



Bay Circuit Trail Greenway

A note from the coordinator...

Welcome to Bike Month! In May I want to highlight the many advantages and opportunities to cycle around Eastern Massachusetts.

Partnerships with [NEMBA](#), [HubLuv](#), and the [Mass Central Rail Trail](#) have inspired us to get on two wheels and explore the region. These opportunities will extend well beyond May, but now is the perfect time to ease into different types of cycling if you're new to the activity, or jump back into a lifelong habit.

We highlight biking in this month's newsletter in addition to our Women's Hike Series, Full Moon Hikes, some refreshed Trail Safety Guidelines, and recaps of Earth Month Events that took place throughout April.

Finally, check out Josh Moughan's Hike For a Change if you'd like to explore the BCT while advocating for and continuing the conversation around mental health awareness. Josh is hiking the entire BCT throughout the month of May and invites you to join him.

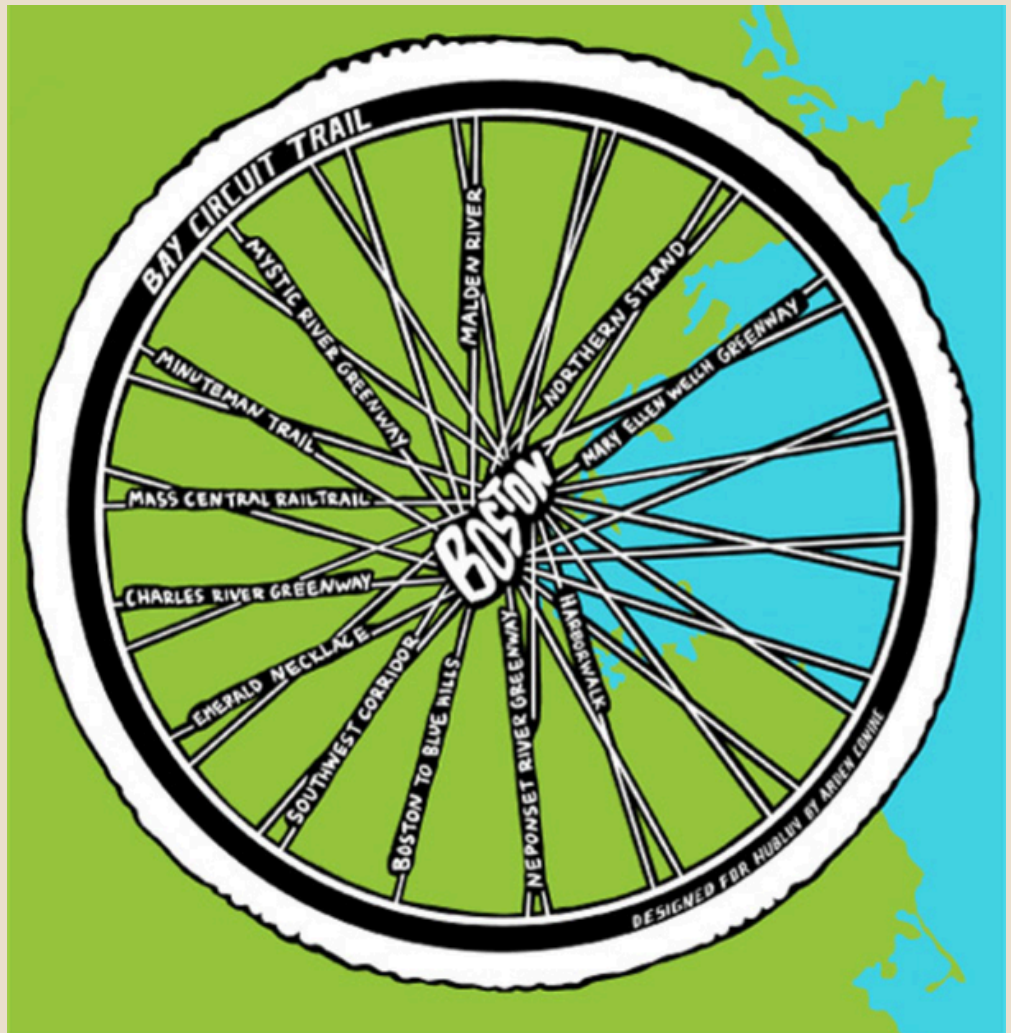
As always, please send in your updates, photos, and experiences to share in this newsletter.

