

Walking Guide

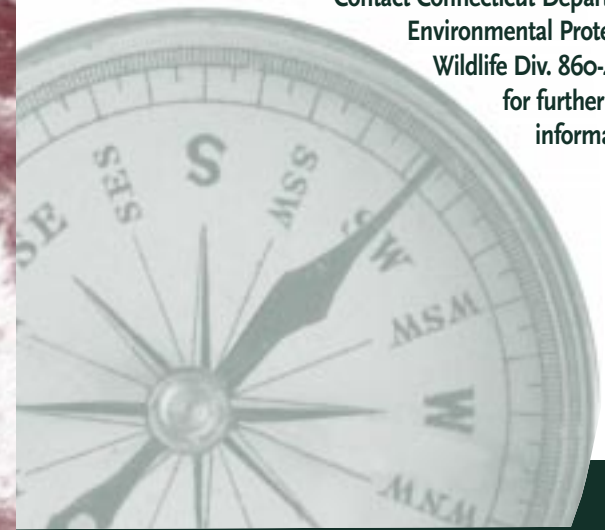
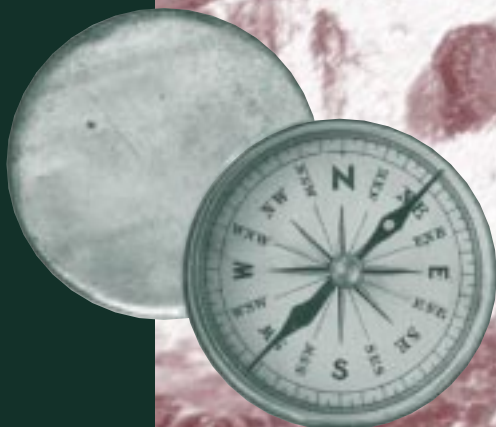
Walking Guide to the Quinebaug and Shetucket Rivers Valley National Heritage Corridor



WE OFFER THESE SUGGESTIONS FOR A PLEASANT WALKING EXPERIENCE:

- ∞ Conditions of trails change according to the weather, the seasons and standards of ownership. Some trails are more rugged and isolated than others. Proper precautions should be taken.
- ∞ Tell a responsible person the destination and estimated time of return for all trips.
- ∞ If you become lost — stay put and wait to be found. A signaling device, such as a whistle is a useful addition to your daypack.
- ∞ Wear footwear that provides proper support for hiking.
- ∞ Dress in clothing that protects against deer ticks, other insects and the weather.
- ∞ Include rain gear in your daypack.
- ∞ Carry water and supplemental snacks.
- ∞ Locate and use a trail map for the area.
- ∞ Trail Courtesy: Leave no trace. Take nothing, leave nothing behind.
- ∞ **Caution should be used during hunting season in spring and fall, and some areas should be avoided.**

Contact Connecticut Department of
Environmental Protection,
Wildlife Div. 860-424-3011
for further
information.



Welcome...

to the Quinebaug and Shetucket Rivers Valley National Heritage Corridor and a sampler of walking experiences. Our region of Connecticut, often called "The

Last Green Valley," has beautiful rivers, peaceful forests, and scenic vistas.

Retrace the steps of Native

Americans who have lived here for

10,000 years. Discover early

European settlements, Colonial

homes, Revolutionary War sites,

and the earliest water-powered mills.

The Quinebaug-

Shetucket Heritage

Corridor Inc. and the

Northeast Connecticut Visitors

District feature an annual

Walking Weekend over the 3-

day Columbus Day holiday with thou-

sands of people attending over 50

guided tours.

The Walking Guide will help

you explore during the remainder

of the year. It contains a sampling of

walks in all sorts of terrain, paved and

unpaved, some very easy, some difficult. Each affords

the walker a wonderful outdoor experience in the

National Heritage Corridor.

Lace up the
shoelaces and
let's walk!

QUINEBAUG-SHETUCKET HERITAGE CORRIDOR, INC.

P.O. Box 161, Putnam, CT 06260 • Phone: (860) 963-7226 • Fax: (860) 928-2189 • World Wide Web: nps.gov/qush

MORE WALKS . . .

Abundant and varied walking opportunities are available at any of the State Parks and Forests in the Heritage Corridor, many of which also offer cross-country skiing and other amenities. A sampling includes:

Beaver Brook State Park Scenic Reserve, Back Road (off Route 14)
Windham

James L. Goodwin State Forest, Route 6, Hampton, 455-9534

Franklin Swamp Wildlife Area, Plains Road (off Route 207), Franklin

Hopeville Pond State Park, Route 201, Griswold

Mansfield Hollow State Park, Bassetts Bridge Rd., Mansfield

Mashamoquet Brook State Park, Route 44, Pomfret, 928-6121

Mohegan State Forest, Route 97, Scotland

Moosup Valley State Park Trail, River Street (off Route 14), Plainfield

Nathan Hale State Forest, South St. (off Route 31), Coventry

Natchaug State Forest, Route 198, Eastford, 974-1562

Old Furnace State Park, Route 6 eastbound, Killingly

Pachaug State Forest, Route 49, Voluntown, 376-4075

Pomeroy State Park Scenic Reserve, Route 289, Lebanon

Pudding Hill Wildlife Area, Route 97, Scotland

Quaddick State Park, East Putnam Road (off Route 44), Thompson,
928-9200

Ross Pond State Park, Ross Road (off Route 6 eastbound), Killingly

Wauregan Reservoir State Park, Shepard Hill Road, Killingly

West Thompson Lake Recreation Area, Route 12, Thompson, 923-2982
U.S. Army Corp. of Engineers

SOURCES FOR ADDITIONAL INFORMATION:

Joshua's Tract Walk Book, 2nd ed.

