

Hiking 14.2 miles of trails

Border Trail: 1.9 miles, blue blazes, more difficult hiking

Because of its elevation changes, this is a challenging hike. From the north, it is accessed from the West Meadow. Together with Silver Creek Trail, it runs parallel to a ridge while overlooking Silver Creek. It splits from Silver Creek Trail, proceeds up a steep climb through the western part of the park, crosses Buckley Road, goes up another steep climb, then descends to Salt Springs Road.

Bunny Trail: 1.5 miles, orange blazes, more difficult hiking

This loop is best accessed from a small parking lot on Buckley Road, east of where Fall Brook crosses the road. The trail ascends gently along Fall Brook to a small clearing which was once a log landing. It then climbs steeply for a short distance and continues through hardwood forest and old fields with some excellent views. It briefly joins and leaves Cliff Trail, passes a delightful spring, and then descends through a forest back to the parking lot.

Cliff Trail: 1.5 miles, blue blazes, more difficult hiking
This trail starts at the Friends Land Parking Lot and climbs steadily up an old logging road, briefly joins then leaves Bunny Trail, and heads toward the southwest corner of the property. After joining Summit Trail, it reaches an interesting spring area and Frog Pond. At the pond, the trail turns northeast and follows the contours of the land, descending to where it ends at Bunny Trail. All along this section are boulders and cliffs worth exploring for ferns and wildflowers.

Fall Brook Trail: 0.8 mile, red blazes, more difficult hiking
Access this trail from the end of Hemlock Trail above the waterfalls. It follows Fall Brook south across Buckley Road, joining and then leaving Bunny Trail until it ends at another intersection with Bunny Trail.

Friends Trail: 1.7 miles, white blazes, more difficult hiking
The trail starts at Hardwood Trail and heads south out of the forest and through a meadow to cross Buckley Road. From there, it meanders through another meadow before reentering the forest. It eventually heads west and ends at Summit Trail near the highest point in the park. It can also be accessed from the Friends Lands Parking Lot on Buckley Road.

Gorge Trail Spur: 0.2 mile, blue blazes, easiest hiking
This trail allows hikers to avoid the steep ascent at the start of the Gorge Trail. It begins on Salt Springs Road just west of the Wheaton House and heads southwest up a moderate hill to the edge of a meadow. There it turns east and runs along the edge of a grassy swale until entering the woods and ending at the Gorge Trail.

Gorge Trail: 0.4 mile, blue blazes, more difficult hiking
The trail runs south from the Wheaton House. After a steep but short ascent, it levels out and parallels the gorge. It goes through remnants of an old flagstone quarry and along a meadow's edge before returning to the woods and ending at Buckley Road. To avoid the steep ascent, an alternative starting point is located a short distance up Salt Springs Road.

Hardwood Trail: 0.5 mile, yellow blazes, more difficult hiking
Access this trail at the northeast end of the picnic area, past the salt spring. After ascending the moderate slope along the edge of the hill, the trail swings south and climbs through mixed hardwoods before leveling out and turning west to intersect Overlook Trail.

Hemlock Trail: 0.4 mile, white blazes, more difficult hiking
Access this trail at the northeast end of the picnic area, past the salt spring. Follow right, and climb steeply up the hill into the old growth hemlock forest. Just past the intersection with Woodland Trail, Hemlock Trail becomes a raised boardwalk. It follows the east rim of the gorge past Penny Rock to where a right spur leads to an observation platform overlooking the falls. Use extreme caution near cliffs and steep drop-offs. The trail continues, passing Overlook Trail and eventually ending at Fall Brook Trail.

Meadow Trail: 1 mile, yellow blazes, easiest hiking
Accessed from either Buckley Road or Silver Creek Trail, this largely flat trail passes by meadows, old foundations, stone walls, and an interesting shale outcropping. Picnicking is encouraged at a mid-point rock formation that resembles chairs and tables.

North Creek Trail: 0.6 mile, red blazes, easiest hiking
The trail begins behind the Williams Picnic Pavilion, crosses Silver Creek (no bridge), and runs west through meadows and wild apple trees along the meandering creek, which creates scenic views. On the north side of the creek, the trail is marked with metal posts. After re-crossing Silver Creek (no bridge), it joins Silver Creek Trail and Border Trail.

Overlook Trail: 0.2 mile, blue blazes, easiest hiking
Designed specifically for ADA accessibility, this short, wide trail begins at the parking lot on the north side of Buckley Road. The trail winds through light and dense forest on level land and connects to Hemlock Trail near the falls observation platform.

Silver Creek Trail: 1 mile, red blazes, more difficult hiking
This trail is accessed from behind the barn or from Meadow Trail, near where it meets Border Trail Spur. From the barn access point, it follows the creek, climbing gradually through mixed hardwoods, then continues up a steep climb before joining Meadow Trail. Two old stone walls along the path provide interesting rest stops.

Spruce Trail: 0.4 mile, white blazes, easiest hiking
This trail begins on Border Trail at the far western edge of the park, south of where Border Trail crosses Buckley Road. The trail follows an easy grade through a magnificent grove of towering spruce trees planted during a reforestation project. It ends at Border Trail just north of Salt Springs Road. The trail can also be accessed from Salt Springs Road or via the Spruce Trail Spur on Buckley Road.

Summit Trail: 1 mile, red blazes, more difficult hiking
This loop starts with a short climb of about 0.3 mile from Frog Pond to the highest point on the Friends of Salt Springs' property. The summit is a relatively flat area, with large, widely spaced trees. Here the trail turns north to intersect Cliff Trail. It then turns southwest, along with Cliff Trail, returning to Frog Pond.

Upland Trail: 0.5 mile, red blazes, more difficult hiking
This trail extends the loop of Hardwood Trail, climbing steadily up the mountain through mixed hardwoods, before circling back down.

Wetland Trail: 0.6 mile, blue blazes, easiest hiking
This trail starts just west of the Buckley Road bridge and traverses the wetlands on the northwest bank of Fall Brook. Signs of beaver activity and wetland plants and shrubs can be seen along this trail. It ends at Salt Springs Road just after passing an old homestead foundation.

Woodland Trail: 0.2 mile, blue blazes, easiest hiking
Reached from Hemlock Trail, this trail circles around the east side of the old growth stand. Explore an Eastern hemlock almost 300 years old that has fallen across the path. The trail ends at Hardwood Trail.

