

(A collection of recommendations crowdsourced from students and staff at Amherst College)

**Disclaimer:** The recommendations in this guide were crowdsourced from students and staff and are provided for informational purposes only. The Office of Sustainability does not endorse or specifically recommend any of the listed establishments. All suggestions are based on personal experiences and preferences shared by members of our community. Distances listed are from the college.

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In the Valley, there are many local markets to shop at! Whether you're looking for farmers' markets, specialty shops, or grocery stores, you'll find everything you need, from fresh produce to room essentials. Spend an

afternoon exploring and enjoying locally crafted goods.

Farmers' Markets	Distance	How to Get There	Website	Description
Amherst Farmers' Market	0.5 miles	Ķ	Amherst Farmers Market	A community market offering a diverse selection of locally-grown produce, handmade products, and fresh baked goods.  Saturdays April - November on the Town Common.
Amherst Mobile Market	1-3 miles	₫ <b>?</b>	Mobile Market	A convenient, mobile grocery store that brings fresh, affordable produce directly to various neighborhoods in Amherst.
Sunset Farmer's Market	4 miles		Sunset Farm	Lively spot with a wide range of vendors on Saturday mornings.
Northampton Farmers' Market	8 miles		Northampton Farmers' Market	An outdoor marketplace featuring fresh, locally sourced foods, crafts, and live entertainment in downtown Northampton. Saturdays April - November.

Specialty Markets	Distance	How to Get There	Website	Description
Maple Farm Foods	2.5 miles	Ø₹	Maple Farm Foods	Provides fresh, diverse meals, gluten-free options, and local produce. An eclectic mix of market goods, located in Hadley.
Atkins Farms Country Market	4 miles	Ø₹	Atkins Farm	A family-owned market known for its baked goods and fresh fruits and vegetables. Located in South Amherst.

Specialty Markets	Distance	How to Get There	Website	Description
Trans World Food Market	5.5 miles	₫ <u></u>	Trans World Food Market	Offers a wide and diverse selection of ethnic and exotic foods. Located on Route 9 in Hadley.
The Mill District General Store	6 miles		General Store	The Mill District General Store stocks art supplies, home goods, kitchenware, pet supplies, toys and games, skincare and beauty products, home and bath, and much more from local vendors.
Brits R U.S	7 miles		Brits R U.S	Features an extensive range of British groceries, snacks, and specialty items. Located in Northampton.
Brimfield Antique Flea Markets	30 miles	6	Brimfield Antique Flea Market	America's oldest outdoor antique flea market. Occurs only a few times a year.

Grocery Stores	Distance	How to Get There	Website	Description
Big Y	1.5 miles	Ø₹	Big Y	A regional supermarket chain offering a wide range of groceries, fresh produce, and household items. Located in Amherst.
Trader Joe's	1.8 miles		Trader Joe's	A popular grocery store chain known for its unique and affordable products, including a variety of snacks, frozen foods, and specialty items. Located in Hadley on Route 9.

<b>Grocery Stores</b>	Distance	How to Get There	Website	Description
Stop and Shop	2 miles	<b>₩</b>	Stop and Shop	A convenient shopping spot with a large selection of everyday products. Located in Hadley on Route 9.
Whole Foods	2.5 miles		Whole Foods	Known for its organic and natural products, including fresh produce and high-quality meats. Located in Hadley along Route 9.
Walmart	2.5 miles		Walmart	Convenient and affordable, Walmart provides a large selection of items, including groceries, electronics, clothing, and household goods. Located in Hadley along Route 9.



Amherst and the surrounding areas are filled with unique ice cream shops. Using locally sourced ingredients, these shops offer some of the region's best ice creams. Come enjoy the delicious treats and have fun with various activities like visiting farm animals, playing mini golf, enjoying other sweet treats, and more!

Ice Cream	Distance	How to Get There	Website	Description
Flayvors of Cook Farm	4 miles	<b>₩</b>	Flayvors	Try ice cream made onsite at a working dairy farm in Hadley.

Ice Cream	Distance	How to Get There	Website	Description
Old Orchard Ice Cream Shop	4.5 miles		Atkins Ice Cream Shop	Known for its homemade, small-batch ice creams crafted with high-quality ingredients in Amherst.
The Silos (Maple Valley Creamery)	5 miles		The Silos	Enjoy some ice cream, live music, fun activities, and farm animals in Hadley.
Florence Pie Bar	8 miles		Florence Pie Bar	Features a selection of locally sourced ice creams to complement their handmade pies in Florence.
The Sugarloaf Frostie Creamy Delights	9 miles		Sugarloaf Frostie	Rich, creamy ice creams and inventive flavor combinations in Sunderland.
Herrell's Ice Cream and Bakery	10 miles		Herrell's Ice Cream	Homemade, batch-churned ice cream in Northampton.
Cindy's Drive In	10 miles		Cindy's Drive In	Grab a cone, milkshake, or even a bite at this classic 1950s-style drive-in serving over 100 soft serve flavors and summertime favorites in Granby.
McCray's Country Creamery	11 miles		McCray's Country Creamery	Farm-fresh ice creams made from locally sourced milk alongside mini-golf, hayrides, and a petting zoo in South Hadley.

