

Walking in Massachusetts

Brought to you by MIIA's Wellness Representative, Meera Mathur, M.Ed., CAPP



High Ledges Wildlife Sanctuary in Shelburne, Ma

Special tips for this location: Mass Audubon signs will guide you to the free parking off Patten Road in Shelburne. There is an upper lot and a lower lot. The lower lot is closer to the start of the trail. The sanctuary is free and open from dawn to dusk. No animals allowed at the Sanctuary.

Highlights: At “The Ledges” there are views of the Deerfield River Valley and Mount Greylock. You also can’t miss the surviving chimney from a summer cabin built in the early 20th century. The sanctuary features 5 miles of trails and allows you the option to leave the sanctuary and take Ridge Trail to a 1909 stone fire tower atop Massaemett Mountain.

Hike idea: Make this a large loop hike. Start at the Ledges entrance on Sanctuary Road. Turn right onto Steeplebush Trail, then take a right onto Wolves Den Loop. Continue straight onto North Trail, which leads to the Ledges. From there, return to Sanctuary Road and follow it back to your car. If desired take Ridge Trail to the tower as an add on or for your only hike for the day.

“I felt my lungs inflate with the onrush of scenery- air, mountains, trees, people. I thought, ‘this is what it is to be happy’”

— Sylvia Plath

See [Mass Audubon High Ledges Wildlife Sanctuary](#) for more detailed information and to view a [map](#).

For other walk suggestions, check out the [Walking in Massachusetts site!](#)