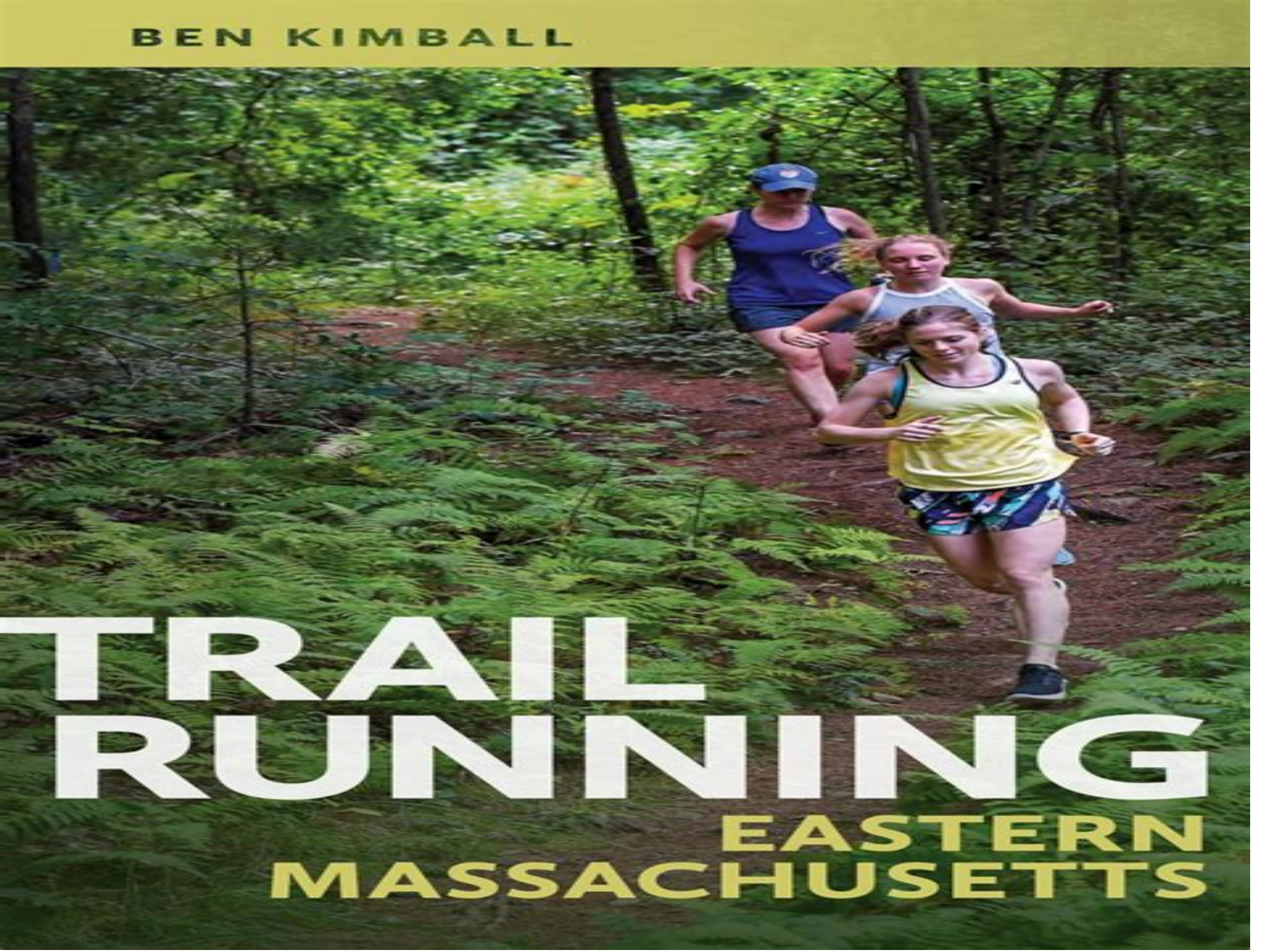


BEN KIMBALL

A photograph of three female trail runners on a dirt path in a forest. The runner in the foreground is wearing a yellow tank top and colorful patterned shorts. Behind her are two other runners, one in a blue tank top and blue cap, and another in a white tank top. The path is surrounded by lush green ferns and trees.

