



# Lowell, MA

January 1 - December 31, 2025

## 10 and 5km Historic Waterways Walks

### START/FINISH:

Lowell National Historical Park  
Visitor Center  
246 Market Street, Lowell, MA 01852  
Tel: 978-970-5000  
www.nps.gov/lowe/index.htm

PSB: Daily noon 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.**

**For GPS,** use 350 Dutton Street, Lowell, MA to  
arrive at parking garage.



**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. Sights 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 LeLachur Stadium, through part of the UMass-Lowell campus and to the Northern Canal. Other sights 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. **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:** Par for the Course, Step to the Beat, Town Halls/City Halls, and Walking with America's Veterans

### DIRECTIONS to Visitor Center:

#### 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 parking garage at 350 Dutton Street. Free parking in garage available with validation from the NPS visitor center (available during NPS open hours).

### POC:

Bill Howe  
28 Rainbow Avenue  
Chelmsford, MA 01824  
Tel: 978-256-7370  
bill.howe@bvhowe.com

