vines, and installing new blazes. We will spend 4 hours at Kingston Bay and will thank you for your efforts with some special AMC 150 merch, and free drinks courtesy of Athletic Brewing.

We're looking for 12 volunteers to help us out!
[Register Here](#) to participate



BCT WOMEN'S HIKE SERIES

Join the BCT Coordinator on a monthly Women's Hike along the Bay Circuit Trail. On the fourth Thursday of each month, we will meet up somewhere along the BCT for an hour+ hike, usually averaging between 3 and 5 miles. Join us for one hike or try to join us for all of them!

Date & Time

6/25th @6pm

July

8/27th @6:15pm

9/24th @5:15pm

10/22nd @5pm

Location

Ashland Town Forest

NONE

Framingham

Sudbury

Concord



CYCLING ON THE BCT

Join us on the rail trails that overlap with the Bay Circuit Trail during this season's ride series! If you have little ones, check out the Beginner Bike Class led by Sarah Dolan - these will take place twice a month on Tuesday throughout the summer season. See below for the upcoming registrations:

Date Event

6/9 Beginner Bike Class - Newburyport

6/14 Saturday Cruise on the BFRT & MCRT

6/23 Beginner Bike Class - Newburyport

7/7 Evening Ride on the MCRT

CONTACT US

BCT Coordinator:

Amber Stearns

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BCT Assistant:

Sarah Dolan

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AMC Trail Volunteer

Program Supervisor (For questions about training opportunities)

