UMASS – CROSS-COUNTRY Trails

1) EGG (43 min)
(A) From Cage proceed to North Pleasant street (by campus pond). Make left and head toward LGRT and pass School of Education. Pass Puffton Apt complex (on left) and proceed to light (Pine Street). At the Y, head right. Cross bridge and make right into Mill River Park. At far back corner of Park enter trail and cross bridge. Follow trail to next road. Make left (you will see a waterfall). Enter trail on right after passing waterfall. You are at Puffer’s Pond. (B) Head directly toward the water and take the trail directly to the left of the pond. Follow the trail around the lake until you reach a road. (C) Make a left and quick right onto trail again. Follow this trail across a bridge and continue straight for 400 meters. (D) The trail will head to the right and exit on BRIDGE St. Make a right. (E) Continue on BRIDGE ST (road curves right) and make first left on SouthEast Street. Continue straight for about 1 mile and make right on Van Meter Drive. (E) Continue to the end of Van Meter and enter trail (sharp left turn followed by sharp right.) Continue straight – you are entering the XC Course. The trail will widen and enter the School of Education Parking lot. Make a right and head to North Pleasant Street. Make a left and head into campus. Make a right before the campus pond. End at Curry Hicks Cage.

2) Blind Melon (55-65 min) -
Take EGG through part A. Once at Puffers Pond, head toward the left of the pond. Take the trail up a steep gravel hill. At end of the hill you will come to Pulpit Hill road. Make a right and go up Hill. After about 200 feet, you will see a trail on the left. The beginning of the trail is between 2 large cement blocks. Follow this trail (windy) until a clearing. Watch footing through the next area (over wood blocks). Continue on trail and keep to the right. (B) Trail will cross a wooden plank and exit into a field. Keep to the left for about 400 meters. (C) Make a sharp left into the woods again following a trail. Continue straight for 400 meters and come to a Y. Take the right Y (Robert Frost Trail) and then make a quick left up a hill. Follow this trail over a narrow log bridge. Make a right when this trail enters the main (wide) trail. Continue straight up a hill and follow the trail to the left (it will also continue straight.). The trail will now exit into a clearing with several pine trees. Continue straight for about 400 meters. The trail will split, continue to the left and enter the woods again. After about 50 feet you will cross the trail (near part B) and make a sharp right. Watch footing again over stumps. After 200 meters, trail splits. Go to the right (you originally came from the left in the opposite direction). The trail will exit into a clearing. You will see power lines. Follow the trail straight and slowly head to the right (follow trail). Continue on trail as trail becomes gravel. Follow the trail as it narrows into the woods. Continue straight until the trail exits at Pulpit Hill road. Go through iron gate and enter trail directly across the road. Follow the trail as it winds until you reach a paved trail. Make a right on this paved trail and head directly toward Puffer’s Pond. When you reach the trail next to the pond, make a left. Continue on the trail to next main road. Now follow EGG parts (C) to (E) to return to Cage.

3) HairCutters : (50-55 min)
Take EGG part (A) through (C). (D) After about 400 meters, the trail will make a sharp right. Instead, head straight up the hill toward the Railroad tracks. The footing is poor. When you reach the tracks, head straight over and continue on the trail (use caution as the trail will narrow). You will exit the trail at the Silver Bridge (Leverette Road). Cross the road and continue trail at other side. You are on the Robert Frost Trail. Go up the hill and follow trail to next main road (Market Hill). Go across road continue on trail. After about 800 meters the trail will Y. (E) Go to the right. Continue straight until next Y and go to the right. Continue down a hill and intersect with NEEDLE trail (toward right). (F) Follow the
trail as it winds up and down toward a main road (Henry Street). You will also pass the power lines. Once at Henry Street take a left. After 200 meters, enter the trail on the right side of the road. Next enter the railroad tracks and head to the right. After 100 feet, enter the trail on the left. Continue straight on this trail and head to the right. After 600 meters you will enter a cornfield. Make a sharp left and enter into the housing development. Go out to the road and make a right. Continue on this road until you reach Southeast Street. Make a left and head to Van Meter Drive. Make a right. Take EGG part (E) to the Curry Hicks Cage.