Joshua's Tract Conservation & Historic Trust

P.O. Box 4, Mansfield Center, CT 06250, (860) 429-9023

Connecticut's Blue Blazed Hiking Trails, a flyer, and

Connecticut Walk Book

Connecticut Forests and Parks Association

16 Meriden Road, Rockfall, CT 06481, (860) 346-TREE

Short Nature Walks in Connecticut

Globe Pequot Press

P.O. Box 833, Old Saybrook, CT 06475, (860) 395-0440

CT Department of Environmental Protection

State Parks Division

165 Capitol Avenue, Hartford, CT 06106, (860) 424-3200

Walking Guides to several historic neighborhoods and sites:

Norwich Tourism Office, 69 Main Street, Norwich, CT 06360

(860) 886-4683

Getaway Guide, Waters Guide, Garden Weekend, Walking

Weekend, Bike Guide other brochures and information

Northeast Connecticut Visitors District

P.O. Box 598, Putnam, CT 06260-0598

(860) 928-1228, Fax: (860) 928-4720

Appalachian Mountain Club

CT Chapter-East of the River

5-C Sycamore Drive, Storrs, CT 06268, (860) 429-3206

FOR BIRDING FIELD TRIPS:

Natchaug Ornithological Society

P.O. Box 192, Mansfield Center, CT 06250

FOR NATURE FIELD TRIPS:

CT State Museum of Natural History at UConn

University of Connecticut, Storrs, CT 06269-3023

(860) 486-4460



Walking Guide

A AIR LINE STATE PARK TRAIL, HAMPTON, POMFRET

11 miles in length, moderate

The Air Line State Park Trail is the abandoned bed of a railroad, chartered in 1846, that got its name from the idea that it would travel the straightest possible line between Boston and New Haven (and ultimately New York). It is part of the proposed Charter Oak Greenway, a system of linkages that will cross the state from the Rhode Island border at Sterling to the southwest tip at Greenwich. Much of the trail is unimproved, but the 11-mile stretch from Hampton to Pomfret is frequently used. Start the Air Line State Park Trail at Goodwin State Forest, walk 3.5 miles to Connecticut Audubon's Trailwood Sanctuary in Hampton, and then another 7.5 miles to Connecticut Audubon's Bafflin Sanctuary in Pomfret. You'll pass beaver dams, stone walls, forests, meadows, streams, abandoned foundations. After crossing Route 169, end at Bafflin Sanctuary, 220 Day Road, Pomfret.

Directions: Goodwin State Forest: On Rt. 6 go east from Rt. 198, 3 mi. to entrance on left/north; take Potter Rd. to Conservation Center; On Rt. 6 go west from Rt. 97 1.4 mi. to entrance on right/north on Potter Rd. to Conservation Center. To trail head, take the Pine Acres Pond Trail from the Nature Center along the road toward the boat launch, right past picnic pavilion, following forest road onto dam, bearing left on dam to white-blazed trail, along east side of the pond, emerging onto Estabrook Road onto the Air Line Trail.

Information: Goodwin Conservation Center
23 Potter Road (Hampton), North Windham, CT 06256

B ABRAHAM R. AND SAMUEL H. FRIEDMAN MEMORIAL FOREST, ASHFORD

1.78 miles, moderate

Trail leads from the parking lot along an overgrown cartpath, past an abandoned orchard and farm. Fork left, rock-hopping through a wetlands, cross Bebbington brook, fork left to uplands, climb a steep hill, and follow a ridge with a view of a cattail marsh and woodlands. In spring, see many birds. Loop back to Bebbington Road.

Directions: From Route 44, turn south on Rt. 89; travel 1.9 miles south to Bicknell Road; turn east and go .7 miles on Bicknell Road to its end on Beggington Road; turn left on Bebbington Road; go 0.2 miles to its

intersection with a dirt road, Bebbington Lane; stay a little further on Bebbington Road, and just beyond a house and lot look for a small parking lot with Joshua's Trust signs on the right side of the road.

Information: Joshua's Tract Conservation and Historic Trust
P. O. Box 4, Mansfield Center, CT 06250

C YALE-MYERS FOREST, ASHFORD

Loop 5 miles, moderate

The blue-blazed Nipmuck Trail is the only area open to the public, the remainder of 7,800 acres is private, used for research by Yale University. For loop, take southern entrance to the Blue Blazed Trail north from Boston Hollow Rd., go along Bigelow Brook and a stand of old Hemlock trees; look out over Boston Hollow atop a high stone cliff area with a ridge and fault lines that are like walking on the back of a dinosaur, continue north to Barlow Mill Road, turn south and return via Boston Hollow Road.

Directions: From Rt. 44 follow Rt. 89 north 4 miles to T stop at Westford; turn right on Eastford Rd; at 0.3 miles, where road forks sharply to right, stay straight on dirt Boston Hollow Road; at approx. 1.3 miles on your left is the blue-blazed trail to the north and parking for 3 cars.

Information: Robert Mancini, Trail Manager
Connecticut Forest and Parks Assn.
60 Kinney Hollow Road in Union, Stafford Springs, CT 06076

D WHITE BROOK SANCTUARY, BROOKLYN

Loop .8 mile, easy, beware of traffic

White Brook Sanctuary skirts the edges of both a forested and sedge swamp, giving the hiker numerous opportunities to view wildlife and plant species from those habitats. The area is transected by White Brook and at one point follows along the top of a dike near a small pond. Trail starts at parking, comes out on Darby Road and back to parking.

Directions: From Route 6 take Church St. north, left onto Darby Rd., less than .2 miles to parking on left and trail head.

Information: Wolf Den Land Trust
P.O. Box 404, Brooklyn, CT 06234

E TOWN GREEN, CANTERBURY

Loop 1.5 mile, easy, beware of traffic

A National Historic District with more than 32 varied architecturally and historically significant properties that date from 1709 to 1747, including the Olde Church Burying Ground, a one-room District Schoolhouse, two social halls, the First Parsonage where a young Benedict Arnold attended school (the oldest house on the Green), and the c. 1805 famed "Canterbury Style Architecture" Prudence Crandall Museum, the first Academy for young Black women, a National Historic Landmark. Route 14, the Revolutionary route of the French Army under Rochambeau from Newport to Yorktown, crosses through the Canterbury Green.