Ice Cream	Distance	How to Get There	Website	Description
Mt. Tom's Ice Cream	12 miles	6	Mt. Tom's Ice Cream	Over 50 different creative ice cream flavors and custom ice cream cakes in Easthampton.



Explore Amherst's vibrant coffee scene with a variety of charming cafés and coffee shops. Whether you're relaxing on a Saturday morning or studying for finals, these spots offer a diverse selection of handmade food and locally roasted coffee. Enjoy the welcoming atmosphere and unique brews that make each café a community favorite.

Cafés	Distance	How to Get There	Website	Description
The Black Sheep	< 0.5 Mile	於	The Black Sheep	Local deli known for its sandwiches, freshly baked goods, and welcoming atmosphere in Amherst.
The Works Café	< 0.5 Mile	Ķ	The Works Café	A go-to spot in downtown Amherst for great coffee and fresh food. With plenty of seating and free Wi-Fi it's perfect for studying, meeting up, or a quick bite.
Kwench Juice Café	< 0.5 Mile	Ķ	Kwench	Juice bar in downtown Amherst offering fresh smoothies, cold-pressed juices, acai and pitaya bowls, and wholesome snacks.

Cafés	Distance	How to Get There	Website	Description
Coronation Cafe	1 mile	<b>於</b>	Coronation Cafe	Cute cafe with some exciting and delicious breakfast and lunch options.
Cushman's Market	2.5 miles	Ø₩)	Cushman's Market	Neighborhood cafe offering coffee, lunch, and a small market with fresh produce in North Amherst.
Pulse Café	3 miles		Pulse Cafe	Offers a unique farm-to-table vegan menu in Hadley along Route 9.
Esselon Café	5 miles		Esselon Café	A small-batch coffee roaster known for their locally sourced menus and "too pretty to drink" lattes in Hadley along Route 9.
Tandem Bagels	5 miles	6	Tandem Bagels	Handmade bagels and pastries in Hadley along Route 9.
Ana Bandeira Chocolate Bakery and Cafe	7 miles		Ana Bandeira Chocolates	Cafe with handmade chocolate bars as well as more traditional breakfast and lunch cafe fare.
Amber Lane Café & Pub	7 miles		Amber Lane Café & Pub	Eclectic coffeehouse offering baked goods and sandwiches, plus wine, beer and cocktails.

Cafés	Distance	How to Get There	Website	Description
The Roost	7 miles		The Roost	Comforting, seasonal dishes and a warm, inviting atmosphere in Northampton.
Mosaic Café	7 miles		Mosaic Café	Find flavorful Moroccan and Mediterranean dishes, from tagines to fresh salads. Warm atmosphere with local art makes it perfect for a casual meal or relaxing tea.
Amanouz Café	7 miles		Amanouz Café	Cozy, family-owned Moroccan and Mediterranean restaurant nestled on Main Street in Northampton.
Wild Roots	7 miles		Wild Roots	Enjoy breakfast and lunch all day with a selection of delicious, affordable organic dishes in Sunderland.
Woodstar Café	10 miles		Woodstar Café	Artisan baked goods and organic coffee in Northampton.

Coffee	Distance	How to Get There	Website	Description
Amherst Coffee	< 0.5 miles	<b>†</b>	Amherst Coffee	Cozy spot with locally roasted coffee in downtown Amherst. Transitions from a cozy café by day to a lively bar by night.

Coffee	Distance	How to Get There	Website	Description
Share	0.5 miles	Ķ	Share	Serves freshly roasted, ethically sourced coffee in downtown Amherst.
Shelburne Falls Coffee Roasters	2 miles		Shelburne Falls Coffee Roasters	A local favorite on Route 9 in Hadley offers hand-roasted coffee, espresso drinks, and house-made pastries.
Futura Coffee Roasters	6 miles		Futura Coffee Roasters	Ethically sourced and sustainably roasted coffee in North Amherst. Enjoy espresso, pour-overs, and cold brews in a cozy, eco-conscious environment.
Familiars	7 miles		Familiars	Exceptional coffees, teas, and local favorites served in their iconic red dining car in Northampton.
Thirsty Mind	9.5 miles		Thirsty Mind	A cozy café across from Mount Holyoke College, with great coffee and local pastries.

Diners	Distance	How to Get There	Website	Description
Johnny's Roadside Diner	1 mile	<b>†</b>	Johnny's Roadside Diner	Classic American comfort food for breakfast and lunch in a retro-inspired setting in Amherst along Route 9.

Diners	Distance	How to Get There	Website	Description
The Stables	2 miles	₫ <u></u>	The Stables	Farm-to-table breakfast and lunch with a focus on seasonal ingredients in Hadley along Route 9.
Bluebonnet Diner	7 miles	6	Bluebonnet Diner	A beloved spot known for its traditional diner food and friendly atmosphere in Northampton.
Jakes	7 miles		<u>Jakes</u>	Classic breakfast with daily hash specials in the heart of Northampton.
Florence Diner	8 miles		Florence Diner	Traditional diner housed in an old train car, with classic breakfast and lunch options in Florence.
Whatley Diner	11.5 miles		Whatley Diner	Classic 24/7 truck-stop diner located just off I-91 in Whately, serving hearty American comfort food in a retro setting.



