Hays Brook Trail follows a roadway built by the Civilian Conservation Corps that extends nearly 3.0 miles from the trailhead to the middle reaches of Hays Brook.

Grass Pond Trail extends 1.4 miles from the Hays Brook Trail and ascends just 75 feet from the trailhead to the shores of Grass Pond. The trail leaves the Hays Brook.

Sheep Meadow Trail leaves the Hays Brook Trail 1.4 miles from the trailhead and extends 2.3 miles to a former sheep meadow.

Hays Brook Horse Trail leaves the Hays Brook Trail 0.9 mile from the trailhead and extends 0.9 mile to the Sheep Meadow Trail, providing for a 3.4-mile loop hike.