Directions: Junction of Route 169 and Route 14.

Information: Prudence Crandall Museum
Junction Rt. 14 and Rt. 169,
P.O. Box 58
Canterbury CT 06331-0058

F CREASER PARK NATURE TRAIL, COVENTRY

2 miles round trip, easy to moderate, limited handicapped access to pond

Trail leads across meadow, along the Skunkamug River, around pond, through varied forest terrain, has over 40 species of birds; retrace your steps to parking lot.

Directions: From Rt. 44 go south 0.9 mi. on Rt. 31; turn south on South River Road (opposite Trowbridge Rd.); when you reach the end at Case Rd., turn right 100 yards; turn left at entrance of park. Go between the buildings, along the handrail, to pond and trail head.

Information: Town Manager, Town of Coventry
1712 Main Street, Coventry, CT 06238



G BAILEY'S RAVINE AT AYERS GAP, FRANKLIN *Loop 3 miles, moderate*

The first part of the trail is quite steep, then levels off, traversing a gorge, many pleasant forest glades, crossing several brooks, including the cascading Bailey's Ravine Brook, encountering interesting geological features and rugged topography.

Directions: From Route 32, turn east onto Route 207; travel 1.75 mi. to parking area on left opposite Under the Mountain Road. The main trail starts just north of the junction of Ayer Road and Pond Road (Route 207), blazed by white marks. As you face the preserve from the parking area, the trail begins just to the right.

Information: The Nature Conservancy
55 High Street, Middletown, CT 06457

H HOPEVILLE POND STATE PARK, GRISWOLD *Up to 13.1 mi. in length, moderate*

Hopeville Pond State Park is one of Connecticut's 10 Natural Area Preserves, so designated because it has unique ecological characteristics and species. Hopeville is a pitch pine and sand barren, a very dry, sandy area where unique plant and animal communities and habitats develop. The Pond is actually a portion of the Pachaug River, formed by the construction of a dam to provide water power to a textile industry that flourished in the region through the 19th and into the 20th centuries. The Blue-Blazed Nehantic Trail begins at the park and runs through pleasant scenery, finally descending Mount Misery into the Civilian Conservation Corps (CCC) camp area of Pachaug State Forest in Voluntown.

Directions: From I-395 take exit 86; follow Rt. 201 east; look for signs to the park
Information: Connecticut Department of Environmental Protection
State Parks Division, 79 Elm Street, Hartford, CT 06106

J JAMES L. GOODWIN STATE FOREST, HAMPTON *Loop 3 miles, easy to moderate*

To take the Pine Acres Pond Trail, start at the information kiosk or the Nature Center from road that goes toward the boat launch, veering to the right just past the picnic pavilion. Follow the forest road onto the dam. Bear left onto the dam to the start of the white-blazed trail that goes along the shore through a stand of Norway spruce. The trail goes up the east side of the pond through oak, hemlock and maple forest, past a beech stand recently cut by beavers and a recently logged area. Emerge onto Estabrook Road, turn left, follow the road about 200 yards to the Air Line Trail. Turning right will take you northeast, out of the Forest toward Connecticut Audubon's Trail Wood Sanctuary. To return to the Goodwin Conservation Center, turn left on the Air Line Trail, watching for the blue-blazed Natchaug Trail crossing. Turn left on the Natchaug to go along the pond shore to the boat launch, or stay on the Air Line Trail until reaching Potter road, and turn left to arrive back in the parking area. Forest offers numerous walks, from a stroll in the arboretum to several hours of hiking through forests and by ponds.

Directions: On Rt. 6 go east from Rt. 198 3 mi. to entrance on left/north; take Potter Rd. to Conservation Center; On Rt. 6 go west from Rt. 97 1.4 mi. to entrance on right/north on Potter Rd. to Conservation Center.

