

...to health!

## Safety & Walking

Residents and merchants can help make our town safer and more walkable every day. Here's how:

- Keep sidewalks unobstructed. Place garbage receptacles and recycling bins awaiting pickup in a way that allows people to pass with ease. Also, keep tree branches and hedges trimmed, and don't park on sidewalks.
- Clear snow and ice from sidewalks and crosswalks and help maintain traction by spreading salt, sand, cat litter, or a commercial ice-melting product
- Pick up after your dog: it's common courtesy!
- Be an advocate. If something makes it difficult to walk around town, report it! Call the Department of Public Works at (413) 323-0415 to let them know.



## About this map

The Town of Belchertown is part of a the *Healthy Hampshire* regional collaborative, which receives funding from the Massachusetts Department of Public Health's Mass in Motion Municipal Wellness and Leadership Program.

This map was produced by Community Health Solutions, a consulting group of the Collaborative for Educational Services ([collaborative.org/community-health](http://collaborative.org/community-health)).

Information about the benefits of walking in this brochure has been used courtesy of WalkBoston ([walkboston.org](http://walkboston.org)).

# Belchertown Recreation Map



**Walking and hiking at  
conservation areas**

**Community recreation  
facilities**

**Maps with site  
information inside!**

Walk your way...

## Simple Steps

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 can:

- Reduce the risk of developing heart disease, Type-2 diabetes and some cancers
- Prevent or manage high blood pressure
- Maintain a healthy weight, increase muscle strength & boost energy
- Decrease the risk of developing Alzheimer's disease.

## Getting Started

**Set achievable goals.** 30 minutes a day of moderate to vigorous physical activity can be divided into 10- or 15-minute segments.

**Do your errands on foot, or park once and walk.** Leave your car at home, or find a parking spot somewhere in between your destinations. Before you know it, you'll have covered quite a distance without noticing it!

**Have fun!** Plan a scavenger hunt, or use the map for geocaching or letterboxing. For ideas, go to [geocaching.com](http://geocaching.com) or [letterboxing.org](http://letterboxing.org).



## Conservation Areas

(All include parking)

