

Walking in Massachusetts

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



Broadmoor Wildlife Sanctuary in Natick, Ma

Special tips for this location: Parking is tucked off the road at 280 Eliot Street in Natick. Mass Audubon members are free; Non-Audubon members are \$6.00/adult and \$4.00/children and seniors. There is a visitor center with a restroom (open Tue–Sun, 9 am–5 pm and Closed Mon (except holidays). Please leave your pets at home.

Highlights: There are 8 miles of trails to explore. The sanctuary has beautiful boardwalks, waterfalls and an All Person's trail. The location is also great to view birds and sunning turtles during the season.

“All truly great thoughts are conceived by walking.”

— Friedrich Nietzsche

Hike idea: To make a loop hike, enter at the Nature Center entrance and head toward the marsh. Bear left onto the All Person's Trail boardwalk. After crossing the boardwalk, turn left onto the dirt Marsh Trail, following the edge of Mill Pond. Bear left onto the Boundary Trail and continue with Wildlife Pond on your right. Cross South Street to access the detached riverfront loop along the Charles River. Complete the loop, recross South Street, and bear left onto the Glacial Hill Trail. Descend to Intersection 12 and take the connector back to the All Persons Trail boardwalk. Follow the loop back to the Nature Center.

See [Broadmoor Wildlife Sanctuary](#) for more detailed information and to view [a map](#).

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