









PARKING INFORMATION:

Ample street parking is available in the village

LOCAL LANDMARKS



HILLTOWN VISITOR CENTER: OPEN FALL '19

Route 20. gatewayhilltowns.org

CHESTER RAILWAY STATION

10 Prospect St. chesterrailwaystation.net

OLD CHESTER JAIL

15 Middlefield St. www.chestermass.com

CHESTER HISTORICAL SOCIETY

15 Middlefield St. www.chestermass.com

KEYSTONE ARCH BRIDGES TRAIL

Hebert Cross Rd. www.keystonearches.com

CHESTER BLANDFORD STATE FOREST

Route 20. Includes Sanderson Brook Falls, Boulder Park, and Goldmine Brook Falls. www.mass.gov/locations/chester-blandfordstate-forest

LITTLEVILLE LAKE AT DAYVILLE

Kinnebrook Rd. www.nae.usace.army.mil

GOBBLE MOUNTAIN TRAIL

Middlefield Rd.

westernmasshilltownhikers.com

ROUND TOP HILL

Round Hill Rd. Highest point in Hampden County. westernmasshilltownhikers.com

HIGHLANDS FOOTPATH:

www.pvpc.org/plans/highlands-footpath-action-plan

ANNUAL EVENTS

MAPLE FEST: MARCH

townofchester.net

CHESTER ON TRACK: MAY

chesterrailwaystation.net

MEMORIAL DAY PARADE: MAY

townofchester.net

LITTLEVILLE FAIR: AUGUST

littlevillefair.com

HOBO HARVEST DINNER: OCTOBER

chesterrailwaystation.net

SNOWFLAKE CRAFT FAIR: NOVEMBER

www.chestermass.com

CHESTER TREE LIGHTING: NOVEMBER

townofchester.net

TRAIL DESCRIPTIONS

CHESTER VILLAGE LOOP - EASY Takes you right through downtown

Chester historically listed business district, including restaurants and businesses. Near the Railway Station, you can see a huge antique



to cut granite in the early 1900s. Historic buildings, including old railroad dormitory. Maple St. overhead truss bridge has Carnegie steel, wildlife visible on Westfield River. Please use caution when crossing Route 20 at Maple St, as there is currently no marked crosswalk. Blazed as part of the Chester Becket Trail.



This route takes you through Hampden Park, along the banks of Walker Brook (nominated for Wild & Scenic status). You'll find a few small pavilions, picnic tables, and outlook benches in the park. Path follows Hampden Street partially on the road, and then along a wooded trail, and connects to the larger Chester Becket Trail.

3. **C&B TRAIL GRANITE RR LOOP -**MODERATE

Picking up from the Hampden Park Loop, this route travels partially along a quiet road and partially along wooded trails, taking you by historic railroad features such as an old rail bridge foundation, wooden trestle, slew sway, and the ruins of two emery companies (Ashland Emery and Hampden Emery). The upper (northern) leg is the old railroad path.

Beckett Railroad Route.

GOBBLE VIEW ROUTE - EASY

Traveling along Middlefield Road, this route is very level and includes sidewalks as well as a traversable road shoulder. You can view the rushing West Branch of the Westfield River and see features like the "stairs to nowhere", an old roundhouse, and a coal tower (not accessible). Gobble Mountain rises up in front of you as you travel north.

RIVERFRONT ROAD LOOP - EASY

This route travels along the West Branch of the Westfield River, a bit behind downtown Chester, on a partial paved road, partial gravel walk along the railroad tracks. You may be able to watch a train go by, and from this route, you'll certainly hear it coming.

PROSPECT STREET LOOP - CHALLENGING A somewhat steep incline on a paved road, this route offers pleasant partially shaded views of the surrounding countryside and the town. This area was part of the historic population expansion of Chester during the early 1900s, when the roads used to lead up to Chester Hill & Abbott Hill, until they were rendered defunct by industrial shifts.

SCHOOL STREET LOOP - EASY

This loop starts at the Hilltown Visitor Center (open fall 2019). A nice, short downtown loop along **Historic Route** 20, partially overlapping with the Village Loop on the north side of Rt 20. There is some limited sidewalk access and partial wooded trail

travel, going by Walker Brook, the Library,

and remnants of the old Grist Mill Dam.

EMERY STREET LOOP - EASY

Beginning near the Chester Railway Station & Museum, this loop takes you around the ball field, where you might catch a game in the evening! The path

travels through a

residential neighborhood, partially on Emery St and partially through the grassy field. Wildlife is often visible where the nearby mountain meets the village.

POST OFFICE ROUTE - EASY

A very easy stroll entirely on the sidewalk, enjoy scenic views on your left and right of the Chester Westfield River Valley, historic homes, Factory Village Cemetery, and the fire station, ending at Chester's US Post Office.





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!

WALK YOUR WAY TO HEALTH



WALKING IS perhaps the simplest positive change you can make to improve your health, and it's an exercise

WALKING JUST 30 MINUTES A DAY MAY:

- Reduce the risk of heart disease
- · Help prevent type-2 diabetes
- Decrease risk of some cancers
- Prevent/manage high blood pressure

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

Visit doihaveprediabetes.org to find out Center to take the risk test now: (413) 667-2203