Discover the diverse dining scene in the Valley, where a wide range of restaurants offer unique menus and cuisines. Whether you're in the mood for a casual meal or a fancy night out, you'll find plenty of options to suit every occasion. Enjoy the local flavors and the friendly atmosphere that make Amherst a welcoming community.

Sit Down Restaurants	Distance	How to Get There	Website	Description
30 Boltwood	< 0.5 miles	於	30 Boltwood	Upscale restaurant offering traditional New England fare that highlights fresh and simple flavors in downtown Amherst.
Arigato Sushi	< 0.5 miles	Ķ	Arigato Japanese Amherst	Casual eatery serving sushi, sashimi and rolls, plus other Japanese and Korean fare.
Johnny's Tavern	< 0.5 miles	<b>於</b>	Johnny's Tavern	A casual restaurant known for its laid-back atmosphere, hearty comfort food, and a selection of beers on tap in downtown Amherst.
Bistro 63	< 0.5 miles	Ķ	Bistro 63	Modern American restaurant and cocktail bar serving contemporary New England dishes in downtown Amherst.
Amherst Oyster Bar	< 0.5 miles	Ķ	Amherst Oyster Bar	New seafood spot in downtown Amherst, celebrated for its fresh New England oysters and coastal dishes in a sleek, lively setting.
Pasta E Basta	< 0.5 miles	Ķ	Pasta E Basta	Cozy Italian restaurant celebrated for its authentic, homemade pasta dishes in downtown Amherst.
IYA Sushi	0.5 miles	<b>於</b>	IYA Sushi and Noodle	IYA offers ramen, sushi, and other East-Asian fusion restaurant options. Includes hot and cold options for year-round enjoyment.

Sit Down Restaurants	Distance	How to Get There	Website	Description
El Comalito	2.6 miles	於	El Comalito	Offers authentic Mexican cuisine in downtown Amherst
Bub's BBQ	4 miles		Bub's BBQ	Southern BBQ classics and smoked meats in Sunderland.
Fitzwilly's	7 miles		Fitzwilly's	A go-to spot for delicious meals and a relaxed dining experience in Northampton.
Paul and Elizabeth's	7 miles		Paul and Elizabeth's	Warm and inviting dining experience with a large menu featuring a variety of vegetarian options, all focused on fresh, regional ingredients in Northampton.
The Blue Heron	9 miles		The Blue Heron	One of the nicest restaurants in the area, this relaxed upscale spot features globally inspired New American cuisine, ethically sourced from the Valley and beyond. Located in Sunderland.
Tavern on the Hill	17 miles		Tavern on the Hill	Serving house-smoked BBQ, burgers, and more in a casual, laid-back atmosphere, this spot invites you to enjoy a craft beer while taking in views of the Pioneer Valley. Located in Easthampton.

Sit Down Restaurants	Distance	How to Get There	Website	Description
Taste of Lebanon	25 miles		Taste of Lebanon	Traditional Lebanese and Mediterranean cuisine in West Springfield.

Casual Dining / Take Out	Distance	How to Get There	Website	Description
Antonio's Pizza	< 0.5 miles	Ķ	Antonio's Pizza	A popular spot near campus, known for its delicious hand-tossed pizzas and wide range of toppings. Located in downtown Amherst.
La Veracruzana	< 0.5 miles	Ķ	La Veracruzana	A well-loved spot known for its authentic Mexican dishes and rich, vibrant flavors. Located in downtown Amherst.
Fresh Side	< 0.5 miles	Ķ	Fresh Side	A great choice for a light and nutritious meal they offer a variety of salads, sandwiches, and bowls, focusing on using high-quality ingredients. Located in downtown Amherst.
Oriental Flavor	0.5 miles	於	Oriental Flavor	Provides a large menu of flavorful Asian dishes. Located in downtown Amherst.
Crazy Noodles	< 0.5 miles	Ķ	Crazy Noodles	Known for its diverse Asian-inspired noodle dishes and vegetarian and vegan options. Located in downtown Amherst.

Casual Dining / Take Out	Distance	How to Get There	Website	Description
Paradise of India	< 0.5 miles	Ķ	Paradise of India	Serving classic Indian dishes, from rich curries to fresh naan and biryani. Great for dine-in or takeout, with plenty of vegetarian and gluten-free options.
Bueno Y Sano	< 0.5 miles	Ķ	Bueno Y Sano	Specializes in fresh, made-to-order Mexican cuisine, including burritos, tacos, and quesadillas. Located in downtown Amherst.
Royal Chicken	< 0.5 miles	於	Royal Chicken and Kebab	Amherst's latest late night take-out sensation offering Mediterranean food with an "American-twist"
Formosa	< 0.5 miles	Ķ	<u>Formosa</u>	Ample selection of classic & less familiar Chinese fare, plus vegetables from their own garden.
Panda East	< 0.5 miles	Ķ	Panda East	Offers a variety of traditional and Americanized Chinese dishes, including sushi and hibachi options. Located in downtown Amherst.
The Taste Thai	< 0.5 miles	<b>ķ</b>	The Taste Thai	Serving authentic Thai cuisine in downtown Amherst, known for flavorful dishes like Pad Thai, Massaman Curry, and Drunken Noodles. Vegetarian-friendly and popular with locals and students alike.
MoMo Tibetan Restaurant	< 0.5 miles	Ķ	MoMo Tibetan Restaurant	A cozy, welcoming spot in downtown Amherst known for its authentic Himalayan flavors and relaxed, friendly atmosphere.

