Birders search for fall migrants at Middletown Nature Gardens.
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Brian Stewart
Sheila Stoane
Mayor Domenique Thornton
David Titus
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December 2004

Dear Citizens,

Middletown is a city of natural diversity, ranging from the Connecticut River to the top of Higby Mountain. It contains lush river bottom forests, open fields, oak-hickory woodlands, and wind-swept rocky crags. We are fortunate to have such interesting areas within our boundaries. And now, those who wish to can explore these natural treasures with the help of this guide.

Middletown's natural setting—on the Connecticut River and midway between Hartford and New Haven, between Boston and New York—has impacted its history, development, and future. It brings beauty and opportunity for enjoyment to those who visit the area.

As Mayor of the City of Middletown, I am pleased to have worked with the Conservation Commission to provide this handy guide describing the nature trails available throughout our great City. The Conservation Commission has worked diligently to not only protect the rural characteristics of Middletown, but also provide passive recreation opportunities for our citizens. I believe strongly that Middletown will continue to be an appealing place in which to live if we continue to preserve these natural environments.

I hope that you, along with family and friends, will take some leisure time to enjoy the beautiful open space in Middletown.

Sincerely,

Domenique S. Thornton, Mayor

DST/ed
Dear Reader,

The Middletown Conservation Commission is pleased to provide you with this guide to Middletown’s open spaces. Developed over a period of years, the guide has been a major undertaking of the Commission, made possible with assistance from many volunteers from the community. The guide, an invitation to explore the City’s important natural treasures, provides information to the citizens of Middletown and its visitors about numerous locations for passive recreation—walking, cross country skiing, nature study, biking, jogging and even canoeing and kayaking.

The City of Middletown encompasses almost 30,000 acres, making it one of the largest cities in Connecticut in terms of land area. Approximately 14% or 4,000 acres are dedicated open space, consisting of land owned by the city, state, and conservation organizations, as well as lands protected by conservation easements or the purchase of development rights.

Acquisition of many of the city-owned properties was made possible by two local open space bond funds: a five million dollar fund to purchase open space approved by Middletown citizens in 1989, and a three million dollar fund approved in 2000. The State of Connecticut has also provided grant funds, administered by the Department of Environmental Protection (DEP), to purchase additional areas.

While there are popular open space areas throughout the City—Wadsworth State Park, Middletown Nature Garden, and Higby Mountain—there are also less familiar spots. For example, Guida Farm with its wonderful views and walks through fields and deciduous forest, or The Nature Conservancy’s Spiderweed Preserve, with its magnificent rock outcroppings and interesting plant life. Now you can locate and enjoy these properties, as well as others, with the directions and trail maps provided in this guide. We also include notes on areas that are of smaller size but worth a visit due to their geological, scenic, or ecological value.

This guide is for you, the citizens of Middletown and visitors. We hope you will find it useful. Happy exploring!
Overview

This trail guide was written to help you find and enjoy areas of open space in Middletown, Connecticut. These are places—both large and small—that have been permanently protected from development within Middletown’s borders by state or local governments and private conservation groups.

The main map (on page 2) shows all the open space areas in Middletown. For a variety of reasons, some of these areas are not suitable for public access or hiking. This guide highlights those areas with major trails and those places available for strolls or vistas.

**Major Trails**, where one can spend a substantial amount of time either hiking, biking, or canoeing/kayaking, are described and mapped. Please note that trail locations on these maps are approximate and should be used with caution and common sense. Each site includes directions, information about parking, and a general statement about the terrain, followed by general comments and descriptions of trails at the site. Total acreage and ownership information is also provided when appropriate. All information is as up to date as possible; be aware that information may have changed since sites were field-checked.

**Strolls & Vistas** include sites that are small in size or with topography or a feature that does not require detailed description, though they are wonderful places for brief visits. Their listings include the site locations and their prominent features.

Middletown also is fortunate to have a large number of city parks and recreational areas. These are summarized in the table provided on page 4. Parks with trails are described in the text of this guide, but the vast majority of these are primarily picnic areas, playgrounds, or ball fields that are otherwise not described in this guide.

Finally there is a list of other resources (page 50), for those of you who have discovered a love of these areas. These additional publications provide more extensive information on trails, ecology, and history within city limits, as well as farther afield.
Strolls & Vistas
SV1 - Bible Rock
SV2 - Columbus Point / Harbor Park
SV3 - Forest Grove
SV4 - Hubbard Park
SV5 - Marino Property
SV6 - Sumner Brook Corridor
SV7 - Westfield Falls

Canoe Trail
C1 - Mattabesset River

Bike Trails
B1 - Westlake Area Bike Path
B2 - Mattabesset Bike Path

Hiking Trails
H1 - Blue Trail: Higby
H2 - Blue Trail: Lamentation Mountain
H3 - Blue Trail: Seven Falls, Bear Hill and Reservoir
H4 - Cucia Park
H5 - Daniels / Schwarzkopf Area
H6 - Guida Farm Conservation Area
H7 - Long Hill Estate
H8 - McCutcheon Park Area
H9 - Middletown Nature Gardens
H10 - Ravine Park
H11 - Smith Park
H12 - Spiderweed
H13 - Tynan Memorial Park
H14 - Veterans Memorial Park / Palmer Field
H15 - Wadsworth Falls State Park

LEGEND

Bike Path
Mattabesset Trail
Town Boundary
Rods
Open Space
# Middletown Department of Park and Recreation Properties

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*reservation required for picnic area or group use
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<th>Boating</th>
<th>Ice Skating</th>
<th>Hiking Trails</th>
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<th>Bathrooms</th>
<th>Open Space</th>
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Rules of the Trail

Please use the following guidelines when enjoying the trails:

• No motorized vehicles allowed.

• The following are not permitted: fires, hunting, trapping, or firearms

• Swimming is allowed only in officially noted state and city recreational areas

• Please keep your pets under control at all times

• Obey all signs, especially “No Trespassing”

• Sites included in this guide are open from dawn to dusk

• Please leave all plants, flowers, mushrooms, wildlife, rocks, and such for the next hiker to enjoy

• Please respect peace and quiet on the trail

• Bicycles are allowed on bike trails only

• Please pack out your trash and pick up any litter that you find on the trail

• Leave all gates as you find them

• “Be Prepared:” carry adequate equipment and supplies for your trip

• Enjoy!
This section is the major focus of this guide and includes descriptions and maps of fifteen sites within Middletown that provide opportunities for sizeable hikes. These trails are maintained under a variety of conditions, generally under ownership of city, state, or private conservation organizations. Please respect the Rules of the Trail and report any concerns to the property owners.

Tynan Memorial Park
Blue-Blazed Hiking Trail:
Higby Mountain

**Directions:** From the junction of Routes 66 and 147, take Route 66 west for about 0.5 miles. The trailhead is located just east of the intersection of Route 66 and Interstate 91.

**Parking:** There is limited parking on the north side of Route 66 (heading west) just east of the Middlefield-Meriden town line at the brow of the hill where Route 66 becomes a divided highway. A second car may be parked at the Country Club Road trail head, which is located about 0.3 miles east of the entrance to Interstate 91 on Country Club Road.

