

The Guide
to
Walking & Hiking
in Ledyard



L.I.F.E.

(Ledyard Interested in fitness and Exercise)

LIST OF TRAILS

- Poquetanuck Cove
- Stoddard Hill state park
- Kettlehole Trail
- Avery Preserve
- Ledyard Glacial Park
- Pine Swamp Wildlife Corridor
- Great Oak Park (Nathen Lester)
- Barrett Preserve
- White-Hall Park
- Burton Trail
- Colonel Ledyard Park
- Avery Farm Nature Preserve
- Pike-Marshall Preserve
- Tri town trail- northern section
- Townwide trail map

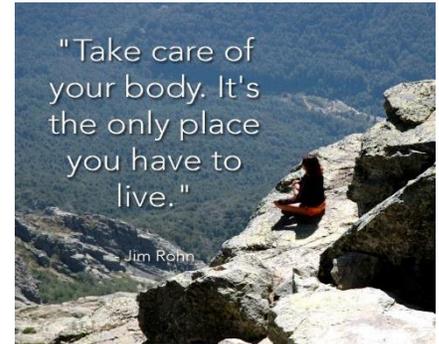
**Funded by Connecticut Department of Public Health Collaborate
partners Ledyard Public Health Nursing Service and Ledge Light
Health District**

Before you walk

- Always check with your physician before embarking on any exercise program. Regular physical activity such as walking, and hiking is a proven benefit to the cardiovascular health of people of all ages.
- Start slowly and build gradually.
- Find an exercise buddy or group.

Walking Tips

- Wear light, flexible and comfortable shoes.
- Use sunscreen on all days, cloudy or not.
- Increase UV protection by washing new t shirts before wearing. It causes the spaces between fibers to shrink. Use a walking stick because it can transfer about 20% of the weight in your arms, increase stability and reduce the amount of wear on your leg muscles.
- Use insect repellent containing a minimum of 25% DEET deters both ticks and biting insects. Follow manufactures instructions.
- Wear a hat to shade your face when out in the sun, and clothing that covers the rest of your body for protection against poison ivy.
- Stay well hydrated, when it's hot, there is nothing like WATER!
- Carry food with high carbs, good taste and is easily digested.
- Be sure to warm up adequately.



STRETCH- STRETCH- STRETCH



What To Wear Hiking

DO



ADJUST

Layers of clothing you can take off or add keep you temperature regulated.



INVEST

High quality hiking clothing is a good investment. Make that cute hiking outfit work for you.



STAY DRY

Carry a water proof outer layer to protect against whatever Mother Nature throws at you.



GET WICKY

Your base layer needs moisture wicking fabrics like polyester, polypropylene, nylon or Merino wool.



CROSS OVER

Raid your closet! Work out and active clothing performs well on the trail if you can check all of the boxes above.

DON'T



COUNT ON COTTON

Cotton is cheap but traps odors & water, and won't keep you warm if it gets soaked.



BE SKIMPY

Tank tops and shorts might be cooler but won't protect you against abrasions, mud, insects or sun exposure.



HIKE HATLESS

Hate hats with brims? Think again! Keep glare & trail debris out of your eyes & avoid wrinkles from squinting.



BE ATTRACTIVE

Water resistant or repellent fabrics soak up water faster than water proof garments. Be as unattractive to moisture as you can afford to be.



GET BURNED

Bare unprotected skin is begging for a burn. Shield your skin with UPF sun rated clothing: sunscreen for hiking clothes.

Some Hiking Guidelines

- Obey all the signs, especially “No Trespassing”.
- Wear Hiking shoes or boots
- Let someone know of your plans, trail section to be hiked and time you expect to be out of the woods.
- Leave all flowers, mushrooms, wildlife, rocks, etc. for the next hiker to enjoy.
- Respect peace and quiet on the trails
- When hiking with your dog, keep them leashed and under control at all times.
- Pick up litter you find on the trail and take out what you bring in.



“Take only Pictures, leave only footprints” – Chief Seattle

TICKS

HOW TO REMOVE SAFELY

- Place fine point tweezers around the tick’s mouth parts, as close to the skin as possible, and pull out of the skin.
- Safely dispose of tick. (ex. Flush down the toilet)
- Wash your hands and disinfect the tweezers and the bite site.
- Call your doctor regarding the potential treatment, as necessary.
- Young Children should be taught to seek adult help for proper tick removal.
- Do not try to smother the tick (ex. Petroleum jelly, nail polish) as the tick has enough oxygen to complete the feeding.



OTHER PLACES TO HIKE/WALK

- Sawmill Park, 172 Iron Street (Route 214),
- Erickson Park, 114 Military Highway
- Highland Lake Park, 639 Shewville Road
- Donahue Park, 13 Winthrop Road
- Christy Hill Park, 13 East Drive
- Model Park, 135R Gallup Hill Road
- Aljen Heights play area, 17 Aljen Avenue
- Pfizer Field playground, 215 Stoddards Wharf Road
- Middle School track, 1860 Rt 12



Poquetanuck Cove Preserve

An easy, lollipop loop trail from Avery Hill Road rewards hikers with views of Poquetanuck Cove, a two-mile long estuary between Ledyard and Preston and a state designated bird sanctuary. The trail passes through a variety of habitats and is home to endangered or threatened plants and animals. You can enjoy a peaceful hike, birding, canoeing, or cross-country skiing among oak-beech forests.

