

## BE PREPARED ON THE TRAIL

### Dress the Part

No matter what the forecast looks like, dressing in layers will keep you comfortable and safe. Synthetic pants with a tank top or short-sleeved shirt make for a great all-around base layer.

### Pick Proper Footwear

Sturdy, supportive footwear will protect your feet and ankles from injury, but going overboard with more shoe than you need may result in exhaustion and injury. For most days, light, low-top hiking or running shoes provide support without being too heavy. Also, don't forget quality socks. Wicking, non-cotton socks will help protect against blisters as the miles go by.

### Don't Forget the Extras

Even if you only intend to be out for a couple of hours, stashing a few basic items in your pack will keep you happy and comfortable, Sunglasses and a sun hat can make all the difference in how a hike feels. A quality pair of sunglasses will protect your eyes from burn and strain, and a wide-brimmed hat makes for even better face and neck protection than sunscreen alone. Trekking poles make a big difference when hiking uneven terrain. They help take the strain off your legs going up and downhill.

### Keep Safety in Mind

Be aware of your fitness level. Choose a trail or walk that fits with your ability. If you're not hiking with someone else, make sure to tell someone where you're starting from, where you'll be hiking, and your final destination. Be aware of your surroundings as you walk. The more you pay attention to landmarks like buildings, roads, hills and lakes, the less chance you'll have of getting turned around or lost. Plan ahead and pack everything that you need. Staying safe and comfortable along the trail will help you have an enjoyable outing. The little things can make or break your experience.

## PARKS & RECREATION CONTACT INFO

### COLCHESTER, CT

(860) 537-7200  
ColchesterCT.gov

### EAST HADDAM, CT

(860) 873-5058  
EastHaddam.org

### EAST HAMPTON, CT

(860) 267-7300  
EastHamptonCT.org

### HEBRON, CT

(860) 530-1281  
HebronCT.com

### MARLBOROUGH, CT

(860) 295-6203  
MarlboroughCT.net

### PORTLAND, CT

(860) 342-6757  
PortlandCT.org

## SPECIAL THANKS TO:

TOWN OF COLCHESTER

ColchesterCT.gov

CHATHAM HEALTH DISTRICT

ChathamHealth.org

Conn. Dept. of Energy & Environmental  
Protection Recreational Trails Program  
CT.gov/Deep/CTRecTrails

## CHATHAM HEALTH DISTRICT

## TRAIL MAP GUIDE



SERVING THE TOWNS OF  
COLCHESTER - EAST HADDAM  
EAST HAMPTON - HEBRON  
MARLBOROUGH & PORTLAND

## TRAIL NOTES

The Chatham Health District, working with the Town of Colchester, is pleased to present this brochure, providing a listing of walking trails within the towns covered by the Chatham Health District. These existing trails are for the public to enjoy and are located in Colchester, East Haddam, East Hampton, Hebron, Marlborough and Portland.

With support from the Connecticut Department of Energy and Environmental Protection Recreational Trails Program, the Chatham Health District and the Town of Colchester wishes to promote the use of these outdoor resources and hopes that you will make time to enjoy them. Utilizing these trails is a great way to spend time outdoors, get in shape and bond with the ones you care about. We hope that you take full advantage of this brochure and appreciate the great outdoor facilities that we offer in the State of Connecticut.

All Trail networks accessed through school grounds are not open to the public until after school has been dismissed during the week (Mon.-Fri.). anytime on weekends or holidays.

Please be prepared to clean up after your pet. Please carry out whatever you carry in.

Please observe all signage & motorized vehicles are prohibited.

No vandalizing of vegetation or other property.

Be considerate of other trail users.



## PREVENTING TICKS

Camping in the woods can be a fun activity for the whole family, but it can be a risky endeavor in wooded, moist areas where ticks thrive. Ticks transmit potentially serious blood borne diseases to humans and pets that range from Lyme Disease to Rocky Mountain Spotted Fever. To enjoy yourself during your outdoor adventures, take measures to prevent tick bites.

### Give Piles of Leaves a Wide Berth

Ticks like to hide in piles of decomposing or rotting leaves, because these environments are humid and dark.

### Stay Away from High Grasses

Try not to walk in areas with high grass or vegetation, because ticks often rest on grasses, and brush against the grass so they can attach.

### Walk in the Center of Trails and Clearings

Staying on the path and in cleared areas will help keep you away from ticks.