**Terrain:** There are many areas that are very steep, rocky, and unstable.

**General:** Higby Mountain is an area of several hundred acres, owned by the City of Middletown, The Nature Conservancy, and private landowners. The view at the Pinnacle extends almost 360 degrees from Mount Tom in Massachusetts to Long Island Sound at New Haven. This trail—and the next two—are part of the Blue Trail System, maintained by the Connecticut Forest and Park Association. Some of the protected land here was purchased through DEP Open Space Grant funds.

Higby Mountain is in the Metacomet Range and is part of an unusual geologic formation called a traprock ridge. This basalt rock supports several uncommon plants and provides a dry environment for struggling trees found along the ridge. Hawks use the thermal currents formed by the ridges for soaring and can be seen at eye level while walking along the cliff edge.

**Trail:** From the Route 66 parking area, one ascends directly uphill on a rough, stone-strewn path. Go left on a broad, level trail, following the blue blazes of the Mattabesett Trail. The trail makes several switchbacks, dips briefly westward, then climbs north along the ridge edge to the viewpoint, the Pinnacle, 828 feet above sea level.

Continue north to Preston Notch, where a white-blazed trail travels down a steep slope to the power line right-of-way. Hike along the power line, or return to the ridge and continue to the northern part of Higby Mountain at 892 feet and a natural bridge formation. Follow the blue-blazed trails north to Country Club Road. The trail is about 4.5 miles in length.
Higby Mountain
*(Scale = 1 in : 2500 ft)
Blue-Blazed Hiking Trail: Lamentation Mountain and Chauncey Peak

Directions: From its intersection with Interstate 91, take Westfield Road (a continuation of Country Club Road) west 2.2 miles to a trailhead on the north side of the road. This area can also be accessed from the trail at the north end of Higby Mountain by walking west along County Club Road to this same location.

Parking: There is parking at Giuffrida Park, located off Westfield Road a short distance west of the trailhead.

Terrain: The terrain is varied and can be extremely steep in areas.

General: Lamentation Mountain is a several-hundred acre area that belongs to various city, land trust, and private owners. This hike provides some of the finest ridge top hiking and cliff views in our area. This trail is part of the Blue Trail System, maintained by the Connecticut Forest and Park Association. Only a small portion of this hike is in Middletown. The height of Lamentation Mountain, in Meriden, is 720 feet. Several parcels here were purchased with DEP Open Space Grant funds.

Trail: The blue-blazed trail, also part of the Mattabessett Trail, travels 4.85 miles from Westfield Road in Middletown to Spruce Brook Road in Berlin. The trail ascends steeply from Westfield Road to Chauncey Peak, which is 686 feet. Running from south to north, the trail crosses a canal after one mile, and then begins the ascent to Lamentation Mountain, perhaps one of the most scenic traprock hikes in the state. The trail continues along an old woods road for 0.2 miles and ascends again, reaching a rocky summit. From here, the trail makes a long descent to Stantack Road, where it continues until it meets Spruce Brook Road in Berlin.

Photos—Pat Rasch

Hepatica

Dutchman’s Britches
Lamentation Mountain
*(Scale = 1 in : 2500 ft)
Blue-Blazed Hiking Trail:
Seven Falls, Bear Hill, and Reservoir Loop Trail

Directions: Southern end: From Route 9, take Exit 10 (Aircraft Road). Go south on Route 154 for 0.8 miles to Seven Falls Park, on the left (east) side of the road. The entrance to the southern part of the trail is just north of the parking area along Route 154.

Northern end: From the north, take Route 9 to Exit 12, turn left onto Silver Street, and continue until the junction of River Road. Turn right on River Road; the trail starts on the right approximately 2 miles after this intersection, diagonally across from a large power plant.

Parking: Southern end: At Seven Falls Park, park in the lot at the southern end of this trail.

Northern end: Park along the guardrail on the right side of River Road.

Terrain: The terrain varies, with several steep areas and some wet sections.

General: This portion of the Mattabesett Trail provides scenic vistas of the Connecticut River, impressive rock outcroppings, numerous streams, shallow bogs, and magnificent stands of mountain laurel (Connecticut’s state flower, which blossoms generally in mid-June). Combining main and loop trails provide walks of various lengths. Land ownership in this area is primarily private, although there is some state and city owned land. This trail is part of the Blue Trail System, maintained by the Connecticut Forest and Park Association.

Trails: The main trail, blazed in blue, is 10.4 miles in length with 4.9 miles of loop trails (not shown on the map). The loop trails are easier hiking and are blazed with blue circles. The main trail runs in a north-south direction.
Seven Falls, Bear Hill, and Reservoir Loop Trail
*(Scale = 1 in : 3000 ft)*

**LEGEND**

- **Roads**
- **Commited Open Space**
- **Mattabesset Trail**
- **Parking**
- **Town Boundary**
Cucia Park

**Directions:** From Interstate 91 heading south, take Exit 20. At the end of the ramp, take a right onto Middle Street. At the first light, turn right onto Smith Street. The park is a short distance on the right.

From Interstate 91 going north, take Exit 20. At the end of the ramp, turn left onto Country Club Road. At the first stop sign, take a right onto Middle Street, and then at the first traffic light turn right onto Smith Street. The park is a short distance on the right, with its entrance on Smith Street, almost directly across from the intersection of Industrial Park Road.

**Parking:** Cucia Park is accessed from Smith Street by a paved driveway. Ample parking is available.

**Terrain:** The area is generally level.

**General:** The City of Middletown acquired this 40.5-acre parcel in 1974. Interstate 91 borders Cucia Park to the east. The park contains a small pond associated with Sawmill Brook. The Middletown Park and Recreation Department maintains a grassy area surrounding the pond. In the past, the pond has been stocked with trout for fishing derbies. The pond also attracts swans, geese, ducks, and herons. There are picnic tables and benches near the pond.

An old abandoned railroad bed is located on the property and offers limited bike riding opportunities.

Trees found on the site include sugar maples, oaks, tulip, green ash, hickory, and American beech. The wetland areas surrounding the pond and along Sawmill Brook contain skunk cabbage, tussock sedge, cinnamon fern, witch hazel, and jack-in-the-pulpit.

The park is conducive to birding, hiking, fishing, and picnicking, with biking along the abandoned railroad.

**Trail:** There is a one-mile loop trail through the property. The trail begins at the parking area, passes picnic areas, and heads south along Sawmill Brook. It crosses the abandoned railroad tracks and then goes east on a ridge running parallel to Interstate 91. The trail makes a loop down a gentle slope and traverses back along the brook.
Cucia Park
*(Scale = 1 in : 400 ft)*

**LEGEND**

- 🌲 Main Trail
- 🟠 Roads
- 🌲 Brook
- 🔵 Pond
- 🔴 Park Boundary
- 🛍 Benches
- 🍒 Picnic Tables
- 📂 Abandoned Railroad
- 🚗 Parking
Daniels-Schwarzkopf Area

**Directions:** From Randolph Road (Route 155), go south on Millbrook Road and turn right onto Old Johnson Lane, a gravel road. The entrance to the area is about 0.1 miles on the right.

