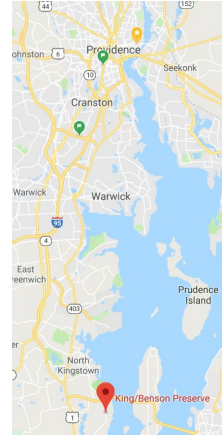


Nearby Trails

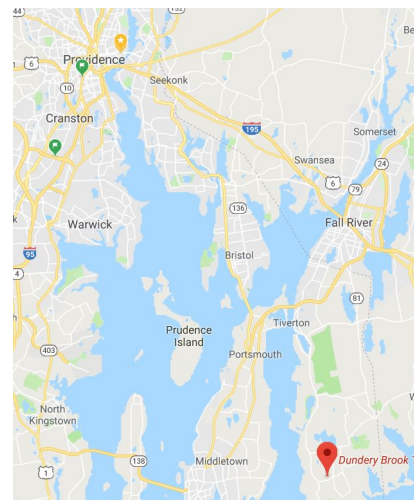
King Preserve

Off Boston Neck Road in the village of Saunderstown, this Nature Conservancy sanctuary drips with flora and fauna, including the black gum tree, which develops remarkable crimson, orange, purple and yellow color in the fall. King Preserve's wetlands include red maple and sassafras trees that produce brilliant color, as do oaks that grow wherever the elevation rises. Meanwhile, lichens in gray, green and silver cover tree limbs and boulders. Enter from Boston Neck Road to weave through woods to the Narrow River, a tidal outlet of lower Narragansett Bay. For a trail map, visit bit.ly/2nc7CRX. Read Scott Turner's 2017 story on this new trail [here](#).



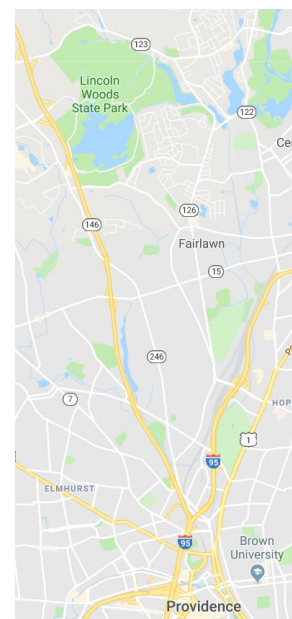
Dundery Brook Trail

Take a literal step up in your fall foliage journey via a boardwalk that winds through this coastal forest in Little Compton. Pass through wet forests and meadows that feature colorful native shrubs such as arrowwood, highbush blueberry, spicebush, sweet pepperbush, and an abundance of fern species. Oaks and American holly dominate the forest. Primarily a small tree of the humid Southeast, American holly is an evergreen that grows as far north as the maritime forests of Massachusetts. Many trees in the preserve display grayish and often knobby trunks stamped with index-card sized plaques of yellow, gray or green lichen. Turn left off Meeting House Lane onto Veteran's Field to reach the Nature Conservancy preserve.



Lincoln Woods State Park

If you want trees in wild fall colors amidst reflective woodland ponds and magnificent shoreline rock outcrops, then head for this Rhode Island landmark. The 627-acre park nestled between Routes 146 and 123 harbors mature ash, beech, birch, maple, oak, sassafras and more. Between the oaks, maples and sassafras alone, you will find foliage morphing into brilliant brown, gold, maroon, orange, red, scarlet, yellow and other colors. Strolling around the park's main water body, Olney Pond, will provide a solid 45 minutes of exercise.



Osamequin Nature Trails and Bird Sanctuary

Find abundant color amidst trees, shrubs, vines, hardwoods and conifers in this conservation area beside Hundred Acre Cove in Barrington. Accessible from County Road, the preserve includes open areas with vibrant fall flowers such as asters and goldenrod. Rich in various berries among its foliage, Osamequin is an important autumn stop for migrating songbirds.



Woonasquatucket River Greenway

Stop in to Riverside Park off Aleppo Street in Providence for a walk on the scenic wild side. Stroll the Greenway along the river, as it moves you through colorful forests and fields. In addition to tall trees along the water, check out the fall wildflowers. The path crosses over U.S. Route 6 to Merino Park.



Hikes

Appalachian National Scenic Trail

Where: Throughout the Northeast: Maine, New Hampshire, Vermont, Massachusetts, Connecticut, New York, New Jersey and Pennsylvania.

