



2026

TrailLink Unlimited 

Guides   



**Bruce
Freeman Rail
Trail**
Massachusetts



Bruce Freeman Rail Trail

Massachusetts

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About the Route

The trail's northern endpoint is located at the Lowell/Chelmsford line by River Meadow Brook. A green-painted path goes from the nearest building into the trail parking lot, providing great access for those who work in the buildings near the trailhead.

Meandering southwest from the Chelmsford trailhead, the route includes an extensive culvert tunnel under US 3/ Northwest Expressway. On the other side of the tunnel,

trail users are greeted with flowers as the rail trail runs along the back side of several business areas. In 0.8 miles from the trailhead, the trail runs diagonally under the large I-495/Blue Star Memorial Highway overpass as you enter the Chelmsford area. Baseball fields are just off the trail to the left as the trail crosses Chelmsford Street in another 0.5 mile. The path picks up again on the other side. Here, the trail makes its way into a little downtown area, where the trail follows Chelmsford Street very briefly.

In 0.3 miles, be careful as the trail crosses the central intersection of MA 4/North Road and MA 110/Littleton Road, as this is located in the middle of town. Take the trail almost straight through the intersection, following signs for the safe crosswalks that lead to the other side. A small lantern man sculpture off to the right lets trail users know that you're back on the trail. A few more pieces of art are just ahead, where an old train depot used to be.

As the route heads back out of town, a short rural section begins — much of it covered by tree canopies — following Beaver Brook as it makes its way through neighborhoods. This section of trail is leisurely and wide, with fencing along both sides in some portions.

In 2.7 miles, to the right of the trail in Chelmsford, is Heart Pond. Note that the beach—which contains a playground and swimming area—is open to the public. The trail skips over the corner of Heart Pond and travels along a small dockside community. It then continues south through more wooded areas with portions of fencing along the trail, adding to the structural beauty of the corridor. The trail also winds through NARA Park (25 Ledge Rock Way, Action), which offers lakeside beaches, a playground, a picnicking area, an amphitheater, and a variety of sports fields and courts.

Crossing MA-2 via a pedestrian bridge, the trail generally follows the Nashoba River through the town of Acton before winding south into Concord. Passing Warners Pond and



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Bruce Freeman Rail Trail

Massachusetts

States: Massachusetts

Counties: Middlesex

Length: 20.1miles

Trail end points: Parking lot near Chelmsford
St. (Lowell) to Mass Central Rail Trail

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike,Fishing,Inline

Skating,Walking,Wheelchair Accessible,Cross
Country Skiing

Parking & Trail Access

The Bruce Freeman Rail Trail runs between a parking lot near Chelmsford St. (Lowell), with trail parking, and the Mass Central Rail Trail.

Parking is also available at:

- 72 Pond St (Chelmsford)
- 25 Ledge Rock Way (Acton)
- 30 Great Rd (Acton)

Please see [TrailLink Map](#) for all parking options and detailed directions.



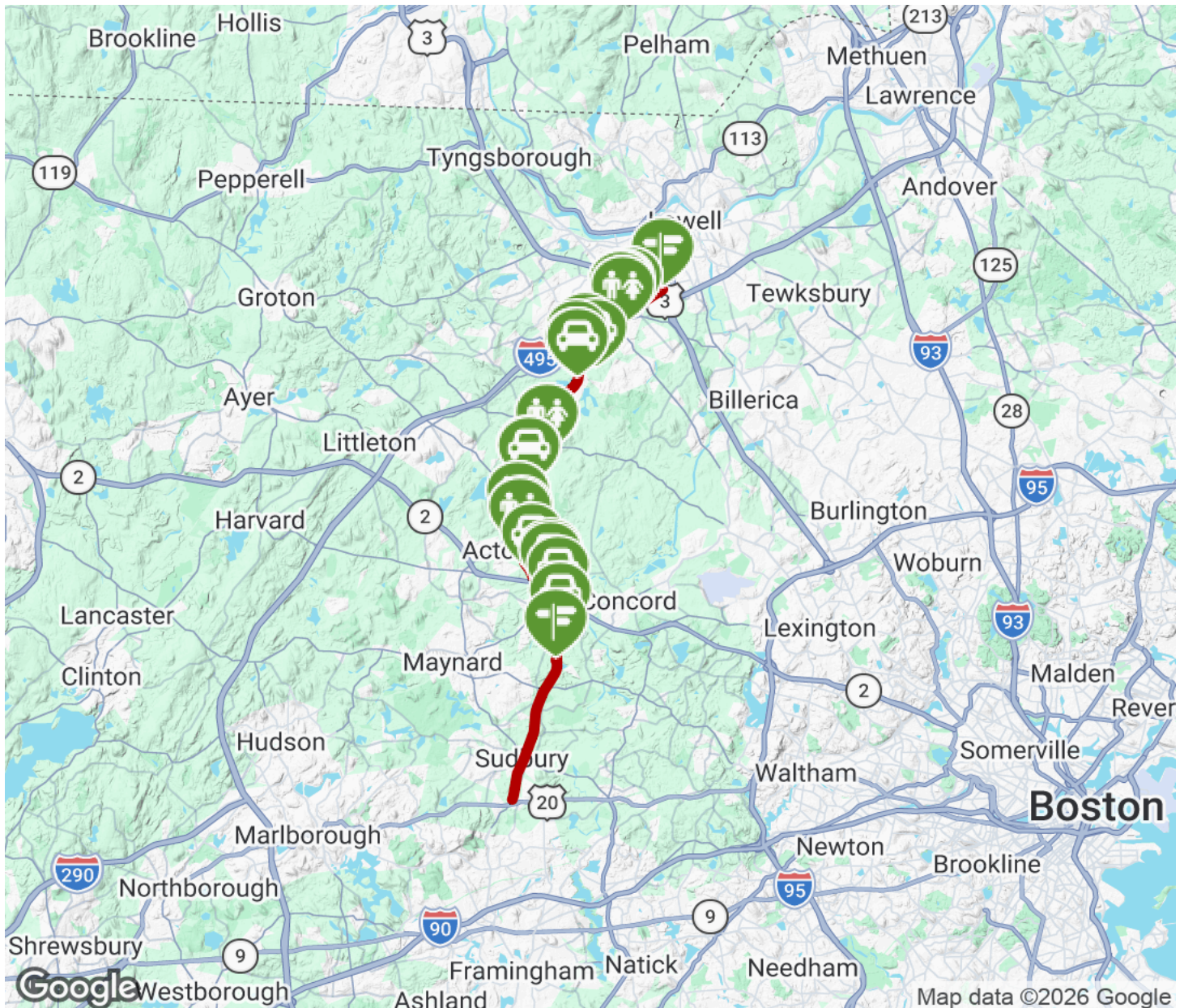
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Bruce Freeman Rail Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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