Begin at Rural Cemetery Gate. Walk SE on Grove St. Turn South onto Lancaster St and follow Salisbury Pond into Institute Park. There is parking along Salisbury St. Walk along the pond & exit onto Salisbury St. Head NW, crossing Park Ave. Turn SW onto Massachusetts Ave. Then NW on a path to Bancroft Tower. Turn South onto Beechmont St. Turn West, then immediately South onto Haviland St. Turn East onto Highland Ave, and continue into Newton Hill - Follow the East-West Trail across the park. There is parking available at Doherty High School on the upper level. Turn East onto Pleasant St. Walk for about a block and Turn South onto Abbott St. Turn West onto Chandler St. Beaver Brook Park - Cross Park. Parking is available at Doherty High School on the upper level. Walk 2 blocks South on Mann St. Turn West onto May Street. Walk 2 blocks. Cross the street at Lovell Street and enter Hadwen Arboretum - Cross the park. Exit by walking along the South side of the softball field. Cross the parking area and field at Columbus Park. Parking is available here at Columbus Park. Follow the path around Coes Reservoir, & walk North on Mill St. Turn West onto Midgley Ave for one block and then West onto Esper Ave. Parking is available on Coes Ave. and a few spots on Esper Ave. Tetasset Ridge: Follow the path SW. At the intersection in God's Acre, head North. At the next intersection, head West on the trail marked with red rectangles. Cross Airport Rd and head North on Airport land. Continue North along Airport Rd., turning West on Prouty Lane. Follow Prouty Lane to the intersection with Bailey St. Head East, then North on Sunny Hill Dr., at Pleasant St. travel SE and continue North on Mower St. In .20 mile, bear right and head into Boynton Park. Parking is on the side of the road. Follow the road North for a short distance, head East on the Silver Springs Trail. (yellow triangles) Pass through Cascades West. Head SE on the Cascades Trail (blue circles), crossing Cascades Park. Continue East into Cascading Waters. The trail ends at Olean St. Park at Cascading Waters off Olean St.