



Lowell, MA

January 1 - December 31, 2025

10 and 5km Historic Waterways Walks

START/FINISH:

Lowell National Historical Park
Boott Cotton Mills Museum [Jan-Mar]
115 John Street, Lowell, MA 01852
Visitor Center [Apr-Dec]
246 Market Street, Lowell, MA 01852
Tel: 978-970-5000

www.nps.gov/lowe/index.htm

For GPS, use 75 John Street, Lowell, MA OR
350 Dutton Street, Lowell, MA to arrive at
parking garages.

PSB: Daily 10 a.m. to 5 p.m.

*Closed New Year's Day, Thanksgiving,
& Christmas.*

OSB: Daily sunrise to sunset.

Complete event within 30 days of
initiating online registration.



REGISTER ONLINE: my.ava.org

TRAIL DESCRIPTIONS: The walk is comprised of two 5km loops.

The Pawtucket Falls Loop goes through a business district, along the western canalway, past two churches over 100 years old, and through the historic Acre neighborhood. The trail leads down to the Pawtucket Falls and across the Merrimack River before ascending a slight hill towards part of the UMass-Lowell campus and back into town. Sightings in town include the library, local businesses, city hall, and the Whistler Museum before returning to the Start/Finish.

The Rivers & Canals Loop departs the Visitor Center and heads to the Pawtucket Canal, then the Lower Gate Locks, and past Middlesex Community College. The trail winds its way through a small business district to Boott Mills and out to the Merrimack River. Walking along the river, you pass behind Tsongas Arena and LeLacheur Stadium, through part of the UMass-Lowell campus and to the Northern Canal. Other sightings on this loop include the Merrimack Canal, Lucy Larcom Park, B&M steam locomotive #410, the New England Quilt Museum, and the Streetcar Museum before returning to the Start/Finish.

AWARD: The "A" award is a fully embroidered patch featuring a bridge over the Merrimack River near the Mile of Mills, a view seen along the Pawtucket Falls loop. This patch is available for \$4.00 which includes IVV Credit. *To purchase an award when using OSB, please send a SASE with check payable to Walk 'n Mass Volkssport Club for \$4.00 to Bill Howe (address in OSB packet or at right).*



RATING: Both routes are relatively flat with an AVA rating of 1A. These routes are doable for strollers but not suitable for wheelchairs.

AVA SPECIAL PROGRAMS: Mayflower, Par for the Course, Rockin' Around the Clock, Town Halls/City Halls, and Walking with America's Veterans

DIRECTIONS to Visitor Center [Apr-Dec S/F; see online for driving directions to Jan-Mar S/F at Boott Cotton Mills Museum & John Street garage]:

From the West:

1. Take I-90 (Mass Pike) toward Boston to Exit 106 (I-495 North).
2. I-495 North to Exit 89C (Lowell Connector).
3. **Lowell Connector to Exit 5B (Thorndike Street).
4. Follow Thorndike St. as it bends right and becomes Dutton Street. *Brown & white Lowell National Park signs along road.*
5. **RIGHT** on Canal Street towards Lowell National Park Visitor Center.

From the North:

1. I-93 South to Exit 89 (I-495 South).
2. I-495 South to Exit 89C (Lowell Connector).
3. Follow from ** above.

From I-95 North or South:

1. I-95 to Route 3 North toward Burlington.
2. Route 3 North to Exit 80 (Lowell Connector).
3. Follow from ** above.

From Providence:

1. I-95 North to Route I-495 North.
2. I-495 North to Exit 89C (Lowell Connector).
3. Follow from ** above.

PARKING: Follow P (Parking) signs to parking garage at 350 Dutton Street. Free parking in garage available with validation from the NPS visitor center (available during NPS open hours).

POC:

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