(4) **Needle (60 min)**

(A) Head out from Cage toward School of Business. Make a left and head up Massachusetts Ave toward Fraternity Houses (North Pleasant). Continue on North Pleasant through 2 traffic lights and pass church on left. Go into driveway of motel and continue around back and make a left on Southeast Street. Make first right on CHESTNUT ST and continue straight pass School. Directly after road curves right, take the SKILLINGS PATH on left side of road. Take this trail for 200 meters, and make a left on main road, N. Whitney Street. Continue straight until Y. (B) Take right Y, RED GATE road. Continue to the end and make right on STRONG Street. Go down hill and over rail tracks and continue to end of road. Make a left on NORTHEAST Street. Continue for about one mile down hill and make right into trails (elapsed time 20 min). Follow main trail straight into woods for about 1 mile and continue to the right along stream. After sharp right you will see a trail that goes up a hill (on left). (C) Take this trail up and follow it as it curves to the right. At the T, go to the right. Follow trail along stream. After 800 meters trail with take sharp left and go up the hill. Continue on trail (orange dot) and cross stream. Follow trail to clearing. At clearing go around field toward the left. Continue for 600 meters and enter trail on left. Go over bridge. Trail narrows. Continue for about 200 meters and cross SHUTESBURY Road. (30 min elapsed time) (D) Trail continues and clears into rows of Pine Trees and a pond. Cross the yard and cross FLAT HILLS Road. Trail will narrow and head to left. Make right, go down hill and meet HAIRCUTTER’S TRAIL. Head to the left. Take HAIRCUTTERS part (F) to the end.

(5) **Motley Crue (80-85 min)**

Take HAIRCUTTER’S up to part (E). At the Y, take a left. Continue straight on RFT until FLAT HILLS ROAD. Go directly across road and continue on trail to ARKINS RESEVOIR. At reservoir, make a right and continue on dirt road for 800 meters. Re-enter RFT on right. Go straight for 400 meters and at Y go left. Continue straight and exit trail at SHUTESBURY ROAD (400 meters past White Horse). Go right on Shutesbury and cross bridge. Continue on Shutesbury Rd for about 800 meters and enter trail on right. You are now on the NEEDLE Trail. Take NEEDLE part (D) to the end.

(6) **Lower Ridge (60 min)**

(A) Take NEEDLE to Part C. Pass the trail on the left and continue straight to a large wooden bridge. Cross the bridge and head to the left. Follow trail for 800 meters until intersection of UPPER Ridge. You will see a Y. At the Y go to the right. (B) Follow trail for 400 meters and make sharp left. The trail will widen. Go up hill (trail curves slightly to the left). Continue up Hill until the trail heads to the right. As the trail heads to the right, the grade will become very steep and the trail will narrow – all the way to the top. At the top, the trail will begin to be marked (orange). You are now headed due South. Continue on the trail and follow it down the mountain. At the first Y, go to the left. Continue heading toward the left. You will soon cross a wooden bridge – continue straight. As you approach Amethyst Reserve, the trail will become sandy. Continue straight until you see an abandoned car on the left. Make a sharp right on the next trail and head toward Amethyst. When you reach the creek, make a right and follow the trail for at least 400 meters. At the
end, the trail will cross the creek. DO NOT make a left too early! After crossing the creek, the trail will emerge to a clearing and run into a parking lot. (C) Make a right and run along the street PELHAM ROAD (becomes Main Street). Continue straight through traffic light (pass Amherst Glass) and go up hill toward center of town. After crossing Railroad tracks, make a right on TRIANGLE STREET. Pass Amherst High School and cross EAST PLEASANT. Pass Fraternity houses and return to Curry Hicks Cage.

(7) SIC Loop (15 min).
(A) From Curry Hicks Cage, head toward School of Business. Make a left and head up Massachusetts Ave and make a right on North Pleasant (toward Fraternity Houses). After passing Continuing Ed Bldg, make a right and head toward downtown. Pass Fire House, and Amherst Common – continue straight. Cross Route 9 and head down hill. Make a right on HITCHCOCK RD (across from Amherst College) and head toward Amherst Track. Make next right on ORCHARD STREET (Amherst track will be on left). At corner make a right and next left on LINCOLN AVE. Follow LINCOLN AVE straight to UMass.