No Dogs Allowed

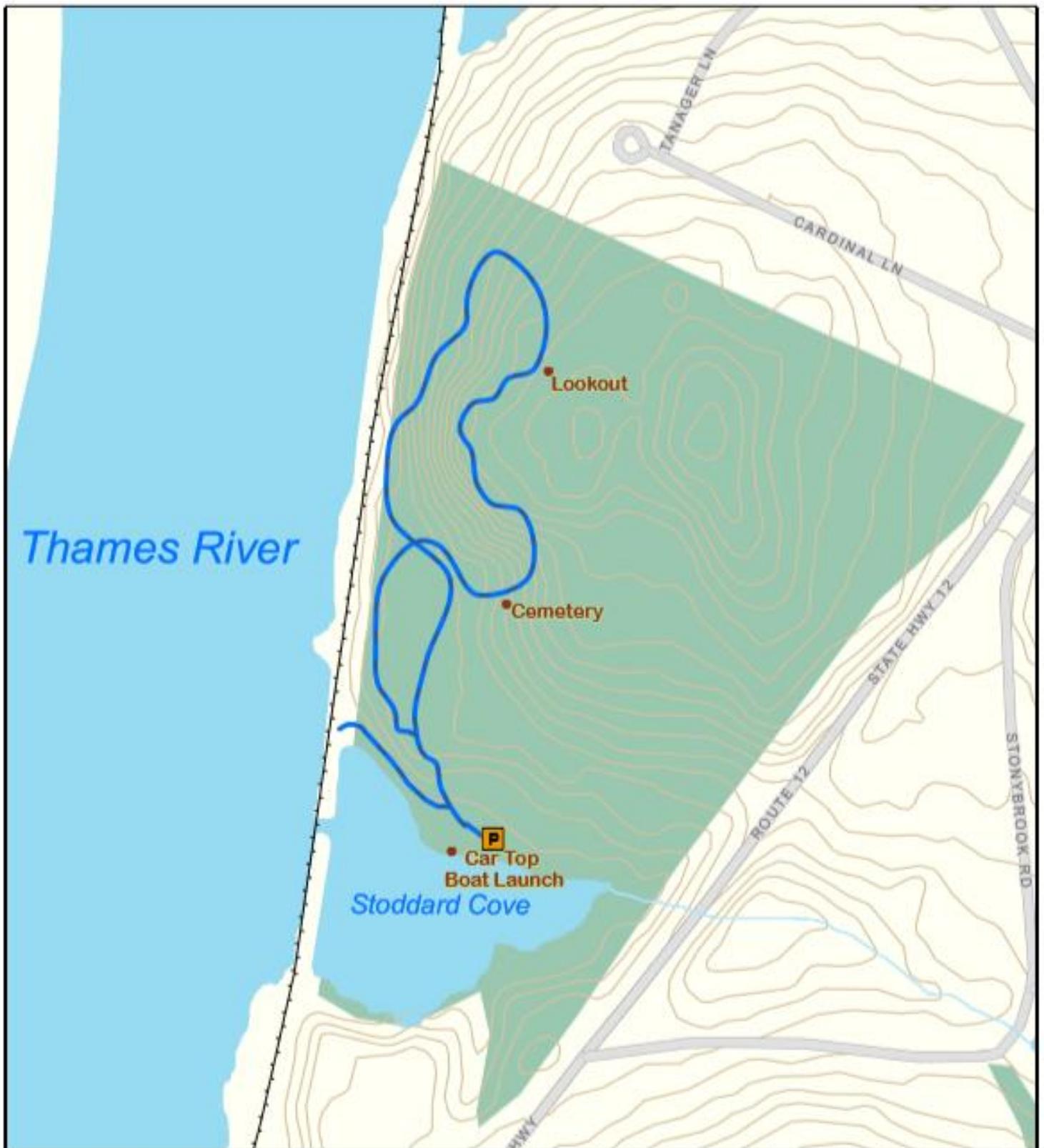
-  Conservation Properties
-  Blue Trail (1.32 miles)
-  Contours 10 feet

-  Point of Interest
-  Parking



SCCOG Connecticut College of the Sacred Arts





Stoddard Hill State Park

A short walk down to the railroad tracks offers breathtaking views of the Thames River. North of the parking area, a footpath through the woods passes the Hibbard-Stoddard Family cemetery, large rock formations, and a former Native American lookout. Stoddards Cove, a tidal estuary, is accessible from the parking area via car top boat launch.

-  Conservation Properties
-  Blue Trail (.6 miles)
-  Contours 10 feet

-  Point of Interest
-  Parking





Kettlehole Trail

This trail is an easy walk around a large dry kettle hole. A kettle hole is a circular hollow created when a block of glacier ice was buried and later melted. At the southern end of the trail is a side path to the bottom of the kettle hole. A portion of the main trail is on the road.

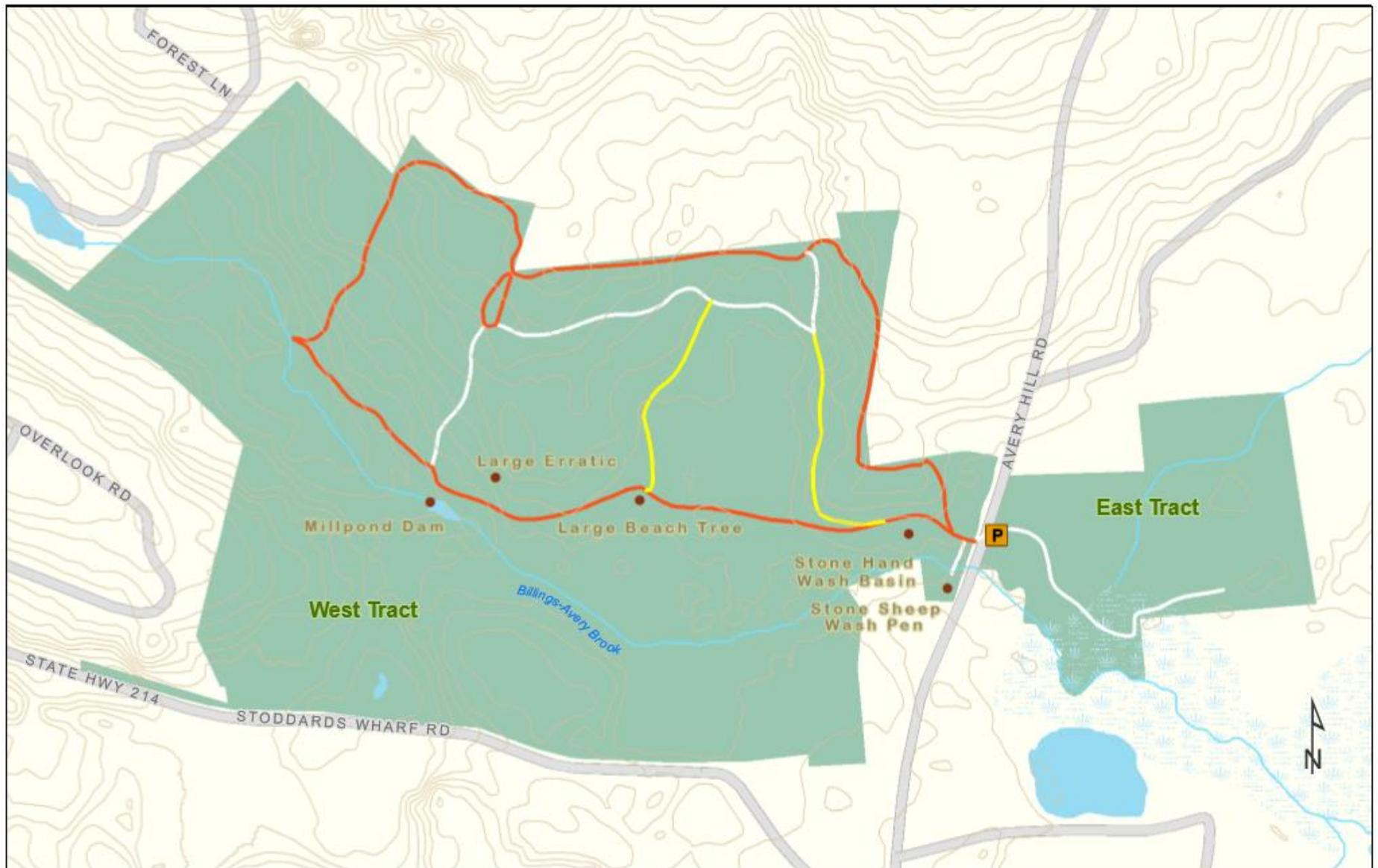
- Blue (.32 mi)
- Yellow (.02)
- Contours 10 feet