**Parking:** There is a small parking area at the trailhead.

**Terrain:** These trails are very gentle, following old dirt roads and narrow paths.

**General:** The Daniels-Schwarzkopf parcels were purchased recently by the City of Middletown with open space bond funds from the City and a DEP grant. Together they comprise almost 120 acres of attractive deciduous forest, with small stands of hemlock and birch, and a vernal pool. The area has a tightly packed network of short trails, some of which are blazed and others not. The western trail loop connects to trails (some blazed in red) to the adjoining Rockfall Foundation property (the Linus Baldwin Woodlot). Horses and their riders use and maintain many of the trails. Because of the large number of intersecting trails, lack of consistent blazes, and unmarked trails that lead to private property, care must be taken to avoid losing one’s orientation.

**Trail:** The trails consist of a main trail that leads to two short loops; the westernmost of the two loops connects to a large number of spur trails and the northern loop connects to the power lines. From Old Johnson Lane, the main trail (marked with circular Conservation Area markers) ascends gently southward on an old dirt road past a chain gate. Turning west, it begins a slight descent, passing through a small clearing with berry bushes (at 0.25 mile, an unmarked, unmaintained path branches to the left). The main trail ascends gently again, turns north and bisects a small stand of young birch.

At 0.5 mile, the northern loop branches to the right and continues northwesterly for a short distance. As it turns to circle back to the main trail, there is an unmarked trail that leads north to the power lines. This loop passes a vernal pool and a partially reconstructed stone wall to the east.

If not on the northern loop, the main trail continues northwesterly, descending gently. About 200 feet from the intersection with the northern loop, the main trail turns left and proceeds downhill, parallel to an old stone wall to the north. At 0.1 mile, there is a spur trail that leads to a small stream.

The main trail continues through a small clearing and after 0.2 miles meets a red-blazed trail to the right, which connects to trails on the property of The Rockfall Foundation. The main trail proceeds downhill on an old dirt road and forks into the western loop after a short distance. Taking the right fork, two other old roads are encountered on the right, leading uphill to the south. The loop trail returns to the junction with the main trail, after passing trails on the right that lead to private property. The main trail can be followed back to the parking area.
Daniels-Schwartzkopf Area
*(Scale = 1 in : 635 ft)*

LEGEND

- Main Trail
- Spur Trail
- Spur Trail, Blazed Red
- Power Lines
- Roads
- Vernal Pool
- Park Boundary
- Rockfall Property
- Parking

P
Guida Farm Conservation Area

Directions: From Route 17 south (toward Durham), take the first left after Dooley Pond onto Round Hill Road. Continue straight for 0.5 miles to a stop sign at the intersection of Coleman and Round Hill Roads, and turn right (south) into the parking area.

Parking: There is parking for several cars in this off-road area.

Terrain: The area varies, with open fields, wet areas and some steep sections.

General: This area consists of three contiguous parcels, Guida Farm Conservation Area, Cassa Property, and Makuch Preserve. City Open Space funds were used to purchase some of the tracts here.

The Guida Farm Conservation Area, owned by the City of Middletown, is a 99-acre parcel containing eight open fields, two ponds, old field habitat of gray birch and eastern red cedar, and mixed deciduous woodland. Green frogs, bullfrogs, and painted turtles are often sighted at the first pond. Abundant cardinal flowers and nectaring ruby-throated hummingbirds can be seen in August in the wet meadow north of the second pond. Both ponds provide early spring breeding habitat for spotted salamanders and wood frogs. Bird and mammal lists are on the signboard in the parking area.

A unique feature is the exposed Jurassic conglomerate rock formation (a very coarse grained sedimentary rock) running north/south along the eastern border of the property. There are fewer than a dozen places on earth where this type of formation is so prominently displayed.

The City-owned Makuch Preserve is a 15-acre parcel located on the western border of the Guida property. The Cassa property, owned by The Middlesex Land Trust and located on Guida’s eastern border, is seven acres of primarily beech/oak forest on the top of the Jurassic ledge mentioned above. A connecting trail to Guida is planned.

Trails: Access to the Guida Farm Conservation Area trails is from the main parking area along a dirt road running north/south. Most trails are well delineated but unmarked at this time. There is a main trail and several smaller trails off of the main route. The property is suitable for all forms of passive recreation including hiking, mountain biking, cross country skiing, sledding, and snow-shoeing. Walking is fairly easy along the main trail and moderate on the smaller trails where there are roots, rocks, and steeper grades.

Access to the Makuch Preserve is gained through an opening in the stone wall between fields #4 and #6. A narrow trail runs west before turning south, then crosses the intermittent stream into moist woodland where the understory is dominated by fragrant spicebush. The trail turns left and uphill just before reaching some private driveways, and connects to field #8. It continues across to field #7 and then turns northerly where it joins the dirt road that leads back to the parking area.
Guida Farm Conservation Area

*(Scale = 1 in : 500 ft)*

**LEGEND**

- Dirt Road
- Ledge
- Orange Circle Trail
- Unmarked Trail
- Stone Wall
- Creek
- Park Boundary
- Pond
- Field Number
- Forested Area
- Cassa Property (MXLT)
- Makuch Property
- Town Boundary
- Road
Long Hill Estate

Directions: Take Route 66 to West Street and go south until it intersects with Wadsworth Street. Turn right (west) onto Wadsworth Street and go 0.3 miles. From this direction, the entrance will be on the left (south).

Parking: Parking lots are available to the west and rear of Wadsworth Mansion, reached by following the entrance drive.

Terrain: The Perimeter Trail’s terrain is varied, intermittently wet, and with some moderately steep inclines on the east side of the property. The Olmsted Loop Trail is generally level.

General: A Beaux Arts Mansion built in 1908 by Colonel and Mrs. Clarence Wadsworth is at the heart of this 103-acre property, which was purchased using City Open Space funds. A 1.5-mile perimeter trail outlines the estate, while another 0.5-mile loop trail is found in the interior. Self-guided tour pamphlets are available for both trails at the kiosks.

In different seasons, the property hosts many animals such as wild turkeys, deer, fox, songbirds, and salamanders. There are a number of specimen trees, some of which have been labeled. In daffodil season (generally in April), there is an extensive display along the entrance road.

Trails: The Perimeter Trail, 1.5 miles in length, is marked with blue blazes. This trail begins left of the entrance road near its junction with Wadsworth Street at a large signboard, which contains brochures describing points of interest along the trail. It loops mainly south, with a brief swing east along a ridge (Long Hill), one of the highest points in Middletown. The trail then continues west and south, passing through a swampy area, crossing a meadow, and traversing the south lawn of the mansion. Upon entering a wooded area, the trail swings north, paralleling Laurel Grove Road. There is a small connecting trail to the road and Wadsworth Falls State Park on the left. Continuing farther on the main trail, there is a great white oak tree on the left. The trail then returns to the starting point on the entrance road.

