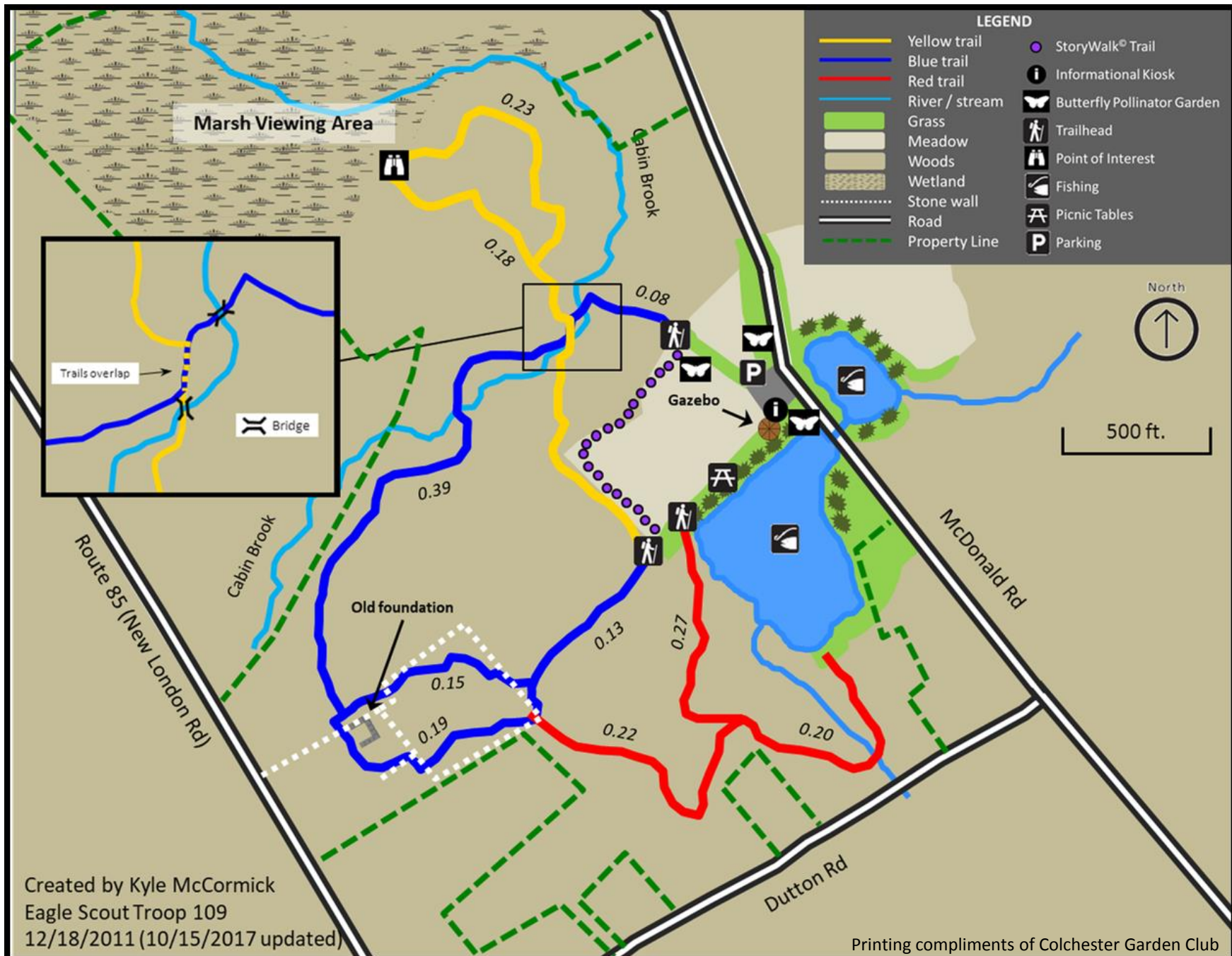


# Ruby and Elizabeth Cohen Woodlands – Park and Trail Map

96 McDonald Road, Colchester, CT  
Colchester Parks and Recreation



Created by Kyle McCormick  
Eagle Scout Troop 109  
12/18/2011 (10/15/2017 updated)

Printing compliments of Colchester Garden Club

# Ruby and Elizabeth Cohen Woodlands

## 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](http://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:

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

**Pick up/Dispose of Pet Waste** – It is pollution, environmental risk, and human health risk.

<http://www.conservect.org/LinkClick.aspx?fileticket=DdWj2p6F-Ck%3d&tabid=232>

Report park damage to the Colchester Public Works Department.

Report damage to the Colchester StoryWalk® Trail to the Cragin Memorial Library.

## In Gratitude:

### Park Acquisitions:

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

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

2015- Acquisition from Estate of Stanley Moroch  
Total park size – 206.21 acres

### Eagle Scout Projects:

2003 – Blue Trail, Rob Fradette, Troop 109

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

### Other Projects:






2002 – Butterfly Garden, Pat Culhane-Master Gardener

2008 – Park certified as a Wildlife Habitat through National Wildlife Federation

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

2016 – Butterfly-Pollinator Garden certified as a MonarchWaystation through MonarchWatch

## Trail Blazes

CONTINUE STRAIGHT 	START OF TRAIL 	RIGHT TURN 
SPUR LEADING TO A DIFFERENT TRAIL 	END OF TRAIL 	LEFT TURN 