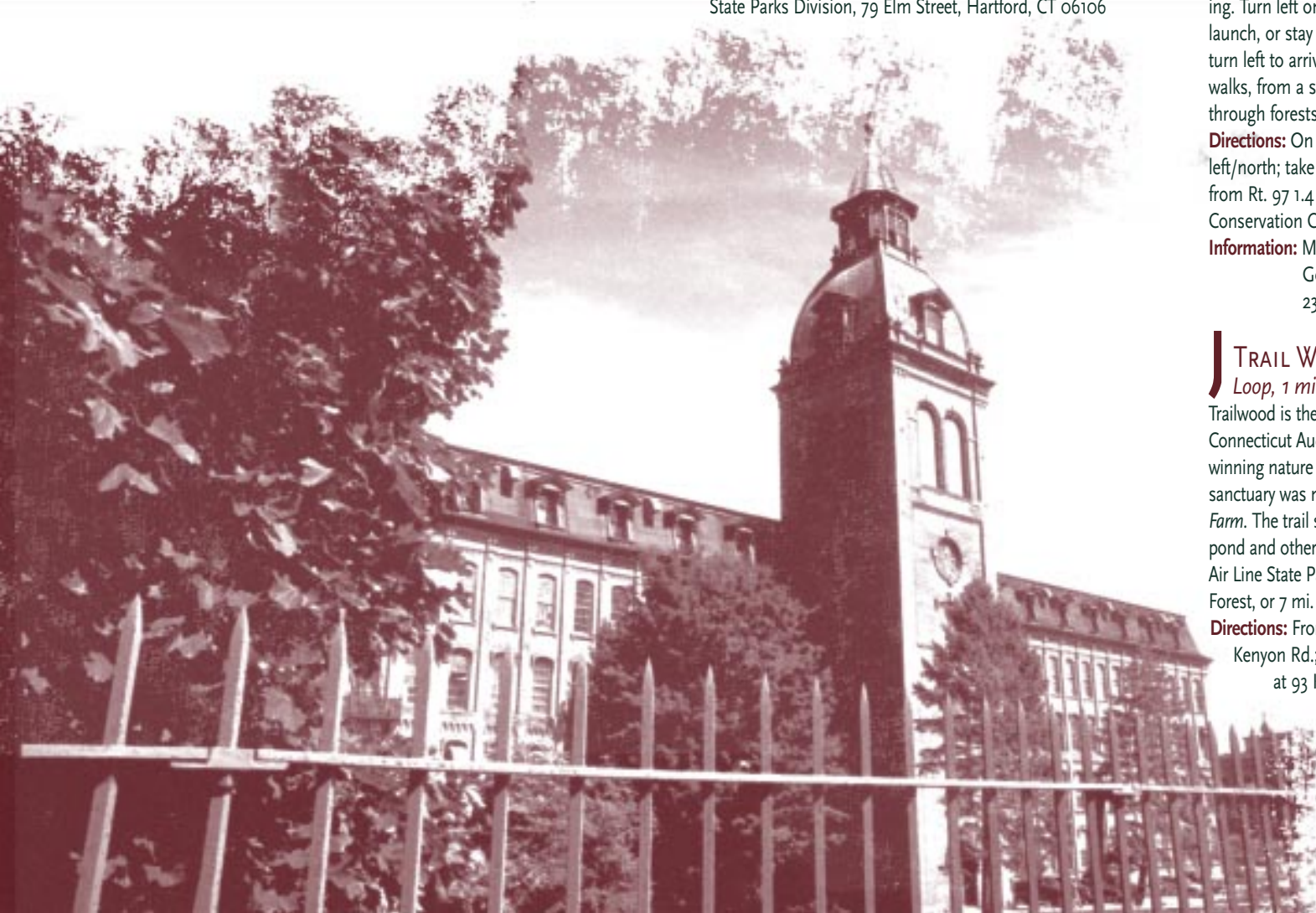
Information: Maps and programs available at Conservation Center
Goodwin Conservation Center
23 Potter Road (Hampton), North Windham, CT 06256

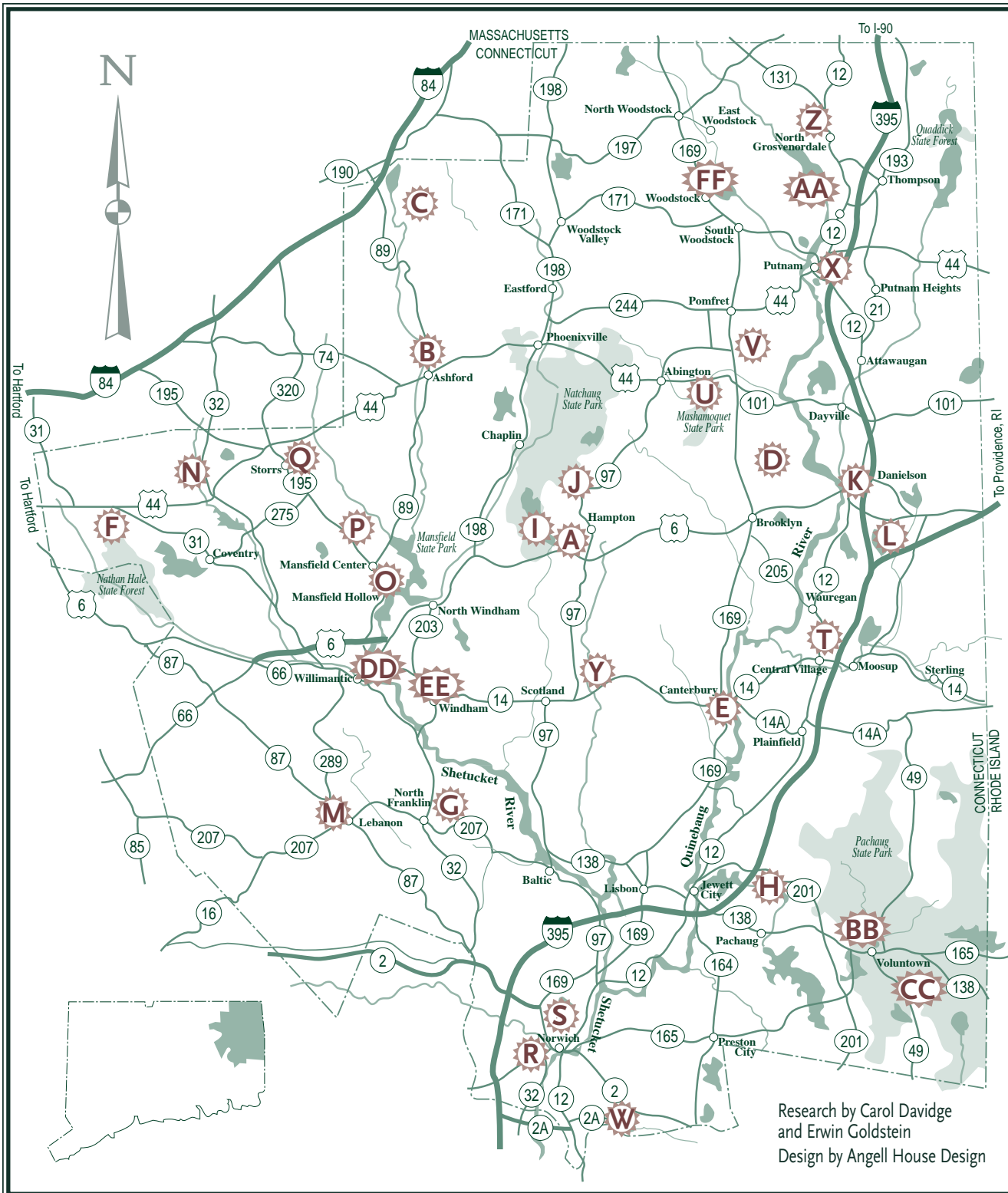
J TRAIL WOOD, HAMPTON *Loop, 1 mile, easy*

Trailwood is the Edwin Way Teale Memorial Sanctuary preserved by the Connecticut Audubon Society. The former home of the Pulitzer-prize winning nature writer and his writing cabin are museums here. The sanctuary was made famous by his book: *A Naturalist Buys An Old Farm*. The trail starts in the meadow next to the visitor's center. Beaver pond and other habitats, plus unique one-acre bluestem prairie. Take Air Line State Park Trail 3.5 mi. from here to Goodwin State State Forest, or 7 mi. to Connecticut Audubon at Bafflin in Pomfret.