The Olmsted Loop Trail, 0.5 miles in length, is blazed orange and features descriptive signs highlighting the story of the property’s past. It intersects the Perimeter Trail at two points. A signboard with a trail map and historical timeline is located near the front of the mansion and is a good starting point. The trail encompasses an old revolutionary road, beautiful stone walls, an ancient Native American trail, an allée of white oaks, and a small pond. A wide crushed stone trail, donated by the Middletown Garden Club, surrounds the pond area. The loop trail passes an elegant columned tennis area, the rear façade of the mansion, and returns to the starting point after passing an avenue of black walnut trees.

Turkey track in snow.
Long Hill Estate
*(Scale = 1 in : 500 ft)*

**LEGEND**

- Olmsted Loop
- Perimeter Trail
- Park Boundary
- Parking
- Road
- Scenic Vista
- Pond

1. Main Entrance (paved road)
2. Wadsworth Mansion
3. White Oak Lane
4. Trail to Wadsworth Falls State Park

Wadsworth Falls State Park
McCutcheon Park Area

Directions: From Randolph Road (Route 155), turn south onto Millbrook Road. Follow Millbrook for 1.5 miles and take the fifth right onto Livingston Road. After 0.2 miles, take the first right off Livingston into McCutcheon Park.

Parking: There is ample parking at the park. Entrance requires a Middletown residence pass during the summer season. To use the red trail, park to the left (west), where the red dots are painted on wooden fence posts. To access the orange trail, park on the right (east).

Terrain: The trails are varied, with areas of wetness and some moderate to steep climbing.

General: McCutcheon Park is open from dawn to dusk and provides opportunities for hiking, picnicking, fishing, swimming, and boating. There is handicapped parking and ramps to the beach, picnic tables, and a fishing pier. Trails are not handicapped-accessible. Additional parcels within the park area include the Plum property, the Earnest and Luella McCutcheon Wildlife Sanctuary, and the Russo piece, which were purchased with City Open Space funds. All are owned by the City of Middletown and total 131 acres.

Trails: There are four trails on the western side of the park (Red, Blue, Yellow, and Green) and one (Orange) on the eastern side of the park. Only the Red and Orange Trails originate at the parking area. As can be seen on the map, the Blue, Green, and Yellow Trails are accessed from points along the Red Trail.

The Orange Trail, 0.5 miles of easy to moderate hiking, originates on the right (east) across from the first baseball diamond. The trail is well marked and traverses a lightly wooded area with many tall trees.

The Red Trail, 1.3 miles in length, has mostly flat and moderate terrain with two steep hills. Two areas, one at the beginning of the trail and the other in the meadow east of Margarite Road, can be very wet, especially in the spring. Features include an overlook and mountain laurel forests.

Red dots painted at an opening in the wooden fence indicate the entrance to the Red Trail. After 0.125 miles, the trail splits and forms a loop that can be followed in either direction (see map). Following the trail to the north (straight) and then heading west (toward Margarite Road), the trail passes through deciduous woods, mountain laurel, and a wet meadow. The trail is clearly marked in the woods; in the meadow, where there is limited blazing, there is a well-worn footpath. After a short incline and following a right-of-way between two houses along a post and rail fence, turn right and cross Margarite Road (see map). The trail returns to the woods to the left (west) after passing David Drive, and continues south over mostly flat terrain, bordered by large stands of mountain laurel and several large rock outcrops. After the junction with the Yellow Trail, the trail veers east (left), crosses an unmarked dirt extension of Margarite Road, and continues through wooded areas with old stone walls to the parking lot.

The Green Trail, accessed from the Red Trail (see map), is 0.5 miles in length and covers flat terrain, except for a steep slope at its north end. The wooded area is clearly blazed and a footpath crosses the fields.

The Yellow Trail, also accessed from the Red Trail (see map), is almost one mile long, with difficult hiking at the southern end. It runs north through deciduous woods, mountain laurel, and past the underside of cliffs and overhangs, where ice caves form in winter. These cliffs include rock formations from the early Jurassic (Portland Formation), about 201 million years ago.

The Blue Trail, a short 0.2-mile loop off the Red Trail (see map), is moderate to difficult walking. The trail is primarily on the side of a hill and there are some steep places. In the fall it is especially challenging due to fallen leaves.
McCUTCHEON PARK AREA
*(Scale = 1 in : 600 ft)*

**LEGEND**

- **Red Trail**
- **Orange Trail**
- **Green Trail**
- **Blue Trail**
- **Yellow Trail**

1. Entrance Booth
2. Baseball Field
3. Life Guard House
4. Shower House
5. Pavilion
6. Rock Overhang

- **Park Boundary**
- **Crystal Lake**
- **Parking**
- **Road**
Middletown Nature Gardens

Directions: From Route 17, go west on Randolph Road for about 0.3 miles. The park entrance is on the left (between Brown Street and Long Hill Road).

Parking: Limited parking is available (6-8 spaces).

Terrain: Slightly sloped from north to south, this parcel provides easy, flat walking and several trails that are accessible to persons with disabilities.

General: In 1995, the City of Middletown used City Open Space funds to purchase 18 acres of land in the southern part of town between Randolph Road and Wesleyan Hills Road, bordering Wesley Elementary School and the Wesleyan Hills development dedicated open space. This special piece of land offers swamps, vernal pools, woods, and a meadow. Many kinds of flora and fauna can be seen in the different seasons. Trees and shrubs include red cedar, flowering dogwood, highbush blueberries, spicebush, arrowwood, ironwood, red maple, white pine, and speckled alder. Goldenrod, aster, and joe-pye weed are common flowers. Community volunteers have erected bluebird boxes and bat houses and are compiling a list of birds seen on the property.

Trails: The main trail is a 0.5-mile loop. Near the center in an open field is a majestic 200 year-old sugar maple. To the south, a small bridge connects this area with Wesley School playing fields. Mulched side trails, which branch off from the main trail, add another 0.5 miles to the walk. These trails are sometimes wet. Vernal pools, habitats for salamanders and wood frogs, are located in the southeast corner. To the west are ten acres of red maple swamp.
Middletown Nature Gardens
*(Scale = 1 in : 250 ft)*

**LEGEND**

1. Entrance
2. Sugar Maple
3. Red Maple Swamp
4. Vernal Pool

- Stone Trails
- Mulched and Dirt Trails
- Park Boundary
- Parking
- Boardwalk
- Road

250 0 250 500 Feet
Ravine Park

**Directions:** From Washington Street, go south on High Street for about one mile. Turn right on Beach Street, opposite Warwick Street.

**Parking:** There is a 2–3 car parking area on Beach Street in a pull-out near the park.

**Terrain:** The area is generally level.

**General:** Ravine Park, owned by the City of Middletown, occupies 19 acres in central Middletown, stretching from Beach Street at its east end to Pine Street to the west. Ravine Park is a noteworthy oasis of biodiversity within the city. The park constitutes the northeastern end of a nearly continuous greenway of undeveloped land that extends to Wadsworth State Park in Middlefield, a remarkable and little-known natural corridor in a highly developed area.

