

Bay Circuit Trail & Greenway

Amber Stearns
BCT Coordinator
astearns@outdoors.org

www.baycircuit.org
IG: [@baycircuit](https://www.instagram.com/baycircuit)

Appalachian Mountain Club
www.outdoors.org

WELCOMING SPRING ... a note from the coordinator.

As the days get longer and warmer again, I find myself in much better spirits. A busy work season is just around the corner, enthusiasm for the BCT is contagious, and I know we have a fantastic spring ahead of us.

Last spring I had the pleasure of hiking all 230 miles of the trail, but this spring I'll get to spend my trail days with volunteers, trail users, and my wonderful coworkers. We have a great lineup of volunteer events, group hikes and rides, and grant funded projects lined up. Check out the [Events Calendar](#) for all BCT-associated events.

Finally, thanks to grant funding from the HubLuv Initiative and the Aldrich Family Foundation, I was able to hire a seasonal BCT Outreach Assistant. Learn more about Sarah Dolan on pg 2 and keep an eye out for her upcoming events.

Please send BCT updates, stories, photos, and news to astearns@outdoors.org to be included each month!

UPCOMING EVENTS – APRIL

April 10th – [Try Exploring Andover \(TEA\)time hikes](#) (w/Mark Kaluzny)

April 12th – [Springtime Sat. Maintenance in Pembroke](#) (w/Amber Stearns)

April 13th – [Willowdale Walk and Dance with the BCT](#) (w/Jon Unger & Pam Richardson)

April 13th – [Bike the Bruce Freeman](#) (w/Amber Stearns)

April 15th – [20s&30s Weeknight Wander at Callahan State Park](#) (w/Kate O'Brien)

April 26th – [Springtime Sat. Maintenance in Pembroke](#) (w/Amber Stearns)

April 27th – [Scenic Hike in Sherborn, Dover, and Medfield](#) (w/ Pam Richardson and Barbara Amoroso)

... and more! Keep an eye on the Events Calendar for upcoming events



2025 HIKE/BIKE CHALLENGE

With a beautiful year of hiking and biking ahead, we are excited to announce the 2025 Hike/Bike Challenge!

Now more than ever, spending time outdoors has become a crucial part of staying mentally and physically healthy. To encourage you to spend some time on the trail, we're hosting a Hike/Bike Challenge for the duration of 2025. To participate in the challenge(s), read through the [challenge guidelines](#), [register](#), and get out there! Those who register, participate, and complete the Hike/Bike Challenge will receive a certificate of completion, recognition on our website, and a BCT Patch – the first of its kind! Stay tuned for the official design release!

If you've been hiking and biking on the BCT in 2025 before this announcement, you can still include your miles! Be sure to sign up for this challenge – we'll only have 200 patches to give out, so the first 200 folks who register AND complete the challenge will be awarded a free BCT patch.

*For inquiries about patches outside of the challenge, please hold off for a little while as I figure out cost, funding, distribution, and quantity. Thank you!



BCT OUTREACH ASSISTANT: INTRODUCING SARAH DOLAN

To increase staff capacity for the BCT, AMC was lucky enough to hire the fantastic Sarah Dolan as the BCT's first Outreach Assistant. Sarah will be handling BCT social media and leading events on the trail. Check out Sarah's note for you all:

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"Hey everyone! I'm thrilled to be joining AMC as the Bay Circuit Trail Outreach Assistant. Currently, I run the backpacking programs at MIT, and for the past few years, I've also had a blast teaching outdoor education at multiple schools in the Boston area – experiences that have really fueled my passion for getting people excited about the outdoors!

As a Massachusetts North Shore native who absolutely loves being outside, I've also had incredible adventures leading trips with UMass Lowell and guiding in stunning landscapes like Yosemite with REI. I'm a certified Wilderness First Responder, and I'm really looking forward to using my local know-how and enthusiasm to help more people discover and appreciate the wonderful Bay Circuit Trail. Can't wait to connect with you out there!"

- Sarah Dolan



HIGHLIGHT: HIKE FOR A CHANGE 23 Days. 23 Stories.

By: Josh Moughan

Dirty Hands Project is thrilled to announce the return of **Hike For a Change** for its second year. From April 26th to May 31st, we will embark on a 230-mile journey along the Bay Circuit Trail, stretching from Duxbury to Plum Island.

Mental health touches all our lives in some way, and Hike For a Change offers an inspiring opportunity to bring awareness and advocacy to create hope and healing for many. The Bay Circuit Trail is a network of trails, forests, and parks, offering close to home opportunities to access nature in the Greater Boston area. Spending time in nature is proven to have a positive effect on both mental and physical health, and Bay Circuit Trail offers an opportunity to embrace the outdoors, clear our minds, and change the conversation around mental health disease.

This year's theme, "**23 Days. 23 Stories**" highlights incredible stories of individuals and communities normalizing conversations around mental health and breaking the stigma that often surrounds it. Each day of the hike, Dirty Hands Project will feature a new story from Massachusetts and beyond, showcasing how mental health awareness and advocacy are creating hope and healing for many.

We encourage you to share your story. Whether it's about a loved one, your personal journey overcoming mental health challenges, or why Dirty Hands Project resonates with you, your voice matters! While we would love to have you join us on the trail, participation doesn't require hiking- just send us your story!

Hike For a Change is a powerful movement, and we are excited to have you join us for one, two, or all of the hikes!

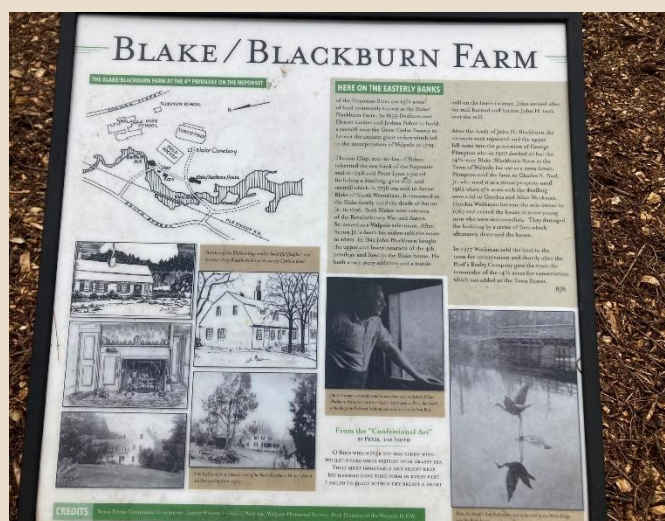
For more information, please visit thedirtyhandsproject.org



TRAIL SPOTLIGHT: WALPOLE TOWN FOREST

The BCT meanders through many beautiful parks, woods, wetlands, and rail trails. Some of these spots are well known, but many sections of trail are little-known jewels of the region, especially if you don't live nearby.

This month, I'd like to highlight Walpole Town Forest as a stunning spot. This forest is full of gorgeous evergreens, well maintained trails of soft pine needles, an excellent pedestrian footbridge, a pond once used for ice hockey games, and an abundance of local history. For more info, maps, and directions to Walpole Town Forest, click [HERE](#).



Next installment scheduled for May 2025