Casual Dining / Take Out	Distance	How to Get There	Website	Description
Pita Pockets	0.5 miles	Ķ	Pita Pockets	A Middle Eastern restaurant offering falafel, shawarma, and hummus, served in pita wraps and platters. Located in downtown Amherst.
Miss Saigon	0.5 miles	*	Miss Saigon	Casual Vietnamese eatery in downtown Amherst known for flavorful pho, banh mi, and generous portions.
Lili's Restaurant	0.5 miles	<b>於</b>	Lili's Restaurant	Cozy spot known for authentic Xi'an-style Chinese dishes like hand-pulled noodles, dumplings, and pork sandwiches.
Ginger Garden	< 1 mile	Ķ	Ginger Garden	Family-friendly spot offering a diverse menu of Chinese, Japanese, and Pan-Asian dishes.
3 Amigo's	3 miles		3 Amigo's	Offering a fusion of Chilean, Mexican, and Puerto Rican flavors.
Joe's Spaghetti and Pizza	7 miles		Joe's Spaghetti and Pizza	A family-owned Italian restaurant known for its homemade pasta dishes and pizzas. Located in Northampton
Local Burger	7 miles		Local Burger	A popular burger joint serving a variety of burgers, fries, and other American comfort food, often made with locally sourced ingredients. Located in Northampton



The Valley boasts an incredible variety of freshly grown produce. On and off campus, discover local farm stands where you can enjoy picking your own fruit and participating in other seasonal activities. This is a great way to experience fresh, locally sourced produce while getting involved in the community.

Farm Stands	Distance	How to Get There	Website	Description
Book and Plow Farm	1 miles	<b>ķ</b>	Book and Plow	Located on the Amherst College campus, Book and Plow is a sustainable operation that provides fresh, locally-grown produce and educational experiences, blending farming with community and campus life.
Pipczynski Farm	4.5 miles		Pipczynski Farm	A local farm in Hadley known for its fresh, seasonal produce and commitment to sustainable farming practices.
Smiarowski Farmstand	6 miles		Smiarowski Farmstand	Offers a variety of locally-grown produce, homemade goods, and farm specialties.

Fruit Picking	Distance	How to Get There	Website	Description
Lakeside Farms	5 miles	000	Lakeside Farms	Spend a leisurely day at Lakeside Farms picking fresh strawberries, enjoying the scenic views, and experiencing the

Fruit Picking	Distance	How to Get There	Website	Description
				farm's vibrant atmosphere. Located in Hadley.
Pie in the Sky Berry Farm	5 miles		Pie in the Sky	Pick fresh blueberries and strawberries. Located in Northampton.
Sentinel Farm	7 miles		Sentinel Farm	Enjoy a relaxed day in the orchard picking apples, meeting their goats and chickens or making your own cider.
Sobieski's River Valley Farm	10 miles		Sobieski's River Valley Farm	Pick the highest quality, best-tasting blueberries, cultivated with organic practices. Located in Whately.
Park Hill Orchards	11 miles		Park Hill Orchards	Tend about 95 varieties of perennial fruit in the form of raspberries, blueberries, blackberries, peaches, nectarines, plums, pluots, cherries, pears and apples. Their apples are set up for Pick-Your-Own harvesting and they sell them at their farmstand here and at several farmer's markets.



Amherst offers a lively scene for those looking to unwind and socialize. Explore a variety of bars and pubs with friendly atmospheres and diverse drink menus, perfect for a night out with friends. Visit the region's breweries and vineyards, where you can sample craft beers and wines made right here.

Bars & Pubs	Distance	How to Get There	Website	Description
The Archives	< 0.5 miles	*	The Archives	A hidden speakeasy tucked beneath the Brick & Mortar real estate office, The Archives offers a cozy, vintage-inspired atmosphere with top-shelf cocktails and a curated ambiance.
Stacker's Pub	< 0.5 miles	Ķ	Stacker's Pub	A lively downtown bar with live music and weekly trivia nights. A popular spot for students.
McMurphy's Uptown Tavern	< 0.5 miles	Ķ	McMurphy's	A classic Irish college bar in downtown Amherst.
Protocol	0.5 miles	Ķ	Protocol	An upscale Amherst restaurant offering contemporary cuisine with in-house made buns, breads, and pasta.
Hangar Pub And Grill	1.5 miles	Ķ	Hangar Pub and Grill	A casual dining spot known for its hearty American classics including burgers, sandwiches, and a variety of craft beers. Located in Amherst.
Moan & Dove	2.8 miles		Moan & Dove	A cozy bar in South Amherst with an extensive craft beer selection, relaxed atmosphere, and casual pub fare. You can BYO food as their menu is limited.