Best for: A long hike

Alright, so the Appalachian Trail technically isn't just one park. But that's what makes it so great! Over 2,180 miles long, this trail runs through **14 states**, all the way **from Maine to Georgia**. There are few better – or longer – hikes on the planet. It takes thru-hikers months to navigate the entire trail. For us less experienced hikers, let's stick to the equally awesome daylong and multi-day hikes.



In MA: **Address**

Visitors Center/Park Headquarters

30 Rockwell Road, Lanesborough, MA 01237

<https://www.mass.gov/locations/appalachian-trail>

Cape Cod National Seashore

Where: Massachusetts

Best for: Beaches

There are so many amazing national parks in the Northeast, and that doesn't just include mountains and forests. Beautiful national seashores can be found up and down the East Coast. And jutting out into the Atlantic is one of our favorites – the Cape Cod National Seashore.

From Provincetown down to Chatham, it's where **40 miles of protected white beaches** meet refreshing saltwater waves, and visitors and tourists can swim or go fishing for striped bass. And off the shore, wild cranberry bogs, marshes, ponds and uplands sprawl across Cape Cod ready to be explored. Hike, paddle and discover the terrain with a ranger. Or, bike the trails in blissful solitude, where you'll likely stumble upon one of the many lighthouses scattered across the Cape. You can tour the Highland Light, the Cape's oldest lighthouse, for \$6.



Blackstone River Valley

Where: Rhode Island and Massachusetts

Best for: History buffs and quiet walks

National parks in the Northeast come in all different shapes and sizes. They're not always filled with sweeping sand dunes, roaring waterfalls and delving canyons. Some, like the Blackstone River Valley, are filled with history.

The Blackstone River powered America's **first successful cotton mill** in Pawtucket, R.I., initiating a chain reaction that spurred the Industrial Revolution. Guests are welcome to explore those very same waters by paddling, visiting **museums**, going on tours, and walking around the **small towns** and villages of the valley. Stop by one of the town's farmers markets for fresh produce, **hike peaceful trails** or enjoy the outdoor recreation. And be sure to explore the history that shaped Blackstone Valley and the rest of the United States.



<https://www.nps.gov/blrv/index.htm>

New England Trail

Where: Connecticut and Massachusetts

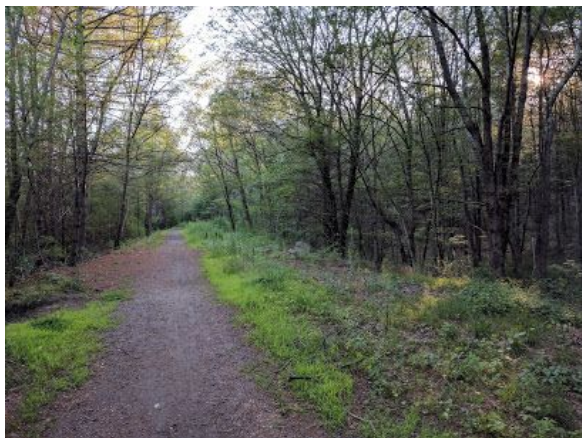
Best for: A scenic hike

The **215-mile long** New England National Scenic Trail runs through 41 communities in Connecticut and Massachusetts. Great for scenic and breathtaking views, this cross-country route highlights a range of diverse landscapes and ecosystems. Hikers can expect to traverse mountains and summits, or wind through paths that navigate forests, steep river valleys, quiet streams, vernal pools, lakes and waterfalls.

Travelers can get a feel for New England culture as the trail cuts through farmlands, scenic vistas and historic Colonial villages and landmarks. Experienced hikers may try to hike the entire trail; in which case these overnight sites may be of some use. Less-experienced hikers can find hikes in their physical range and comfort zone. No matter what trail you're taking or for how long, the views and fresh air are bound to take your breath away.