- Conservation Properties
- Point of Interest
- P Parking



SUNY State University of New York
College of Environmental and Forestry





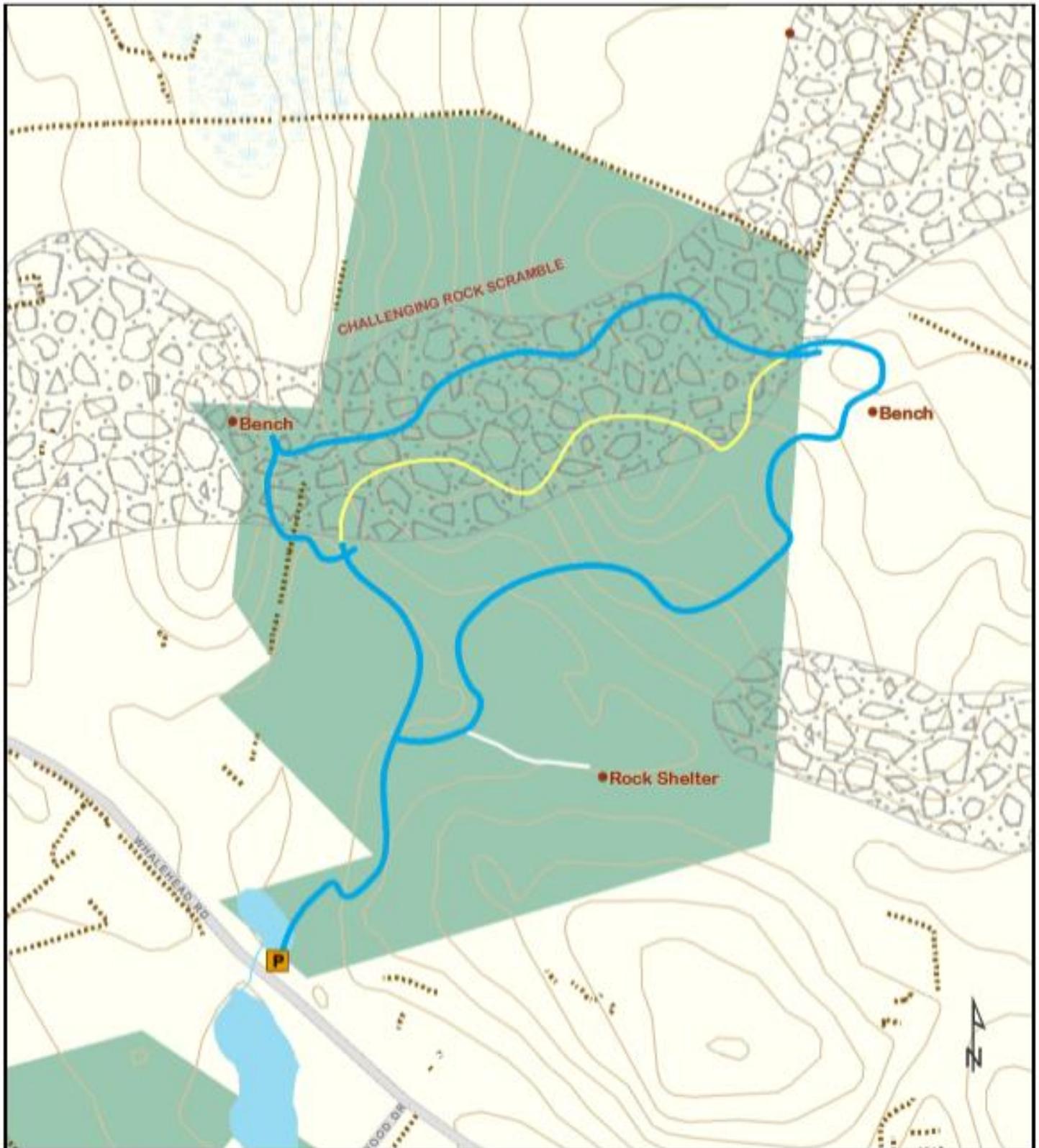
Avery Preserve

Avery Preserve is made up of a West and an East Tract on either side of Avery Hill Road. The West tract is a well-marked, easy, orange loop trail into open woodlands. The East tract is wet and swampy, with an unmarked trail leading to a rare stand of native rhododendrons. *Leashed Dogs Allowed*