(8) Bird – (30 min)
(A) From Curry Hicks Cage, head toward School of Business. Make a left and head up Massachusetts Ave. At corner, make a right on North Pleasant (toward Fraternity Houses). Go through next two sets of lights and pass Amherst High School. Continue as road curves right (on TRIANGLE ST) down hill to next light – MAIN STREET. Make a left. Go over Railroad Tracks and make right on SHUMWAY. Go to the end and cross ROUTE 9. Enter trail and continue for 200 meters. You will see a trail on your left. (WENTWORTH) (B) Continue past the Wentworth extension to the right toward Amherst College. You will enter Amherst College property. (C) Make a left and pass the Tennis Courts. Continue straight on gravel road and head toward bike trail. Cross Bike trail and continue on trail for 800 meters until you come to a Y (just before trail emerges at Rt 116). (D) Go to the right and exit trail on Rt 116. Cross 116 and make left on HITCHCOCK ROAD – head toward Amherst Track. Make next right on ORCHARD STREET (Amherst track will be on left). At corner make a right and next left on LINCOLN AVE. Follow LINCOLN AVE straight to UMass.

(9) Bird to Observatory – (35 min)
Take BIRD through part (D). At the Y go to the left and exit on Rt 116. Make a left and cross road. Continue straight for 400 meters and make a right at the Amherst Country Club Road. Go up hill toward the clubhouse. Directly passed the clubhouse on the right, enter the trail. Continue on the trail and pass the Observatory. Exit the trail at SNELL ST and make a right. Make the next left and head toward Amherst Track (cross bridge). From Amherst Track, continue down ORCHARD St. At corner make a right and next left on LINCOLN AVE. Follow LINCOLN AVE straight to UMass.

(10) WENTWORTH TRAILS – (42 MIN)
Take BIRD through Part (A). Make a left at the Wentworth extension and follow the trail to SOUTHEAST STREET. Make a right and run along the road for 1 mile. Make a left on STANLEY STREET (before Railroad crossing). Go to the end of Stanley Street and pass a park on your right. Enter the trail (Wentworth Farms). Follow the trail (keep to the right). You will soon cross railroad tracks. Continue to the straight until you reach the bike trail. Make a right on the Bike trail and head toward Amherst. (B) Continue on the bike trail for about 1.5 miles and you will approach a trail on your right. (left is also trails – Amherst College Course) Make a right and head into the woods. At the next Y, go right. Then make your next left. Take this trail into Amherst College property. Lastly, take BIRD part (C) to the END to return to UMass.
(11) Wildwood – (32 min)
Take NEEDLE up to part (B). At the Y, make a left on Hills Road. Continue to the end, STRONG STREET. Make a left. Go up the hill and cross road into Wildwood Cemetery. Head to the right. After about 200 meters, make a sharp right and head down a hill away from the cemetery. At the first Y, go right. Trail curves around to left. After about 400 meters, make a sharp right and head toward a clearing. Continue on the trail (you will see a garden on your left) until you come to a steep grade. EITHER go up the hill and exit on Village Park Road and continue to EASTPLEASANT ST, OR go to the right and take the trails up the hill. The trail will exit into a UMass Parking Lot (Olympia Drive). Take Olympia Drive to EASTPLEASANT ST. From EASTPLEASANT ST, make a right and enter into the UMass XC course. Continue through the UM XC course and exit on EASTMAN LANE. Make a left and pass the Sylvan Residential Area. At NORTHPLEASANT Street, make a left and head to the Curry Hicks Cage.

(12) BIGGEST – (65 min)
(A) Take BLIND MELON through PART B. Take a sharp right. Head straight for about 800 meters (toward railroad tracks). Next, the trail will take a sharp left. Continue on the trail as it parallels the Railroad Tracks. You will pass a house on your left. The trail will exit at JUGGLER MEADOW ROAD. (B) Make a right and go up hill to Corner. At corner, make a right on AMHERST/LEVERETT Road. (C) Continue straight for several miles until you approach Silver Bridge (HENRY St). Make a right. Take EGG Part (E) to the End.