<https://newenglandtrail.org/>



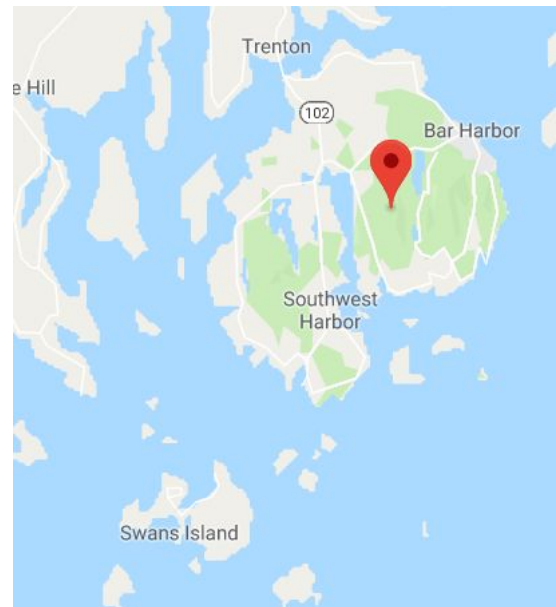
Acadia National Park

Where: Maine

Best for: High coastal views

If you're looking for amazing coastal views and dramatic landscapes, it doesn't get much better than this. The first national park in the east remains one of the most breathtaking around. **Steep slopes rise above the rocky Maine shore** for unbelievable coastal highs, including Cadillac Mountain, which at 1,530 feet is the highest point on the U.S. Atlantic coast.

There are also over **120 miles of hiking trails** to explore by foot. You can spend the day discovering the ocean shoreline or go camping and spend the weekend viewing even more beautiful landscapes, like woodlands, lakes, ponds and granite-domed mountains. And when you're tired of walking, there's always the option to travel by bike and explore historic carriage roads with scenic stop-off points. No matter what you choose, taking in the jagged coastlines of Acadia National Park will lift any spirit.



Mountains

1. Mount Washington | New Hampshire



Mt. Washington, the highest peak in New England at 6,288 feet, is perhaps even better known for its high winds. The highest wind speed ever recorded at the Mt. Washington Observatory was 231 mph, still the world record for the fastest wind not involving a tropical cyclone.

The Presidential Traverse is the most challenging hike in New Hampshire's White Mountains, as it hits every peak in the Presidential Range over the course of 23 miles and more than 9,000 feet of elevation change. Most hikers go north to south, with the toughest climbs early, starting at Mt. Madison, 5,367 feet, and finishing at Mt. Jackson, 4,052 feet. (Mt. Washington is in the middle.) This is obviously for experienced hikers with a significant amount of outdoor experience. But if you're up for the challenge, this hike is almost entirely above the tree line, offering amazing views for nearly the entire route.

2. Mount Katahdin | Maine



The northern terminus of the Appalachian Trail, Mt. Katahdin is a well-known hiking destination, and at 5,267 feet, it's the tallest point in Maine. As you can guess from its name, the Knife's Edge Trail leading up the mountain in Maine's Baxter State Park isn't for the faint of heart. Traversing the Knife's Edge Ridge from Baxter Peak to Pamola Peak, the trail encompasses four peaks in total and is one of the more amazing hiking experiences in the country. The trail itself is just a mile long, but in places it's only a few feet wide with serious drop-offs on either side.

For those who aren't quite up for such a harrowing adventure (or if the Knife's Edge is closed due to high winds), you'll find several other trails leading to both Pamola and Baxter's Peak, which offer similar spectacular views without the high-wire act.

3. Cadillac Mountain | Maine

Located on Mount Desert Island in Acadia National Park, Cadillac Mountain is one of the more



unique locations in the country. With a relatively high elevation (1,582 feet), it takes the title of being the highest peak within 25 miles of the North Atlantic seaboard. It's also the first place to view the sunrise in the United States during the fall and winter months. There are literally dozens

of hiking trails to choose from to reach the summit encompassing a variety of difficulty levels—the easiest being a paved road to the top. On clear days, you can see Mt. Katahdin to the north and Nova Scotia to the east.

For those looking for a bit of a challenge, the 7.7-mile South Ridge Trail goes from Bar Harbor to the summit. Known for its abundant wildflowers, the trail features a gradual, forested climb up to the ridge. But once on the mountain, you'll find commanding views of the park's forests, glacial lakes, and the Porcupine Islands, which dot the surrounding harbors.

4. Mount Lafayette | New Hampshire



The Franconia Ridge traverse is one of the most iconic and scenic hikes in New England. Billy Bergen

On the northern edge of the Franconia Range in the White Mountains of New Hampshire, Mt. Lafayette is one of the most popular hiking destinations in a state filled with them. At 5,260 feet, Mt. Lafayette isn't the tallest mountain, but it's combination of size, accessibility, and scenic views make it a must-do stop for New England hikers.

You have several hiking choices to get to the summit, but the Old Bridle Path and Greenleaf Trail is the most popular route. Both will take to you Greenleaf Hut, which is just above the tree line at 4,200 feet and offers accommodations, food, and information on the area. You can also choose the longer Falling Waters Trail, with some spectacular waterfalls along the way, which hits Little Haystack Mountain first before continuing on to Mt. Lafayette.