- Orange (1.80 miles)
- White (1 mile)
- Yellow (.50 miles)
- Contours 10 feet

- Conservation Properties
- Point of Interest
- P Parking





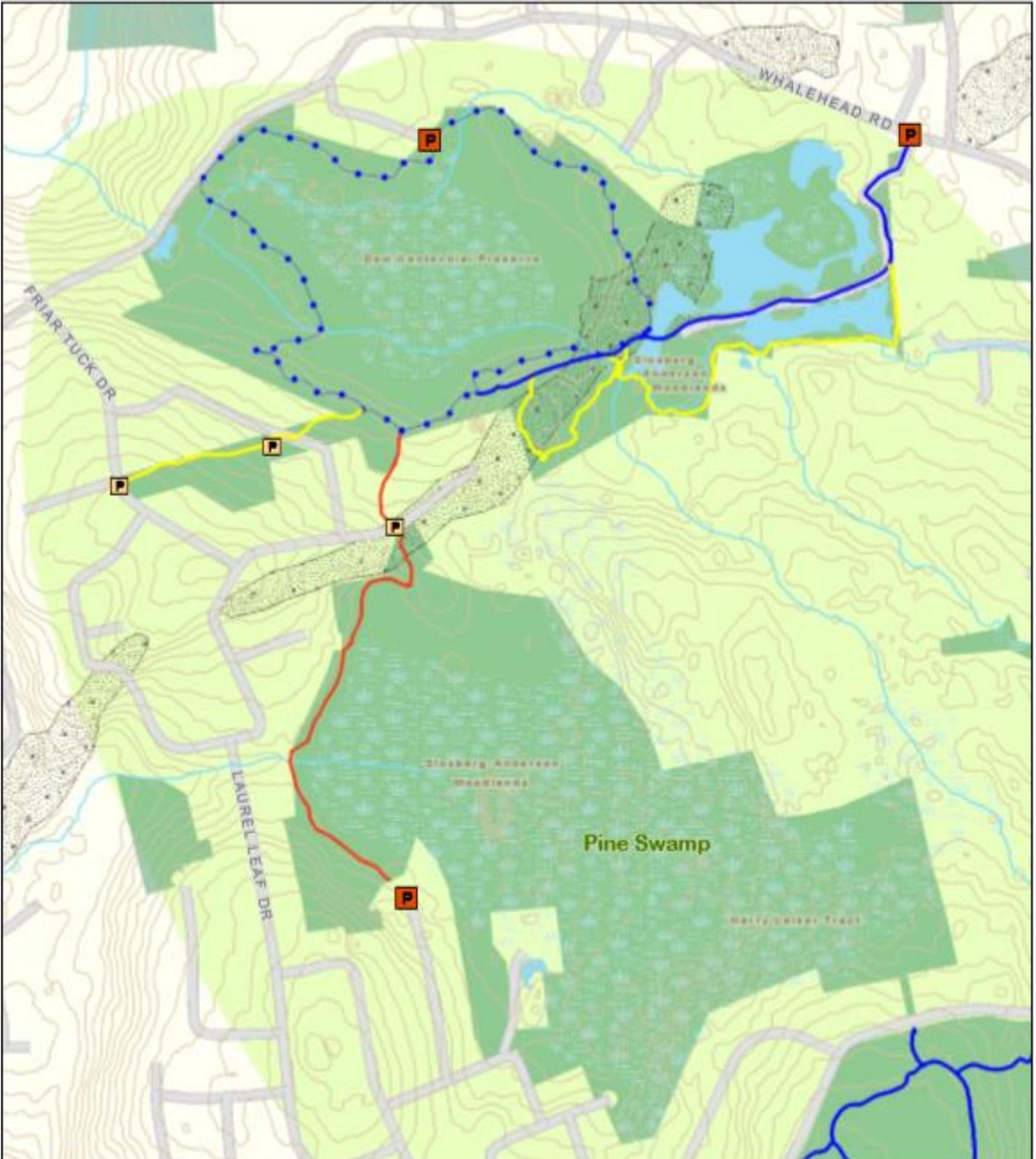
Ledyard Glacial Park

This park preserves some of Ledyard's unique glacial remains which formed more than 13,000 years ago at the melting of a glacier. The blue trail passes through a rocky ravine where boulders up to 30 feet in diameter are tumbled on top of one another. The alternative yellow trail bypasses the boulder scramble.

- Blue (1.54 miles)
- White (0.04)
- Yellow (0.18)
- Contours 10 feet

- Conservation Properties
- Point of Interest
- P Parking





Pine Swamp Wildlife Corridor

An extensive trail system surrounds this historic swamp area. In colonial times, Pine Swamp was known as "Mast Swamp" for its supply of ship masts. It was also known as Cuppacommock or the Hiding-Place for its remoteness and inaccessibility, and used by Pequots as a refuge. Enjoy the large rhododendrons, boulder fields, and abundant wildlife. *Leashed Dogs Allowed*

-  Blue (1.60 mi)
-  Blue Dot (1.6 mi)
-  Red (0.67 mi)
-  Yellow (1.20 mi)
-  Contours 10 feet

-  Till, Sand and Gravel, Boulders.
-  Conservation Properties
-  Point of Interest
-  Main Parking
-  Alternative Parking

NOAA logo and a scale bar showing 0, 0.25, and 0.50 miles.



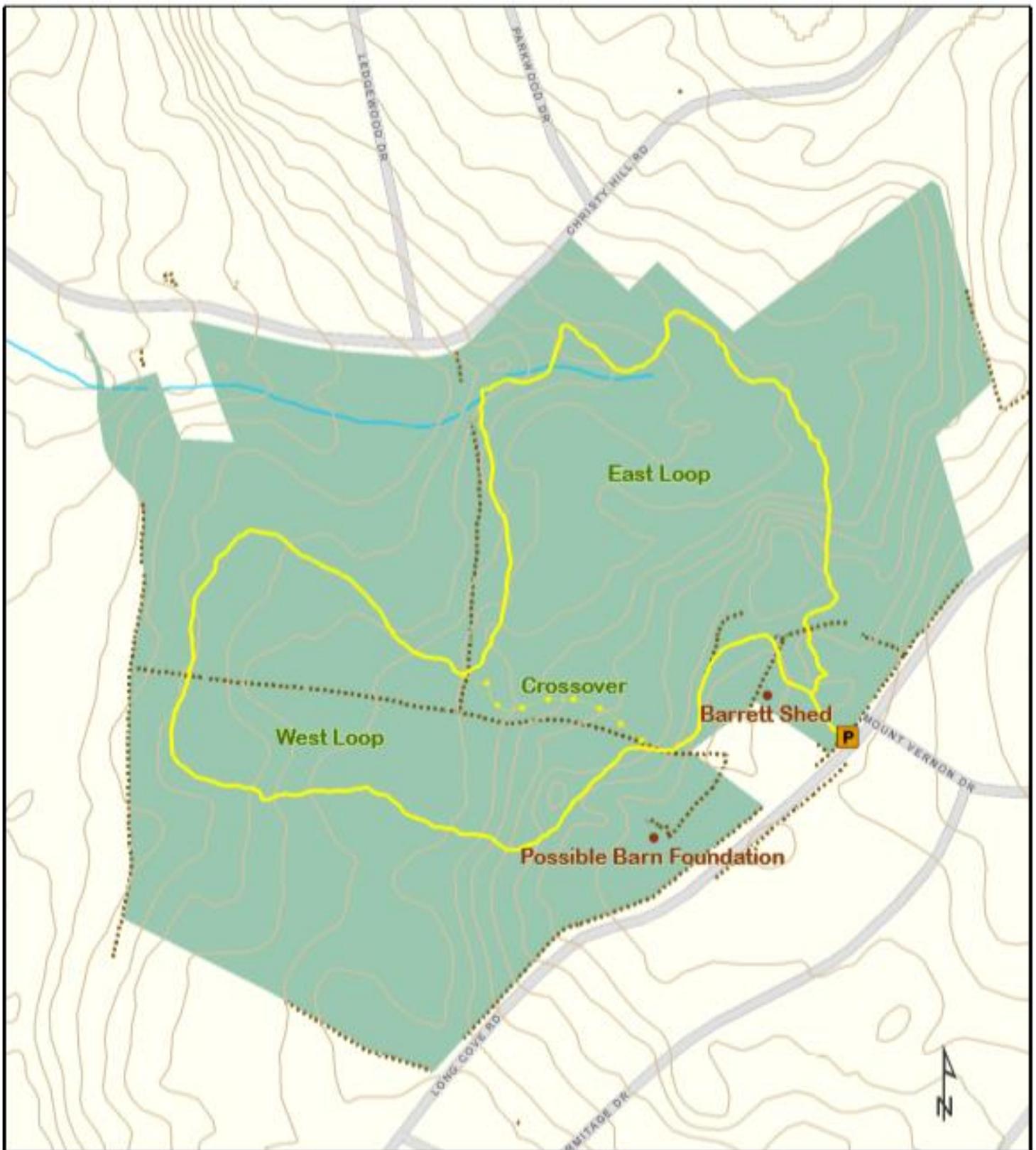
Great Oak Park (Nathan Lester)

About 2.5 miles of blue-blazed trails cover this property. The trail passes the remains of the Great Oak, a massive white oak tree that was estimated to be about 400-years old and declared dead in 1969. The trail also passes by an old cemetery and leads through woodlands and along pastures, vernal pools, and stone walls.

