

## ROUTE DESCRIPTIONS

### 1. NORTH HALL LOOP – CHALLENGING

This route is long and hilly without sidewalks. Originally built as the North School of Norwich (c.1795) this vital public building has been in use for over two hundred years and hosts a robust season of music and theater each summer.

### 2. CHURCH ROAD ROUTE – CHALLENGING

This quiet country road without sidewalks down and back Church Hill has an elevation change of a few hundred feet.

### 3. NORWICH HILL LOOP – MODERATE

The route up and down Norwich Hill reveals the original religious center of town along quiet roads without sidewalks. The old First Church was located on the original rectangular Town Common.

### 4. LITTLEVILLE LANDING LOOP – MODERATE

The fields, boat landing, and fisherman access trails offer many levels and scales of walking. The Army Corps of Engineers lands offer extensive routes along fire roads to South Worthington and beyond.

### 5. LITTLEVILLE DAM ROUTE – EASY

This short, easy walk offers spectacular views (and is handicapped accessible when the gate is open). Out and back three times approximates 5k. Hilltown Community Health Center leads a weekly walk here; for information: 413-667-2203 ext. 321.



LITTLEVILLE DAM © PERI SOUSSAMAN

### 6. NORWICH BRIDGE CEMETERY LOOP – EASY

Park at visitor parking when there is no major school event. Walking around the open playing fields and Norwich Bridge Cemetery allows views of the surrounding hills. It contains graves moved from the Knightville Dan and Indian Hollow areas.

### 7. GATEWAY LITTLEVILLE DAM ROUTE – CHALLENGING

Park at visitor parking when there is no major school event for roadside walking without sidewalks up to the dam. Littleville Road is the former main road to West Worthington through agricultural lands to Littleville Dam and Reservoir.

### 8. CROSS COUNTRY LOOP – MODERATE

This loop is used by students and includes a small hill. You pass the Huntington Country Store (one of the original Taverns c.1795), up rural Bromley Road (without sidewalks), and along narrow Basket Street.

### 9. BLANDFORD HILL ROAD ROUTE – CHALLENGING

This steep road affords fine views and continues through to Blandford. The town line is where the pavement ends.

### 10. TOWN COMMON LOOP – EASY

This short, level walk in the village center is a walk through history. Huntington Common was established c.1780 at the Falley Brothers Tavern. Stanton Hall was the original Second Church of Norwich. The small brick downtown grew after the 1841 opening of the Great Western Railroad (the first railroad to cross a mountain range). Can you find the modern perspective of this picture?



DOWNTOWN HUNTINGTON C. 1920

### 11. RIVERWALK – EASY

This short trail is currently padded grass and will be amended for increased accessibility to access the beautiful riverfront.

### 12. UPTOWN LOOP – MODERATE

The route is mostly on town sidewalks with a change in elevation. You pass many fine buildings built during the Railroad Years including the former St. Thomas Church, and the old Opera House (across from the Library - to the right of Pleasant St). Route 112 affords beautiful views of the Westfield River.

### 13. VILLAGE LOOP – EASY

This level walk is mostly on sidewalks. Settled c.1780, the village is recognized as a National Historic District and contains the junction of two State Scenic Byways, Jacob's Ladder Trail (the first auto road to cross a mountain range) and Scenic Route 112 and borders the National Wild and Scenic Westfield River.



WESTFIELD RIVER

### 14. PETTIS FIELD LOOP – EASY

This route is level along short dead-end roads at Hamblin Court. Mill Street (Hillgate Park) grants access to the Westfield River for fishing and exploration of the ruins of the Chester Paper Company Mills.

## HUNTINGTON WALKS



STANTON HALL © LINDA HAMLIN



## TIPS FOR YOUR WALK



### WARM-UP AND S-T-R-E-T-C-H!

Before starting any exercise, move around to warm-up your muscles (walk in place, etc).