Directions: From Rt. 44, turn south on Rt. 97 for 5.2 mi.; turn right on Kenyon Rd.; go approximately 0.5 mi.; look for signed drive on left at 93 Kenyon Rd. From Rt. 6, turn north on Rt. 97 for 1.5 to 2 miles (landmark: in Hampton, from the General Store go north on Rt. 97 for 1.4 miles); turn left onto Kenyon Rd.; go 0.5 mi. to driveway on left at 93 Kenyon Rd.

Information: Connecticut Audubon in the Quiet Corner
93 Kenyon Road, Hampton, CT 06247





K QUINEBAUG RIVER MULTI-PURPOSE RECREATIONAL TRAIL, KILLINGLY

1.5 mile in length, easy, handicapped accessible

From east end of parking lot, follow sidewalk across the four-lanes of Routes 12 and 6 to paved trail to the junction of the Five Mile River and the Quinebaug, then along the Quinebaug River with scenic overlooks and views of historic mills.

Directions: Follow Rt. 12 south through Danielson; almost at junction with Rt. 6, turn left at Water St. and into River Trail parking lot. From Rt. 6, at junction take Rt. 12 north, take first right onto Water St. and right into parking lot.

Information: Town of Killingly
172 Main Street, P.O. Box 8000, Danielson, CT 06239

L OLD FURNACE STATE PARK, KILLINGLY

Loop 2.5 miles, easy to moderate

The Old Furnace State Park's blue-blazed trail offers a variety of habitats and land forms at the site of an 18th-century iron mill. Visitors can follow the trail through historic Old Furnace State Park, a beautiful hemlock grove, along a scenic stream and wetland. The trail then becomes more difficult as you continue to the summit of Ross' Cliffs for a panoramic view above Half Hill Pond. From atop Ross' Cliffs, leave the blue-blazed trail and walk down to the parking lot in Ross Pond State Park, following the trail around Half Hill Pond, and re-connect back with the blue-blazed trail to return to Old Furnace Park.

Directions: From I-395, follow Rt. 6 approximately 0.5 mi. to park on south side of South Frontage Rd. Parking is at the park entrance.

Information: Neil Angus, Trail Manager
Killingly Conservation Commission, Town of Killingly
172 Main Street, P.O. Box 8000, Danielson, CT 06239

M TOWN GREEN, LEBANON

Loop 2 miles, easy, handicapped accessible

Lebanon, settled in the 1690s, is one of the most important towns of the American Revolution. The 1-mile town green, one of the largest in New England, is a National Register Historic District. General George Washington reviewed troops here on March 5, 1781. You'll see over 30 historic buildings and sites, including the War Office where Washington and the Comte de Rochambeau, commander of the French troops in the American Revolution, met with Connecticut Governor Jonathan Trumbull, the only colonial governor to support the Revolution.

Directions: Green is located at Junction of Routes 87 and 207. Parking is at the Lebanon Historical Society and Visitors Center.

Information: Lebanon Historical Society and Visitors Center
856 Trumbull Highway/Route 87, P.O. Box 151
Lebanon, CT 06249

Research by Carol Davidge
and Erwin Goldstein
Design by Angell House Design

N MERROW MEADOW PARK, MANSFIELD

Loop 0.5 miles, easy, handicapped accessible

Trail begins at parking lot, follows the east side of the Willimantic River, with interpretive signs, and handicapped accessible fishing pad. Paved, handicapped accessible trail loop (0.32 mi.) and gravel trail (0.25 mi.).

Directions: From Rt. 195 turn south on Rt. 32; go approximately 0.8 mi. to Merrow Road; turn right onto Merrow Rd.; park is on left. From Rt. 44 turn north on Rt. 32; go approximately 1.2 mi. to Merrow Rd.; turn left onto Merrow Rd.; park is on left.

Information: Mansfield Parks and Recreation Department
Town of Mansfield
4 South Eagleville Road, Storrs, CT 06268

O MANSFIELD HOLLOW STATE PARK, MANSFIELD

Loop 1.5 miles, easy

The red-blazed Eagle Trail, a loop circling from the picnic area on Bassetts Bridge Road, was planned, cleared and marked as an Eagle Scout project. From the parking lot, cross roadway to trail through the pines. Trail joins park road (dirt, gates, no autos), and heads south toward the reservoir. Watch for left turn onto cart path. Follow old farm roads, cross under power line, follow old hard surfaced road (abandoned) to the edge of the reservoir. Good views of the lake and a nice place for lunch. Turn left up the hill through the woods to the power line, turn right along the line. Make a left turn onto the cart path. (Optional: At this point a side trail marked in red with white bar leads to a peninsula with great views of water on both sides). From the left turn onto the cart path, turn right along a wooded ridge—kettle hole below on the right. Cross Bassett's Bridge Road, bear left through a wooded area, go down a hill, meet an old farm road, climb gradually to the park picnic area. Turn left back to parking.

Directions: From Rt. 195 go east on Bassetts Bridge Rd. 0.9 miles to parking area.

