



2025

TrailLink Unlimited 

Guides



Upper Charles Trail

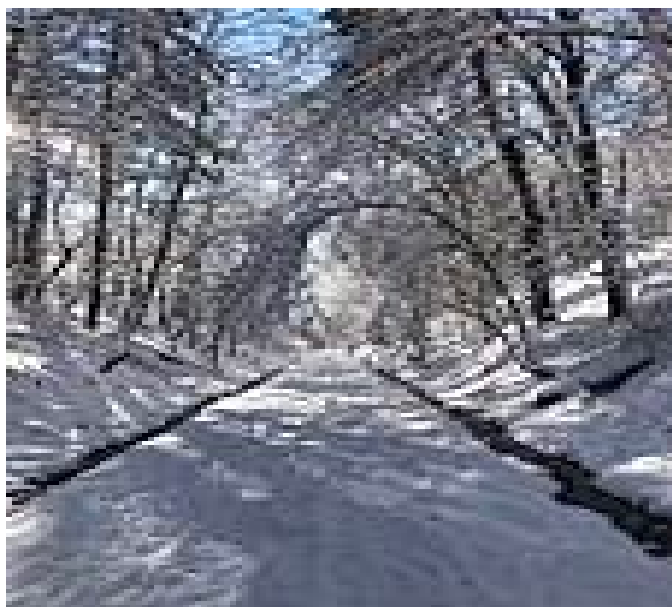
Massachusetts



Upper Charles Trail

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Overview

Shaped like a checkmark, the Upper Charles Trail links Milford, Holliston and Sherborn—towns in Massachusetts's bucolic MetroWest suburbs. Ornamented by an eight-arch stone bridge and a historic tunnel, the trail's well-maintained asphalt and crushed stone surfaces provide a great place for a relaxing stroll or a journey of several miles through New England nature.

About the Route

The Upper Charles Trail makes the shape of a checkmark. From the western endpoint outside Milford near Hopkinton, the trail proceeds south to the center of Milford, then northeast to the eastern endpoint in

Sherborn.

From the western endpoint, the asphalt trail heads south, largely following SR-85, skirting the western side of the NEMBA Trails at Milford, a hiking trail network. (The trail is entirely paved in Milford; the unpaved sections are in the eastern part of the trail in Holliston.) The trail finds the Charles River, following alongside it, before crossing I-495. Continuing south into Milford, the trail passes Louisa Lake and Milford Pond, with opportunities for fishing or a picnic.

At Milford's Fino Park, a short spur takes the trail further into the town of Milford about 0.5 miles south, letting off at Spring St and N Bow St (Milford). In Milford, south of Fino Park, the main trail turns east. A short on-road segment takes the trail east on Main Street, south on Beach St before quickly bearing left at Mt Pleasant St, where the trail picks ups about 200 feet ahead. Signs for a bike route mark the way.

Leaving Milford, the trail heads northeast, passing through a commercial shopping area before crossing back under I-495. Crossing the town line into Holliston, the trail surface becomes crushed stone. Just south of Holliston's town center, the trail uses the Phipps Tunnel to cross Highland St. Designed for steam trains, the tunnel's curved stones make it a historic marvel.

In Holliston, trail passes a historic depot that now houses local shops. Northeast of the town is the trail's crown jewel, the Bogastow Brook Viaduct, a beautiful stone bridge with eight arches. As the trail nears its eastern trailend, it traverses the nature-filled Dopping Brook Conservation Area. The Upper Charles Trail's eastern trailend is just over the town line between Holliston and Sherborn, at Whitney St & Mill Stone Dr (Sherborn).

Trail History



Upper Charles Trail

Massachusetts

States: Massachusetts

Counties: Middlesex, Worcester

Length: 13.9 miles

Trail end points: Whitney St. & Mill Stone Dr.
(Sherborn) to 480 Cedar St. (Milford)

Trail surfaces: Asphalt, Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Fishing, Wheelchair

Accessible, Walking, Cross Country Skiing

Parking & Trail Access

The Upper Charles Trail runs between Whitney St & Mill Stone Dr (Sherborn) and 480 Cedar St. (SR 85) (Milford) with parking available at both endpoints.