Bars & Pubs	Distance	How to Get There	Website	Description
The Quarters	4.5 miles		The Quarters	A lively bar and restaurant featuring comfort foods, craft beers, old school arcade machines, and themed trivia game nights.
The Tunnel Bar	7.5 miles		The Tunnel Bar	A relaxed venue with a unique setting in a former railroad tunnel in Northampton, offering a diverse range of drinks.
The Dirty Truth	8 miles		The Dirty Truth	A casual bar known for its craft beers, creative cocktails, and a lively atmosphere with a focus on local and artisanal beverages. Located in downtown Northampton.
The Yarde	9.5 miles		The Yarde	A historic pub with a traditional American menu, and a selection of beers and cocktails. Located in South Hadley next to Mount Holyoke College.
Breweries and Vineyards	Distance	How to Get There	Website	Description
White Lion Brewing Company	0.5 miles	*	White Lion Brewing Company	A craft brewery in downtown Amherst known for its wide range of distinctive beers and commitment to quality brewing.
Progression Brewery	7 miles		Progression Brewery	Popular for their innovative craft beers and focus on producing unique, high-quality drinks with a modern twist. Located in Northampton.

Breweries and Vineyards	Distance	How to Get There	Website	Description
Northampton Brewery	9 miles		Northampton Brewery	A local favorite offering a variety of craft beers brewed on-site. Located in Northampton.
Abandoned Building Brewery	12.5 miles		Abandoned Building Brewery	An award-winning brewery in an abandoned building. Located in Easthampton.
Tree House Brewery	13 miles		Tree House Brewery	Renowned for its exceptional craft beers, particularly its hazy IPAs, and delicious pizza in a rustic, inviting setting. Located in Charlton.
Black Birch Vineyard	15 miles	6	Black Birch Vineyard	Celebrated for its hand-pressed wines and picturesque vineyard setting. Located in Hatfield.



The area features a variety of hiking trails suitable for all levels. Explore local forests, enjoy scenic views, and choose routes that match your fitness and interests. Hiking is a great way to get outdoors and experience the natural beauty of the region!

Hikes and Walks	Distance	How to Get There	Website	Description
Amherst Wildlife Sanctuary	< 0.5 miles	Ķ	Amherst Wildlife Sanctuary	Diverse natural habitats with trails for hiking and birdwatching, providing a serene environment for observing wildlife and enjoying the area's natural beauty.
Larch Hill Conservation Area	1 mile	<b>於</b>	Larch Hill Conservation Area	A quiet, wheelchair-accessible sanctuary with well-maintained paths.
Amethyst Brook Conservation Area	1.5 miles	Ķ	Amethyst Brook Conservation Area	Wooded trails and scenic brookside paths.
Puffers Pond	3 miles	4	Puffers Pond	Perfect for swimming, walking trails, fishing, and relaxing in nature. Popular with locals and students, it's a go-to summer hangout. Swimming is allowed, but always check posted water quality warnings—bacteria levels can vary and may make swimming unsafe at times.
Robert Frost Trail	4 miles	Ø₹	Robert Frost Trail	Features trails winding through diverse natural landscapes offering a tranquil outdoor experience.
Hadley Reservoir	4.4 miles	6	Hadley Reservoir	A quiet, refreshing trail perfect for a walk or a summer dip, right in Hadley.

Hikes and Walks	Distance	How to Get There	Website	Description
Horse Caves Trail	5 miles	6	Horse Caves Trail	Explore historic caves and geological formations.
Alexandra Dawson Conservation Area	5 miles	6	Alexandra Dawson Conservation Area	A peaceful 57-acre conservation area nestled along the Connecticut River in Hadley. Great for birdwatching.
Buffam Falls	7 miles	6	Buffam Falls	Enjoy a tranquil waterfall and swimming hole.
The Notch	8 miles	000	The Notch	Visit a picturesque mountain pass with hiking trails.
Mt Sugarloaf State Reservation	10 miles	6	Mt Sugarloaf State Reservation	Scenic hiking trails with panoramic views of the Connecticut River Valley and surrounding landscapes. Peak is also accessible by car.
Mt. Tom	15 miles	6	Mt. Tom	Hike to the summit for picturesque views of the Pioneer Valley.
Skinner State Park	26 miles	6	Skinner State Park	Situated on the westernmost peak of the Mount Holyoke Range, this trail is great for backpacking, birding, and hiking.
Becket Land Trust Historic Quarry and Forest	~40 miles	6	Becket Land Trust	The quarry, known during its operating days as the Chester-Hudson Quarry, played a key role in the early development of the Town of Becket and the surrounding area. Granite from

Hikes and Walks	Distance	How to Get There	Website	Description
				this quarry was used for monuments in many states. The quarry was operational from the 1860's to the 1940's.
Kestrel Land Trust Properties	varying distances		Kestrel Properties	Kestrel Land Trust owns many properties that are open to the public for hiking, offering scenic trails and opportunities to explore nature.



Explore the Valley on two wheels! With scenic trails and bike-friendly routes, it's a perfect way to explore the area's natural beauty and vibrant communities. Cycling offers a unique perspective of the valley and an eco-friendly adventure.

