

Walking in Massachusetts

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



Appleton Farms Hamilton and Ipswich, MA

Special tips for this location: The property is open daily from sunrise to sunset. Nonmember parking fees are \$6 on weekdays and \$10 on weekends and holidays. Members park free. If following the MIIA walk suggestion, drive to the 20-car lot indicated by the Trustees sign on Highland Street (located in Hamilton, MA). If you prefer to visit the store and main entrance, drive to 219 County Road in Ipswich, MA.

Highlights: Established in 1638, Appleton Farms is one of the oldest continuously operating farms in America and features a 12-mile trail network and an extensive store with food and gifts. The land has beautiful historic pastoral vistas that are great for birding and are often compared to the countryside of Ireland or England. Other noteworthy offerings are a certified organic vegetable CSA, season-long events, and extra winter recreation information.

Hike idea: Start at the Highland Street parking lot and follow the Red Grass Rides Loop. Near the end of the loop, take a right onto the Blue Plains Loop Trail. From the blue loop, you can take a short detour onto the Orange Trail to visit the store. Return on the blue loop, turn right onto the Red Trail and follow it back to your car.

Dog walking is ONLY allowed on the Grass Rides Loop.

“Wilderness is not a luxury but a necessity of the human spirit.”

— Edward Abbey

See Appleton Farms for more detailed information and to view a map.

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