

SNo	Park Name	County or Counties	Area in acres (ha)	Date founded	Stream(s) and / or Lake(s)	Remarks
1	Alewife Brook Reservation	Middlesex	120 acres (48 ha)		Little Pond, the Little River, and the Alewife Brook	A major portion of the Alewife Reservation is designated wetland. The Reservation is located at the end of the Minuteman Bike Path in Arlington
2	Ames Nowell State Park	Plymouth	700 acres (283 ha)		Cleveland Pond	The park is primarily used for boating and fishing.
3	Appalachian Trail	Berkshire				90 miles (145 km) of this trail are in Massachusetts.
4	Ashland State Park	Middlesex	470 acres (190 ha)		Ashland Reservoir	
5	Ashuwillticook Rail Trail	Berkshire	(11 mi.)		Cheshire Reservoir, the Hoosic River	
6	Bash Bish Falls State Park	Berkshire			Bash Bish Falls	Massachusetts' highest single-drop waterfall lies within the park borders.
7	Beartown State Forest	Berkshire	12,000 acres (4,856 ha)		Benedict Pond	Approximately 7.5 miles (12.1 km) of the Appalachian Trail travels through the forest.
8	Beaver Brook Reservation	Middlesex	59 acres (23 ha)			The park includes a cascading waterfall and a wading pool.
9	Belle Isle Marsh Reservation	Suffolk	152 acres (62 ha)		Belle Isle Marsh	The reservation includes landscaped pathways, benches, and an observation tower. A portion of the Boston Harborwalk runs through the reservation.
10	Blackstone River and Canal Heritage State Park	Worcester	1,000 acres (404 ha)		Blackstone River	The park is the midpoint of the Blackstone River Valley National Heritage Corridor of the National Park System.
11	Blue Hills Reservation	Norfolk	7,000 acres (2,832 ha)		Houghton's Pond, Ponkapoag Pond	The reservation has the distinction of being the largest conservation land within a major metropolitan area.
12	Borderland State Park	Bristol, Norfolk	1,570 acres (635 ha)	1971		on National Register of Historic Places
13	Boston Harbor Islands State Park	Norfolk, Plymouth, and Suffolk	1,482 acres (599 ha)	1996	Boston Harbor	
14	Bradley Palmer State Park	Essex	721 acres (291 ha)		Ipswich River	The park that features rolling meadows, lush evergreens and old carriage roads lined with rhododendrons.
15	Breakheart Reservation	Essex	640 acres (258 ha)		Silver Lake, Pearce Lake, Saugus River	The reservation is hardwood forest principally used for birding, fishing and hiking.
	Brimfield State					

16	Forest	Hampden			Dean Pond	
17	C. M. Gardner State Park	Hampden			Westfield River	
18	Callahan State Park	Middlesex	820 acres (331 ha)			
19	Cape Cod Rail Trail	Barnstable	(22 mi.)			
20	Castle Island	Suffolk	22 acres (9 ha)		Boston Harbor	The present fort, built between 1834 and 1851, is the eighth generation of forts and it is one of the oldest fortified sites in British North America.
21	Charles River Reservation	Suffolk, Middlesex	(17 mi)		Charles River	Features of the park include the Charles River Dam, the Charles River Basin and Esplanade, and John F. Kennedy Park, a small memorial park to the late president. Covers Charles River below Watertown Dam; see also Upper Charles River Reservation
22	Chester-Blandford State Forest	Hampden				
23	Chestnut Hill Reservation	Suffolk		1870	Chestnut Hill Reservoir	The Chestnut Hill Reservoir Historic District is considered a nineteenth-century masterpiece of engineering, urban planning and landscape design.
24	Chicopee Memorial State Park	Hampden	575 acres (232 ha)		Cooley Brook Reservoir	The park includes two 25-acre (100,000 m <sup>2</sup> ) ponds.
25	Clarksburg State Park	Berkshire	368 acres (149 ha)		Mauserts Pond	adjoins the 3,011 acre Clarksburg State Forest
26	C. M. Gardner State Park	Hampden			Westfield River	
27	Cochituate State Park	Middlesex			Lake Cochituate	
28	Connecticut River Greenway State Park	Franklin, Hampden, Hampshire			Connecticut River	The park consists of a number of separate state land holdings in the Pioneer Valley of Western Massachusetts.
29	Cutler Park	Norfolk	700 acres (283 ha)		Charles River	It contains the largest remaining fresh water marsh on the middle Charles, and includes a boardwalk through a cattail marsh out onto an island.
30	D.A.R. State Forest	Hampshire	1,770 acres (716 ha)	1929	Upper and Lower Highland Lake	
31	Demarest Lloyd State Park	Bristol				