-  Blue (Perimeter Trail 1.4 mi)
-  Blue (Spur Trails 0.9 mi)
-  Contours 10 feet

-  Conservation Properties
-  Point of Interest





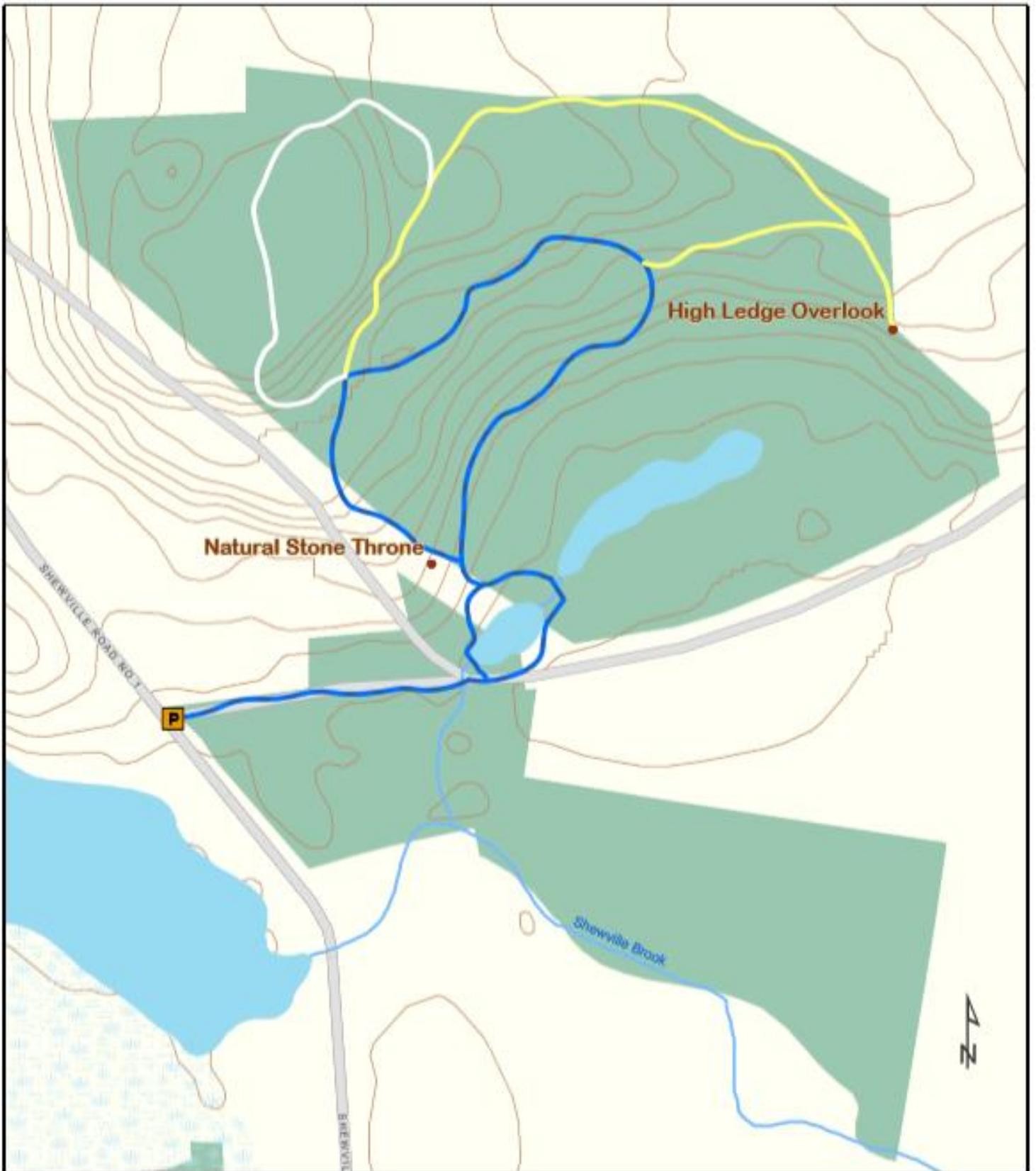
Barrett Preserve

A yellow loop trail begins in an open field and quickly passes into a mature upland forest with laurel stands, tulip trees, rock ledges, and streams. After a 1989 forest fire led to a dense re-growth of black birch trees, a forest management plan was put into place to carefully restore the preserve to a healthy, diverse forest. *Leashed Dogs Allowed*

-  Yellow - East (0.70 mi)
-  Yellow - West (0.52 mi)
-  Yellow Dot (.11 mi)
-  Contours 10 feet

-  Conservation Properties
-  Point of Interest
-  Parking





White-Hall Park

Near the start of the trail, a wooden bridge crosses over the abutments of a former trolley trestle span from the abandoned Norwich & Westery Railway. The trail winds around small ponds before continuing through open fields and into rocky uplands. Take a seat in the large, natural stone throne or visit the high ledge overlook that is best viewed in winter.

- Blue (.81 miles)
- White (.6 miles)
- Yellow (.90 miles)
- Contours 10 feet

- Conservation Properties
- Point of Interest
- P Parking





Burton Trail

Burton trail can be safely accessed from behind the softball fields at Ledyard High School. Near the road, the trail leads to Burton Park, commemorating the start of an early settler's journey west. The trail continues into the woods, past wetlands, to the Morgan-Billings Cemetery from the early 1700s.

Blue (.5 miles)

Yellow (.25 miles)

