

Walking in Massachusetts



Flagg Hill/Heath Hen Meadow/Captain Sargent Conservation Area Stow, MA

Special tips for this location:

Open dawn to dusk. Free parking at Flagg Hill Barn located at 225 West Acton Road in Stow.

Highlights: Beautiful wetlands, woodlands, meadows, and a pond with beaver activity.

Hike idea: From the parking area, cross the street to the Captain Sargent Conservation Area. Take Flagg Hill Connector and bear right to the red trail. Loop the red trail back to the connector and across the street. For Flagg Hill Conservation Area, walk behind the building and start on the white trail. Take a left on the orange trail, right onto the purple trail, and right onto the lime green trail. When the lime green trail splits, take a left. Take a right when you hit the white trail which leads you back to the car.

Leashed dogs welcomed.

“We are the leaves of one tree, we are all waves of one sea.”

— Thich Nhat Hanh

See [Stow Conservation Lands](#) for more information and to view a [Captain Sargent Conservation map](#) and [Flagg Hill/Heath Hen Meadow Conservation map](#)

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