



Over 725 individuals have participated since 2016! We are gearing up and doing it again. Grab your friends and family members and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the park.

1<sup>st</sup> – REGISTER FOR IT! <https://stonington.recdesk.com/>

2<sup>nd</sup> – HIKE IT! The best part

3<sup>rd</sup> – TELL US ABOUT IT! (PICTURES WELCOMED)

[hikestonington@stonington-ct.gov](mailto:hikestonington@stonington-ct.gov)

4<sup>th</sup> – GET YOUR T-SHIRT FOR IT!! Woohoo!

#### Trail Description Credits:

<http://www.avalonialandconservancy.org>

<http://www.theday.com>

<http://dpnc.org/>

<http://www.onlyinyourstate.com/connecticut/5-best-hikes-ct/>

### **Barn Island Wildlife Management Area**

Palmer Neck Road, Pawcatuck

Known for its birding and well maintained hiking & walking trails, Barn Island contains more than 1,000 acres of salt marshes and freshwater marshes, hardwood forests, old fields traversed by stone walls and grasslands. Mostly flat, wide three-mile main loop trail and side trails are suitable for hiking, cross-country skiing, snowshoeing. [TRAIL MAP](#)

### **\*Hoffman Preserve**

Route 201, approximately 2 miles north of CT Rte 184 just before North Stonington line. Roadside parking at signed trailhead. Mixed evergreen and hardwood forest. Some wetlands. Extensive trail network. The 198-acre Hoffman Preserve, tucked in the northwest corner of Stonington, has blue, red & yellow blazed trails giving several options. [TRAIL MAP](#)

### **\*Knox Preserve**

Wilcox Road. Preserve entrance is next to Miner Cemetery, near the intersection of Route 1, Wilcox Road and Cove Road. This small but significant area attracts dozens of migratory bird species in spring and fall, as well as birds that nest there in the spring and summer. A variety of habitats attract songbirds, ground-nesting birds, hawks and shorebirds. [TRAIL MAP](#)

### **\*Paffard Woods**

West side of North Main Street. Gravel parking area 0.5 mile north of Route 1. Diverse terrain ranging from heavily wooded glacial valley in north to coastal marsh on salt pond at southern extremity. Many glacial erratics, large trees, wetlands crossed by bridges, and hayfield. Approximately 1 mile of posted trails. A blue-blazed trail affords mostly easy hiking through 62-acres of woodlands and wetlands interspersed with stone walls.

[TRAIL MAP](#)

### **\*Dodge Paddock and Beal Preserve**

In Stonington Borough, the Dodge Paddock and Beal Preserve have a circular path around its historic waterfront preserve located at the end of Wall Street at Main Street. Include a hike from “the point” to the Town Docks, through the streets of the Borough to get a firsthand look at “the most beautiful seaside village in New England.” [WALKING MAP](#) of Stonington Borough

### **Pequotsepos Brook Preserve**

Accessed from Maritime Drive or by walking in from the trail heads on Mistuxet Ave. or entrance by West Marine store. Part of a trail system and larger greenway of additional lands held by the Denison Society and the Pequotsepos Nature Center. Upland hardwood forest, small fields with succession cedars, small wetland pockets, vernal pools; stone walls and stone bridges crossing brook. [TRAIL MAP](#)

### **\*Fennerswood Preserve**

North Main Street just south of the junction with Pequot Trail. Also access from end of Heritage Drive cul-de-sac. Easy loop through woodlands, along fields and rocky ledges to Stony Brook. Possibly combine this hike with Paffard Woods (just down the road on North Main Street) for a great afternoon outside!

[TRAIL MAP](#)

### **\*White Cedar Swamp & Deans Mill Preserve**

North side of Jerry Browne Road near Mistuxet Ave. Across from Perkins Wildlife Corridor. Western boundary of Aquarion Water Company property and reservoir. Trail continues into adjoining Deans Mill Farm Preserve. Contains endangered White Cedar Swamp habitat and loop trail that follows along high ledges above reservoir and continues into upland woods.

[TRAIL MAP](#)

**Don't see your favorite spot?!?** We plan to update this list from time to time, so send us your suggestions!  
[hikestonington@stonington-ct.gov](mailto:hikestonington@stonington-ct.gov)



# Parks & Recreation



## Denison Pequotsepos Nature Center

Pequotsepos Road. Be sure to notify front desk staff at the Nature Center that you are a HIKE STONINGTON participant to gain free access to their trails [TRAIL MAP](#)

**Forest Loop:** Flat trail through mixed oak/hickory woodland, field, and rocky ledges, and past streams, marsh and ponds.

