Outdoors Rx

Adventures are closer than you think.

1. Cochituate Brook Reservation 1 Maymont Drive, Framingham, 01701
   A small trail system leads through wooded areas to beautiful views of Lake Cochituate, and has a dam you can walk over.

2. Carol Getchell Trail 59 Little Farms Road, Framingham, 01701
   The one-mile Carol Getchell Trail features raised boardwalks over wetland habitat, stone benches, and wonderful views of the Sudbury River.

3. Farm Pond 101 Dudley Road, Framingham, 01701
   This park spreads out along the shore of the town’s historic pond.

4. Cushing Memorial Park 60 Dudley Road, Framingham, 01701
   This rectangular park offers a paved walkway around the border, and you can see the remains of an old World War II hospital building.

5. Macomber Estate 18 Badger Road, Framingham, 01702
   This 57-acre park includes meadows, wetlands, streams, and upland forests. An inner woodland loop offers a short walk through beautiful, forested trails.

6. Nobscot 643 Boston Post Road, Sudbury, 01776
   Home to a Boy Scout reservation and miles of trails, Nobscot preserves a viewpoint and several historic artifacts, including Ford’s Folly, a large dam you can walk across.

7. Ashland Town Forest/Cowassock Woods 169 Winter Street, Ashland, 01721
   Ashland Town Forest and Cowassock Woods is 550 acres of forests, streams, and walking paths.

8. Callahan State Park 826 Edwards Road, Framingham, 01701
   This beautiful 820-acre park has seven miles of marked trails, which takes you through open fields, marshes, deep woods, and dirt roads.

9. Ghiloni Park 239 Concord Road, Marlborough, 01752
   This outdoor gem in Marlborough offers a flat, accessible gravel loop around the soccer fields.

10. Turenne Wildlife Habitat/Breakneck Hill 39 Walnut Drive, Southborough, 01772
    The Turenne Wildlife Habitat offers a bird garden, and its paths connect to Southborough’s town land, including Breakneck Hill and its meadows.

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!

Join the fun!
Get Out and Explore.

Outdoors Rx™ is a free, fun, year-round program provided by the outdoor experts at the Appalachian Mountain Club. We’ll help to get your family outdoors and active with cool gear and prizes. Our website is filled with ideas that make it easy for families to get outdoors locally, including a map and descriptions of nearby parks and green spaces, a blog filled with ideas for making the outdoors fun for kids, and plenty of tips.

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 FRAMINGHAM AREA

- Public Transportation
- Walking Trails
- Strollers
- Wheelchair Access
- Bathrooms
- Playground
- Picnic Areas
- Pets on Leash
- Wildlife Viewing
- Biking
- Fishing