PUFFER'S POND & MILL RIVER CONSERVATION AREAS
AMHERST, MASS
DISTANCE: 1.7 MILES
These conservation lands are home to beautiful and practical trails that make it easy to navigate from Puffer’s Pond to the Mill River Recreation Area. This is a great place to spend an afternoon by the pond for a picnic, take a swim, and enjoy a walk in the woodlands.

**SUGGESTED ROUTE**

Walk east down State Street, past a swimming area on your left. Turn left down the Robert Frost Trail, in a few feet there is a pet waste station on your right. In a few hundred feet, there is an intersection of the Robert Frost Trail and H.H. Jackson trail, follow the H.H. Jackson trail to continue along the pond shore. The trail ends at a sandy area with steps into the pond; this is the second swimming area. Walk up the stairs away from the pond to Mill Street and take a left. Enjoy the sound of rushing water and the view of the dam. Then, take a right and follow the sign to the red-blazed Julius Lester Trail to the Lower Mill River Conservation Area. Then, follow the trail straight across the bridge to Mill River Recreation Area. Or follow the loop left to head back toward Puffer’s Pond. To return, take the Julius Lester Trail and take a right onto Mill Street, then, take a left to follow State Street back to the parking area.

**WHAT YOU CAN DO HERE**

- Walk/Jog
- Sit a Spell
- Watch Wildlife
- Share a Picnic
- Play in the Water

**DIRECTIONS**

- **GPS address:** 171 State St., Amherst, MA 01002
- **Parking** is available along State Street
- **Bus:** 33 - Puffer’s Pond/Shopper Shuttle: East Pleasant Street / Pine Street

**YOU SHOULD KNOW**

- Open dawn to dusk, year round
- Swimming is allowed but no lifeguard is on duty - swimming is at your own risk
- Please keep dogs on leash and pick up after your pet. Dogs are not allowed on the beach or in the pond.
- Respect adjacent private property by staying on the trail

**WHAT TO LOOK FOR**

- Puffer’s Pond Dam

**PARTNERS MAKE CONSERVATION POSSIBLE**

Kestrel Land Trust partners with towns and friends groups to create, conserve, and care for public lands to help everyone connect with nature. The conservation lands here are owned by the Town and Kestrel is the fiscal sponsor for Friends of Puffer’s Pond. For more information about the conserved lands here, contact Kestrel or:

**Town of Amherst**
Department of Conservation
413-259-3045

**Friends of Puffer’s Pond**
413-658-4240

[www.kestreltrust.org](http://www.kestreltrust.org)