TRAIL RUNNING

**EASTERN
MASSACHUSETTS**

Trail Running Western Massachusetts

Ben Kimball



Trail Running Western Massachusetts:

Trail Running Western Massachusetts Ben Kimball, 2015-05-05 Ben Kimball a long time trail runner provides profiles of fifty one great trail runs in western Massachusetts Geographically this book covers the area between the Quabbin Reservoir and upstate New York including the Pioneer Valley and Berkshire areas as well as portions of the Taconic Highlands Elevations range from the lowlands of the Connecticut River and Housatonic River valleys to the state s highest point at the top of Mount Greylock The trails profiled represent a range of locations within the region as well as a range of difficulty levels and terrain types There are options for everyone from the beginner to the experienced trail runner looking for new options Each run receives a two page treatment that includes an informative trail description and a trail map along with a scannable QR code to download each map to your smartphone This book will appeal to the entire running community of Massachusetts and the surrounding region including the Pioneer Valley along the Connecticut River communities along the Housatonic River corridor in the Berkshires the many running clubs in the Boston area and seasonal vacationers [Trail Running Eastern Massachusetts](#) Ben Kimball, 2022 Eastern Massachusetts offers incredible trail running opportunities ranging from popular long distance routes like the Bay Circuit Trail to lesser known loops that run through the mountains and forests of the Quabbin watershed and Merrimack Valley region and trails that pass alongside the shores of Cape Cod All over the Bay State there are trails suitable for runners of all levels waiting to be discovered and explored Avid trail runner Ben Kimball offers a selection of fifty one of eastern Massachusetts s most spectacular trail sites including detailed trail descriptions topographic maps directions parking information safety tips and much more Both experienced and novice trail runners will find [Trail Running Eastern Massachusetts](#) to be an invaluable resource for exploring nature and getting a good workout in the Boston area and beyond *Trail Running Western Massachusetts* Ben Kimball, 2015-05-05 Ben Kimball a long time trail runner provides profiles of fifty one great trail runs in western Massachusetts Geographically this book covers the area between the Quabbin Reservoir and upstate New York including the Pioneer Valley and Berkshire areas as well as portions of the Taconic Highlands Elevations range from the lowlands of the Connecticut River and Housatonic River valleys to the state s highest point at the top of Mount Greylock The trails profiled represent a range of locations within the region as well as a range of difficulty levels and terrain types There are options for everyone from the beginner to the experienced trail runner looking for new options Each run receives a two page treatment that includes an informative trail description and a trail map along with a scannable QR code to download each map to your smartphone This book will appeal to the entire running community of Massachusetts and the surrounding region including the Pioneer Valley along the Connecticut River communities along the Housatonic River corridor in the Berkshires the many running clubs in the Boston area and seasonal vacationers [Trail Running Southern Vermont](#) Ben Kimball, 2024-03-29 The rural and wild landscape of southern Vermont offers a true bounty of great trail running opportunities from out and back or point to point runs on popular long distance

routes such as segments of the Long Trail or the Appalachian Trail to little known loops hidden away in the woods This helpful guide is just the resource needed for trip planning or for a spontaneous run in a beautiful place Local expert trail runner Ben Kimball offers a range of suggested route options sometimes even several at the same site for runners of all skill levels He also provides important practical information such as the full distance of the suggested route a difficulty rating the trail style and type the total ascent and directions along with a detailed description of the trail itself The trails included vary in difficulty and terrain type and range from low elevations in the Connecticut River Valley to as high as 4 000 feet at Killington Peak This indispensable book is the perfect companion for adventurous runners and hikers interested in exploring southern Vermont **Henry Knox and the Revolutionary War Trail in Western Massachusetts** Bernard A.

Drew,2012-01-23 During the winter of 1776 in one of the most amazing logistical feats of the Revolutionary War Henry Knox and his teamsters transported cannons from Fort Ticonderoga through the sparsely populated Berkshires to Boston to help drive British forces from the city This history documents Knox s precise route dubbed the Henry Knox Trail and chronicles the evolution of an ordinary Indian path into a fur corridor a settlement trail and eventually a war road By recounting the growth of this important but under appreciated thoroughfare this study offers critical insight into a vital Revolutionary supply route Fifty Places to Run Before You Die Chris Santella,2018-03-20 A breathtaking guide to the world s fifty best places

to run as chosen by experts who ve been there The beautiful thing about running is that all you need is a trusty pair of shoes and a little determination When you can practice a sport almost anywhere from your own neighborhood to courses across the world where do you begin In Fifty Places to Run Before You Die Chris Santella gathers fifty bucket list recommendations from some of the running world s most accomplished leaders and athletes including ultra runner and record breaker Jim Walmsley Runner s World chief running officer Bart Yasso NPR star Peter Sagal race director of the Boston Marathon Dave McGillivray U S Olympian Magdalena Lewy Boulet and internationally recognized endurance athlete Dean Karnazes Featuring a mix of popular foot races such as marathons 10Ks and endurance runs and scenic trails off the beaten path this book divulges what makes each venue unique offering firsthand anecdotes and practical advice for those who aspire to run there Discover incredible events and trails both national and international including the Ultra Trail du Mont Blanc in France the New York City Marathon the Vancouver Sun Run the Grand Canyon the Dolomites in Italy and the Great Ocean Road Marathon in Australia Fifty Places to Run Before You Die is the essential travel companion for runners of all levels who seek to conquer new terrain while breaking personal records *Explorer's Guide Berkshire Hills & Pioneer Valley of Western*

