

Walking in Massachusetts

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



Whitney and Thayer Woods in Cohasset, Ma

Special tips for this location: The main lot is situated at 380 Chief Justice Cushing Highway (Route 3A) in Cohasset. This 20 spot gravel lot is free and open from sunrise to sunset. For other parking options, check out the [map](#). Leashed dogs are welcome on trails except at Weir River Farm and surrounding trails.

Highlights: 10 miles of gently graded carriage roads with offshoot trails that can be hilly and root-filled. Hike to the Turkey Hill summit for sweeping views, or visit the Milliken Wild Garden Path in late spring for blooming rhododendrons, azaleas, and mountain laurel. [Weir River Farm](#) is another great option — just remember no dogs in or around the farm. Lastly, the land abuts [Wompatuck State Park](#) for even more hiking options.

Hike idea: To make a loop hike, start at the Main Parking Lot and follow Howes Lane to Boulder Lane (blue). Turn right onto Whitney Road (yellow), then sharp left onto Ayer's Lane, which becomes the Milliken Memorial Path (yellow). Follow it through the wild garden, crossing Brass Kettle Brook twice. Continue to the Bancroft Trail (blue), which leads back to the Main Parking Lot.

“Look deep into nature, and then you will understand everything better.”

— Albert Einstein

See Whitney and Thayer Woods for more [information](#) and to view a [map](#).

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