



2026

TrailLink Unlimited 

Guides



**South Bay
Harbor Trail**
Massachusetts



South Bay Harbor Trail

Massachusetts

The South Bay Harbor Trail connects several Boston neighborhoods—Lower Roxbury, the South End, Chinatown, and



River. Next, you'll pass MBTA's Broadway Station and then the east end of the trail will become much more pleasant. You'll traverse Children's Wharf Park, adjacent to the Boston Children's Museum, and cross Fan Pier Park with lovely views of the water. The trail ends next to the Institute of Contemporary Art.

The South Bay Harbor Trail connects several Boston neighborhoods—Lower Roxbury, the South End, Chinatown, and Fort Point Channel—to the Boston Harbor. The trail spans nearly 4 miles from Ruggles Station on MBTA's Orange Line to Pier 4 in South Boston. The trail is also part of the expansive Harborwalk trail system all along the city's waterfront.

Just outside Ruggles Station, at Columbus Avenue, you can connect to the [Pierre Lallement Bike Path](#), which runs through Southwest Corridor Park. If you stay on the South Bay Harbor Trail, you'll parallel tree-lined Melnea Cass Boulevard through a commercial area.

Midway, you'll head northeast along I-93 for a short distance, then cross under the highway and across Bass



South Bay Harbor Trail

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States: Massachusetts

Counties: Suffolk

Length: 3.8miles

Trail end points: Pier 4 (adjacent to the Institute of Contemporary Art) to Columbus Ave. and Melnea Cass Blvd. (adjacent to Ruggles Station)

Trail surfaces: Asphalt, Boardwalk, Brick, Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

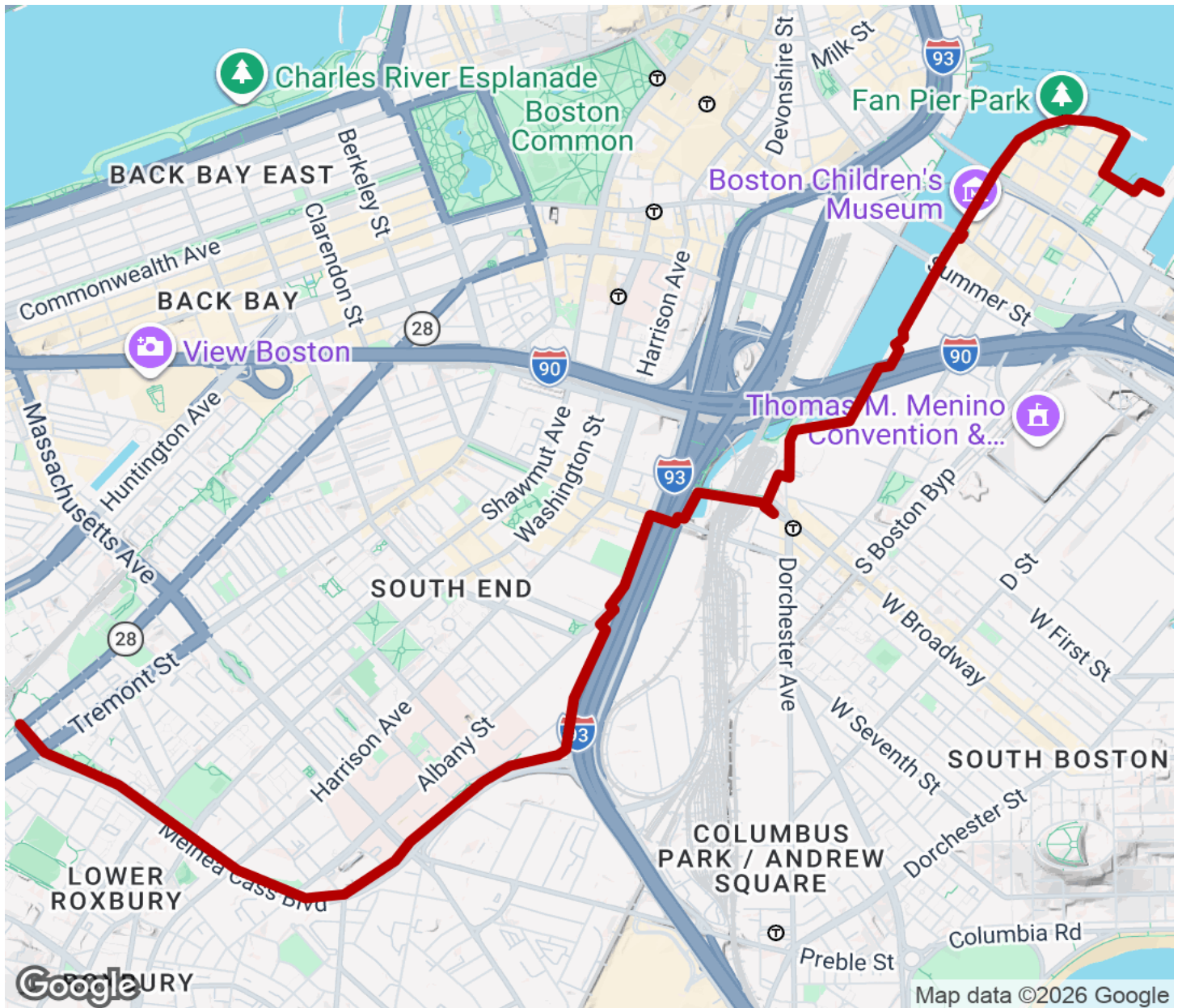
Parking & Trail Access

Access is available via Boston's Massachusetts Bay Transportation Authority (MBTA) subway system. Bikes are allowed on the MBTA subway system, just not during rush hours (7-10 a.m. and 4-7 p.m. weekdays) due to crowding. The west end of the trail begins at Ruggles Station (at the intersection of Ruggles Street and Tremont Street) on the Orange Line. Mid-trail, the route passes the Broadway Station (at the intersection of Dorchester Avenue and Broadway), which is on the Red Line. Near the east end of the trail, South Station is located across the Summer Street bridge; it's also on the Red Line.



South Bay Harbor Trail

Massachusetts



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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