Information: Connecticut Department of Environmental Protection
State Parks Division, 79 Elm Street, Hartford, CT 06106

P NIPMUCK TRAIL NORTH FROM ROUTE 195 TO GURLEYVILLE GRIST MILL, MANSFIELD

6 miles in length, easy to moderate

On the east side of Route 195, enter driveway near Blue-Blazed Nipmuck Trail. Turn right on drive, left into large field. Follow left fence to stile, cross another field, go over another stile to pipeline, follow pipeline for a short distance, watch for the blue arrow on the right, leading into the woods. Follow the Blue-Blazed trail to the junction with the southern section of the trail; turn left (north), along the base of "50 Foot Hill," rock structure that projects north, then downhill through the woods. Watch carefully for blazes! Cross Chaffeeville Road bridge on abutments, follow

the Fenton River upstream on the east bank. Best done when the river flow is low. Fenton River is a notable trout stream with wildflowers in spring and mushrooms in fall. Trail will meet Stone Mill Road, which leads to the c. 1835 Gurleyville Grist Mill, the only stone mill of its type in Connecticut, which contains a complete system of preserved milling equipment, as it was operated to the middle of the 20th century. The Grist Mill is preserved by Joshua's Tract Conservation and Historic Trust.

Directions: Enter at Blue-Blazed Nipmuck Trail sign on the east side of Route 195 near the Mansfield Historical Society, opposite the Altnaveigh Restaurant

Information: Appalachian Mountain Club — Connecticut Chapter
Betty Robinson, 5-C Sycamore Drive, Storrs, CT 06268
or John Hankins, Trail Maintainer, Connecticut Forest & Parks Assn., 129 Puddin Lane, Storrs, CT 06268

Q UNIVERSITY OF CONNECTICUT, HORSEBARN HILL, STORRS

1.1 miles in length, easy, handicapped accessible

The University of Connecticut is an arboretum with many pleasant walks. A favorite is Horsebarn Hill Road, with animal barns open to the public, where you see newborn lambs in spring and fields of pigs, horses, cattle and sheep. Vistas, kite flying, birdwatching during migration season. Near the Dairy Bar with famous UConn ice cream.

Directions: Travel Rt. 195 to the University of Connecticut. From the north, at the third traffic light take left onto Horsebarn Hill Rd. just after the College of Agriculture. From the south, at the third light take right onto Horsebarn Hill Rd. just after Holcombe-Whitney-Shay complex. Parking is approximately 0.8 miles.

Information: Department of Animal Sciences
University of Connecticut, Box U-40, Storrs, CT 06268

R NORWICH HERITAGE RIVERFRONT PARK AND WALKWAY, NORWICH

1.5 miles in length, easy going south, moderate going north

This walkway offers vistas along the east side of the Yantic River, with interpretive signs. Pass Upper Yantic Falls Heritage Park, Falls Mill Historic Village, the natural waterfalls known as Indian Leap. According to tradition, in 1643, the Mohegan Indians pursued the rival Narragansetts who fell to their deaths while trying to leap the chasm. Pass Yantic Cove and end at Howard T. Brown Park where the Shetucket and Yantic Rivers join to form the Thames Harbor, once a major seaport.

Directions: From I-395 exit 81, take Rt. 2 east to end of expressway; turn right onto Rt. 2/Washington St; turn right at next traffic light onto Lafayette Street; turn left at Sherman Street; turn right onto Yantic Street; park on street; walk to entrance to trail at the small Powerhouse Museum. To start walking from the Harbor/downtown area: From I-395 exit 81, take Rt. 2 east to end of expressway; turn right onto Rt.

2/Washington St.; follow Rt. 2 south to downtown Norwich where you'll see the Harbor and Howard T. Brown Park on your right and a parking garage on your left; park in garage or on street; walk to Brown Park; follow Heritage Walkway northwest to the Powerhouse at Yantic Street.

Information: Norwich Tourism Office

69 Main Street, Norwich, CT 06360

S NORWICHTOWN GREEN & OLD BURYING GROUNDS, NORWICH

Loop 1 mile, easy

Start at the c. 1801 First Congregational Church at 81 E. Town St.; move east along E. Town St.; turn south at Washington St.; right at Butts Lane; right up Town Street to return to the Church, forming a triangle. Huntington Lane, Old Cemetery Lane, and Elm Avenue are interesting side trips off the loop. Norwichtown was the first center of Norwich, founded in 1659 by 35 English settlers who purchased an 81-square mile plot of land from the Mohegan Indians. The initial settlement surrounded the Green in Norwichtown. Four houses from the 1600s remain standing: the c. 1660 Bradford-Huntington House at 16 Huntington Ln.; the c.1659-1745 Olmstead-Lathrop House at 380 Washington St.; the c.1675 Leffingwell House Museum at 348 Washington St.; and the c.1690 Simon Huntington House at 2 Elm Avenue. The Old Burying Ground contains numerous Colonial gravestones. Maps available at the Cemetery Lane gate.

Directions: From I-395 exit 81, take Rt. 2 east; take exit 29- the Norwichtown exit; at end of ramp turn left/north on New London Turnpike to Town St.; the Green and Burying Ground are to the left. To reach Norwichtown from Rt. 2/32, follow the signs to the Leffingwell House Museum and turn north on Washington St./Rt. 169; turn left past the Leffingwell House onto Town St. Park on street.

Information: Norwich Tourism Office, 69
Main Street, Norwich,
CT 06360





T TROLLEY TRAIL AT QUINEBAUG VALLEY TROUT HATCHERY, PLAINFIELD

0.7 miles in length, easy

Start at the State Trout Hatchery, which produces 600,000 trout per year and offers guided tours and opportunities to fish (open daily 9:30 AM to 3:30 PM, free, handicapped accessible). Follow the Trolley Trail north along the abandoned trolley track to Plainfield's Wauregan National Historic Register District. This 19th century mill village, with its large stone mill (c.1850), looks much as it did during the 1850s when Amos Lockwood built the H-shaped cotton mill.

