Adventures are closer than you think.

1. Dorchester Park  2180 Dorchester Avenue, Dorchester, 02124  
   This 26-acre parkland includes woodlands, a ball field, playground, tennis courts, and basketball courts. It’s a great place for taking a walk or exploring the woods with your family.

2. Ryan Playground/Neponset River Greenway Trail  River Street, Mattapan, 02126  
   This area is part of the half-mile Neponset River Greenway and includes walking paths next to the river.

3. Gladeside Urban Wild  12 Gladeside Terrace, Mattapan, 02126  
   Located on 10 acres, this park has several walking paths and a springtime pond that is great for exploring.

4. Geneva Cliffs Urban Wild  275 Geneva Avenue, Dorchester, 02121  
   This is Dorchester’s hidden gem, at just under two acres. The loop trail meanders to an open field at the top of the hill, where you can play games or just relax and have lunch.

5. Malcolm X Park  150 MLK Boulevard, Roxbury, 02119  
   Known for its basketball and tennis courts, this park has almost 12 acres with several paved walking paths under a nice, shaded tree canopy.

6. Franklin Park  1 Franklin Park Road, Dorchester/Roxbury, 02121  
   At 448 acres, Franklin Park is Roxbury’s largest park. 200-plus acres of the park are wooded with paved and unpaved paths for walking, biking, and riding. There are several picnic areas, playgrounds, ball fields, and outdoor areas to explore and play in.

7. Pope John Paul II Park  Off of Gallivan Boulevard, Dorchester, 02124  
   This park offers spectacular views of the riverfront, gorgeous hills to climb, picnic facilities, soccer fields, and walking paths. The restored salt marsh is a great place to go fishing.

8. Almont Park  40 Almont Street, Mattapan, 02126  
   This 17-acre park has paved and unpaved walking paths in a wooded area, a community garden, a newly renovated football field, a soccer field, a playground, tennis courts, and basketball courts.

9. McLaughlin Woods  225 Parker Hill Avenue, Roxbury/Misson Hill, 02120  
   Explore a city orchard with walking paths through edible fruit trees, available to all visitors. Climb Parker Hill, and find open fields for playing. Or head to the basketball courts, softball field, running track, or tot lot.

10. Iroquois Woods  50 Iroquois Street, Roxbury/Misson Hill, 02120  
   Explore a replanted forest and small wetlands on this one-acre woodland on the north slope of Mission Hill.

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!

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.