Biking	Distance	How to Get There	Website	Description
Norwottuck Rail Trail	< 0.5 miles	Ø₹	Norwottck Rail Trail	A scenic biking trail that goes through campus!
Earl's Trails	4.6 miles	Ø₹	Earl's Trails	Go-to network for mountain bikers in the area. A 12-mile loop of smooth, flowy singletrack offers a mix of climbs and descents.

Biking	Distance	How to Get There	Website	Description
Silvio O. Conte Accessible Nature Trail	7 miles	6	Silvio O. Conte Accessible Nature Trail	Beautiful trails with accessible paths suitable for all abilities.
Arcadia Wildlife Sanctuary	10 miles		Arcadia Wildlife Sanctuary	Discover diverse wildlife and charming trails.
Quabbin Reservoir	11 miles	6	Quabbin Reservoir	Bike on main forest roads, off-reservation lands, and across the Goodnough Dike.
Canalside Rail Trail	18 miles	6	Canalside Rail Trail	Enjoy a historic trail along canals.



With tons of unique festivals and fairs to explore, the Valley is full of fun! Each event features different themes and activities, offering a one-of-a-kind experience that allows you to connect with the community and spend time with friends.

Festivals	Distance	How to Get There	Website	Description
Hadley Asparagus Festival (early June)	5 miles	₫ <b>?</b>	Hadley Asparagus Festival	Celebrate local agriculture with asparagus-themed activities. Located in Hadley.
Three County Fair (Labor Day weekend)	7 miles		Three County Fair	Enjoy classic fair attractions and entertainment. The infamous school bus demolition derby. Located in Northampton.
Scottish Festival (late July)	9 miles		Scottish Festival	Immerse yourself in Scottish culture and traditions. Located in Northampton.
Green River Festival (June)	21 miles		Green River Festival	An annual music and arts festival held featuring a diverse lineup of live performances, local food, craft vendors. Located in Greenfield.
North Quabbin Garlic and Arts Festival (late September)	21 miles		Garlic Fest	A beloved fall tradition celebrating local food, art, and sustainability—with over 100 vendors, live music, and garlic-themed eats.
The Big E (early September)	27 miles	6	The Big E	Experience New England's largest fair with diverse attractions and exhibitions. Located in Springfield.



Whether you're into cross-country or downhill skiing, there are plenty of options to explore! In the winter, get outside and hit the slopes, either on your own or with the outing club for a fun group experience.

Downhill Skiing	Distance	How to Get There	Website	Description
Berkshire East Mountain Resort	30 miles	6	Berkshire East Mountain Resort	Night skiing - affordable lift tickets or go with the Amherst Outing Club for Free!
Mount Snow	80 miles	<b>6</b>	Mount Snow	Extensive skiing terrain at this popular resort.

Cross-Country Skiing	Distance	How to Get There	Website	Description
Cherry Hill Golf Course	5 miles	Ø₹	Cherry Hill	3-5 km of groomed land for cross-country skiing during the winter.
Northfield Mountain Ski Center	18 miles		Northfield Mountain Ski Center	A four-season recreation facility that offers cross-country skiing in the winter. Located in Northfield.



Discover the beauty of the Valley from a new perspective with an exciting kayaking or canoeing adventure!

Paddle through beautiful waterways, soak up the sun, and explore the diverse natural landscapes that make this region special.

Kayak & Canoe	Distance	How to Get There	Website	Description
Swift River	8 miles		Swift River	A scenic waterway, ideal for fishing and kayaking. The launch is off Route 9, just east of the main Quabbin entrance; follow the sign to the Fish Hatchery on East St.
Barton Cove	20 miles		Barton Cove	A picturesque spot offering 50 watercraft available for rent, including canoes, kayaks, and stand-up paddleboards, either for 2 hours or for the day.
Deerfield River	30 miles		Deerfield River	A popular spot for tubing and kayaking, the best section of the Deerfield River runs from the Fife Brook Dam in Florida, MA, to the Shunpike Parking Area in Charlemont, just downstream of Rt. 2.



Explore eclectic bookstores around Amherst! Locally owned, these shops are made for the community and offer fun, unique, and enjoyable trips. Enjoy a large variety of books and experience the charm of local businesses.

Bookstores	Distance	How to Get There	Website	Description
Amherst Bookstore	0.3 miles	<b>於</b>	Amherst Bookstore	Charming bookstore in downtown Amherst with a cozy atmosphere and a diverse selection of books.
Grey Matter Books	3 miles	6	Grey Matter Books	Offers a large collection of new and used books. Located in Hadley.
Yiddish Book Center	4 miles		Yiddish Book Center	Dedicated to preserving and promoting Yiddish literature and Jewish cultural heritage through its extensive collection, exhibitions, and educational programs. On the Hampshire College campus.
Broadside Bookshop	7 miles		Broadside Bookshop	An independent bookstore offering a carefully curated selection of books across various genres. Located in Northampton.
Odyssey Bookshop	8 miles		Odyssey Bookshop	A community bookstore that hosts 125+ literary events annually. Located in South Hadley next to Mount Holyoke College.
The Book Mill	11 miles		The Book Mill	A unique bookstore housed in a historic mill. Beautiful location!