Happy Trails!

-Amber Stearns

SEE MAY EVENT CALENDAR - ON PAGE 2

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



BAY CIRCUIT TRAIL EVENTS CALENDAR

May
/2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
26.	27.	28.	29.	30.	01.	02.
03.	04. THROUGHOUT MAY - HIKE FOR A CHANGE	05. Tues Ride Series - Acton	06. Walpole Town Forest	07.	08.	09. Saturday Morning Cruise - Wayland
10. Borderland SP - Easton 20s & 30s Burrage Pond - Hanson	11.	12. Mid-Day Ride on the BFRT - Acton Tues Ride Series - Wayland	13. Beginner Bike Ride Class - Newburyport	14. 15. AMC Trail Skills College - NH		16. AMC Annual Bike Workshop - Malden
17. AMC Trail Skills College Workshop & Hike - Topsfield	18.	19.	20.	21.	22.	23. MCRT & Jericho Forest Ride - Waltham Walden Woods - Concord Wunnegen & Bald Hill - Boxford
24. Willowdale Walk & Dance - Ipswich 31.	25.	26. Morning Birding Hike - Medfield	27. Beginner Bike Ride Class - Newburyport	28. Women's Hike - Lincoln TEA Time Hike - Andover	29.	30. Hike for a Change Afterparty - Danvers

Event Categories

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

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BIKE MONTH - MAY

May is Bike Month, and there's no better time to get outside and ride! Biking is a fun, powerful way to connect with local trails, explore your community, and get where you're going, whether you're riding for recreation, transportation, or both.

This month, we're rolling out How to Ride a Bike classes, beginner-friendly intro rides, a Southeast NEMBA bike challenge, and guided trail rides on the Bay Circuit Trail and partner locations. These programs are designed to welcome bike-curious adults, new riders, and anyone looking to build confidence and enjoy riding with others. Select rides are offered in partnership with MassBike and the New England Mountain Bike Association (NEMBA).

Ready to ride even more?

- Find bike events statewide on [MassBike's Bike-Friendly Events Calendar](#):
- Explore mountain biking and trail advocacy at: nemba.org
- Discover biking, and many other outdoor activities, through AMC's Outdoor Connector: activities.outdoors.org

Check out our Bike Month lineup to the right → and all Bay Circuit Trail events on Page 2. Let's get outside together this May!

—Sarah Dolan

UPCOMING BIKE EVENTS

Join the BCT Coordinator on a monthly bike ride of the rail trails that overlap the Bay Circuit Trail.

On the second Tuesday of each month, we will meet up somewhere along the BCT for an hour+ ride. Join us for one ride or try to join us for all of them! The upcoming rides in May and June are available below, plus a few bonus rides led by AMC volunteers and a Beginner Bike Class:

- 5/5 - [Tues Rail Trail Ride](#)
- 5/9 - [Saturday Cruise](#)
- 5/12 - [Tues Rail Trail Ride](#)
- 5/12 - [Tues Mid-day Ride along the BFRT](#)
- 5/13 - [Beginner Bike Ride Class](#)
- 5/23 - [NEMBA/MCRT Ride](#)
- 5/26 - [Beginner Bike Ride Class](#)



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	Location
<u>5/28th @6pm</u>	<u>Lincoln, MA</u>
<u>6/25th @6pm</u>	<u>Ashland Town Forest</u>
July	NONE
<u>8/27th @6:15pm</u>	<u>Framingham</u>
<u>9/24th @5:15pm</u>	<u>Sudbury</u>
<u>10/22nd @5pm</u>	<u>Concord</u>



FULL MOON HIKE SERIES

Join Sarah Dolan, the BCT Assistant, on a monthly Full Moon Hike on (and near) the Bay Circuit Trail. During the evening of each Full Moon we will meet up somewhere along the BCT for a night hike. Join us for one hike or try to join us for all of them!