Conservation Properties

Contours 10 feet

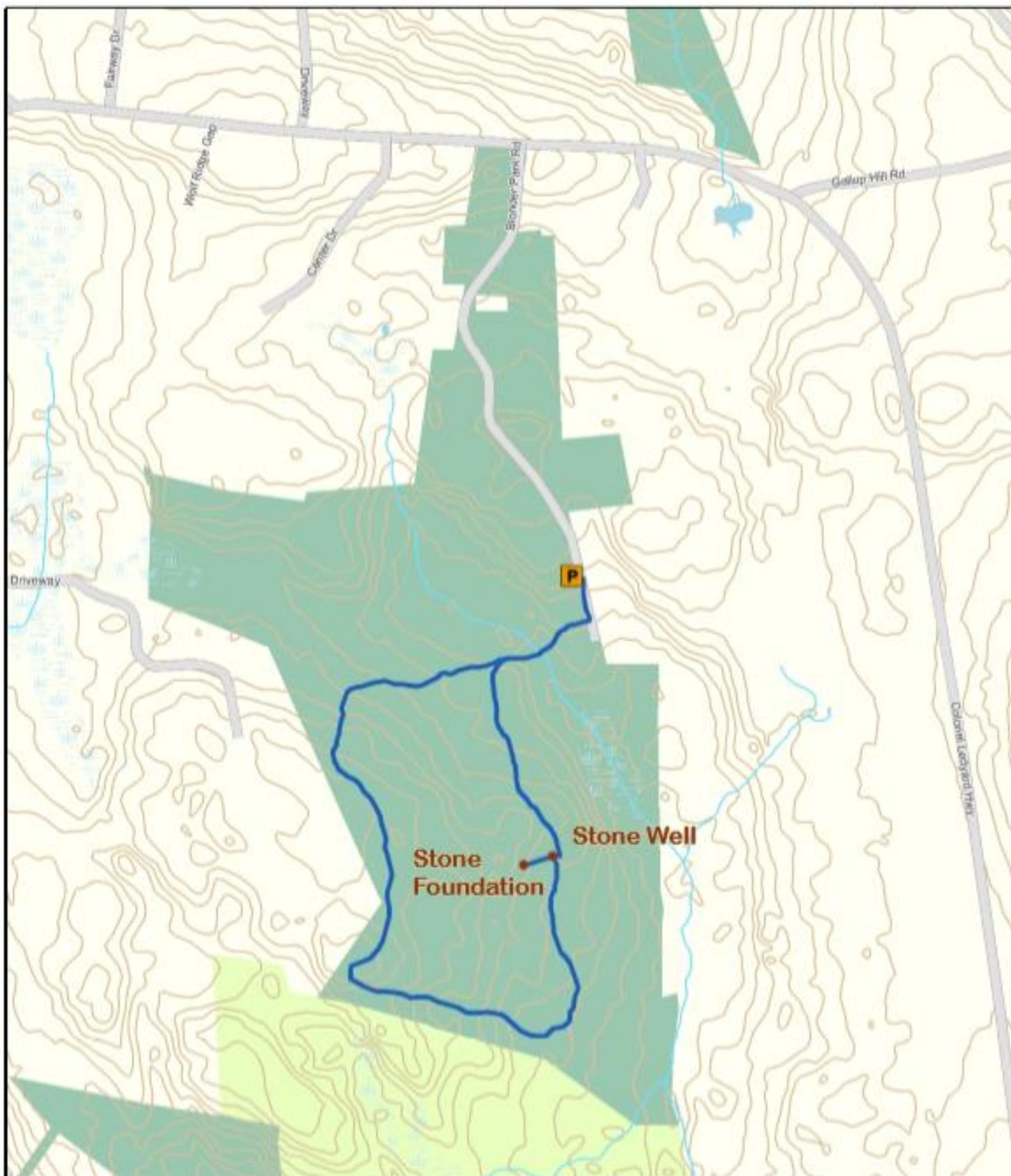
Point of Interest

Parking



SCCOG Southern Connecticut Council of Governments





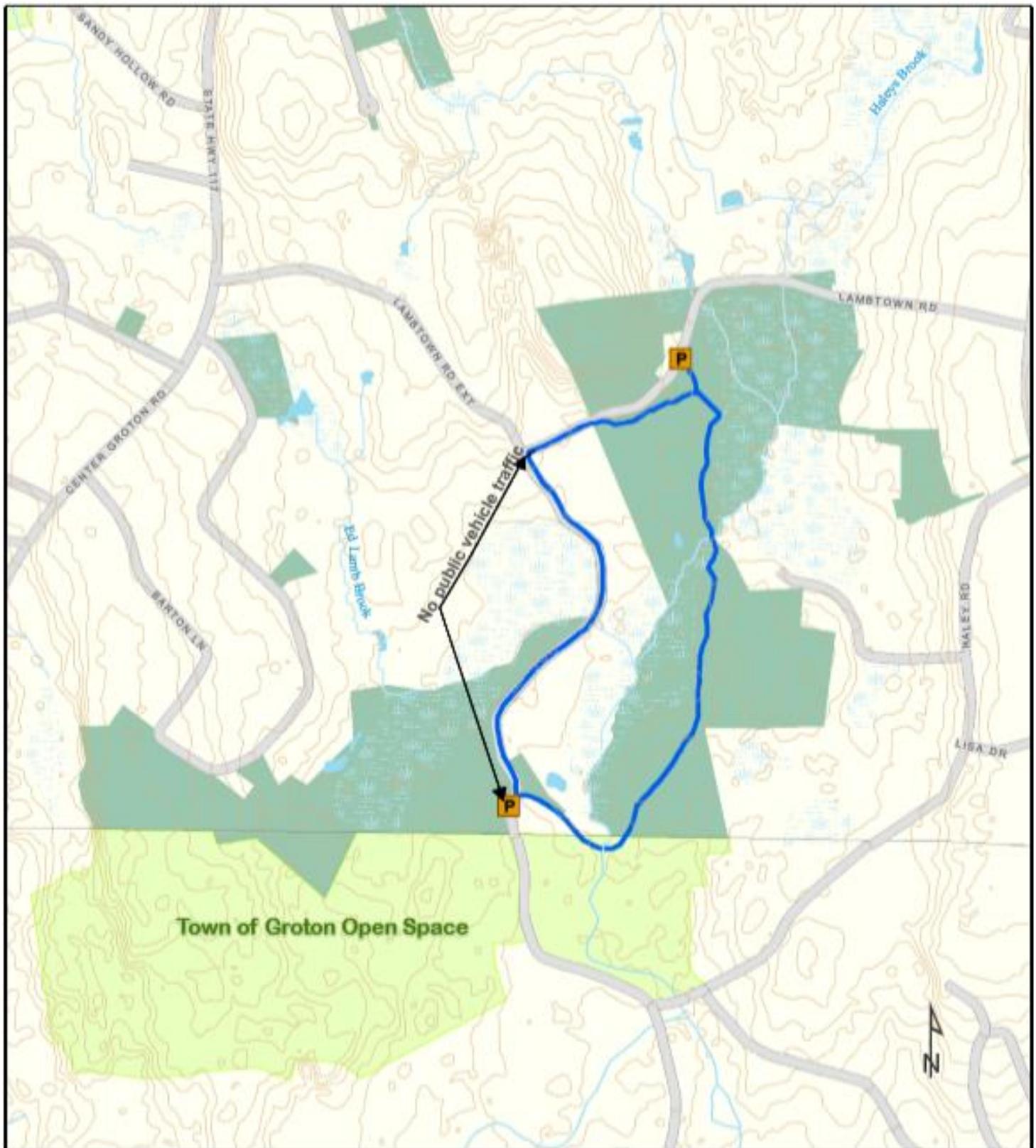
Colonel Ledyard Park

To access this trail, go past the pavilion and behind the tennis courts. The trail is a flat, well-marked loop trail through the woods with a short, side path to the remains of a hand-dug, stone lined well and an old stone foundation.

