

# The Guide to Walking and Hiking in Ledyard



**L.I.F.E.**

(Ledyard Interested in Fitness and Exercise)  
formerly The Ledyard Obesity Prevention Project  
2003

**LIST OF TRAILS**

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\* Trails to be established.

\*\* Property owned by Avalonia Land Conservancy

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

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### **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.

*"If you don't take care of your body, where are you going to live?" -- Jane Penz, R.D., Ph.D*

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### **Other Walking Opportunities in Ledyard**

- There are 15 walking/hiking trails in Ledyard (see centerfold map)
- The Par-Course fitness track next to Ledyard Center School, across from Ledyard Pharmacy (not during school hours) is flat, with stations to add extra exercises as desired.
- Another nice place to walk is an unpaved field by the Ledyard Middle School, the section closest to Route 214.
- Ledyard High School hallways, 6:00 p.m. to 8:30 p.m. are available for walking Mondays through Thursday, the end of October through the end of March. Six times around equal one mile. Free, but call Parks and Recreation to register at 464-9112.

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### **ERICKSON PROPERTY**

Located on Military Highway between Mill Cove Road and Mulberry Drive. Open parcel on the water. Site of future town park. Will be available for walking/strolling and enjoying river view.

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### **BARRETT PRESERVE**

Located near the top of hill between Long Cove Road and Christy Hill Road. Access from Long Cove Road opposite west end of Mount Vernon Drive. Open field, mature upland forest with laurel stands, towering tulip trees, rock ledges, and intermittent streams. Revegetating area burned in forest fire in 1989.

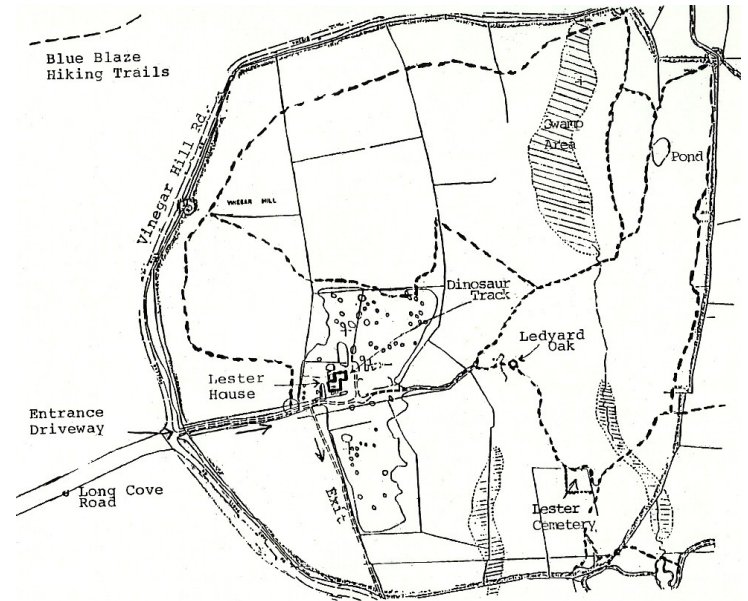
#### **Some Hiking Guidelines**

- Obey all 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 your dog 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***

### NATHAN LESTER PARK

Located at the junction of Long Cove Road and Vinegar Hill Road. These 100+ acres surround the Nathan Lester House, a public monument listed on the National Register of Historic Places. The land is level and wooded containing wetlands, laurel, and abundant natural beauty. This open space provides a wonderful opportunity for hiking over approximately 1-1/2 miles of periphery encompassing a number of trails.

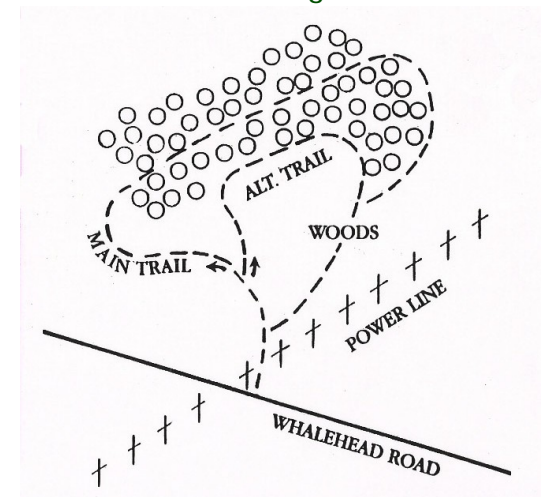


### DOW CENTENNIAL PRESERVE

Ninety-seven acres. Gated entry from cul-de-sac at end of Merry Lane, south of Whalehead Road, approximately 1.2 miles east of Route 12. Short trail does presently exist with plans to extend in the near future.