32	Dighton Rock State Park	Bristol	85 acres (34 ha)			Dighton Rock is an 11-foot (3.4 m) high glacial erratic covered with petroglyphs and has since been moved to a museum at the park.
33	Dorchester Shores Reservation	Suffolk			Neponset River	The reservation comprises two beaches and a park.
34	Douglas State Forest	Worcester	5,730 acres (2,318 ha)		Wallum Lake	features include a rare Atlantic White Cedar swamp and 7.8 miles (12.6 km) of the Midstate Trail
35	Dunn State Park	Worcester	119 acres (48 ha)		Dunn Pond	
36	Ellisville Harbor State Park	Plymouth			Ellisville Harbor	Walking trails overlooking a tidal marsh, sandy/rocky beach at trail end
37	Elm Bank Reservation	Norfolk	182 acres (74 ha)	c. 1996	Charles River	Benjamin Pierce Cheney's property, now run by Massachusetts Horticultural Society
38	Erving State Forest	Franklin	4,000 acres (1,618 ha)		Millers River	The 110-mile (180 km) Metacomet-Monadnock Trail passes through a western parcel of the state forest.
39	F. Gilbert Hills State Forest	Norfolk	1,027 acres (416 ha)			
40	Fall River Heritage State Park	Bristol	8.5 acres (4 ha)		Taunton River	
41	Federated Women's Club State Forest	Worcester	984 acres (398 ha)		Fever Brook	
42	Fort Phoenix State Reservation	Bristol				Revolutionary War fort; 1/2 mile of Buzzards Bay beachfront
43	Fort Revere Park	Plymouth	8 acres (3.25 ha)			On Telegraph Hill in Hull, Massachusetts. Remnants of two seacoast fortifications, water tower with observation deck, military history museum and picnic facilities
44	Freetown-Fall River State Forest	Bristol	5,441 acres (2,201 ha)	1930		The park includes Profile Rock, a granite outcropping which local Native Americans believe to be the image of Chief Massasoit. Also in the forest is a 227-acre (0.92 km <sup>2</sup> ) Wampanoag reservation
45	Gardner Heritage State Park	Worcester				Restored 19th century fire station with exhibits
46	Georgetown-Rowley State Forest	Essex	1,112 acres (450 ha)			

47	Granville State Forest	Hampden	2,426 acres (982 ha)		Hubbard River	
48	Great Brook Farm State Park	Middlesex	1,000 acres (405 ha)		Meadow Pond	
49	Greycourt State Park	Essex		2001		The park is built atop the restored ruins of the Charles H. Tenney estate.
50	Halibut Point State Park	Essex				Features a former granite quarry and 60 ft (18 m) tower with coastal views
51	Hammond Pond Reservation	Middlesex				
52	Hampton Ponds State Park	Hampden			Pequot Pond	
53	Harold Parker State Forest	Essex	3,000 acres (1215 ha)			
54	Hemlock Gorge Reservation	Middlesex	23 acres (9.3 ha)		Charles River	
55	Holyoke Heritage State Park	Hampden				The park features include a visitor center with exhibits about paper manufacturing and Holyoke's industrial and cultural history.
56	Hopkinton State Park	Middlesex	1,450 acres (586 ha)		Hopkinton Reservoir	The park features a bathing pond for swimming that is physically separated from the reservoir, where nonmotorized boating is permitted
57	Horseneck Beach State Reservation	Bristol	600 acres (243 ha)			Popular for its two mile (3 km) long sandy beach on the shore of Buzzards Bay. Also camping, fishing and a salt marsh.
58	Jug End State Reservation and Wildlife Management Area	Berkshire	1,158 acres (469 ha)			
59	Kenneth Dubuque Memorial State Forest	Franklin	7,882 acres (3,190 ha)	1997	Hallockville Pond, Crooked Pond	
60	Lake Dennison Recreation Area	Worcester	4,221 acres (1,708 ha)		Lake Dennison	The park is an extension of Otter River State Forest
61	Lake Lorraine State Park	Hampden				
62	Lake Wyola State Park	Franklin			Lake Wyola	