-  Conservation Properties
-  Blue Trail (1.5 miles)
-  Contours 10 feet

-  Point of Interest
-  Parking





Avery Farm Preserve

Avery Farm preserves a critical large block of diverse grassland, forest, and wetland habitats: including Atlantic white cedar swamps, forested peatlands, kettle type bogs, poor fens, seeps, and several vernal pools. Fens and bogs are a type of wetland that requires thousands of years to develop.

Blue (1.8 miles)

Contours 10 feet

Conservation Properties

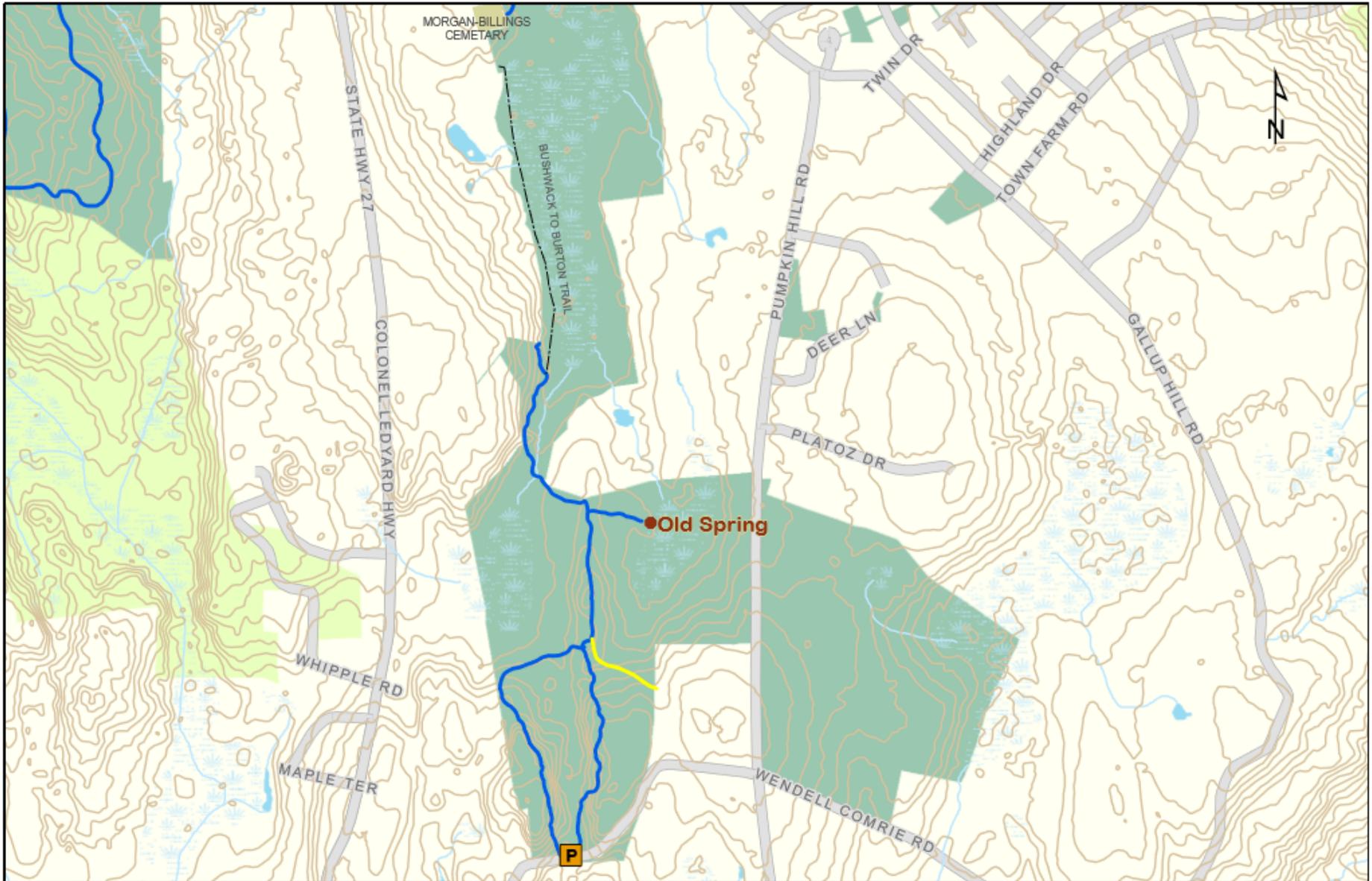
Point of Interest

Parking



CONNECTICUT DEPARTMENT OF CONSERVATION



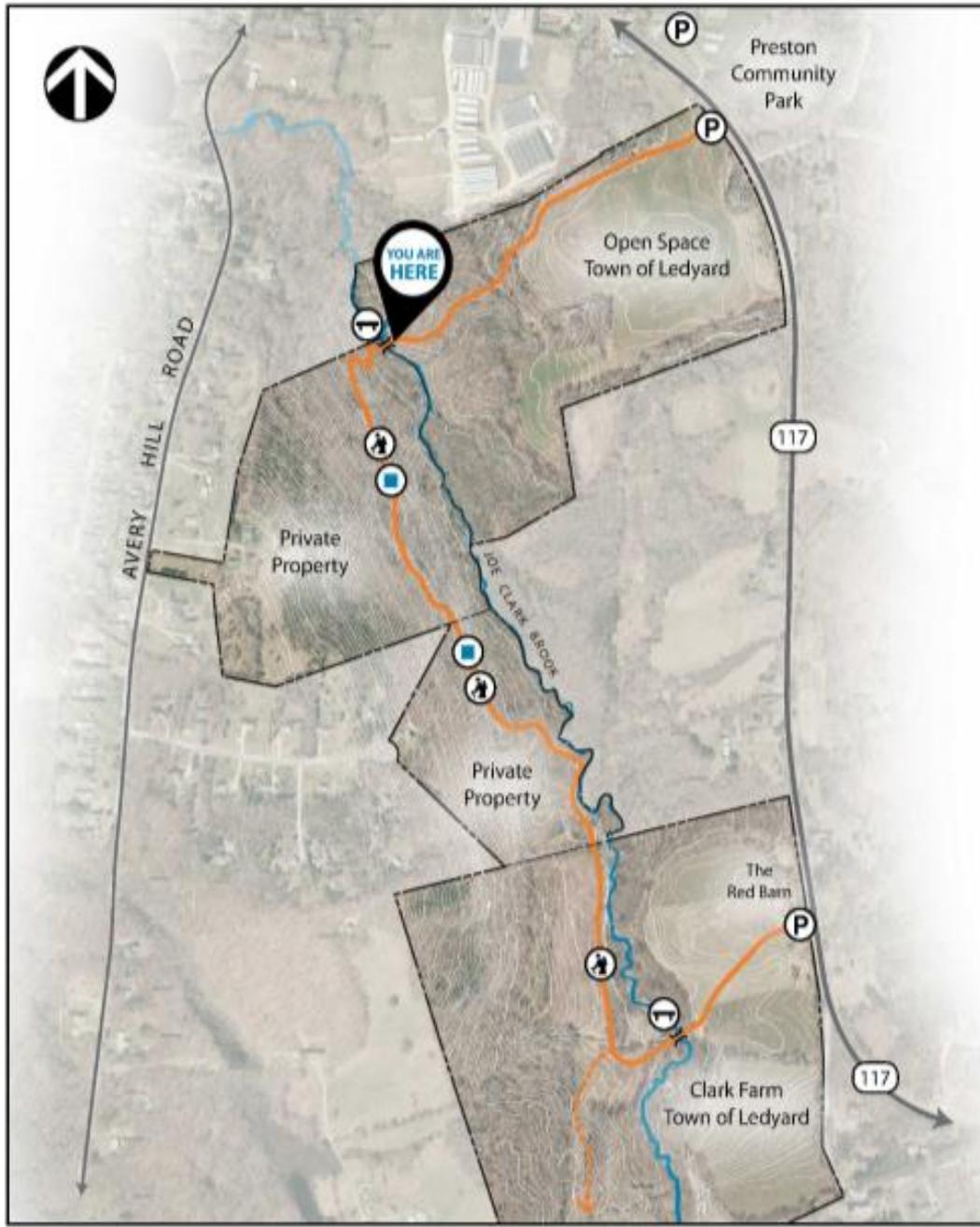


Pike Marshall Preserve

Visible from the trailhead is a narrow ravine bounded by shear rock walls up to 30-feet tall. This ravine forms the very end of a north-south fault line, which is a fracture between two blocks of rock. From the north trail is an old spur trail leading to a spring from which water was once bottled and sold to turn-of-the-century farmers.

- Blue (1.5 miles)