5. Stratton Mountain | Vermont



The popular ski resort is a hiking mecca in the summer, as it is crossed by two of the



country's most famous hiking trails—the Appalachian Trail and the Long Trail. But you don't need to be a thru-hiker to

enjoy the views from this nearly 4,000-foot peak. You can enjoy a day hike that takes you to the top of Mt. Stratton and its impressive Green Mountain views.

From the trailhead at the base of the mountain, the path winds through a mixed hardwood/softwood forest that takes you on a gradual ascent up the mountain. At the summit, you'll find a fire tower that offers amazing 360-degree views of the region.

6. Mount Abraham | Vermont



Mt. Abraham, named for President Lincoln, is another summit on the Long Trail. The 4,017-foot peak is the 5th tallest in Vermont, and it features excellent panoramic views of the Green Mountain National Forest, the White Mountains, the Adirondacks, and Killington Peak. Hikers can choose from shorter routes to the summit or take a longer path that includes the 4,083-foot-tall Mt. Ellen, which is less than 3 miles away, and allows you to hit two of Vermont's five 4,000-foot peaks in one trip. The shorter route is about 2.6 miles one way, while the long route ends up being about an 11-mile round-trip.

Just past the summit of Abraham lies the wreckage of a small Cessna plane, which crashed in 1973. While it's not much more than a rusty old fuselage and ripped-off wing today, it's still a rather eerie and fascinating thing to see.

7. Mount Norwottuck | Massachusetts



Mt. Norwottuck is the highest peak of the Holyoke Range in central Massachusetts. At 1,106 feet, you don't have nearly the significant climbing as the other peaks on the list, but the peak rises steeply from the countryside and offers sweeping views over the Pioneer Valley. There are a number of hiking trails that cross Mount Norwottuck including the 114-mile Metacomet-Monadnock Trail and the 47-mile Robert Frost Trail. For an easy day trip to the summit, start at Mt. Holyoke Range State Park in Amherst, Mass., which offers a visitors' center and plenty of information on the trails and region. A hike to the top of Mt. Norwottuck only

takes about 25 minutes, with about 400 feet in elevation change, making this a great family hike. But at the top, you are still rewarded with an excellent view of the Holyoke Range and the surrounding towns.

8. Cascade Mountain | New York



Cascade Mountain is known as the runt of the 46 Adirondack High Peaks (46 peaks in the Adirondacks higher than 4,000 feet), but it remains popular for its pleasant grades and multiple ledges as you climb up to the summit at 4,098 feet. Many refer to Cascade Mountain as a good introduction to the 46ers. The trail to the summit—which is only a 4.8-mile round trip—has steep inclines in the beginning through a densely wooded area, finally opening up at a ledge. The mountain's exposed, bare-rock summit is actually the result of a 1903 fire, rather

than an alpine ecosystem, but the summit view is nonetheless one of the best in the Adirondacks. It offers excellent views of Champlain Valley as well as hundreds of different Adirondack peaks sprawling into the distance as far as the eye can see. If at all possible, catch the summit at sunrise—it's a must-do experience that you won't easily forget.

9. Whiteface Mountain | New York



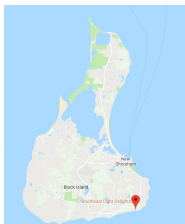
Located in Wilmington, N.Y., Whiteface Mountain is the older and more popular sibling of Cascade Mountain—and the fifth highest mountain in New York at 4,865 feet. It's most famous for hosting alpine skiing during the 1980 Winter Olympics. To get to the summit you have a variety of choices: The primary trailhead is off of the Atmospheric Science Research Center Road, which offers a 3.9-mile hike to the summit. Two secondary routes offer 5.7-mile and 6-mile trips to the summit from other starting points.



If you're just interested in seeing the top of the mountain, it is accessible via a road just below the summit. An elevator will actually take you to the visitor's center near the peak—but where's the fun in that? Once you reach the summit of Whiteface, you'll find 360-degree views of New York State and Vermont. On a clear day, you may even be able to spot the skyscrapers in Montreal.

Originally written by RootsRated for Marmot.

Block Island



Resource 1:

<https://magazine.northeast.aaa.com/daily/travel/national-park-vacations/national-parks-in-the-northeast/>

Resource 2:

<https://www.marmot.com/destination-guides/ijktQaS8oyq1CcVfCP3ujFdS.html>

Resource 3:

<http://www.providencejournal.com/special/20180915/rhode-island-fall-guide-5-walks-to-take-to-enjoy-autumns-colors>