

Tips for Hiking Mt Greylock

MCLA hikes the Chesire Harbor Trail which is a 3 mile hike UP Mount Greylock.

1. Make sure you carry plenty of water.
2. Bring a small backpack for your items if needed but remember not to pack too much because it will get heavier as you get more tired.
3. Remember to eat a good breakfast.
4. Pack snacks. These can give you energy during the hike.
5. Be sure to wear appropriate footwear (ie running sneakers or hiking boots). Shoes with good grips is a must as the outdoor trails may be slippery.
6. Dress in layers. The top of the mountain is general 10-20 degrees colder than the base of the mountain where you begin the hike.
7. Wear bug repllent.
8. Hike at your own pace but stay in a small group when possible.
9. Inform the advisors of the trip if you have any medical conditions to be sure it is safe for you to hike.
10. Wear sunscreen and a hat.
11. Avoid coming into contact with the plants around the path.
12. Bring any allergy medication or epi pens if needed. There are also sometimes bees along the trail.
13. Get to know someone new.
14. Take a break if you need it. Rest for a moment or two with your group or hiking partner.
15. Enjoy the scenery along the way and take time to experience the views up on top of the mountain.

Visit the DCR website to see the trail and gather more helpful information.

<http://www.mass.gov/eea/agencies/dcr/>