Connor Piechota

cpiechota@outdoors.org

BCT Website & Socials

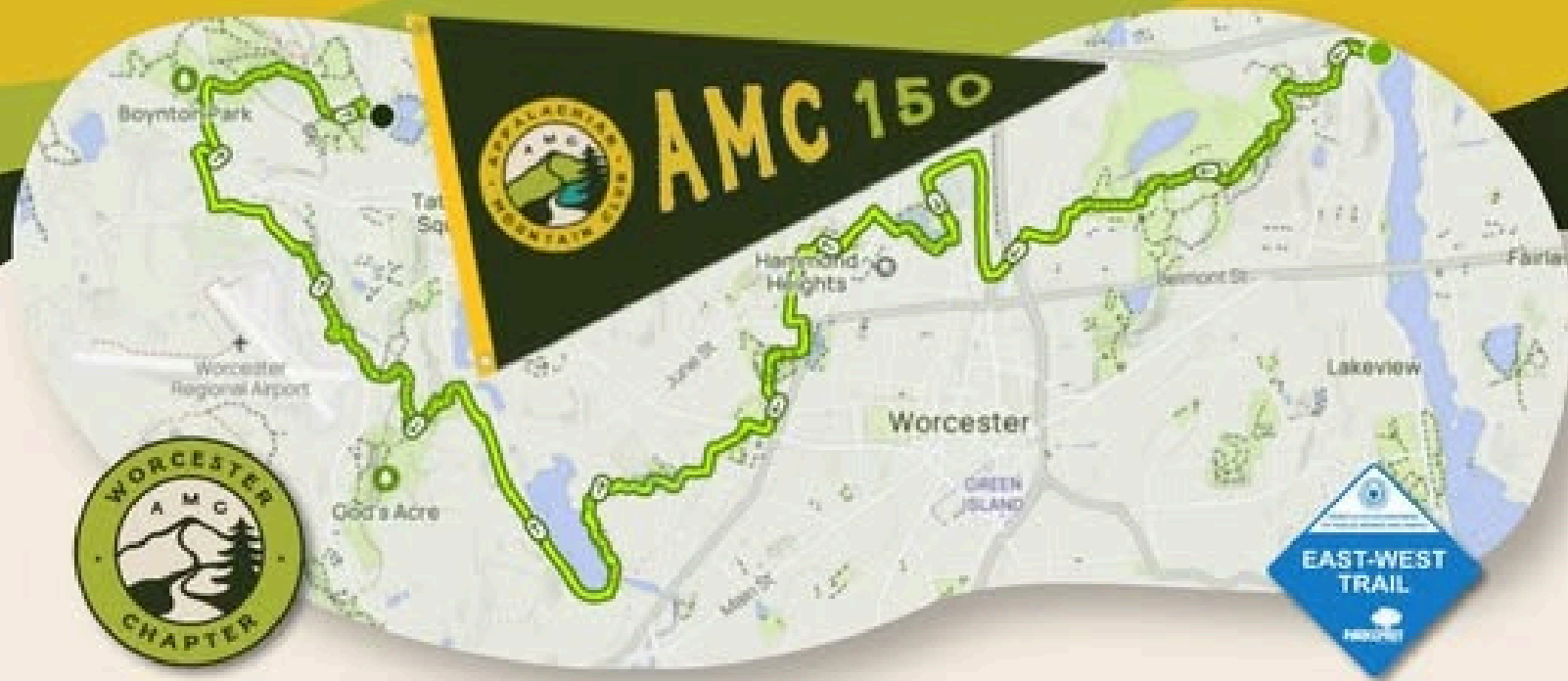
baycircuit.org

IG - @baycircuit

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[Newsletter Registration LINK](#)





AMC 150 Worcester East-West TrailsFest

June 6, 2026 | morning - 4PM

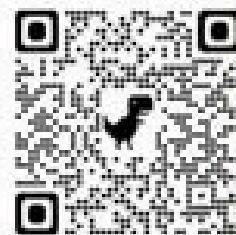
Join the Relay 150 TrailsFest Celebration at Institute Park in Worcester. TrailsFest, which has been held annually since 2018, coincides with National Trails Day and is co-hosted by a group of organizations including the Appalachian Mountain Club and Park Spirit.

At this event, we celebrate trails in all their forms, including hiking trails, bike paths, waterways, and climbing routes. Here is what the day will look like:

- Morning through 12pm: Activities throughout the area. Search Relay 150 and TrailsFest to find your adventure.
- 12pm to 4:00pm: AMC150 Worcester Chapter TrailsFest celebration at Institute Park. Food, live music, speakers, friends, and fun!
- BYO non-alcoholic beverages and a chair.