63	Lawrence Heritage State Park	Essex	23 acres (9 ha)			
64	Leominster State Forest	Worcester	4,300 acres (1740 ha)			The Midstate Trail runs through the western edge of the forest.
65	Lowell-Dracut-Tyngsboro State Forest	Middlesex	1,140 acres (461 ha)			
66	Lowell Heritage State Park	Middlesex		1975	Merrimack River	a precursor to the Lowell National Historical Park the park preserves the city's seminal role in the American Industrial Revolution
67	Lower Neponset River Trail	Suffolk				
68	Lynn Heritage State Park	Essex				
69	Lynn Shore Reservation	Essex				
70	Manuel F. Correllus State Forest	Dukes	5,100 acres (2063 ha)	1908	Little Pond	In the interior of Martha's Vineyard, the park is the focus of one of the largest environmental restoration projects in the country.
71	Massasoit State Park	Bristol			Lake Rico, Furnace Pond, King's Pond, Middle Pond, Little Bearhole Pond, and Big Bearhole Pond	
72	Maudslay State Park	Essex			Merrimack River	
73	Middlesex Fells Reservation	Middlesex	2,575 acres (1,042 ha)		Bellevue and Spot Ponds	
74	Mohawk Trail State Forest	Franklin	6,400 acres (2,589 ha)			includes Cold River Virgin Forest, National Natural Landmark, Apr 1980.
75	Monroe State Forest	Franklin			Dunbar Brook	
76	Moore State Park	Worcester	730 acres (295 ha)		Eames Pond	
77	Mount Everett State Reservation	Berkshire	1,356 acres (548 ha)		Guilder Pond	
78	Mount Grace State Forest	Franklin	1,458 acres (590 ha)			
	Mount					

79	Greylock State Reservation	Berkshire		1898		
80	Mount Holyoke Range State Park	Hampshire	3,000 acres (1,214 ha)			
81	Mount Sugarloaf State Reservation	Franklin				
82	Mount Tom State Reservation	Hampden	2,082 acres (842 ha)			
83	Mount Washington State Forest	Berkshire				
84	Myles Standish Monument State Reservation	Plymouth				A 120 ft (37 m) tower with 125 steps that overlooks Plymouth Harbor and Duxbury Beach.
85	Myles Standish State Forest	Plymouth				Pitch pine and scrub oak forest with sixteen ponds for fishing, canoeing, swimming. Camping on four of the ponds, bicycle trails, equestrian trails and "horse camping".
86	Mystic River Reservation	Middlesex		1893	Mystic Lakes; Mystic River	
87	Nahant Beach Reservation	Essex				
88	Nantasket Beach Reservation	Plymouth				
89	Nashua River Rail Trail	Middlesex				
90	Nasketucket Bay State Reservation	Plymouth		1999		
91	Natural Bridge State Park	Berkshire			Hudson Brook	It contains the only natural white marble arch/bridge in North America. The natural bridge spanning Hudson Brook, was formed by glacial melt about 11,000 BC, from 550 million year old bedrock.
92	Neponset River Reservation	Suffolk				
93	Nickerson State Park	Barnstable	1,900 acres (768 ha)		Cliff Pond	
94	Norwottuck Rail Trail	Hampshire	9.5-mile (15.3 km)	1992	Connecticut River	