(13) BIGGEST to NUTS – (80 min)
Take BIGGEST through part (A). Go across JUGGLER MEADOW Rd and continue on Robert Frost Trail. Exit on DEPOT Rd. Make a right and head up winding hill. Make first right on AMHERST/LEVERETT Road. Take BIGGEST part (C) to the END.

(14) UPPER RIDGE – (115min – 130 min)
(A) From Curry Hicks Cage, head toward School of Business. Make a left and head up Massachusetts Ave. At corner, make a right on North Pleasant (toward Fraternity Houses). Go through next two sets of lights and pass Amherst High School. Continue as road curves right (on TRIANGLE ST) down hill to next light – MAIN STREET. Make a left. Continue down Main Street toward Amherst Glass. Pass Amherst Glass (on left) and cross over South East Street. (B) After about one mile, make a left into AMETHYST Brook parking lot. Enter the trail and at the Y, head left. Continue on the trail as it follows the creek. Follow trail as it makes a sharp left deeper into the woods. Continue straight until you spot an abandoned car. (C) Run directly behind the car and beginning climbing the hill. Continue following the Robert Frost trail up the mountain (Mt. Orient) (should be white dot). After several miles, the trail will take a sharp right. The trail forms a ‘J’, and after about 400 meters from here, you will have climbed to the top. The top has a tremendous view and is free from trees. The trail continues toward the North. Follow the white/orange dot and head down the mountain. (D) Next, you will come to two sets of ‘Y’s in the trail - always head to the left. The second set of Y’s will actually give you three choices, (2 lefts, one right). Take the second left. Soon you will pass the intersection of LOWER RIDGE (on your left). (E) Continue straight and cross a wooden bridge. Continue straight pass the intersection of NEEDLE. Soon you will exit the trail at Northeast Street. Make a left and head up the hill. Make a right at STRONG Street. You will be lead to the Central Residential Area of UMass. Continue back to the Curry Hicks Cage.

(Note: From part (D), if you follow the RFT from here, you will end up at the White Horse (Pratt’s Corner), near Atkins Reservoir rather than back on NORTHSTEET St).
(Note: After Part (E) consider beginning NEEDLE to add more time).
(15) UPPER RIDGE to LOWER RIDGE – (130-150 min)
Take UPPER RIDGE part (A) through (D). Make a left and enter Lower ridge. Next take
LOWER RIDGE part (B) to the END.

(16) LONG RUN : Lower to Amethyst, to DUMP to RFT to BIKE Trail (145 min).
Take LOWER RIDGE through part B. Once at Amethyst, directly cross AMHERST/PELHAM Rd
and continue to end of street (BAYBERRY Lane). (B) At the back corner, enter RFT and
head to the left. Follow RFT for about 2 miles and exit into a neighborhood. Head to the
right and re-enter the RFT on the right side of the road. Continue on the trail and again exit
into a neighborhood. Make a left and head down the road for about 800 meters. Enter trail
on right again. (C) Continue down trail and pass DUMP on left. Exit trail onto ROUTE 9.
Make a left and travel down ROUTE 9 for about 400 meters. Take first right. Continue
down road and re-enter RFT on right. Continue on trail and pass Quarry on right with
Swamp on left. After about 1-2 miles exit trail at STATION Road. Make right, and cross
Railroad Tracks. Make a right and enter Bike trail. After about 3-4 miles you will approach
Amherst College. Take BIRD part (C) to the END to return to UMass.

(17) Long Hill Run – (110 min+)
Head toward NORTH AMHERST (toward Puffton Apartments). After passing Puffton, come
to set of Lights. Go through set of lights and at next Y, go to the right. You will soon pass
the entrance to Puffer’s Pond (you are on Rt. 63). Continue straight down Rt. 63 and pass
the entrance to PLUMTREES Rd. After about 2-3 miles, you will see LONG HILL ROAD on
the right. Take a right and head straight up the Hill! Next, make a left on DEPOT Road (the
next main road). Continue straight on DEPOT road and approach Leverett Center. Make a
Right on Shutesbury road. Continue on Shutesbury road for about 3 miles (road becomes
JANUARY HILL Rd). Make a right on CUSHMAN RD (becomes LEVERETT Rd.) Approach
SILVER BRIDGE. From Silver Bridge, take EGG part (E) to the END.