Points of contact

Wendy Dziemian,
Alexandra Molnar

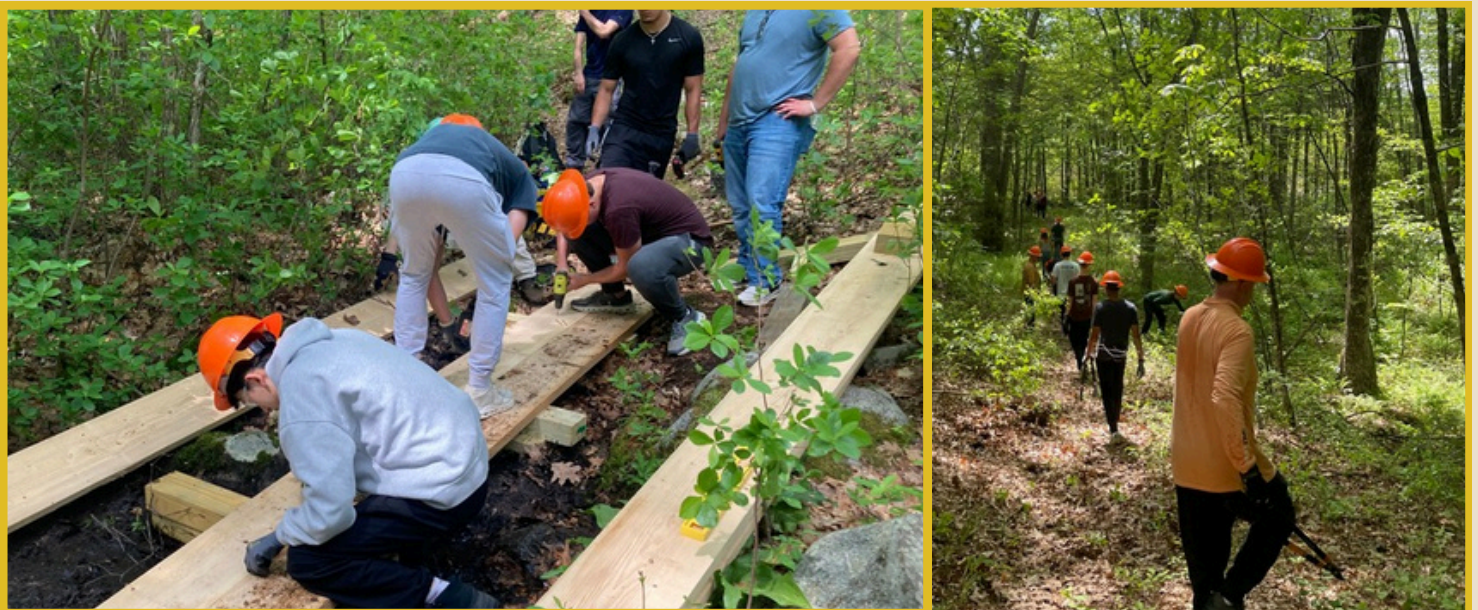


**Scan to
learn more**

BROOKS SCHOOL VOLUNTEER DAY - MAY 27



Students from Brooks School in North Andover joined us on the Bay Circuit Trail for a morning of volunteering! The group of 28 seniors hiked in lumber to two different muddy sections of trail, installed a brand new 16ft bog bridge, and cleared a half mile of overgrown trail on the Cyr Recycling property in North Andover. Friends of North Andover Trails (FONAT) were great partners in this project, providing lumber, leadership, and expertise. A big shoutout to Victoria and Jim Gribbell, Mark Kaluzny, and Jon Unger for kickstarting this volunteer opportunity, and congratulations to the seniors who joined us- they graduated this Sunday and are headed into a new chapter!



NEMBA/MCRT RIDE & PIZZA - MAY 23



Photos by Patrick Flanagan

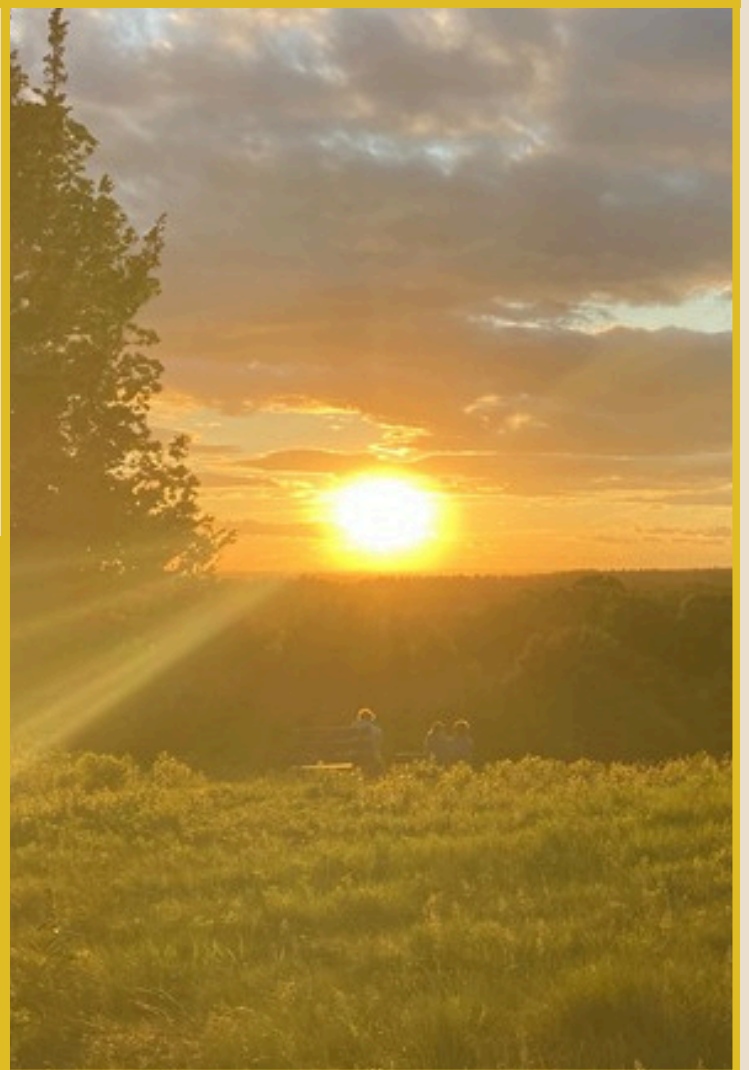
Saturday's ride on the Mass Central Rail Trail was a great success. [NEMBA](#), the [MCRT Alliance](#), [HubLuv](#), and the BCT joined forces to lead a two-part ride on and off the rail trail. The ride showcased the different types of cycling opportunities out there. Sarah Dolan led rail trail riders for an 8 mile cruise, while the mountain bikers of the group headed off on their own adventure along the Bay Circuit Trail in [Jericho Town Forest](#) in Weston. Everyone wrapped up with pizza and good feelings at the end of the ride.



