



TRAIL ACCESS INFORMATION



Hiking/Walking



Biking



Pets on Leash



Equestrian



No Motorized Vehicles



Moosup Valley Trail

Funded by:



thelastgreenvalley.org
DEEP Rec Trails Program

Moosup Valley State Park (Section 3)

Industrial Park Rd. to Brunswick Ave.

Sterling/Moosup, CT • Linear Trail - There are no fees for visiting the trail

Length 2.2 mi (3.5 km)

Elev Gain 33.3 ft (10.14m)

Elev Loss 56.8 ft (17.32 m)

Ambling through the picturesque rural towns of eastern Connecticut, the 5.8-mile Moosup Valley State Park Trail (MVSPT) spans 62 acres of wetlands, rivers, ponds, and natural beauty. Starting in the center of Moosup village, the trail travels east through Plainfield for 2.2 miles, hugging the banks of the Moosup River and offering occasional scenic views. The trail continues 3.6 miles across Sterling to its terminus at the Rhode Island border, where it connects to the Coventry Greenway. The trail is part of the planned East Coast Greenway, a 3,000-mile hiking and biking path stretching from Maine to Florida. Constructed on a retired railbed, the trail follows the route of the former New Haven Railroad, which operated from 1898 to 1968.

Directions to Moosup Valley State Park

Sections 1&2: From Route 14 and 14A follow Route 14A west to Spring Lake Road. There is parking for 7 cars including 1 handicap spot at Spring Lake Rd. in Sterling, CT.

Section 3: From Route 14 in Sterling, CT to Main St. Industrial Park Rd. is immediately on the left. There is parking for 7 cars including 1 handicap spot at Industrial Park Rd., Sterling, CT.

Section 4: From Route 14 (N. Main St.) near the Moosup/Sterling line take Goshen Rd. to Brunswick Ave. there is no official parking area, but parking for a few cars along the side of road.

Section 5: From Route 14 (N. Main St.) take Barber Hill Road there is parking for 4 cars.

-- *There is no official parking area at River St.*

Section 6: From Route 14 in the center of Moosup there is parking at Village Center Circle for many cars, but it is not designated for the trail. There are several parking spots assigned to others.



Grade

Typical Grade 0.8%

Max Grade 7.2%

ADA Maximum Ramp Grade 8.3%



Cross Slope

Typical Cross Slope 1.8%

0.2% (19 ft) of trail is **10.7%**

At Industrial Park Crossing



Tread Width

Typical 119 in

Minimum 60 in



Surface

Surface Type Crushed Stone

90.2% (10,384 ft) of trail is **Firm**

7.8% (898 ft) of trail is **Paved**

2.0% (230 ft) of trail is **Hard**

WARNING: Trail conditions may have changed since September 2024 when this trail was assessed. Temporary obstacles were not mapped.

OBSTRUCTIONS:

Obstructions less than 2 in (5 cm) were not measured.