Adventures are closer than you think.

1. Cat Rock Park  90 Drabbinton Way, Weston, 02493  Woodland trails lead to forests, streams, wetlands, and a large hill with great views.

2. Prospect Hill Park  Intersection of Totten Pond Road and Glen Road, Waltham, 02451  The historic park has some of the best views of Boston from Big Prospect and Little Prospect hills. A paved road runs through the park and is open spring through fall.

3. Auburndale Park  105 West Pine Street, Auburndale, 02466  Trails lead through forest and along the banks of the Charles River, including a 1.3-mile trail with exercise stations.

4. Charles River Reservation  130 River Street, Waltham, 02453  This pathway runs along the river for 20 miles, from Boston Harbor to West Roxbury. Many sections are paved and offer river views.

5. Stonehurst Trails/Storer Conservation Land  100 Robert Treat Lane, Waltham, 02452  A network of easy walking paths wind through 134 acres of forests and marshes. Visitors can also explore two historic homes.

6. Western Greenway  920 Trapelo Road, Waltham, 02452  with major access points from Stonehurst Trails, Shaw’s Pond Conservation Area, and Rock Meadow Conservation Area. The 10-mile trail connects the green spaces in Waltham, Lexington, and Belmont.

7. Beaver Brook Historic District  530 Waverly Oaks Road, Waltham, 02452  This park was the first established by the Metropolitan Parks Commission. Walking paths lead to waterfalls, a seasonal duck pond, an open field, a playground, and a spray park.

8. Rock Meadow Conservation Area  321 Mill Street, Belmont, 02478  Rolling trails run through 70 acres of meadows and trees and connect to Beaver Brook North Reservation. A historic community garden is still active today.

9. Menotomy Rocks Park  150 Jason Street, Arlington, 02476  Street parking is available on Jason Street in Arlington. Visit this park for a stroll around a scenic pond, picnic, or short walk in the woods with your family. The paths are wide, mostly flat, and well-maintained.

10. Alewife Reservation  11 Cambridge Park, Cambridge, 02140  Located next to the MBTA station, this 130-acre park features marshes, wetlands and streams. It is connected to the Minuteman Bike Path.

Parents & Explorers  here’s how it works:

- Log on to www.OutdoorsRx.org
- Create a profile by clicking “Register”
- Receive weekly e-mails on upcoming free programs (about 60-90 minutes each). All guided programs are designed to engage the entire family in a fun way and require no special gear or previous experience. Guided programs take place in local parks and green spaces in your community.
- Once a profile is made, log in and record your family’s outdoor activities in “Your Activities.” For example, walking to school, playing with friends outside, playing during recess, walking the dog, or visiting a nearby park are all great activities to log. Your kids receive one point for each minute of active outdoor time. Anything outdoors and active counts!
- Our goal is to help children build healthy habits and create positive lifestyle changes. While we rely on the honor system, our points are calculated so that it takes consistent effort to earn a reward.
- Kids can redeem their points for prizes, like wildflower stickers, headlamps, bug boxes, outdoor clothing, a family trip to a cabin, and more!

Why get your kids outside?
- Promotes a healthy weight
- Increases creativity and problem-solving abilities
- Lowers stress and improves mood
- Increases their level of Vitamin D
- Helps to connect with friends and family
- Improves concentration
- It’s fun!
Your Guide to the WALTHAM AREA

- Public Transportation
- Walking trails
- Strollers
- Wheelchair Access
- Bathrooms
- Playground
- Picnic areas
- Pets on Leash
- Wildlife viewing
- Water Activities
- Biking

Town Boundary
Western Greenway Trail
Park Areas