WOMEN'S HIKE - MAY 28



On the fourth Thursday of each month, we head out on a Women's Hike of the Bay Circuit and this month's hike took place in Lincoln and Weston. We began at the Lincoln MBTA station and headed along the outskirts of Mass Audubon's Drumlin Farm into the Van Leer Conservation Land and Ogilvie Town Forest. We witnessed Ponyhenge, a gorgeous sunset, a redtailed hawk swooping overhead, a beautiful sunset, the rising and nearly-full moon, and some excellent camaraderie.



“THE INSIDE SCOOP”

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

This month I encourage you all to do one of my **favorite** activities: go for a hike and then get some ice cream afterwards. To help you out with this, I want to share with you a list of ice cream places along the BCT, created by BCT end-to-ender, Bill Stanton, who was kind enough to share his list with me last year. Thank you Bill!

If you come across an ice cream shop near the BCT that isn't included in this list or if you have a favorite hike + ice cream shop to visit, send that info in so we can include in an upcoming newsletter this summer!

We want to share the love of the trail and the ice cream. Tag us on Instagram (@baycircuit) with your BCT ice cream endeavours.

Richardson's Ice Cream
156 S Main St, Middleton, MA

Old Town Ice Cream
120 Newburyport Turnpike,
Rowley, MA

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





Congratulations to Josh and Liz Moughan, the Moughan Family, and all who participated in the 3rd annual Hike for a Change! For the third year in a row, Josh has led friends, family, and strangers on a trek of the entire Bay Circuit Trail throughout the month of May. He inspires us to get outside, connect with our communities, and change the conversation around mental health.

The Mission: “to strive to inspire connection, encourage healing, and strengthen mental wellness for all. Together, we can normalize asking for help, uplift those facing challenges, and make a meaningful impact one person, one story, and one honest conversation at a time.”

Please head to thedirtyhandsproject.org to learn how you can help change the conversation.





Photo by Bryn Gingrich

HIKE / BIKE CHALLENGE

Now more than ever, spending time outdoors has become a crucial part of staying mentally and physically healthy. Hike 50/100 miles (unique or repetitive) **OR** bike 100/200 miles during the 2026 calendar year on the BCT and submit your recorded log to receive a BCT patch and certificate at the end of 2026.

For details about challenge rules, registration, and more, check out the website [here!](#)

PHOTO CONTEST: JUNE 21

Submit your photos of the BCT by **June 21st** to participate in our seasonal Photo Contest!

Photos must have been taken between Jan 1st 2026 and June 21st 2026 to qualify. For guidelines and submission, check out the webpage [Here](#).