The park has been impacted by human activity. Non-native, invasive species are abundant and include Japanese knotweed, multiflora rose, and garlic mustard that covers the edges of the trail. The stream and its pond at the east end of the park serve as an important catchment area for runoff, which has grown in volume in recent years due to increased impervious surfaces in the area. Erosion due to storm flooding is visible at the west end of the stream.

Nonetheless, Ravine Park contains some fine examples of wetland vegetation. In the early spring there are extensive displays of trout lily and bloodroot, although the latter has been compromised by recent sewer construction in the area. The dominant tree species are beech, red maple, and several species of oak. The understory contains abundant ironwood and spicebush, whose misty yellow flowers give a lovely cast to the stream banks in early spring. Pagoda, or alternate-leaved, dogwood can be found at the west end of the trail. Horsetail grows in poorly drained areas, and other damp areas are carpeted with skunk cabbage. Pileated woodpeckers are seen here, and the whinny of screech owls is often heard at night. This is also a good spot to look for warblers during the spring and fall migrations.

**Trails:** The Marion Banks Nature Trail, approximately 0.125 miles in length, runs through the park and is easily accessed from either end. It is often soggy in a few places and there is abundant poison ivy along some stretches of the trail. It proceeds east-to-west through Pike’s Ravine, a steep, wooded ravine.

![Horsetail](Image)

![Skunk Cabbage](Image)
Ravine Park
*(Scale = 1 in : 250 ft)*

**LEGEND**

1. Main Entrance
2. Pond

- Main Trail
- Stream
- Park Boundary
- Parking
Smith Park

Directions: Take Country Club Road east from Interstate 91 or west from the Ballfall Road/East Street junction. The park entrance is just west of Moody School on the north side of Country Club Road.

Parking: There is ample parking in the lot at the park.

Terrain: The trail is relatively flat in slope.

General: Smith Park, acquired by the City of Middletown in June 1974, consists of 50 acres adjacent to playing fields associated with Moody School. The main access to the park is a gated entrance located just west of Moody School. The park is closed at sunset and Park and Recreation staff locks the gates.

Amenities at Smith Park include ball fields, a playground, hiking trails, horseshoe pits, shuffleboard, and a pavilion. Seasonally, there are restrooms available near Moody School adjacent to the ball fields. Permission can be obtained from the Park and Recreation Commission to host a family outing or company picnic at the pavilion. Handicapped accessibility is limited.

Various types of plants and animals inhabit the undeveloped area of the park throughout the year. Adjacent to the wooded area is a wetland meadow with a variety of shrubs, including silky dogwood, winterberry, buttonbush, and highbush blueberry. A small pond, as well as a small watercourse, is located in the middle of the woodland.

Trail: Associated with the park is a short hiking trail, which loops into a woodland area.
Smith Park
*(Scale = 1 in : 500 ft)*

**LEGEND**

1 = Entrance  
2 = Ballfields  
3 = Restrooms  
4 = Playground  
5 = Moody School

- Nature trail
- Park Boundary
- Dirt Road
- Wetlands
- Water
- Parking
Spiderweed Preserve

Directions: Take Route 9 to Exit 10 in the southern part of Middletown. At the end of the exit ramp, take a left (north) onto Route 154 (Saybrook Road) and continue for 0.7 miles. Turn right onto Dripps Road (a dirt road). Follow the road uphill for about 500 feet. The entrance to the main Spiderweed trail is on the left.

Parking: There is no off-road parking, but there is room on Dripps Road for a few cars.

Terrain: The Spiderweed trail is varied and, at times, very steep and challenging.

General: This 157-acre property is one of the first purchases made by The Nature Conservancy in Connecticut. The preserve offers a varied hike through deciduous forest, primarily of oak and beech, past overgrown fields, along massive rock outcrops, over a rock bluff, down to a stream, and along an old farm lane. Vernal pools, essential habitat for certain species of frogs and salamanders, are found here in the spring, as are bloodroot, trillium, Jack-in-the-pulpit and wild geranium. Stone walls along the route date from early colonial days.

Trail: Trails include a main trail with two small spur trails. The main trail, three miles long and blazed in white, travels generally in an easterly direction. From the gated entrance, it climbs and then levels out. At about 1000 feet from the trailhead on the right, a white-blazed spur trail leads to a scenic overlook on a pegmatite outcrop. The main trail continues along the base of rock outcrops. At the double-blaze, the trail turns right and continues down a steep hill to the stream, at times dry. After crossing the stream, the trail turns left and continues due east. Further along, where the double blazes indicate the start of the loop trail, continue to the right. This trail climbs steeply and loops left to rejoin itself. The second spur trail, blazed in blue, branches off the eastern part of the loop. It continues for about 0.5 miles to a scenic overlook.

Spotted salamander

Photo—Mike DiGiorgio
Photo—Pat Rasch
Spiderweed
*(Scale = 1 in : 750 ft)
Tynan Memorial Park

**Directions:** Take Washington Street (Route 66) to Higby Road in the western part of town. Go north on Higby Road; the park is on the left (west) after about one mile, near the Sisk Street intersection. The park entrance is a gravel road with a small turnaround area.

**Parking:** There is limited parking on the grass.

**Terrain:** The terrain varies from gentle to moderate slopes, with formerly cultivated open fields, an extensive wetland corridor, and a variety of flora and wildlife habitats.

**General:** The 32-acre John Tynan Memorial Park, purchased by the City of Middletown using Open Space funds, offers various examples of habitat, diverse wildlife, and scenic views. The property lies on the eastern side of Higby Mountain, and consists of old fields, forest, and wetland areas. During the 1930s, the fields were used for row crops.

Deer, coyote, rabbit, hawk, owl, turkey, woodpecker, chickadee, hermit thrush, white-breasted nuthatch, and numerous other species populate the property. The abandoned fields support herbaceous vegetation such as goldenrod, curly dock, yarrow, wild garlic, and purple vetch, and dense shrub thickets of blackberry, red raspberry, spicebush, staghorn sumac, and several non-native invasive plants (multiflora rose and Japanese barberry). In addition to a dense stand of eastern hemlock, trees include black birch, ash, black cherry, beech, shagbark hickory, white oak, chestnut oak, sycamore, flowering dogwood, apple, sugar maple, red maple, and tulip tree.

**Trail:** The unmarked, but easily identifiable trail, which starts south of the parking, is approximately 0.5 miles in length. It begins with a moderately steep slope along the property’s southern border. The trail descends west through an overgrown field. It traverses north for approximately 50 yards then downslopes west through a large ungrazed wet meadow that runs through the center of the property. Turning north, the trail enters a dense shrub thicket. Then turning west, the trail crosses an intermittent stream and enters forested land, predominantly eastern hemlock. There is a second water crossing at Fall Brook (continue west instead of heading downstream because that path dead-ends). At this point, the trail becomes rocky, slopes upward, and then veers slightly south. The trail ends at the intersection of Massa Tom Road, a woods road that connects Country Club Road with the Mount Higby Reservoir service area.