The Valley features lively music venues offering everything from local bands to famous artists. Whether you're looking for intimate performances or larger concerts, there's always a great show to catch. Discover great shows and connect with the local music scene.

Music Venues	Distance	How to Get There	Website	Description
The Drake	0.2 miles	於	The Drake	A local space for entertainment and concerts in downtown Amherst.
Academy of Music	8 miles		Academy of Music	A historic venue hosting performances in Northampton.
Calvin Theater	8 miles		Calvin Theater	Home to a variety of live music and events. Located in Northampton.
MGM (in Springfield)	25 miles		MGM	Free music on Fridays from May to September.
Tanglewood	62 miles		Tanglewood	Home of the Boston Symphony Orchestra, Tanglewood hosts world-class summer music festivals in the scenic Berkshire Hills.



The surrounding area is home to numerous museums, each offering a unique educational experience. Spend a few hours learning and exploring the diverse exhibits.

Museums	Distance	How to Get There	Website	Description
Mead Art Museum	< 0.5 miles	<b>於</b>	Mead Art Museum	Features a diverse collection of artworks ranging from ancient to contemporary pieces. Located on Amherst Campus.
Beneski Museum of Natural History	< 0.5 miles	Ķ	<u>Beneski</u>	Showcases a vast collection of geologic specimens, including dinosaur and mammoth skeletons, dinosaur footprints, rocks and minerals, and fossil specimens. Located on Amherst Campus.
Emily Dickinson Museum	0.5 miles	<b>†</b>	Emily Dickinson Museum	A museum dedicated to showcasing the life and poetry of Emily Dickinson. Located on Amherst Campus.
Eric Carle Museum	2.5 miles		Eric Carle Museum	Features exhibits celebrating the art of children's book illustrator Eric Carle. Located next to Hampshire College.

Museums	Distance	How to Get There	Website	Description
Porter-Phelps-Huntington House Museum	4 miles		The Porter-Phelps Huntington House Museum	A museum dedicated to commemorating and celebrating the history of one extended family from Hadley. Located on UMass campus.
Smith College Museum of Art	8 miles		Smith College Museum of Art	A renowned cultural institution featuring a diverse collection of art from various periods and regions. Located on Smith's campus.
The Flynt Center of Early New England Life	17-21 miles		Historic Deerfield	Historic Deerfield's 27,000 square-foot modern museum facility, containing exhibition galleries, visible storage, and collection storage. The Flynt Center is included with general admission to Historic Deerfield.
The Amazing World of Dr. Seuss Museum	25 miles		Seuss in Springfield	Celebrate the life of children's book author and illustrator Theodor Seuss Geisel in his hometown of Springfield, MA. Features family friendly, interactive exhibits



Volunteering in Amherst provides a rewarding opportunity to give back to the community while gaining valuable experience. There are various organizations and initiatives where you can contribute your time and skills, making a positive impact and connecting with others who share your passion for service.

Volunteer Opportunities	Distance	How to Get There	Website	Description
Not Bread Alone Soup Kitchen	0.3 miles	*	Not Bread Alone Soup Kitchen	Provide community members with a free meal. Volunteers meet outside Val on Saturdays to walk over together.
Amherst Survival Center	2 miles		Amherst Survival Center	Distribute food, clothing, and resources to those in need. Located in North Amherst.
Volunteer Database	varying distances		Volunteer Database	Scroll through this database for a plethora of opportunities in and around Amherst.



The Valley offers a variety of excursions and group activities perfect for exploring and enjoying the area. From scenic hikes and outdoor adventures to indoor gardens and rock climbing, there's something for everyone. Join a group activity to meet new people and make the most of your time in this vibrant community.

Group Excursions	Distance	How to Get There	Website	Description
Laser Tag and Skating Rink	2 miles	Ø₹	Interskate 91	Laser tag and rollerskating for all ages located on the second floor of Interskate 91 North at Hampshire Mall.

Group Excursions	Distance	How to Get There	Website	Description
All In Adventures Escape Room	2 miles	Ø₹	All In Adventures Escape Room	Located in the Hampshire Mall, this spot offers themed 50-minute escape games perfect for groups looking for a fun, puzzle-solving challenge indoors.
Western Mass Family Golf Center	3.1 miles	Ø₹	Western Mass Family Golf Center	Affordable mini golf with exciting courses. Located in Hadley along Route 9.
Spare Time Bowling	9 miles		Spare Time	Located in Northampton offering bowling lanes, arcade games, darts, pool, and a sports-bar atmosphere.
Mike's Maze (Fall Corn Maze)	9 miles		Mike's Maze	A large, intricately designed corn maze with various fun activities and halloween events. Located in Sunderland.
Prodigy Mini Golf	12 miles		Prodigy Mini Golf	Features creatively designed indoor courses with fun challenges. Located in Easthampton.

Outdoor Excursions	Distance	How to Get There	Website	Description
Smith Botanical Garden	8 miles		Smith Botanical Garden	Showcases a wide variety of plants, offering educational programs and peaceful spaces.Located on Smith's campus.