**Meadow Loop:** Flat trail through early successional forest of Red Cedars, high-bush Blueberry, & Red Maple. Narrow boardwalks traverse seasonally wet areas.

**Ledge Trail:** Dramatic rock ledges overlooking wooded wetlands characterize this hilly trail. Used as a connector trail to the Avalonia Trail.

**Denison Farm Trail:** Wind through open fields and woods of White Pine, birch and oak. Also crosses Pequotsepos Brook.

**Stone Bridges Trail:** This long trail runs from Mistuxet Avenue to Maritime Drive, connecting with the Denison Farm Trail. Crosses old stone bridges and an abandoned quarry pond and traverses Avalonia, Denison, and Mystic Marine Life Aquarium properties.

[TRAIL MAP](#)



## \*Perry Preserve

N. Anguilla Road, half mile south of Rt 184. Forest upland and old farm foundations. Moderate terrain. Northern boundary is Stonington-North Stonington town line. Several interconnected loop trails totaling approximately 1.8 miles. Former farmland and homestead with old walls, stone cairns, foundations and an old cemetery. Mostly upland deciduous woods with evergreen grove. [TRAIL MAP](#)

## **Bonus Hikes!!**

Extra credit for those who hike these special areas!

## \*Sandy Point Island

Beautiful beach hike—but you'll need a boat to get to it! Sandy Point Island is a beautiful 35 acre barrier island in Little Narragansett Bay, about 1.5 miles in length. Access is by water only and it is surrounded by shifting sand bars. It is a major spawning ground for Horseshoe crabs and it hosts nesting American Oystercatchers, Piping Plovers and Least Terns, all protected species. Areas are roped off and closed to the public during nesting season. It is a significant migratory bird habitat as well. No dogs are allowed on the island. [ISLAND MAP](#)

## Spellman Recreational Park

Spellman Ave (behind the High School). The park includes several hiking and walking trails. Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment area, two outdoor basketball courts, six tennis courts and two pavilions. Add Stonington High School's Palmer Field (turf) and their baseball field, and we have one of the finest recreational facilities in the area. Hike the trails and hit the playground—time it right, you can catch a ball game!

## **Hikes of interest near Stonington!!**

### Lantern Hill Trail

Wintechog Hill Road near Route 2 overpass, No. Ston. A 1.7 mile moderately trafficked loop trail with beautiful views of Mashantucket and Foxwoods.

[Trail Map](#) [Additional Info](#)

### Bluff Point State Park and Coastal Reserve

Depot Road, Groton. Bluff Point encompasses 800 acres of coastal forest, salt marsh, rocky shoreline and tidal areas on Long Island Sound with about four miles of marked trails. Saltwater fishing and shell fishing with a permit is also allowed. [Trail Map](#)

### Sheep Farm

Hazelnut Hill Road, Groton. A 63-acre tract, features approximately two miles of trails. Natural Features include mountain laurel forest, meadows, wetlands, vernal ponds and multiple waterfalls, including a 10-footer. Fort Hill Brook bisects the property. [Trail Map](#)



## **Destination Hikes in Connecticut!!**

### Rattlesnake Mountain, Farmington

The hike to Rattlesnake Mountain is short, but it's steep and strenuous. The views from the top are well worth the effort though. Don't miss Will Warren's Den along the way. [Additional Info](#)

### The Red Trail, Kent Falls State Park

This short, easy trail at Kent Falls State Park is appropriate for hikers of all ages. It's just a .8-mile loop, and it takes you to a stunning waterfall - one of the most beautiful in the state. [Additional Info](#)

### Giant Steps Trail, East Rock Park

You can see where this trail got its name...it's literally some giant steps carved right into the side of the mountain. A short, 20 minute hike takes you to the The Soldiers and Sailors Monument, and the views from the top are incredible.

[Additional Info](#)

### Airline State Park Trail

This rails-to-trails trail is not short - it's 50 miles through Connecticut. Hop on and hike any section you'd like. From Thompson to the state line is a popular section; at just 6.6 miles long, it's got some great views and terrain. [Video](#)

## \*Avalonia Preserve

Please be sure to click the link listed below before each of your hikes. The Avalonia Land Conservancy's mission is to "preserve natural habitats in southeastern Connecticut by acquiring and protecting lands, and communicating the value of these irreplaceable resources." Join us by observing all guidelines listed while visiting these special places.

<http://avalonialandconservancy.org/visitation-guidelines/>