The top 5 winners will be showcased in our socials & newsletter (with your permission of course!)

AN ESSAY; BCT END-TO-ENDER PETER BAWKIN

April 22nd to May 1st, 2026

“I learned of the Bay Circuit Trail a few years ago when I was involved with fastestknowntime.com, a website I created with two partners to track speed records on trails and routes around the world. Then, on a visit to my sister-in-law’s family we discovered that the BCT passes just 2 miles from her house in Natick. So, of course Stephanie & I decided we would walk it some day when we found the time. I qualified for the 2026 Boston Marathon, and we had a new grand niece we wanted to visit, so this April seemed like the time.

Since we were hanging with family in Natick, we started at nearby Boston Post Road in Sudbury on April 22, walking south for a couple of half days and shuttling back to our digs in Natick. This turned out to be some of the roughest parts of the whole BCT, especially the section over Tippling Rock and Nobscot Hill. Or maybe it just felt hard because my legs were tired from the marathon! Conditions were excellent for walking – cool and dry – and stayed that way for our entire hike except for one day of rain. Unlike our home in Colorado, which just had the warmest winter ever (our peach tree bloomed in late February!), spring hadn’t happened yet in eastern MA and the trees were basically bare.

After this “warm up” we gathered our things and headed out for 8 more full days of beautiful walking. We were both surprised by how remote the BCT feels much of the time. You can almost always hear signs of civilization, but often the feeling is of being deep in the woods. It is wonderful and inspiring how each town has preserved some open land for a “Town Forest” or other reason. The frequent remoteness did present us with a serious issue though, as it was often impossible to find a coffee shop in the critical mid-morning time period! We muddled along despite this hardship.

Each night we stayed at a hotel near the trail, which usually required a short Uber ride. We never had to wait more than 10 minutes for a ride. Modern technology makes this kind of trip much easier! (continues on next page)



ESSAY CONT.

...There were a couple of flooded sections in the Hockomock Swamp in Bridgewater. As we were regrouping by the side of the road after the second (long) muddy wade a young woman pulled up and asked if we were hiking the BCT. It was BCT Coordinator Amber Stearns! We had a short conversation and learned quite a bit about this remarkable route. I complained to Amber, “You need to fix that flooded section.” She very reasonably replied, “Do you have \$100,000 you would like to donate?” A good reminder of who is really responsible for these trails – all of us!

Between Bridgewater and Kingston we didn't find a lot of good hotel options, so from Pembroke we took an Uber to the end of the BCT at Plymouth Bay, and then walked back to a hotel in Kingston. Then next morning we simply walked 10 miles to where we had left off the previous afternoon, and then took the commuter train from Halifax into Boston. There Stephanie's sister and her husband picked us up and drove us to Newburyport, where we all had dinner, and we had booked a hotel. So nice to have family support when the logistics get tricky!

The next couple of days down to Andover seemed like some of the most remote walking of the whole route, and we had to be careful about keeping supplied with food and water (and coffee!). But the walking was generally quite easy, and the woods were lovely with new leaves peaking out on the trees.

After 8 days of perfect weather, our 9th day, from Andover to Westford, was mostly rain. Walking through Lowell was by far the most “urban” section of the trip, but we didn't stop to take advantage of the many amenities, and kept moving to stay warm, finally stopping at a coffee shop in Chelmsford to dry out. Fortunately, after this the rain stopped. Even though walking was quite easy, it was a tiring day as we both got pretty cold from the constant rain.

Our tenth and last day was one of the more interesting, as we passed through varied terrain and the historic towns of Concord and Lincoln, and of course Walden Pond. Plus, Concord has an excellent coffee shop.

The BCT is an amazing route – the fact that it exists at all is a great testament to those who had the vision and energy to make it a reality. The route highlights the natural beauty of eastern MA, and one is also treated to an intimate look at many out-of-the way neighborhoods and small towns of the area. And High Schools! It seems like the BCT skirts around every High School in the region.”