### Dress for Protection

Choose long-sleeved shirts and pants. Although ticks can crawl under clothes easily, you reduce the risk of tick bites by covering more skin and making it harder for ticks to attach themselves to the skin.

### Secure Long Hair

If you have long hair, it's a good idea to cover, braid or tie it so that it is secure and you don't brush against areas where ticks might be located.

## WHILE WALKING ON THE TRAIL

### Select Light-Colored Clothing

Ticks are easier to spot when they land on light colors. Select and apply an effective repellent that contains 20% or more of DEET.

### Don't Forget to Apply Repellent to your Shoes

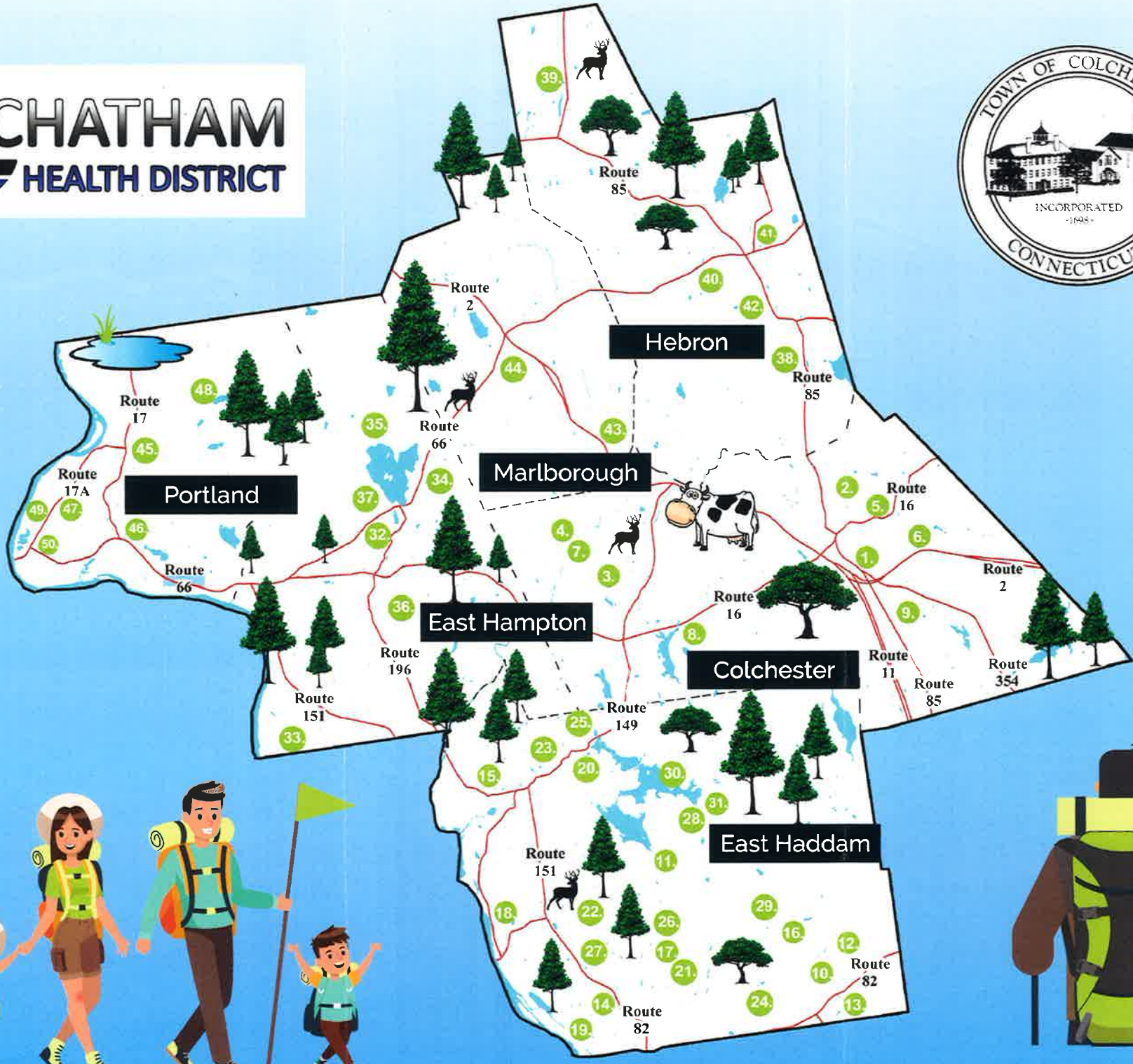
Ticks are often located at the ground level, and spraying your shoes with repellent will greatly reduce your risk of tick exposure.