Parking is also available at:

- 15 Dilla St (Milford)
- 229 1/2 E. Main St (Milford)
- 600 Mayflower Landing (Holliston)

There are numerous parking options along this route, see [TrailLink Map](#) for all parking options and detailed directions.



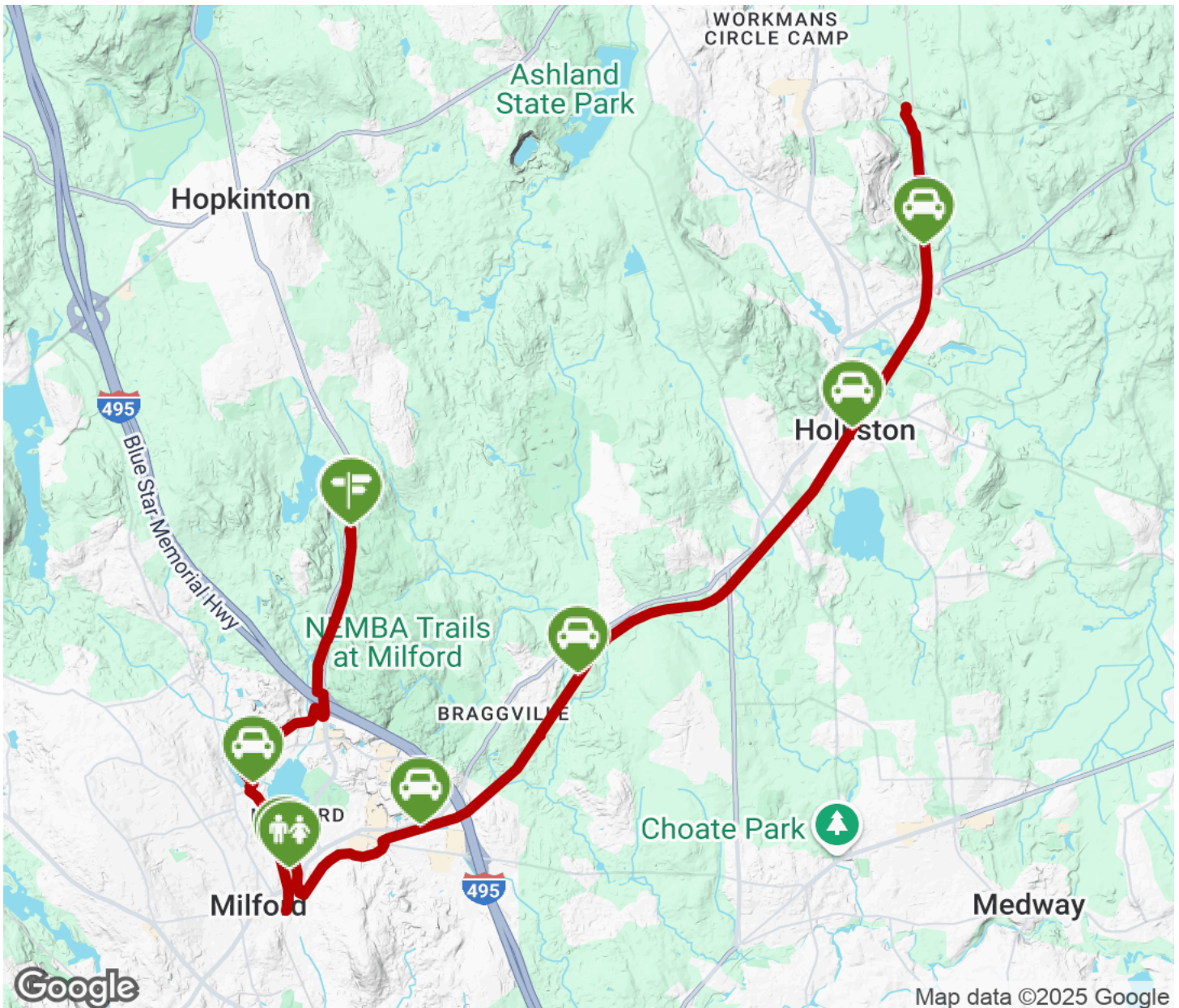
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Upper Charles Trail

Massachusetts



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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