- Yellow (.15 miles)
- Conservation Properties
- Contours 10 feet
- Point of Interest
- P Parking





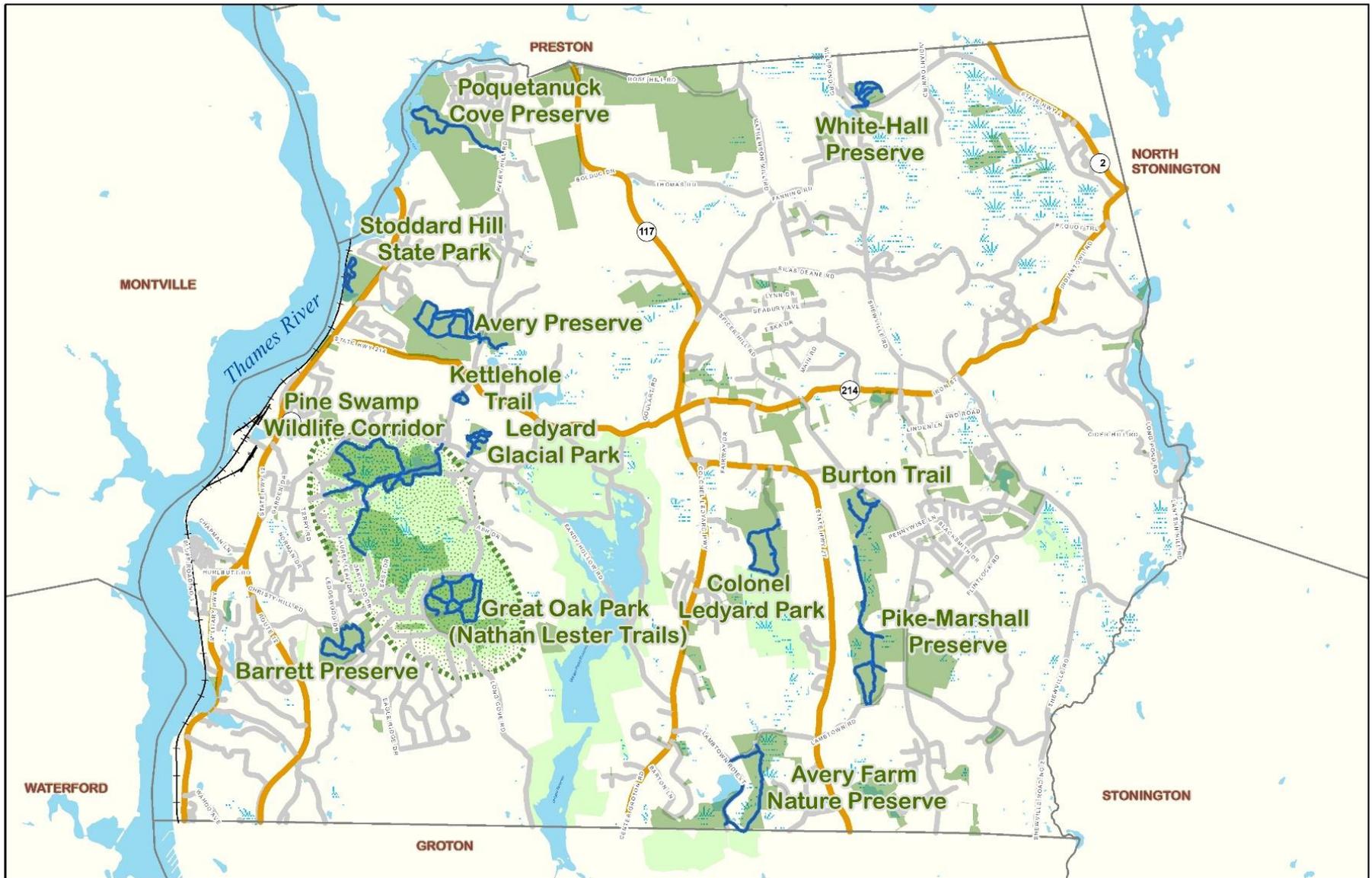
TRI TOWN TRAIL

LEDYARD - Phase 1

Map Legend:

- Trail
- Future Trail
- Property Boundary
- Foot Bridge
- Hiking
- Challenging Terrain
- Parking
- Scenic Rest Area





Ledyard Trails

1	Poquetanuck Cove Preserve	7	Great Oak Park (Nathan Lester Trails)
2	Stoddard Hill State Park	8	Barrett Preserve
3	Avery Preserve	9	White-Hall Preserve
4	Kettlehole Trail	10	Colonel Ledyard Park
5	Ledyard Glacial Park	11	Burton Trail
6	Pine Swamp Wildlife Corridor	12	Pike-Marshall Preserve
		13	Avery Farm Nature Preserve

Explore nature and rediscover history through Ledyard's hiking trails. From scenic woodlands, wetlands, and tidal estuaries to glacial remains more than 13,000 years old, the trails highlight Ledyard's diverse landscape and many points of interest from Colonial and Native American history.

- Conservation Properties
- Other Open Space
- Great Oak Greenway