Outdoor Excursions	Distance	How to Get There	Website	Description
The Buttonball Tree	9 miles		Buttonball Tree Wikipedia	Sunderland is home to the largest American Sycamore (Platanus occidentalis) in Massachusetts. This tree is listed as a Massachusetts Champion Tree, a designation based on a tree's trunk circumference, height and crown spread.
Mount Holyoke Botanic Garden	9 miles		Mount Holyoke Botanic Garden	Beautiful gardens featuring diverse plant collections, walking trails, and seasonal exhibits. Located on Mount Holyoke's campus.
Lake Wyola State Park	14 miles		Lake Wyola State Park	Lake Wyola State Park, also known as the Carroll A. Holmes Recreation Area, is located in the quaint hill town of Shutesbury, just north of Amherst. This day-use area is located on the shores of Lake Wyola, a Native American word meaning "quiet waters." Swim or fish, or use one of the charcoal grills in the picnic area.
Historic Deerfield	17 miles		Historic Deerfield	Features well-preserved historic houses, exhibits, and educational programs. Located in Deerfield.
Bridge of Flowers (currently under renovation through 2025 so keep any eye out for its reopening)	25 miles		Bridge of Flowers	Talk a walk across a historic bridge adorned with vibrant flowers. Located in Shelburne Falls.
High Ledges Wildlife Sanctuary	26 miles		High Ledges Wildlife Sanctuary	Hike scenic trails and observe wildlife in a peaceful sanctuary. Located in Shelburne.

Outdoor Excursions	Distance	How to Get There	Website	Description
Tully Lake Recreation Area	30 miles		Tully Lake Recreation Area	Experience outdoor activities like hiking and boating. Located in Royalston.

Indoor Excursions	Distance	How to Get There	Website	Description
Hitchcock Center for the Environment	3.5 miles	4	Hitchcock Center	An educational facility dedicated to environmental stewardship and sustainability, home to one of the few Living Buildings in the world. Located next to Hampshire College.
Central Rock Climbing Gym	5 miles		Central Rock Climbing Gym	Indoor climbing gym offers a variety of climbing walls, suitable for climbers of all skill levels. Located in Hadley.
Magic Wings	10 miles		Magic Wings	A mesmerizing conservatory with thousands of butterflies and tropical plants. Located in South Deerfield.
Yankee Candle Factory	11 miles		Yankee Candle Factory	The Yankee Candle flagship store and factory. Offers different candle-making experiences as well as a wide array of home goods. It even has a year round holiday village where it snows indoors. Located in South Deerfield.



The Valley has a variety of thrift stores that are perfect for shopping sustainably! Here's a list of just \*some\* of our favorites.

Thrift Stores	Distance	How to Get There	Website/ Social Media	Description
X-Change 48 N Pleasant St, Amherst, MA 01002	0.3 miles	Ķ	X-Change	A fun thrift shop for clothes, jewelry, shoes, and housewares! You can also donate or consign with X-change as they accept new or used clothing items.
Hospice Shop of the Fisher Home 6 University Dr, Amherst, MA 01002	0.9 miles		Hospice Shop of the Fisher Home	Shopping here helps fund the Hospice and Fisher Home whose mission is to provide compassionate, supportive, and comprehensive end-of-life care to patients.
The Salvation Army Thrift Store 310 Russell St, Hadley, MA 01035	2.4 miles		The Salvation Army Thrift Store	This is a very large thrift store located in Hadley, items include clothing, shoes, jackets, accessories, jewelry, and more!
The Closet 79 Cowls Rd, Amherst, MA 01002	6.2		The Closet	Mix of vintage, new, and pre-loved designer fashion at affordable prices. With a focus on sustainable style, it's the go-to boutique for unique pieces and personalized wardrobe services.

Thrift Stores	Distance	How to Get There	Website/ Social Media	Description
Roz's Place Vinted & New 6 Bridge St, Northampton, MA 01060	6.9 miles		Roz's Place Vinted & New	Shop here for vintage clothing and accessories!
Cooley Dickinson Hospice Shop 18 Bridge St, Northampton, MA 01060	6.9 miles		Cooley Dickinson Hospice Shop	Gently-used men's and women's clothing, shoes, jewelry, and household items. Proceeds go to Cooley Dickinson Hospice.
Luxe Consignment Store 376 Pleasant St, Northampton, MA 01060	7.4 miles		Luxe Consignment Store	New and used women's casual and special-occasion clothing (formal, evening gowns, accessories).
Urban Exchange 233 Main St, Northampton, MA 01060	7.2 miles		Urban Exchange	High-end fashion offered at a fraction of original retail prices.
Cancer Connection Thrift Shop 375 South St, Northampton, MA 01060	8.3 miles		Cancer Connection Thrift Shop (Facebook)	Named best used-clothing store by <i>Valley Advocate</i> 6 times! Offer gently-used clothing, jewelry, goods, and books at affordable prices.
Parson's Closet, Easthhampton 116 Main St, Easthampton, MA 01027	11.6 miles	<b>6</b>	Parson's Closet	Wide range of articles, lots of women's clothes in excellent condition, some women's jewelry.

Have ideas about what should be added to the guide? Write your suggestions here! The Valley Guide Suggestions Form