- June 1st** - Noanet Woodlands, Dover
- June 29th** - Andover
- July 29th** - Dover
- August 27th** - Andover
- September 26th** - Essex County
- October 26th** - Andover



(Right → Photo by Scott Dunbar of a hog on the BCT in West Bridgewater)

CONTACT US

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BCT Website & Socials

baycircuit.org
IG - @baycircuit
FB - @baycircuit

[Newsletter Registration LINK](#)



TRAIL SAFETY GUIDELINES

All of us who use the trails share a love of the outdoors and appreciate the incredible access we have because of our trails. Whether biking, running, dog walking, or horseback riding, we all have a responsibility to be mindful of each other's safety. The use of our trails is a gift, not a right!

Please treat others with courtesy and respect.

All Trail Users:

Who should yield to whom?

There is no hierarchy to trail use. No one type of trail user is more entitled to use the trails than any other. All trail users yield to those on horseback, next to walkers/hikers, followed by runners, then mountain bikers – who yield to everyone. There's common sense behind this. Horses are large animals that are sometimes unpredictable, walkers are vulnerable to collisions with other trail users who are moving more quickly, and mountain bikers are the least vulnerable and travel at higher rates of speed. Please note: loose dogs without good recall ability can be a hazard to ALL trail users. Please keep your dogs under control.

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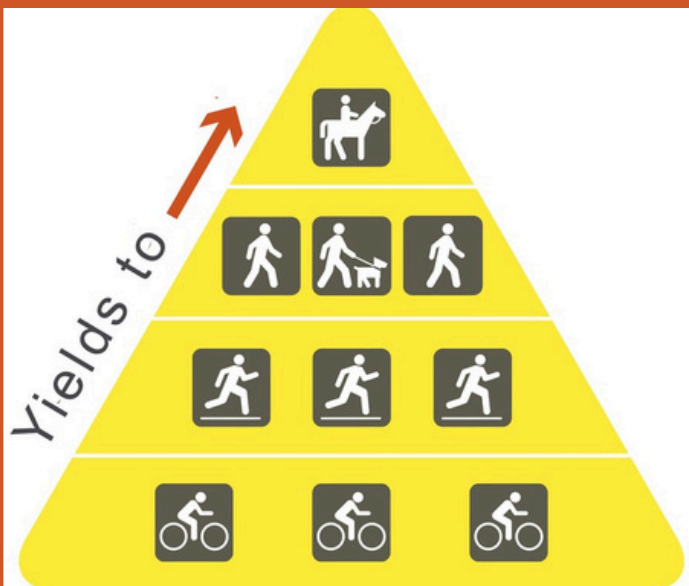
Safety around horses for ALL trail users

STOP Stop on side of trail in view of horse. Calls dogs back. If biking, dismount.

TALK Speak calmly, say hello.

ASK Ask the rider how to pass.

LISTEN Proceed as advised. Pass safely!



Please keep animals under control!