### Shower as Soon as you can

Taking a shower or bathing will help you locate and remove any unattached ticks. Run your clothes through the dryer as soon as you return home to kill ticks that might be on your clothes. If you do find a tick, and it has attached itself to your skin, use tweezers to grab its body and pull it directly up and away. Tweezers with pointed ends work best so you can grab and hold on to the tick more easily. Never twist the tick or try to coax it off using heat or solvents. Follow up by swabbing the area with rubbing alcohol to disinfect. You can also apply an antibiotic cream or ointment to the site of the tick bite.

### If you Find a Tick

If you find a tick embedded in the skin, and are concerned about the risks, the Chatham Health District can send the tick into the state laboratory to be tested. Place the tick you remove in a plastic bag and note the date and location that you removed the tick. Also, it's important to notify your physician as soon as possible.



**COLCHESTER**

- 1 Town Green- Norwich Avenue /Route 85/Hayward Avenue
- 2 Recreation Complex- 215 Old Hebron Road
- 3 Day Pond State Park- Westchester Road (Route 149)/Peck Lane
- 4 Airline Trail- Bull Hill Road/Route 85
- 5 Airline Trail Spur- Lebanon Avenue/Route 85
- 6 Bacon Academy 616 Norwich Avenue
- 7 Salmon River State Forest-Bull Hill Road
- 8 Babcock Pond Wildlife Management Area-Middletown Ave (Route 16)
- 9 Ruby & Elizabeth Cohen Woodlands-McDonald Rd /Dutton Road

**EAST HADDAM**

- 10 Ayers Preserve- Hopyard Road
- 11 Ballahack Preserve- Ballahack Road
- 12 Burham Brook- West Road
- 13 Chapal Farm- Route 82/ Baker Lane
- 14 Chapman Pond- River Road
- 15 Davison Memorial Park- Davison Road
- 16 Devils Hopyard- Route 82
- 17 Dean Easement- Parker Road
- 18 Duncan Preserve Porges Road/ Mill Road

**EAST HADDAM - CONT**

- 19 Gillette Castle- Route 148
- 20 Golet Farm Preserve-Great Hillwood Road
- 21 Hatch Lot- Mill Road
- 22 Harris Parcel - Mt. Parnassus Road
- 23 Hidden Valley Farm Preserve- Clark Gates Road/ Grist Mill Road
- 24 Lena Preserve- Babcock Road
- 25 Nichols Trail- Route 149/ Throwbridge Road
- 26 Olde Field Preserve-Parker Road
- 27 Rose Farm Homestead-Route 82/ Salas Homes Road
- 28 Sabine Reserve- Daniel Park Road
- 29 Sheepskin Hollow Preserve- Ridgebury Road/ Sheepskin Hollow Road/ Woodmount Circle
- 30 Urbanik Preserve- Foxtown Cemetery Road
- 31 William Jezek Memorial Preserve- Beebe Road/ Daniel Peck Road

**EAST HAMPTON**

- 32 Airline Trail- Smith Street
- 33 Hurd State Park- Route 151
- 34 Salmon River State Forest- Route 16
- 35 Meshomasic State Forest- Clark Hill Rd/Woodchopper Rd
- 36 Wopowog Road Conservation Showcase
- 37 East Hampton High School Track- 15 North Maple Street

**HEBRON**

- 38 Airline Trail- Church Street/ Route 85
- 39 Gay City State Park- North Street
- 40 Grist Mill- Chestnut Hill Road
- 41 Hebron Center Trail-Wall Street Main Street/Liberty Drive
- 42 Hebron Elementary School- Church Street

**MARLBOROUGH**

- 43 Blackledge River Greenway- West Road
- 44 Marlborough Elementary School 25 School Street

**PORTLAND**

- 45 Bransfield Park- 160 Rose Hill Rd
- 46 Camp Ingersol- 94 Camp Ingersol Rd
- 47 Portland High School Track- 94 High Street
- 48 Portland Reservoir Rim Trail- 379 Old Marlborough Turnpike
- 49 Portland Riverfront Park- 284 Brownstone Avenue
- 50 Portland Town Green- 265 Main Street

