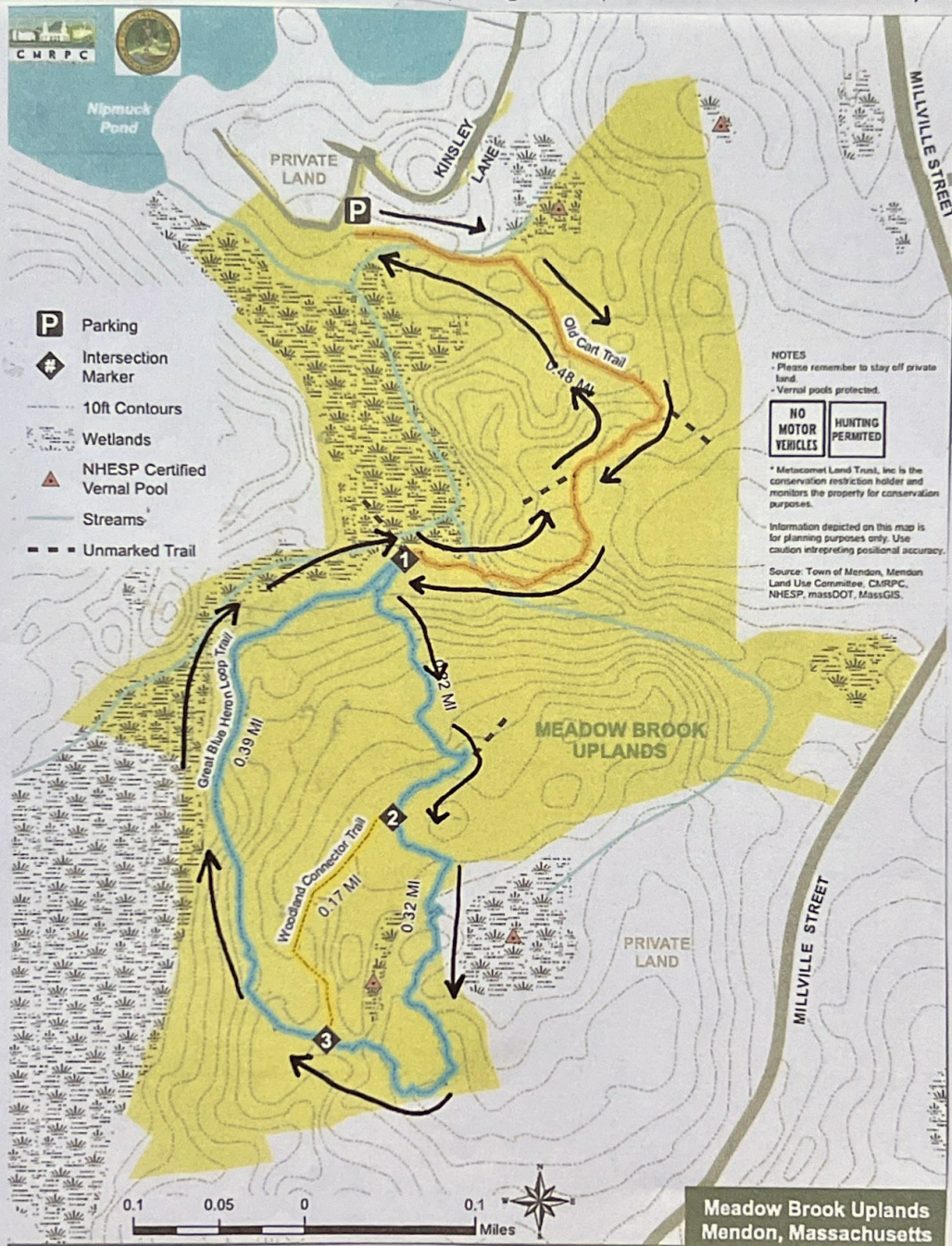


# Hike 7 - Meadow Brook Uplands

Trailhead: Kinsley Lane, Mendon, MA. Near the end of Kinsley Lane, take a left at the fork in the road near 58 Kinsley Lane. Follow the "Mendon Hike" arrows. (Approx. 2 hours)

- Begin on the Old Cart Trail (orange blaze).
- Continue following the white arrows and the orange blaze down a short steep hill.
- At the junction with Great Blue Heron Loop Trail, turn left and follow the blue blazes and white arrows.
- Stay on the Great Blue Heron Trail (blue blaze) past the Woodland Connector Trail.
- Continue on the Great Blue Heron Trail following the white arrows until you return to the Old Cart Trail (orange blaze).
- Proceed back on the Old Cart Trail (orange blaze) to the trailhead on Kinsley Lane.



Meadow Brook Uplands  
Mendon, Massachusetts

## Hike 7 Meadow Brook Uplands

The parking for the Meadow Brook Uplands begins near the end of Kinsley Lane. This 100 acre parcel, owned by Mendon, is permanently protected. The property once contained a large Great Blue Heron rookery. There are three certified vernal pool or “spring pools” that provide a special habitat to amphibians, insects and other creatures for a portion of their life cycle. There are more than three miles of cart roads and hiking trails that can be used for hiking, non-motorized biking, hunting, cross country skiing and horseback riding. There are beautiful rock outcrops and standing boulders. The Meadow Brook Uplands includes the brook outlet for Lake Nipmuc. There is evidence of beavers at work at the beginning of Old Cart Trail.