**REMEMBER THE FOLLOWING** so you are prepared for any change of plans or weather:

1. Water, food or snack
2. Sunscreen or hat
3. Bring an extra layer (jacket, etc.) and wear comfortable, supportive shoes
4. Walking map
5. Cell phone, emergency numbers

**COOL DOWN** – Slow your pace towards the end of the walk. Stretch your legs and arms.

### BE SAFE!

- Wear bright, reflective clothing
- Walk against traffic on busier routes

## WALK YOUR WAY TO HEALTH



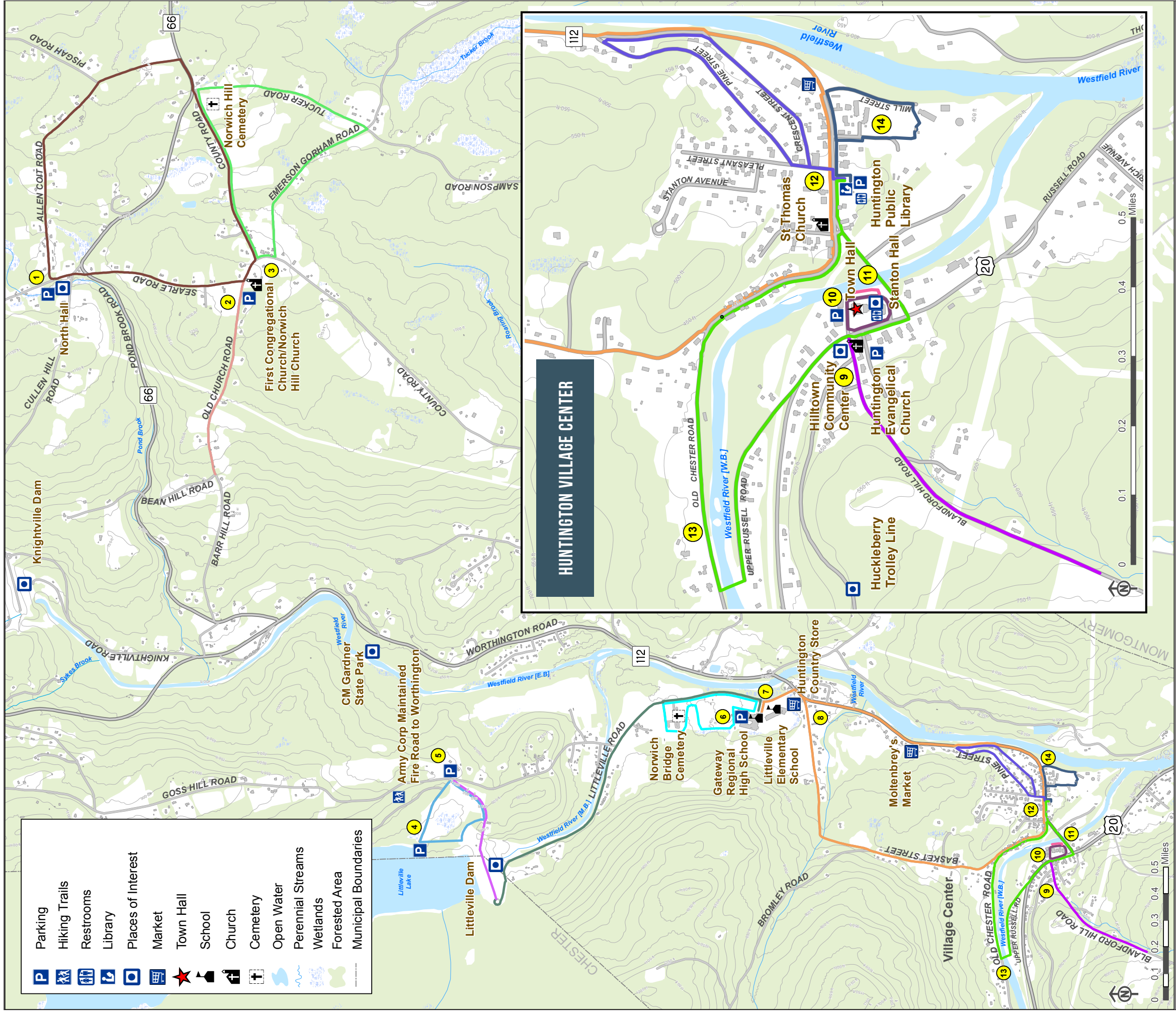
**WALKING IS** perhaps the simplest positive change you can make to improve your health, and it's an exercise that's easy to stick with.

