



## **The Missing Link Demystified**

Or How To Follow The Missing Link To Find Your Way From The Sacred Heart Trailhead...

Whether you are a Milford resident or visiting from a neighboring town, most of us have the same question; "How do I get to the Rte 109 section of the trail"? as we stare at a map of the trail on a kiosk or on the web. We scratch our heads and may be daring enough to venture out but without much luck in following the dotted map line. Hopefully, this article will provide some guidance on how to navigate approximately a mile of neighborhood roadways to experience the contiguous rail trail (sort of).

Join me as I start my ride from the Louisa Lake kiosk and head across Dilla St toward the Sacred Heart trailhead. As we approach Fino Field, we will want to follow path B\* toward the Sacred Heart trail head which will be on your left. Travel across the commuter parking lot to the traffic signal. Here you can safely walk your bike across Main St (Rte 16) toward Beach St. Take your first left on to Mt. Pleasant St where you will notice the playground area behind Sacred Heart church. This is where the missing link portion of the trail will be developed but for today's journey, we'll continue on Pleasant St to our first left onto Hayward St. As we ride along Hayward St, you'll eventually see a 'future Upper Charles Trail' sign near Parkhurst St. But for today's trip, we'll take a right turn onto Carroll St. Follow Carroll St to the top of the hill where on your left, you will find some large boulders with a path or two leading off into a small wooded area. This path will lead into the parking lot area behind Hannaford supermarket and enable you to carefully follow the roadway through the shopping area parking lot heading toward Veteran's Memorial Parkway (the road next to Friendly's). Here you'll be able to safely cross Rte 109 to the paved portion of the Upper Charles trail. This is the section that connects to the Holliston portion of the rail trail.

For those interested in a more direct route, you could ride along East Main (Rte 16) to Medway Rd (Rte 109) but I would not recommend this to less experienced bikers or if traveling with younger children.