TRAIL ALERTS - MAP & WEBSITE UPDATE

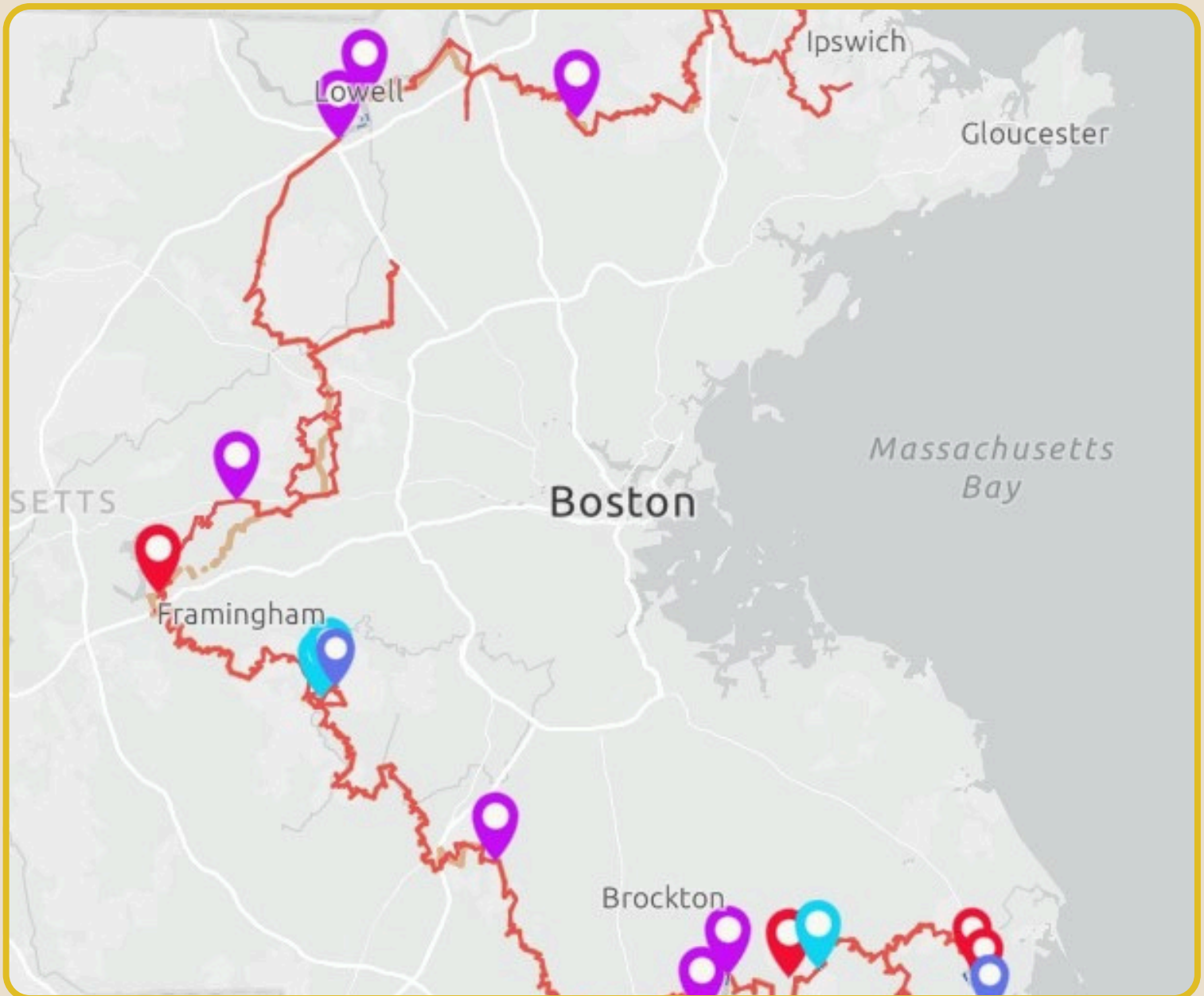
To better inform the BCT community of trail obstacles, check out the [interactive map](#) and the new **Trail Alerts Page**. These will include notices of flooding, closed roads, reroutes, temporary detours, hazards, and ongoing projects. If you come across a significant obstacle along the trail, please email us and we will update the map.

(flooded sections need to be impassable to become a trail alert)

Purple = Reroute or Temp Route

Light Blue = Flooding

Red = Hazard



EARTH DAY WIN IN IPSWICH!

