

Walking in Massachusetts

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



Pleasant Valley Wildlife Sanctuary in Lenox, Ma

Special tips for this location: Parking lot is located at 472 West Mountain Road in Lenox. There is a Visitor Center open Monday through Sunday 9-4pm and trails are open dawn to dusk. Mass Audubon members are free, non-members are \$5.00/adult and \$3.00/children and seniors. Leave all pets at home unless you have a service animal.

Highlights: Trails range from easy to strenuous, with opportunities for birding and spotting beaver activity. Range in hikes include the 0.8-mile All Persons Trail around Pike's Pond to a strenuous climb to Lenox Mountain for views of Mount Greylock and the Catskill Mountains.

Hike idea: Proposed hike is a strenuous loop best on a dry day with proper hiking boots. Begin at the Visitor Center and follow the All Persons Trail around Pike's Pond, keeping left toward Yokun Trail. Stay left onto Trail of the Ledges and continue uphill to the Lenox Mountain summit (~2,126 ft.). It is not suggested to descend via Trail of the Ledges due to its slippery and steep terrain. Instead, follow Overbrook Trail downhill, then turn right onto Bluebird Trail and follow it back to the Visitor Center and parking area.

"It is not the mountain we conquer but ourselves." "

— Sir Edmund Hillary

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

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