Directions: From I-395 take exit 89 (Central Village/Wauregan) west onto E. Main St./Rt. 14 west to merge with Rt. 12; stay left on Rt. 14 west/School St.; pass Post Office on left;

turn right/north on Cady Ln./Trout Hatchery Rd., to the Trout Hatchery which will be on your left; trails leave parking lot.

Information: Quinebaug Valley Trout Hatchery
Connecticut Department of Environmental Protection
P. O. Box 141, Central Village, CT 06332

U MASHAMOQUET BROOK STATE PARK & WOLF DEN, POMFRET

Loop 4.75 miles, easy to moderate

The blue-blazed trail starts from the foot bridge near the main entrance to the park (from Rt. 44, approximately 0.3 mi. on west side of Park Rd.); follow the yellow trail to the top of the long steep hill; a left turn on the blue-blazed trail will take you around the loop clockwise, a right turn will take you counterclockwise. On this trail you will pass the Wolf's Den, on the National Register of Historic Places, where in 1742 the future Revolutionary War hero Israel Putnam killed the last wolf in Connecticut, according to folklore. You will also pass "Indian Chair" a rock formation on top of a 20-ft. cliff that provides an overlook to the valley, especially after leaves have dropped from the trees. Maps available at Park Headquarters

Directions: On Rt. 44, 1 mi. west of the junction of Rt. 44 and Rt. 101; park entrance is on south

Information: Mashamoquet Brook State Park and Wolf Den
Connecticut Department of Environmental Protection
147 Wolf Den Drive, Pomfret Center, CT 06259

V CONNECTICUT AUDUBON'S BAFFLIN SANCTUARY, POMFRET

Loop 2 miles, easy

Golden Hill Trail is located on the eastern side of the intersection of Day Road and Wright's Crossing Road. This loop trail travels along the edge of a large hayfield, providing a scenic vista to the southwest. The trail then winds through forest habitat containing ledge outcrops, a thick canopy, and a wetland containing swamp azaleas. Pileated woodpeckers have been seen here. Bafflin Sanctuary is a 500-acre property with a developing walking trails network, and approximately 8 miles of trails. Program guides available in trail boxes. There is an observation deck on Day Road.

Directions: From the junction of Rt. 101 and Rt. 169, go north on Rt. 169 for 0.6 mi.; take first right onto Day Rd.; go 1.1 miles to T stop; turn right to Bafflin Sanctuary at 220 Day Rd., Pomfret.

Information: Connecticut Audubon in the Quiet Corner
Bafflin Sanctuary, 220 Day Road, Pomfret Center, CT 06259

W PRESTON COMMUNITY PARK NATURE TRAIL, PRESTON

0.3 miles, easy, handicapped accessible

This family oriented, child-friendly loop trail is self-guided with interpretive signs highlighting wetlands, lowlands and uplands. While hilly, the trail is not strenuous, and features scenic overlooks with benches. The trail is located near a playscape, picnic area and amphitheater. Handicapped accessible trail except for wetlands and lowlands at southern part of trail. The trail connects with the Blue-Blazed Pequot trail.

Directions: From I-395 Exit 79A, follow Route 2A into Route 117 about 4.5 miles, crossing the Thames River on the Mohegan Pequot Bridge, passing through Preston's Poquetanuck Village; bear right onto Route 117; park entrance is on left.

Information: Preston Parks and Recreation
Department

389 Route 2, Preston, CT 06365-8830

A NOTE OF CAUTION

Conditions of trails change according to the weather, the seasons and standards of ownership. Some trails are more rugged and isolated than others. Never hike alone on isolated trails, and if you choose to walk in unpopulated areas, let someone know where you are going and when you expect to return. Always carry water and a signaling device, such as a whistle, so if you do get lost, others will be able to find you. Wear appropriate apparel, preferably in layers. If you do get lost, stay put and wait for someone to find you.

Exercise care in hunting season and some areas should be avoided.

X RIVER TRAIL, PUTNAM

1.34 miles in length, easy, handicapped accessible

The trail in downtown Putnam extends southward along the Quinebaug River from Route 171 through Rotary and Simonzi Parks to a pedestrian bridge over the river. Interpretive signs tell the story of the historic mills and waterfalls that powered America's Industrial Revolution, and the history of the town.

Directions: From I-395 exit 95, west on Kennedy Drive to Putnam downtown. Park adjacent to the trail at a lot along Kennedy Drive. Putnam's antiques center is within walking distance.

Information: Economic Development Office, Town of Putnam
112 Main Street, Putnam, CT 06260

Y ROCK SPRING WILDLIFE REFUGE, SCOTLAND

Loop 3 miles, easy to moderate

From the parking lot, take the white-blazed perimeter trail leading directly east past the entrance sign. Maps are at the display board. See interesting plants and geologic land forms from glacial ages, a natural bubbling spring, streams and woodlands, an esker, a serpentine ridge formed by gravel deposits under the glaciers of the last Ice Age 15,000 years ago.

Directions: At junction of Rt. 6 and 97 in Hampton, go south on Rt. 97 approximately 4.9 mi.; preserve is on the east/left side of the road by a small parking area and sign.

Information: The Nature Conservancy
55 High Street, Middletown, CT 06457

Z THOMPSON HERITAGE WAY RIVERSIDE PARK, THOMPSON

1 mile in length, easy, handicapped accessible

The paved trail originates in Riverside Park at the Bandstand in North Grosvernordale, and runs along the very edge of the French River through a restored mill village and to the historic c. 1812 River Mill, and back.

Directions: From I-395, take exit 98; go north on Rt.

12/Main St. to Riverside Dr.; park by Bandstand.