Massachusetts Christina Tree,William Davis,2011-06-27 This revised and updated guide provides the best lodging dining and activity suggestions for New England s most inviting region for lovers of the arts Seasoned travel writers Christina Tree and William Davis tell you everything you need to know about this naturally beautiful and culturally rich region As they lead you across the Mohawk Trail and along scenic drives you ll visit must see performing arts festivals museums wineries antiques

shops nature preserves and the best places to stay and to eat from 4 star restaurants to classic diners **Massachusetts & Western Connecticut Adventure Guide** Elizabeth Dugger,2009 I bought this travel guide out of curiosity when I went back home to visit my parents I grew up in N H went to school at UCONN and spent a lot of time in Massachusetts so I am familiar with the area Sometimes when you live in a place however you take your home for granted and don t see the sights in your back yard Traveling 1500 miles back home however I felt like I needed to get my moneys worth the sure sign of a native east coaster This book led me to some incredible old towns and restaurants and shops that I had missed while living there I highly recommend the book It was great to have it on my laptop because after work I was able plan the remainder of my day in a snap Amazon reviewer I ve been toting Elizabeth L Dugger s new Adventure Guide to Massachusetts Western Connecticut around for about a month now ever since I received it I had all the best intentions of being the first reviewer to publish my commentary on the travel guide but with one project after another eating up my hours I m not sure that I can claim that honor I have however really bulked up my biceps by lugging the Adventure Guide around In a word the book is massive and before I ever lifted the cover I was perplexed as to how Dugger could possibly have found enough bungee jumping cliff diving and vine swinging type adventures in the stately and somewhat subdued states of Massachusetts and Connecticut to fill 496 pages When I opened to page 113 to find a section on Antique Shopping on Cape Cod I was surprised and delighted to realize that the range of adventures Dugger suggests includes those that pose great danger only to my credit card balance In the book s introduction Dugger explains that adventure travel doesn t have to mean hanging from a cliff by your fingernails Her enormous catalog of exciting escapes includes family friendly ideas outdoor fun for people of all ages and abilities out of the ordinary sightseeing suggestions and of course the full complement of hiking biking fishing boating and other recreational opportunities in central New England Adventure travel makes you feel alive wakes you up to yourself as well as to your surroundings Dugger explains Just being in open lands or along the coast most of the time can give you that get away feeling Adventure travel gets the blood flowing the heart pumping Also the author of the Adventure Guide to New Hampshire and the Adventure Guide to Vermont Dugger quickly debunks the notion that Massachusetts is a tamer less challenging playground than its mountainous northern neighbors After a brief introductory section that includes a short history of Massachusetts a map of and information on getting to the region road rules and safety information on such important topics as avoiding bears the book is broken up into six regional chapters the Seacoast Region Boston and Nearby Adventures Central Massachusetts the Pioneer Valley the Berkshires and the Litchfield Hills of Connecticut Within each geographic section adventures are organized in category groupings On Foot On Horseback On Wheels On Water On Snow Ice and In the Air Each chapter has information on Eco Travel and where to Stay Eat as well While the emphasis of this guide is decidedly on the outdoors and on planning a Massachusetts vacation that takes you to the lesser known attractions that the state offers it is actually one of the most comprehensive and delightful guides to the region available While many travel guides contain

the obligatory paragraph on each historic attraction and sightseeing venue the Adventure Guide to Massachusetts Western Connecticut artfully leads the traveler to those awe inspiring stimulating and unique excursions that are likely to make for a most memorable trip Detailed maps black and white photos cute graphics and sidebars on special events kid friendly and accessible spots recommended reading and mor **Hiking the Berkshires** Johnny Molloy,2022-09-15 Hiking the Berkshires is your guide to enjoying all of the fresh air gorgeous foliage stunning views and welcoming hikes that the Berkshires have to offer From families looking for mild walks and day hikes to more adventurous hikers looking for a strenuous summit experience up Mount Greylock or Saddle Ball Mountain author Johnny Molloy has a hike for everyone Look inside to find detailed maps color trail photos information on local outfitters lodgings and restaurants as well as details on important access roads and parking areas Wherever you want to hike in Berkshire County this guide will point you in the right direction on your adventure **General Technical Report NE** ,1980

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