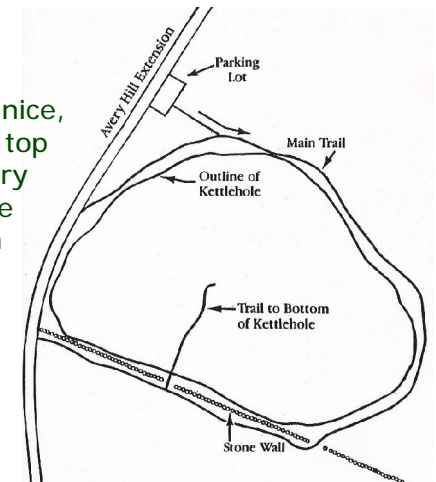
### LEDYARD GLACIAL PARK

Near junction of Vinegar Hill Road and Whalehead Road. Twenty-one and a half acres containing Ledyard's unique glacial remains. Main trail is about  $\frac{3}{4}$  mile and takes you down into the rocky ravine. Alternate trail is about  $\frac{3}{4}$  mile as well and follows the edge of the boulder moraine.



### KETTLEHOLE TRAIL

Avery Hill Extension. Very nice, flat trail running along the top edge of a very large, dry kettlehole. An alternative route is a walk down through the wooded kettlehole. Length of trail relatively short, approximately  $\frac{1}{4}$  mile.



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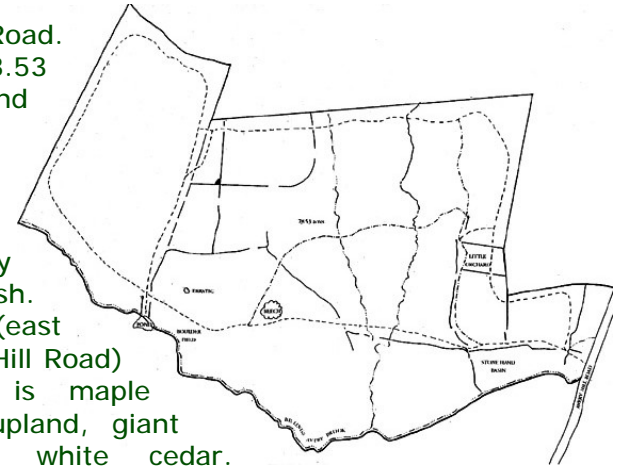
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**AVERY PRESERVE**

Avery Hill Road.  
West Tract 78.53  
acres is upland  
woodlands,  
brook, glacial  
boulder  
deposits, and  
the Avery  
Sheep Wash.

East Tract (east  
side of Avery Hill Road)  
22.37 acres is maple  
swamp and upland, giant  
rhododendron, white cedar.  
This side of road also has a hiking trail.



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**STODDARD HILL STATE PARK**

West side of Route 12, along the Thames River. Access to the river as well as very hilly forested area with trail and historic Hibbard-Stoddard cemetery. Maintained by the State of CT.

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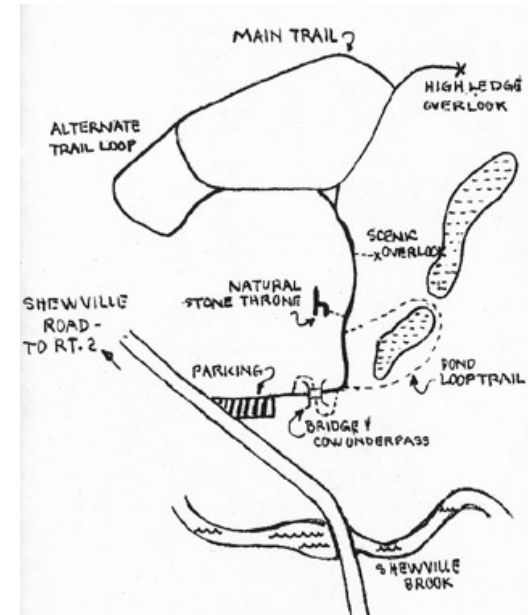
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**POQUETANUCK COVE PRESERVE**

West side of Avery Hill Road. A 1.5 mile loop trail on this 234-acre preserve passes through a variety of habitats from secondary growth oak-beech forest and hemlock ravine containing a stream, then emerges from the shadows to views of the cove and Duck Island. It then crosses drought-influenced pitch pine areas before returning to mixed hardwood forests of oaks and beech.