The crossing at Fall Brook can be difficult, if not impossible, when the water level rises during late winter and early spring.
Tynan Memorial Park
*(Scale = 1 in : 400 ft)*

**LEGEND**

- Trail
- Streams
- Roads
- Wetlands
- Park Boundary
- Parking
Veteran’s Memorial Park/Palmer Field

**Directions:** Veteran’s Memorial Park can be accessed several ways. From Newfield Street (Route 3) take Fisher Road; from Washington Street (Route 66) take Old Mill Road north; or from Westfield Street go south on Old Mill Road. Palmer Field is accessible from Washington Street via Bernie O’Rourke Drive.

**Parking:** There is a large parking area along Bernie O’Rourke Drive to access both Palmer Field and the pedestrian bridge that links Palmer Field to Veteran’s Memorial Park. In Veteran’s Memorial Park, there is parking near the pool area. One can also park on the side of Walnut Grove Road, which bisects the park.

**Terrain:** There is easy walking within the park.

**General:** Veteran’s Memorial Park, owned by the City of Middletown, consists of 41 acres with several recreational facilities including a public pool, softball field, playscapes, picnic areas, horseshoe pits, and two small pavilions. The open space area is in the northwestern part of the park. There is a well-defined trail along the perimeter, and there is an outstanding grove of walnut trees here.

Palmer Field is used for many city sports events; the Middletown Sports Hall of Fame is located here as well. There are restroom facilities in both parks. The Coginchaug River runs between the two parks.

**Trails:** There is an exercise trail, approximately a one mile loop, that can be used for running (see map).
Veteran’s Memorial Park & Palmer Field
*(Scale = 1 in : 400 ft)*

**LEGEND**

1. Veteran’s Park entrance  
2. Pool  
3. Palmer Field  
4. Sports Hall of Fame  
5. Restrooms  
6. Playground

- Water
- Park Boundary
- Exercise Trail
- Parking
Wadsworth Falls State Park

**Directions:** Take Route 66 to West Street (Route 157). Go south on West Street until the first stop sign. Turn right (west) and follow Route 157 to the main park entrance on the left.

**Parking:** A large parking lot is located at the main entrance, where a state park fee is charged during season. There is also limited parking in a pull-out along Cherry Hill Road in Middlefield (see map).

**Terrain:** The main trail is flattest and most accessible to hikers. Other trails vary from fairly flat to extremely steep.

**General:** Clarence Wadsworth willed the 267-acre parcel, located in both Middletown and Middlefield, to the state in 1942. Special features include two brooks, two major streams, the Coginchaug River, and two waterfalls. The larger of the two, Wadsworth Falls, is across a field from the parking lot on Cherry Hill Road. Many trails wind through the park.

The Main Trail, about 1.5 miles long and blazed in orange, is easiest to access from the main parking area. From the Cherry Hill Road parking area, the trail is on the left, up the hill and across a small bridge. The trail winds through deciduous forest and large mountain laurel bushes. Most other trails intersect with the main trail.

The Deer Trail, blazed in green, is somewhat steep on its southwest end. It runs between the White Birch Trail (near its junction with the Bridge Trail) and the Main Trail.

The Little Falls Trail, blazed in dark blue, is steep and narrow. It branches from the main trail and crosses Wadsworth Brook at its lowest point. Little Falls is visible on the upstream side where the brook flows over a large outcropping of brownstone. It is especially magnificent in spring or after a heavy rain. On the west side of the brook, a steep incline leads back to the main trail.

The Bridge Trail, blazed in light blue, follows Laurel Brook and is named for the brownstone bridge that was constructed by the Civilian Conservation Corps during the Depression. Though relatively flat, the trail has many rocks and tree roots. It runs easterly from the main trail to Laurel Grove Road.

The White Birch Trail, blazed in white, passes through multiple stands of mature white birch trees. It is a trail of varied terrain and hiking difficulty (see map for location).

The Cedar Loop Trail, blazed in red, is named for the predominant tree along this route (see map for location).

The Laurel Brook Trail, blazed in yellow, can be reached from the Bridge Trail or from the White Birch Trail. It follows Laurel Brook along the eastern side of the park, with many steep and narrow sections. Steep areas of this trail can be icy and treacherous in winter.

The White Birch Ridge Trail is a short stretch of trail that can be wet and difficult to walk (see map).
WELCOME TO THE WESTLAKE AREA PEDESTRIAN BIKEWAY

NO WINTER MAINTENANCE

PLEASE

NO ALCOHOL OR MOTOR VEHICLES
BICYCLISTS YIELD TO PEDESTRIANS
TAKE ONLY PHOTOGRAPHS
LEAVE ONLY FOOTPRINTS
KEEP ONLY MEMORIES
**Major Trails:**

**Bicycle Trails**

The overall vision of Middletown's bikeway system is to connect residential areas, commercial properties, parks, and schools within the City, and to link Middletown with neighboring towns. The City intends to extend the existing trails to the downtown riverfront area in the future.

Two trails are featured here: the 2.2 mile Westlake Area Bike Path, which opened in 1999, and a 2.9 mile Mattabesset River Bike Path, projected to open in 2006. Both of these trails are closed during the winter months.
Mattabesset River Bike Path
(opening in 2006)

**Directions:** From Interstate 91 south, take Exit 21 (Route 372). At the end of the ramp, go straight and continue to the end of Industrial Park Road. Turn right onto Smith Street. Cucia Park is on the left, where parking access to the bike paths is located.

From Interstate 91 north, take Exit 20 (Country Club Road/Middle Street). Turn left at the end the ramp onto Country Club Road. Take the first right onto Middle Street. Turn right at the first traffic light onto Smith Street. Cucia Park is on the right, where parking access to the bike paths is located.

**Parking:** Ample parking is available at Cucia Park, which is connected to this trail by the Westlake Bike Path.

**Terrain:** The trail is mostly level with some gentle to moderate slopes.

**General:** This bike trail is on land owned or under easement by the City of Middletown. This section of the trail, scheduled to open in 2006, will be a ten-foot wide paved bituminous trail that will provide scenic vistas and access to the Mattabesset River for fishing and bird watching. It is open to bicycles, roller bladers, and strollers and is wheelchair accessible. The trail is closed in the winter.

**Trail:** The 2.9 mile trail begins on Westlake Drive near Route 217, where the Westlake Bike trail ends. It proceeds north and then east along the river, under East Street, and forms a loop around the Meadows at Riverbend subdivision, running parallel to Tuttle Road in some sections.
Westlake Area Bike Path

Directions: From Interstate 91 south, take Exit 21 (Route 372). At the end of the ramp, go straight and continue to the end of Industrial Park Road. Turn right onto Smith Street. Cucia Park is on the left, where parking access to the bike paths is located.

From Interstate 91 north, take Exit 20 (Country Club Road/Middle Street). Turn left at the end the ramp onto Country Club Road. Take the first right onto Middle Street. Turn right at the first traffic light onto Smith Street. Cucia Park is on the right, where parking access to the bike paths is located.

Parking: Ample parking is available at Cucia Park.

Terrain: This is a level, paved, street-lit trail, that is eight-feet wide and separated from the roadway by a grass buffer.

General: The bike trail, which opened in May 1999, is 2.2 miles long. It is located in a residential/commercial area and designed with special consideration for commuters.