95	October Mountain State Forest	Berkshire				
96	Otter River State Forest	Worcester		1915	Otter River, Millers River	
97	Pearl Hill State Park	Middlesex	1,000 acres (405 ha)		Park Hill Brook	
98	Pilgrim Memorial State Park	Plymouth				site of Plymouth Rock
99	Pittsfield State Forest	Berkshire				
100	Pope John Paul II Park Reservation	Suffolk		2001		Reclaimed former landfill and commercial area bordering Neponset River estuary.
101	Purgatory Chasm State Reservation	Worcester		1919		The Chasm was created when glacial meltwater from a burst ice dam ripped out blocks of bedrock at the end of the last Ice Age (14,000 years ago).
102	Quabbin Reservoir	Hampshire				
103	Quincy Quarries Reservation	Norfolk	22 acres (9 ha)	1985		
104	Quincy Shores Reservation	Norfolk				
105	Quinsigamond State Park	Worcester				
106	Revere Beach Reservation	Suffolk		1896		
107	Robinson State Park	Hampden	852 acres (344 ha)		Westfield River	
108	Roxbury Heritage State Park	Suffolk				The 1750 Dillaway-Thomas House and a small park
109	Rumney Marsh Reservation	Essex, Suffolk	600 acres (245+ ha)		Saugus River; Pines River	
110	Rutland State Park	Worcester	300 acres (121 ha)		Whitehall Pond	Swimming, picknicking and boating.
111	Salisbury Beach State Reservation	Essex	521 acres (210 ha)			The park's main feature is its 3.8-mile (6.1 km)-long beach, one of the most popular in the Commonwealth.
112	Sandisfield State Forest	Berkshire			York Lake	
113	Sandy Point State	Essex	77 acres (31 ha)			

	Reservation					
114	Savoy Mountain State Forest	Berkshire				
115	Scusset Beach State Reservation	Barnstable				On Cape Cod Bay at the east end of the Cape Cod Canal, a popular swimming and camping area.
116	Shawme-Crowell State Forest	Barnstable	700 acres (383 ha)			Forested 285 site campground
117	Skinner State Park	Hampshire			Connecticut River	
118	South Cape Beach State Park	Barnstable				A component of the Waquoit Bay National Estuarine Research Reserve with a one mile (1.6 km) stretch of beach.
119	Southwest Corridor Park	Suffolk	52 acres (21 ha)			Greenway of 4.7 mi (7.6 km) that runs South End, Back Bay, Roxbury and Jamaica Plain neighborhoods
120	Spencer State Forest	Worcester	965 acres (390 ha)		Howe Pond	
121	Squantum Point Park	Norfolk		2001		
122	Stony Brook Reservation	Suffolk	475 acres (192 ha)		Turtle Pond	
123	Streeter Point Recreation Area	Worcester	450 acres (182 ha)		East Brimfield Reservoir	
124	Sudbury Reservoir	Middlesex; Worcester	4,943 acres (2,000 ha)		Sudbury Reservoir	
125	Tolland State Forest	Berkshire			Otis Reservoir	
126	Upper Charles River Reservation	Middlesex, Norfolk, Suffolk			Charles River	Covers Charles River between Watertown Dam and Riverdale Park, West Roxbury; see also Charles River Reservation
127	Upton State Forest	Worcester	2,660 acres (1,076 ha)			Has Civilian Conservation Corps structures
128	Wachusett Mountain State Reservation	Worcester	3,000 acres (1214 ha)			
129	Wachusett Reservoir	Worcester			Nashua River; Quinapoxet River	
130	Wahconah Falls State Park	Berkshire			Wahconah Falls Brook	
131	Walden Pond State Reservation	Middlesex	462 acres (187 ha)	1922	Walden Pond	



132	Waquoit Bay National Estuarine Research Reserve	Barnstable			Waquoit Bay; Quashnet River; Childs River; several ponds	
133	Ware River Watershed Area	Worcester	23,000 acres (9,300 ha)			
134	Watson Pond State Park	Bristol	10 acres (4 ha)			
135	Webb Memorial State Park	Norfolk		1980	Hingham Bay	
136	Wells State Park	Worcester	1,400 acres (566 ha)		Walker Pond	
137	Wendell State Forest	Franklin	7,566 acres (3,061 ha)		Millers River, Quabbin Reservoir	
138	Western Gateway Heritage State Park	Berkshire				
139	Weymouth Back River Reservation	Norfolk				Abigail Adams and Stodder's Neck sites
140	Whitehall State Park	Middlesex			Whitehall Reservoir	
141	Willard Brook State Forest	Middlesex	2,597 acres (1,051 ha)			
142	Willowdale State Forest	Essex			Hood Pond	
143	Wilson Mountain Reservation	Norfolk	213 acres (86 ha)	1995		
144	Windsor State Forest	Berkshire			Westfield River	
145	Wompatuck State Park	Plymouth	4,000 acres (1,618 ha)	1967	Aaron River Reservoir	

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