Information: Community Development Office
Town of Thompson
815 Riverside Drive
Thompson, CT 06255

AA WEST THOMPSON LAKE SHORELINE TRAIL, THOMPSON

Loop 3.5 miles, easy

Trailhead is at the right of the boat ramp. Trail goes around West Thompson Lake along the shoreline running through a diverse spectrum of ecosystems from meadows to mature forest. Trail crosses the Quinebaug River at the north end of the lake over a small footbridge. Built and maintained by the U.S. Army Corps of Engineers.

Directions: From I-395 take exit 99, follow Rt. 200 east to Thompson Center, then right onto Rt. 193 south; cross Rt. 12 at traffic light; take first right onto Reardon Road; go one-half mile; turn left onto West Thompson Lake Recreation Area Road; drive to the end to boat ramp area.

Information: U.S. Army Corps of Engineers, West Thompson Lake
449 Reardon Road, North Grosvernordale, CT 06255

BB MOUNT MISERY NATURAL AREA PRESERVE TRAIL, PACHAUG STATE FOREST, VOLUNTOWN

3 miles in length, moderate

The Blue-Blazed Mount Misery Trail begins across the dirt road from the parking area. Pass through pleasant woodland; the Blue-Blazed Pachaug and Nehantic Trails become a single path as they ascend Mount Misery (411 feet), which offers a view of surrounding towns to the Rhode Island border; return via same trail. The Mount Misery Natural Area Preserve, one of 10 designated by the state, has unique ecological characteristics and species. Pachaug State Forest, with 28,000 acres, is the largest state forest with over 35 miles of marked trails.

Directions: From I-395 take exit 85; turn east on Rt. 138 for 6.4 mi.; turn left/north onto Rt. 49 toward Sterling for 0.6 mi.; cross the Pachaug River; entrance is on the left; drive 1.1 miles along the paved forest road; pass the former Civilian Conservation Corps camp, the boulder-lined ball field, Pachaug Great Meadow Natural Area Preserve and rhododendron sanctuary, and the camping area, to the parking area.

Information: Pachaug State Forest, Parks Division
Connecticut Department of Environmental Protection
P. O. Box 5, Voluntown, CT 06384

CC GREEN FALLS POND TRAIL, PACHAUG STATE FOREST, VOLUNTOWN

Loop 2 miles, easy to moderate

The trail, beginning at either end of the camping and picnic area, has blue blazes with a red mark inside them. This trail goes around Green Falls Pond and down Green Falls Brook. Should you lose your bearings, follow the lake shore until you pick up the trail again, or you arrive back at the camping area.

Directions: From I-395 take exit 85 in Griswold; take Rt. 138 east through Voluntown Center; Rt. 49 and Rt. 165 join Rt. 138 for a time, but stay on Rt. 138; it is 8.5 mi. from I-395 to the entrance of the forest; the entrance

to Green Falls section of Pachaug State Forest is on the right and marked by signs; after entering, take a dirt road through the forest for 2.5 mi.

Information: Pachaug State Forest, Parks Division
Connecticut Department of Environmental Protection
P. O. Box 5, Voluntown, CT 06384

DD WINDHAM MILLS STATE HERITAGE PARK RIVER TRAIL, WILLIMANTIC

0.25 miles in length, easy, handicapped accessible

Short walks in this lovely park will be expanded through the Spring, 2000. Windham in 1692 was named for Wymondham in Norfolk, England. The c. 1850-1864 Windham Mills, formerly American Thread Co., was once one of Connecticut's largest stone textile mills. Because of the friendship between Thomas Edison and Austin Cornelius Dunham, owner of the Willimantic Linen Company, Mill No. 4, built in 1879, was the first in the world to be illuminated by electricity, using waterpower from the Willimantic River. For the first time in 100 years, the public is now able to view the Willimantic River at this site.

Directions: From the center of Willimantic go east on Rt. 66; park address is 322 Main Street, Willimantic, parking in lots, follow signs to trail.

Information: Recreation Department, Town of Windham
979 Main Street, Willimantic, CT 06226

EE HISTORIC WINDHAM CENTER GREEN, WINDHAM

Loop 0.5 mile, easy, beware of traffic

Windham Center's pristine Green and environs at the junction of Rt. 14 and Rt. 203 have many 18th and 19th century buildings, including dates of 1691 (at 43 Windham Center Rd.) and 1696 (the Thomas Bingham House at 179 Windham Center Rd). Rt. 14 is the scenic byway where the French Army under General Rochambeau marched in 1780-1787 from Newport to Yorktown and helped defeat the British during the American Revolution. Nearby on Rt. 203 is the Old Burial Ground (now Windham Cemetery) with many colonial gravestones that are excellent examples of early American stone carving. On the green, visit the c. 1832 Windham Free Library, a Greek Revival style building resembling a small temple. The unique building next door was built in 1790 by Windham's sheriff to serve as an office and lock-up.

Directions: In Windham at junction of Rt. 14 and Rt. 203, parking in church lot.

Information: Windham Library
P.O. Box 168, The Green
Windham, CT 06280

FF HISTORIC WOODSTOCK HILL AND COMMON, WOODSTOCK

1 mile in length, easy

Founded in 1686 by settlers from a congregation in Roxbury, Massachusetts, Woodstock is an excellent example of a typical New England hilltop village, complete with early meetinghouse (c. 1821), graveyard with stones dating from 1687, the c. 1865 Woodstock Academy, and many fine houses dating from 1776. The Palmer Arboretum is located behind Palmer Memorial Hall and contains many significant plantings. The c. 1846 Roseland Cottage, a restored Gothic Revival house, is open May — Oct; its boxwood parterre garden dates from 1848. Four Presidents visited Roseland. Walk from Palmer Memorial south along Rt. 169 and back; turn east on Child Hill Rd., walk around the Common and return along Rt. 169 to Palmer Memorial. The area has been nominated as a National Historic Register District and includes three National Historic Landmarks.

Directions: On Route 169 in Woodstock, parking at Palmer Memorial Hall (Woodstock Historical Society).

Information: Woodstock Historical Society
P.O. Box 65, Woodstock, CT 06281