Trail: The trail begins on Middle Street at the intersection of Bradley Street and Aetna Drive. It proceeds south along Middle Street to Smith Street, then east on Smith Street, continuing under the Interstate 91 overpass to Westlake Drive. From there the trail heads north on Westlake Drive to its terminus near Route 217.
Westlake Area Bike Path
*(Scale = 1 in : 1000 ft)*

**LEGEND**

- 🚴‍♂️ Westlake Area Bike Path
- 🔧 Roads
- ⛯ To Mattabesset River Bike Path
- 🚗 Parking at Cucia Park
Major Trails:
Canoe/Kayak Trail

In Middletown, we are fortunate to be located on the Connecticut River, named The Long Tidal River by Native Americans. One of its major tributaries, the Mattabesset River, defines the northern boundary of Middletown, as it flows southeasterly into the Connecticut River. The Mattabesset gains strength and volume when joined by its sister tributary, the Coginchaug River, before it meets the Connecticut just north of the Arrigoni Bridge. Cromwell Meadows (also called Round and Boggy Meadows) is a large freshwater tidal wetland located at the confluence of the Mattabesset and Coginchaug Rivers that is recognized regionally, nationally, and internationally for its rare species, fisheries, wetlands, water birds, and unusual habitat. These are wonderful areas to explore in canoes or kayaks.
Photo—Paul Woodworth, courtesy of Connecticut River Coastal Conservation District
Mattabesett River Canoe/Kayak Trail

Directions/Parking: Sawmill Pub – Take Route 9 to Exit 19 (Route 372/West Street). Turn west onto West Street, and left onto Route 3 at the stoplight before Stop & Shop. The Sawmill Pub is about 0.25 miles on the left side of road. Please park in the delineated parking spaces. Note: As of October 2004, the Pub has closed and the property has been sold. Plans are to keep the trail access open.

Harbor Park – Take Route 9 to Exit 15 (Route 66/ Washington Street). Take an immediate left onto deKoven Drive, which parallels Route 9. Travel about 0.5 miles, and turn left at the stoplight at Union Street. Go under Route 9, turn left onto Harbor Drive, and then right into the parking area by the boathouse, next to the restaurant.

Trail Difficulty: The Mattabesett River section of the trail is a fairly easy paddle downstream, generally suitable for novice boaters. However, when traveling on the Connecticut River, watch out for large boat traffic, strong currents, and tides.

General: The canoe/kayak trail and accompanying guide were developed by the Connecticut River Coastal Conservation District (formerly, Middlesex County Soil and Water Conservation District), based in Middletown, CT, with funding from the Silvio O. Conte National Fish and Wildlife Refuge and the Long Island Sound License Plate Program, Connecticut Department of Environmental Protection. The launch area is on the property of the Sawmill Pub, whose owners have graciously allowed use of their property for public access to the river.

Trail: The Mattabesett River trail begins behind Sawmill Pub, at 24 Shunpike Road (Route 3) in Cromwell, and ends at Harbor Park in Middletown. The trip time from Sawmill Pub to Harbor Park is approximately 2 hours.

An interpretive sign and trail guide box are located near the entrance to the trail. Follow the trail down a short set of stairs to the river’s edge to launch your boat. Turn left (downstream) at the put-in spot. The canoe/kayak trail winds its way downstream from the Pub through Cromwell Meadows, a large freshwater tidal wetland at the confluence of the Coginchaug and Mattabesett rivers, and out to the Connecticut River to Harbor Park.

The Sawmill Pub launch area is very muddy at low tide, so it is best to begin your trip during high tide. If you plan to take out at Harbor Park, you can leave a second car there. When using the public dock at Harbor Park, please yield to any crew teams departing and arriving at the dock. If you plan to return to the pub, again, be aware of the tides.

Special Note:

• Children 11 years and under are required by State law to wear a personal flotation device (PFD) at all times while on a vessel, although PFD usage is encouraged strongly for both children and adults. There must always be one PFD in the vessel for each person. Canoists/kayakers must wear PFDs during cold weather months from October through May.

• Be aware that waterfowl hunters use the river and this area from mid-October through December.

• Please be mindful that this area is home to several species of endangered or threatened birds. To minimize disturbance to nesting and foraging birds, small creeks and marsh edges should be avoided.
There are several sites within Middletown that are worth a visit but do not provide extensive trails that warrant a long stay. These are described below and can be found on the Location Map on page 4. City streets and highways help locate the areas.

**Bible Rock**

On the west side of Route 154, just north of the Seven Falls parking area in Haddam, is an eight-foot tall, free-standing granite rock in the shape of an opened Bible on a relatively flat piece of land. The parcel on which it sits, located on the Haddam/Middletown line, was given to the State of Connecticut by Clarence Wadsworth of Long Hill Estate and Wadsworth State Park in the early 1940s. More signage is planned for the future. To access Bible Rock, turn onto Thayer Road, enter the first private driveway on the right and continue to the path.

**Columbus Point/Harbor Park**

This 3.5-acre park is located on the western bank of the Connecticut River, between Route 9 and the river near downtown Middletown. On the southern end is Columbus Point, a small grassy area with a statue of Columbus. A walkway connects Columbus Point with Harbor Park to the north. An east-west pedestrian tunnel under Route 9 connects the northern end of Harbor Park to the main downtown area. Both parks have picnic tables and excellent views of the Connecticut River, Portland, and the Arrigoni Bridge. The area is owned by the City of Middletown.

**Forest Grove**

This is a 6-acre parcel located between the west side of Forest Street and the Coginchaug River. The Rockfall Foundation owns this narrow strip of land, with one path. It is an easy walk with flat terrain. There are nice views of the river in this hemlock and deciduous grove. Parking for about four cars is available along Forest Street, 0.2 miles north of Wadsworth Street.

**Hubbard Park**

This 35-acre parcel, owned by the City of Middletown, is located next to Spencer School on Westfield Street. Although the parcel can be accessed from Spencer School, it is preferable to access it from Nathan Hale Road, off of Phedon Parkway, which can be accessed from Barbara Road and Old Mill Road. Parking is on the side of Nathan Hale Road, where a sign identifies the tract. This primarily deciduous wooded area has several informally marked trails. The terrain is flat and easy to walk.

**Marino**

This 1.7-acre parcel, owned by the Middlesex Land Trust, is located on a triangular piece of land between Main Street Extension and Mill Street. The beginning of the path into this preserve, indicated by a small marker on a white post at the trailhead, is located on Mill Street directly across from Front Street. A short path leads to Sumner Brook and ends at a small rocky beach where the stream broadens out. Beware of poison ivy.
Sumner Brook Corridor

The Middlesex Land Trust has acquired over 80 acres along Sumner Brook in the South Farms section of Middletown. Parcels are generally located near Millbrook Road south of Randolph Road. They are composed principally of open fields, wetlands, and small groves of trees. Although there are no trails, they are interesting places to visit for bird watching, a short stroll in a very rural setting, and, if dry enough, a picnic. Most of the following information comes from the Middlesex Land Trust Trail Guide.