“Our Earth Day event in Ipswich on April 22 was such a success, and I’m still energized by how great the day was! A fantastic group of volunteers came together to celebrate Earth Day by rolling up their sleeves and restoring a section of the Bay Circuit Trail through hands-on trail grading.

This work was done in partnership with The Trustees of Reservations at Appleton Farms, and we’re incredibly grateful for their collaboration and stewardship of this beautiful landscape. A big thank-you as well to the Ipswich Open Space team, who came out to support the project and help make the day run smoothly, and to all the volunteers and partners who brought their time, energy, and enthusiasm. Earth Day is all about action, and this group truly showed what community stewardship looks like.

Thanks to everyone’s hard work and teamwork, this stretch of trail is now durable, safe, and ready to welcome hikers and riders alike. It was such a joy to spend the day outside together, care for the trail, and see real, tangible results by the end. Check out photos of the event on the next page.

—Sarah Dolan



EARTH DAY IN IPSWICH GALLERY



EARTH DAY IN ACTON

This year, we were pleased to spend Earth Day at Stoneymeade Conservation Land in Acton. This beautiful pocket of open space has been encroached upon by invasive vines and shrubs over the last decade. To tackle the invasion, we have been working with Ian Bergemann, Acton's Open Space & Trails Manager, to remove and stunt the growth of these destructive plants.

Residents of Acton and employees of MathWorks, an AMC partner and supporter, joined us at Stoneymeade this year. Together, we were able to remove three truckloads of invasives from the property, ensuring the survival of multiple native trees and new raspberry growth!

Nothing is more inspiring than people dedicated to a shared cause and Earth Day is the perfect call to action. These volunteers were enthusiastic, fun-loving, and hardworking people and I hope we have the opportunity to work together again. Invasive species management is a never-ending task so there will surely be future opportunities to get in the weeds together again.

Thank you to everyone involved at this event, and to the many other Earth Day events that have taken place across the region and trail this April! Your hard work is of the utmost importance if we want to achieve our aims of good stewardship of this planet we call home.

See you out on the trails! Please enjoy some photos of Earth Day in Acton on the next page

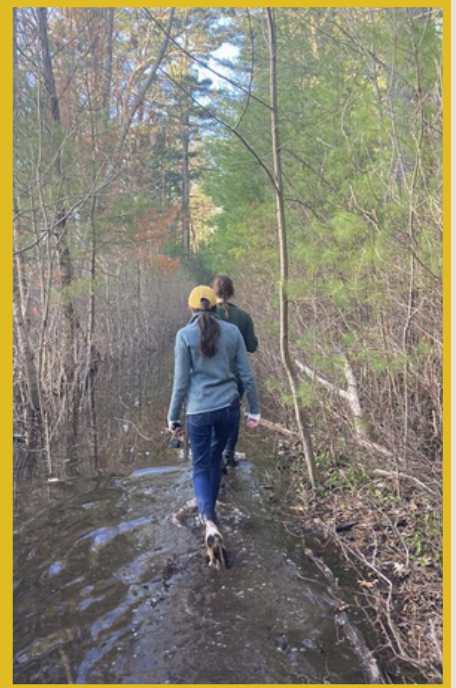
-Amber Stearns



EARTH DAY IN ACTON GALLERY



EARTH MONTH ACROSS THE TRAIL



The next newsletter will be sent on June 1st, 2026



**DIRTY HANDS
PROJECT**



Hike For A Change 2026



May • Mental Health Awareness Month

230-mile Bay Circuit Trail
Presented by the Dirty Hands Project

**Hike For A Change is back for its
third year!**

Throughout the month of May, participants hike sections of the **230-mile Bay Circuit Trail**, traveling from **Duxbury to Plum Island, MA**. This series of hikes brings people together to support mental health through time in nature, meaningful conversation, and community connection.

Join for one day or hike with us all month, participate your way. More than a hike. It's a movement.



**Scan to
learn more**

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