Safety & Walking

Residents and merchants can help make our town safer and more walkable every day. Here’s how:

- Keep sidewalks unobstructed. Place garbage receptacles and recycling bins awaiting pickup in a way that allows people to pass with ease. Also, keep tree branches and hedges trimmed, and don’t park on sidewalks.

- Clear snow and ice from sidewalks and crosswalks and help maintain traction by spreading salt, sand, cat litter, or a commercial ice-melting product.

- Pick up after your dog: it’s common courtesy!

- Be an advocate. If something makes it difficult to walk around town, report it! Call the Department of Public Works at (413) 323-0415 to let them know.

Simple Steps

Walking is perhaps the simplest positive change you can make to improve your health, and it’s an exercise that’s easy to stick with. Walking just 30 minutes a day can:

- Reduce the risk of developing heart disease, Type-2 diabetes, and some cancers.
- Prevent or manage high blood pressure.
- Maintain a healthy weight, increase muscle strength & boost energy.
- Decrease the risk of developing Alzheimer’s disease.

Getting Started

Set achievable goals. 30 minutes a day of moderate to vigorous physical activity can be divided into 10- or 15-minute segments.

Do your errands on foot, or park once and walk. Leave your car at home, or find a parking spot somewhere in between your destinations. Before you know it, you’ll have covered quite a distance without noticing it!

Have fun! Plan a scavenger hunt, or use the map for geocaching or letterboxing. For ideas, go to geocaching.com or letterboxing.org.

Walking and hiking at conservation areas

Community recreation facilities

Maps with site information inside!
Conservation Areas
(All include parking)

Lake Wallace
Where: Behind the Police Dept., 70 State St.
Activities: Hiking (Easy to Moderate), Hunting, Fishing

Piper Farm Recreation Area
Where: Trail head is located on Route 202, 1/4 mile from Town Hall headed Southeast
Activities: Hiking (Easy to Moderate), skiing, snowmobiling (4 mile trail)

Reed Conservation Area
Where: 57 South Main Street
Activities: Hiking (Easy to Moderate), Fishing, Hunting, Skiing and Picnicing

Meads Corner Conservation Area
Where: Intersection of Gold St. and Gulf Rd.
Activities: Hiking (Easy to Moderate), hunting, skiing

Jabish Brook Conservation Area
Where: Route 202/Daniel Shays Highway
Activities: Hiking (Easy to Moderate), Hunting, Fishing, Sking

Scarborough Conservation Area
Where: Intersection of N. Gulf Rd. and Gulf Rd.
Activities: Hiking (Moderate), Hunting, Fishing, Skiing, Picnic tables

For more information about conservation and open space areas: belchertown.org/conservation/conservehome.htm

Indoor/Outdoor Recreation
(All include parking)

Norwottuck Rail Trail
Where: Warren Wright Rd.
Activities: Walking, biking (Easy)
This multi-use paved path can be used for walking and biking. It starts at the edge of Belchertown and goes all the way through Amherst to Northampton.

Town Beach at Lake Arcadia
Where: 21 Town Beach Rd.
Activities: Swimming, Picnicking
Website: belchertown.org/departments/rec/TownBeach.html

Belchertown Skate Park
Where: Located behind the Police Dept, 70 State St.
Activities: Skateboarding

Chestnut Hill Community Pool
Updated pool times and costs can be found on their website or call (413) 323-0419: belchertown.org/departments/rec/Pool.html

Community Indoor Track at the Belchertown High School
The indoor track is open Nov through May, Tues/Thurs from 6 to 9 p.m. when there are no games in session. For a schedule of games, call: (413) 323-9419 or go to belchertownps.org/index.php/schools-199/belchertown-high-school/athletics-bhs

For more information about recreation department activities, see: belchertown.org/departments/rec/Fields.html

Check out this map online! www.tinyurl.com/belchertownrecreation