## WHITE-HALL PARK AND FOREST

East side of Shewville Road. 38 acres consisting of rocky uplands, fields, and 2 ponds as well as open field areas. All trails are about  $\frac{3}{4}$  mile in length and are marked.



## GREENMAN PRESERVE

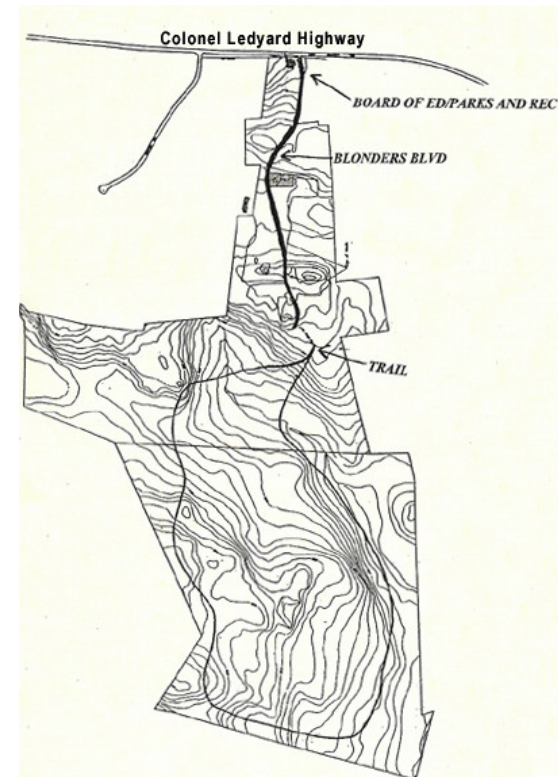
Deciduous woodland with seasonal wetlands. From Ledyard Center, north on Colonel Ledyard Highway, 2nd right onto Church Hill Road, 1st right onto Spicer Hill Road, next left onto Seabury Avenue (Parsonage Hill Manor), 2nd left onto Lynn Drive, 1st left onto Saint Pauls Street. Access on both sides of the street; 5.6 acres to the west, 18.6 acres to the east.

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## COLONEL LEDYARD PARK

Between Route 117 and Colonel Ledyard Highway. 131 forested acres containing ball fields, tennis courts, pavilions, gazebo, picnic areas, gardening demonstration site for deer resistant landscaping/tick reduction which is a Ledge Light Health District Project (2001 or 2002) as well as Colonel Ledyard Park Trail, approximately 1.5 mile loop. When ball fields not in use, these open areas are great places to walk if one does not prefer the woods. However, Colonel Ledyard Park Trail is a wide loop trail (redone by Eagle Scout project) over undulating terrain in lovely forest setting, enhanced by beautiful stone walls, brooks, an old hand-dug well site, and old stone foundation site with signage pointing out these particular areas.





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**HALEYS BROOK PRESERVE**

Two parcels (5.389 acres and 13.779 acres) connected by a 30 foot-wide walking corridor and surrounding a tributary of Haleys Brook. Red maple swamp with grove of tulip poplars along a gently flowing stream. East side of Center Groton Road (Route 117) approximately 1.6 miles south of Colonel Ledyard Highway and 0.7 miles north of Lambtown Road. Access from Center Groton Road or Peachtree Hill Avenue.

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**BERWICKS**

Property located off Gallup Hill Road west of Shewville Road in the Berwick's. This parcel of land was part of the designated open space for this area, and was bought by the Avalonia Land Conservancy.

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**RED BROOK PRESERVE**

Red maple wetland and flood plain along 1,471 feet of Red Brook. Provides access to Rogerine Quaker Cemetery to the north. North side of beginning of cul-de-sac at end of Red Brook Lane, east side of Pumpkin Hill Road.



## Walking Tips

Wear light, flexible, 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 the fibers to shrink.

Use a walking stick because it can transfer about 20% of the weight to 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 manufacturer's 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's nothing like WATER!

Carry food with high carbs, good taste and is easily digested.

Be sure to warm up adequately.

## STRETCH - STRETCH - STRETCH

*"A good trailsman always leaves a trail a little better than he finds it."*

*- Edgar Heermance*

# 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 skin.
- Safely dispose of tick. (e.g. flush down the toilet)
- Wash your hands and disinfect the tweezers and the bite site.
- Call your doctor regarding potential treatment as necessary.

### CAUTIONS

- Young children should be taught to seek adult help for proper tick removal.
- Do not prick, crush, or burn the tick, as it may release infected fluids.
- Do not try to smother the tick (e.g. petroleum jelly, nail polish) as the tick has enough oxygen to complete feeding.

**Get ticks off, not ticked off!**