### Lake Wallace

**Where:** Behind the Police Dept., 70 State St.

**Activities:** Hiking (Easy to Moderate), Hunting, Fishing

### Piper Farm Recreation Area

**Where:** Trail head is located on Route 202, 1/4 mile from Town Hall headed Southeast

**Activities:** Hiking (Easy to Moderate), skiing, snowmobiling (4 mile trail)

### Reed Conservation Area

**Where:** 57 South Main Street

**Activities:** Hiking (Easy to Moderate), Fishing, Hunting, Skiing and Picnicing

### Meads Corner Conservation Area

**Where:** Intersection of Gold St. and Gulf Rd.

**Activities:** Hiking (Easy to Moderate), hunting, skiing

### Jabish Brook Conservation Area

**Where:** Route 202/Daniel Shays Highway

**Activities:** Hiking (Easy to Moderate), Hunting, Fishing, Skiing

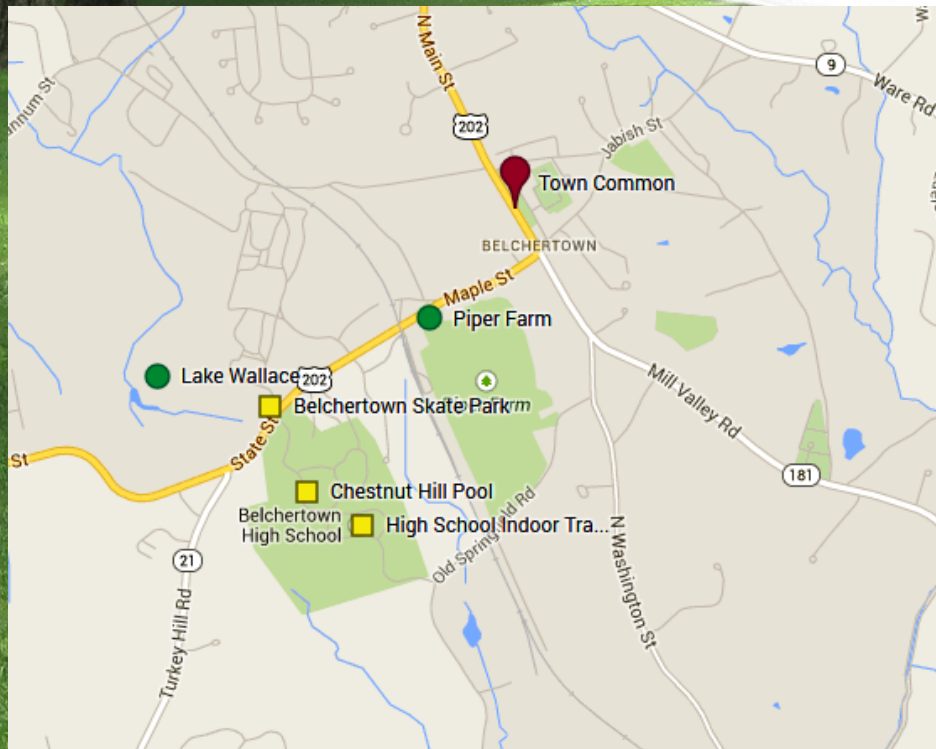
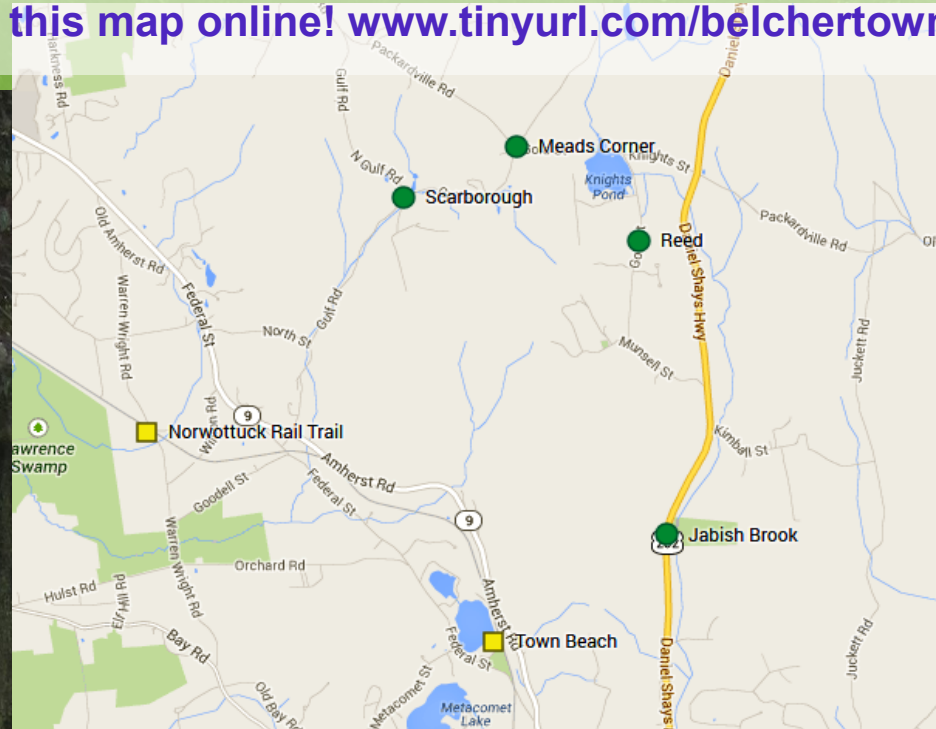
### Scarborough Conservation Area

**Where:** Intersection of N. Gulf Rd. and Gulf Rd.

**Activities:** Hiking (Moderate), Hunting, Fishing, Skiing, Picnic tables

For more information about conservation and open space areas:  
[belchertown.org/conservation/conservehome.htm](http://belchertown.org/conservation/conservehome.htm)

Check out this map online! [www.tinyurl.com/belchertownrecreation](http://www.tinyurl.com/belchertownrecreation)



## Indoor/Outdoor Recreation

(All include parking)

### Norwottuck Rail Trail

**Where:** Warren Wright Rd.

**Activities:** Walking, biking (Easy)  
This multi-use paved path can be used for walking and biking. It starts at the edge of Belchertown and goes all the way through Amherst to Northampton.

### Town Beach at Lake Arcadia

**Where:** 21 Town Beach Rd.

**Activities:** Swimming, Picnicing

**Website:** [belchertown.org/departments/rec/TownBeach.html](http://belchertown.org/departments/rec/TownBeach.html)

### Belchertown Skate Park

**Where:** Located behind the Police Dept, 70 State St.

**Activities:** Skateboarding

### Chestnut Hill Community Pool

Updated pool times and costs can be found on their website or call (413) 323-0419: [belchertown.org/departments/rec/Pool.html](http://belchertown.org/departments/rec/Pool.html)

### Community Indoor Track at the Belchertown High School

The indoor track is open Nov through May, Tues/Thurs from 6 to 9 p.m. when there are no games in session. For a schedule of games, call: (413) 323-9419 or go to [belchertownps.org/index.php/schools-199/belchertown-high-school/athletics-bhs](http://belchertownps.org/index.php/schools-199/belchertown-high-school/athletics-bhs)

For more information about recreation department activities, see:  
[belchertown.org/departments/rec/Fields.html](http://belchertown.org/departments/rec/Fields.html)