### WALKING JUST 30 MINUTES A DAY MAY:

- Reduce the risk of heart disease
- Maintain a healthy weight
- Help prevent type-2 diabetes
- Decrease risk of some cancers
- Boost energy levels
- Prevent/manage high blood pressure

### 1 IN 3 AMERICAN ADULTS HAS PREDIABETES. DO YOU?

Visit [doihaveprediabetes.org](http://doihaveprediabetes.org) to find out or call the Hilltown Community Health Center to take the risk test now: **(413) 667-2203**



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|--|---|
|  | <b>1</b> North Hall Loop- Challenging (2.75 miles) - 1hr 22min          |
|  | <b>2</b> Church Rd Route- Challenging (0.75 miles) - 22min              |
|  | <b>3</b> Norwich Hill Loop- Moderate (2.0 miles) - 1hr                  |
|  | <b>4</b> Littleville Landing Loop- Moderate (0.75 miles) - 22min        |
|  | <b>5</b> Littleville Dam Route- Easy (0.5 miles) - 15min                |
|  | <b>6</b> Norwich Bridge Cemetery Loop- Easy (1.0 miles) - 30min         |
|  | <b>7</b> Gateway Littleville Dam Route- Challenging (1.5 miles) - 45min |
|  | <b>8</b> Cross Country Loop- Moderate (3.0 miles) - 1hr 30min           |
|  | <b>9</b> Blandford Hill Rd Route- Challenging (0.5 miles) - 15min       |
|  | <b>10</b> Town Common Loop- Easy (0.2 miles) - 6min                     |
|  | <b>11</b> Riverwalk- Easy (0.04 miles) - 1min                           |
|  | <b>12</b> Uptown Loop- Moderate (0.75 miles) - 22min                    |
|  | <b>13</b> Village Loop- Easy (1.5 miles) - 45min                        |
|  | <b>14</b> Pettis Field Loop- Easy (0.5 miles) - 15min                   |

A half mile equals approximately 1,000 steps based on an average person's height, weight and moderate pace.



NORTH HALL © LINDA HAMLIN

### LOCAL RESOURCES

- C.M. GARDNER PARK**  
[mass.gov/locations/cm-gardner-state-park](https://mass.gov/locations/cm-gardner-state-park)
- HUNTINGTON COUNCIL ON AGING**  
[www.huntingtonma.us/coa.html](https://www.huntingtonma.us/coa.html)
- HUNTINGTON HISTORICAL SOCIETY**  
[huntingtonma.us/historical-society](https://huntingtonma.us/historical-society)
- HUNTINGTON LIBRARY**  
[huntingtonma.us/library.html](https://huntingtonma.us/library.html)

- KNIGHTVILLE DAM & LITTLEVILLE DAM LAKE**  
[www.nae.usace.army.mil/Missions/Recreation/Massachusetts](https://www.nae.usace.army.mil/Missions/Recreation/Massachusetts)
- NORTH HALL EVENTS AND HISTORY**  
[www.northhallhuntington.org](https://www.northhallhuntington.org)
- STEVENS TRAIL AND HILLTOWN LAND TRUST**  
[www.hilltownlandtrust.org](https://www.hilltownlandtrust.org)
- WESTERN MASS HILLTOWN HIKERS**  
[westernmasshilltownhikers.com/trail-head-maps](https://westernmasshilltownhikers.com/trail-head-maps)