**Harris Preserve:** This 36-acre preserve is composed mostly of wetlands and open flat land. Park on the north side of Wilcox Road and walk in between house #36 and #60.

**Jackson Farms Preserve:** Located on the south side of Wilcox Road, this 5.5 acre preserve is frequently wet but worth visiting. Park on the side of road and enter between the brook and the house to the east.

**South Farms Preserve:** Covering 22 acres, this preserve is primarily overgrown fields on which trails are planned for the future. For access, park on Lyceum Road.

**Longworth Preserve:** This 23-acre preserve with an east-west orientation is located on the east side of Millbrook Road, across from the intersection with Livingston Road. The west side of the property is a hay field and, to the east across Sumner Brook, is a ridge on which several large oaks are located.

Westfield Falls

This 4-acre parcel, owned by the City, is on the northern side of Miner Street, approximately one mile west of East Street. There is space for two cars to park next to several stone barriers. The short trail is rocky and uneven in spots, with a significant drop-off along its edge. The falls are about 100 feet high, surrounded by rock ledges and hemlock forest.
Other Resources

There are a number of excellent hiking, walking, or informational guides specific to the Middletown area with information to supplement the *Middletown Trail Guide*. They include:

*Connecticut Walk Book: A Trail Guide to The Connecticut Outdoors.* 1997. Connecticut Forest and Park Association, 16 Meriden Road, Rockfall, CT 06481. This complete guide to the blue-blazed hiking trails in Connecticut can be obtained from the Connecticut Forest and Park Association, (860) 346-2372. $18.00. Add $4.00 for shipping and handling if it is to be mailed.


*Mattabesett River Canoe/Kayak Trail Guide.* 2001. Middlesex County Soil and Water Conservation District (now Connecticut River Coastal Conservation District). This laminated trail guide can be obtained by contacting the Conservation District at (860) 346-3282. Copies are also available at the launch area at Sawmill Pub in Cromwell.

*Middletown County Trails.* Undated. The Rockfall Foundation. This brochure is free and can be obtained by contacting The Rockfall Foundation, (860) 347-0340.

*The Middlesex Land Trust Trail Guide: Selected Walks on Trust Preserves.* 2000. The Middlesex Land Trust. This publication is free and can be obtained by contacting the Middlesex Land Trust, (860) 343-7537.

*Trees of Middletown, a Walking Tour through the Urban Forest.* 1994. JoAn Johnstone Chace. This publication is free and can be obtained by contacting The Rockfall Foundation, (860) 347-0340.

Beware of the 3 shiny leaves of Poison Ivy along trails.
Bird Checklist

Following is a list of birds that may be found along Middletown trails in varied habitats.
W winter resident; S summer resident; M migrant; U uncommon; (no symbol is year-round resident)

___ Red-throated Loon  W
___ Common Loon  W
___ Pied-billed Grebe
___ Double-crested Cormorant
___ Great Cormorant  W
___ American Bittern  S
___ Green-backed Heron
___ Great Blue Heron
___ Great Egret
___ Snowy Egret  S
___ Canada Goose
___ Snow Goose  U
___ Wood Duck  S
___ Green-winged Teal  S
___ Blue-winged Teal  M
___ American Black Duck
___ Mallard
___ Northern Pintail  M
___ Ring-necked Duck  M
___ Bufflehead  W
___ Hooded Merganser  M
___ Common Merganser  M
___ Red-breasted Merganser  M
___ Mute Swan
___ Laughing Gull  S
___ Ring-billed Gull
___ Herring Gull
___ Great Black-backed Gull
___ Common Tern  S
___ Least Tern  S
___ Virginia Rail
___ Sora  S
___ Turkey Vulture
___ Osprey  S
___ Bald Eagle
___ Northern Harrier
___ Sharp-shinned Hawk
___ Cooper’s Hawk
___ Red-shouldered Hawk
___ Broad-winged Hawk  M  S
___ Red-tailed Hawk
___ Golden Eagle  W  U
___ American Kestrel
___ Merlin
___ Peregrine Falcon
___ Eastern Screech-Owl
___ Great Horned Owl
___ Barred Owl
___ Saw-whet Owl  U
___ Ring-necked Pheasant
___ Ruffed Grouse
___ Wild Turkey
___ Killdeer
___ Spotted Sandpiper  S
___ Common Snipe  M
___ American Woodcock  S
___ Rock Dove
___ Mourning Dove
___ Belted Kingfisher
___ Black-billed Cuckoo  S  U
___ Yellow-billed Cuckoo  S  U
___ Common Nighthawk  M  S
___ Whip-poor-will  S
___ Ruby-throated Hummingbird  S
___ American Crow
___ Fish Crow
___ Common Raven  U
___ Blue Jay
___ Horned Lark
___ Red-bellied Woodpecker
___ Yellow-bellied Sapsucker
___ Downy Woodpecker
___ Hairy Woodpecker
___ Northern Flicker
___ Pileated Woodpecker
Red-breasted Nuthatch
White-breasted Nuthatch
Brown Creeper
Eastern Kingbird
Olive-sided Flycatcher
Alder Flycatcher
Willow Flycatcher
Least Flycatcher
Eastern Phoebe
Great Crested Flycatcher
Purple Martin
Tree Swallow
N. Rough-wg. Swallow
Bank Swallow
Barn Swallow
Chimney Swift
Carolina Wren
House Wren
Winter Wren
Marsh Wren
Golden-crowned Kinglet
Ruby-crowned Kinglet
Blue-gray Gnatcatcher
Veery
Hermit Thrush
Wood Thrush
American Robin
Rufous-sided Towhee
Eastern Bluebird
Gray Catbird
Northern Mockingbird
Brown Thrasher
Cedar Waxwing
European Starling
White-eyed Vireo
Solitary Vireo
Yellow-throated Vireo
Warbling Vireo
Red-eyed Vireo
Blue-winged Warbler
Northern Parula
Yellow Warbler
Chestnut-sided Warbler
Black-throated Blue Warbler
Yellow-rumped Warbler
Black-throated Green Warbler
Pine Warbler
Prairie Warbler
Palm Warbler
Blackpoll Warbler
Black-and-white Warbler
American Redstart
Worm-eating Warbler
Ovenbird
Northern Waterthrush
Louisiana Waterthrush
Common Yellowthroat
Hooded Warbler
Wilson's Warbler
Canada Warbler
Black-capped Chickadee
Tufted Titmouse
Bobolink
Red-winged Blackbird
Eastern Meadowlark
Common Grackle
Brown-headed Cowbird
American Tree Sparrow
Chipping Sparrow
Field Sparrow
Fox Sparrow
Song Sparrow
Swamp Sparrow
White-throated Sparrow
White-crowned Sparrow
House Sparrow
Orchard Oriole
Northern Oriole
Northern Cardinal
Purple Finch
House Finch
American Goldfinch
Dark-eyed Junco
Common Redpoll
Indigo Bunting
Rose-breasted Grosbeak
Evening Grosbeak
Red Crossbill
Snow Bunting
Scarlet Tanager
Notes:

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