








## TRAIL ACCESS INFORMATION

-  Hiking/Walking
-  Biking
-  Pets on Leash
-  Equestrian
-  No Motorized Vehicles



Moosup Valley Trail

Funded by:



[thelastgreenvalley.org](http://thelastgreenvalley.org)  
DEEP Rec Trails Program

# Moosup Valley State Park (Section 4) Brunswick Ave. to Barber Hill Rd.

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

Length	0.4 mi (0.7 km)
Elev Gain	2.3 ft (0.71 m)
Elev Loss	18.5 ft (5.64 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.

 <b>Grade</b>	 <b>Tread Width</b>		
Typical Grade	0.9%	Typical	119 in
Max Grade	6.4%	Minimum	119 in
ADA Maximum Ramp Grade	8.3%		
 <b>Cross Slope</b>	 <b>Surface</b>		
Typical Cross Slope	1.9%	Surface Type	Crushed Stone
1.0% (24 ft) of trail is	5.6-6.6%	90.4% (2053 ft) of trail is	Firm
At Barber Hill Road		7.3% (166 ft) of trail is	Paved
		2.3% (52 ft) of trail is	Hard

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

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