

Ruby and Elizabeth Cohen Woodlands Park and Trail Map



In Gratitude:

Park Acquisitions Total park size – 206.21 acres

2001 - Ruby and Elizabeth Cohen Woodlands acquired as open space by the Town of Colchester from the family of Rubin H. Cohen after his death

2009 - Ruby II Acquisition – Town of Colchester/ Colchester Land Trust

2015- Parcel from Estate of Stanley Moroch

Eagle Scout Projects:

2003 - Blue Trail, Rob Fradette, Troop 109

2005 - Picnic Tables, Matt Ryan, Troop 72

2011 - Yellow trail upgrade/expansion, reblazed blue trail, created Marsh viewing area and Park/Trail map, Kyle McCormick, Troop 109

2013 - Information Kiosk-Theodore C.Ball, Troop 72

2016 - Red Trail, Tyler Keller, Troop 109

2017 - StoryWalk® Trail, Jack Boyden, Troop 72

2021 – Gazebo/Kiosk Renovation, Thomas Russell Troop 72

Other Projects:

2002 - Butterfly Garden, Pat Culhane Master Gardener

2008 - Park certified as a Wildlife Habitat through National Wildlife Federation – Colchester Garden Club and Colchester Land Trust

2014 - Butterfly-Pollinator Garden Expansion, Katherine M. Kosiba-Advanced Master Gardener, Colchester Garden Club

2016 - Butterfly-Pollinator Garden certified as a MonarchWaystation through MonarchWatch, Colchester Garden Club

2018 - CWH Sign and Information Kiosk, Colchester Garden Club

2018 - Tree Bench, Colchester Garden Club

2018 - StoryWalk Children's Garden, Colchester Garden Club

2018 - Cohen Woodlands Brochure and Trail Map Colchester Garden Club

2018 (Multi-year) **Conservation** Project–Invasive Japanese Knotweed Removal, Colchester Garden Club

2020 Children's StoryWalk hardscape - Colchester Garden Club and Troop 13

- **Report park damage to Colchester Public Works Department**
- **Report StoryWalk® Trail damage to the Cragin Memorial Library**

Being out in Nature is Good for You; spending time in nature can:

- Make children more focused
- Enhance children's emotional and social development
- Improve school performance
- Enhance creativity, problem-solving ability, self-esteem and self-control
- Improve cognitive ability
- Reduce stress
- Improve health, help avoid obesity

Hiking Safety for the Entire Family

- Discuss hiking safely every time the family goes on a hike to be certain all members know what to do especially in an emergency.
- Leave details about where the family will be hiking and when you are expected to be back with family, friends or neighbors.
- Consider having your child wear a whistle to use in emergency situations only.
- For more information on how to plan and hike safely, go to www.hikesafe.com
- For the 10 Essentials of Hiking: <https://americanhiking.org/resources/10essentials/>
- *What's in Your Knapsack?* Know what to pack: <http://www.ctmq.org/hiking-safety/>

For their own safety, when hiking with children they should be taught to:

- **Wear bright colors** so they can be seen by adults.
- **Always be within close reach and sight of adults**
- **Read Trail Blazes and other Trail markings**
- **Do not walk off the trail** to avoid getting lost and avoid doing damage to plants growing near by.
- **Keep an eye on the trail**, always consider the path ahead so as not to trip over a tree root or rock that may cause serious injury.
- **Be warned not to approach animals**, especially baby animals. Never catch, pet, feed, pose for a photo with a wild animal, even if the animal appears tame.
- Refrain from squealing or making other animal-like noises while hiking or playing.
- **Avoid playing in or near dense cover**
- **Do not touch or eat plants/berries** unless an adult knows whether it is safe.

Ruby and Elizabeth Cohen Woodlands

Brochure and Trail Map

96 McDonald Rd
Colchester, CT



Park open Dawn to Dusk



Open Space Park

Picnic areas

Hiking Trails

Colchester StoryWalk®

Butterfly Pollinator Garden

Ponds, streams, wetlands,
fields, wooded areas



Pick up your dog's waste

Dispose of your trash properly

No open fires

No alcohol / no drugs

No unauthorized motor vehicles