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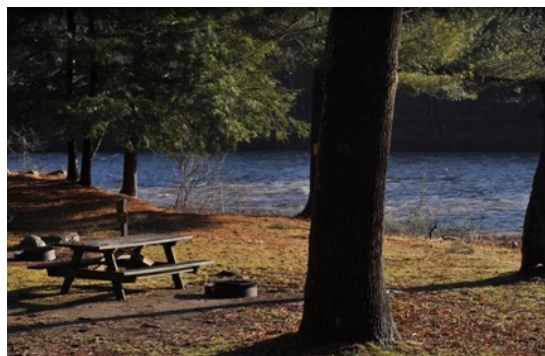


Hiking And Biking In CT

With the temperature rising, covid outdoor restrictions lifting and vaccine availability for all, it's time to get outside and discover what makes Connecticut one of the most beautiful states for outdoor fun. There are virtually unlimited opportunities to enjoy a hike or bike ride no matter what endurance, skill or age level. So grab your boots, wheels, family or friends and discover some of the hidden gems Connecticut has to offer.



[CT Bike Tours](#) is a private company, offering the "Connecticut Shoreline Bike/Boat Tour". A 3 hour, 20 mile bike tour starting in Guilford, proceeding along the shore to Stoney Creek where you'll then enjoy a 1 hour boat tour of the Thimble Islands and returning to Guilford.



[Housatonic Meadows State Park](#), located in Sharon, CT includes 452 acres of forest along the Housatonic River. The park provides great hiking trails (some of which are part of the Appalachian Trail), river fishing, canoeing, picnicking and camping. Enjoy beautiful views of the Housatonic River Valley from its 518 foot elevation scenic overlooks.



[Sleeping Giant State Park](#), located in Hamden, CT, encompassing 1,465 acres, provides over 30 mile of hiking trails, and includes a 5 mile section of the Quinipiac Trail. The high point elevation of 739 feet contains striking vistas from the Sleeping Giant Tower. Other activities include fishing, picnicking and youth camping. Sleeping Giant receives its name from its resemblance to a slumbering human figure.



[Kent Falls State Park](#), in Kent CT, consists of a 200 acres of land filled with hiking trails. Its famous waterfalls and a replica historic covered bridge. Hike a ¼ mile stair pathway up the falls to feel the mist on your face as the water drops down 250 feet into a reflecting pool before continuing on its journey to the Housatonic River. Other activities include hiking, fishing and picnicking.



[Collis P. Huntington State Park](#), located in Redding, Newtown and Bethel, CT, offers visitors over 1,000 acres of recreation including hiking trails, mountain bike trails, canoeing, horseback riding, archery hunting and pond fishing. The park was donated to the citizens of Connecticut by the heirs of the railroad magnate Collis Porter Huntington in 1973. Throughout the park can be seen life-like statues of bears and wolves created by Anna Huntington.

[Connecticut Bed & Breakfast/Bicycle Trail](#), provides a perfect balance to an active and relaxing escape. Come bike the trails in Connecticut then finish your day in comfort, at one of the many Bed and Breakfasts along the way. This Trail features eight bicycling routes, with six mimicking the Connecticut Barns Trail.





[Mountain Biking at Powder Ridge](#), Middlefield, CT. For the serious mountain biker, Powder Ridge is the place to go in the Spring, Summer and Fall. The facility operates as a ski resort in the Winter, and while the snow is gone, take the lifts to the summit with your mountain bike, and race to the bottom. Bike rentals are available and full face helmets are suggested. Other activities include a zip line facility and a disc golf course.

[Farmington Canal Heritage Trail](#), comprises of over 50 miles of trail stretching from New Haven to Suffield. Originally dug as a commercial canal in the early 1800's, the trail was soon filled in to provide a railroad trail. Today, the trail has been repurposed as a pedestrian friendly biking and walking trail filled with beautiful scenery and passing through towns as well.



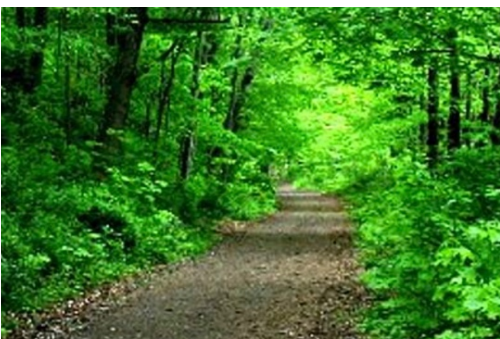
[Lover's Leap State Park](#), in New Milford, CT is 160 acres filled with hiking trails, scenic vistas and historic ruins. The trails offer spectacular views of the scenic Housatonic River Valley at Lover's Leap gorge. Be amazed at nature's beauty as you cross the gorge over the restored 1895 Berlin Iron Bridge, a lenticular truss iron bridge that is listed in the National Register of Historic Places.



[New England National Scenic Trail](#), is a collection of several existing historic trails stretching from the Long Island Sound in Guilford up through Massachusetts to the New Hampshire border. Over 200 miles of trails was designated by Congress in 2009 as the New England Trail. The trail offers panoramic vistas and close-ups of New England's natural and cultural landscape: traprock ridges, historic village centers, farmlands, unfragmented forests, quiet streams, steep river valleys and waterfalls. There are currently 9 designated overnight camping sites along the trail.



[Milford Walking Tours](#). Enjoy walks through Milford, CT with an amazing brochure published by the Milford Environmental Concerns Coalition and available online at the Town of Milford Parks & Walks page. Choose from 21 of "Milford's Favorite Walks" covering both historic and scenic sites, or 4 of "Milford's Favorite Bike Routes" with 5, 10, 20 and 40 mile routes mapped out. This brochure will provide endless opportunities for both walking and biking throughout Milford.



[Pequonnock Railbed Greenway](#), is a 16 mile collection of the former Housatonic Railroad line, stretching from Seaside Park in Bridgeport up through Trumbull, Monroe and ending in Newtown. The trail is open for pedestrian and bicycles and passes through the Pequonnock River Valley. The trail covers both roads and passes through 26 parks, including Twin Brooks Park, Beardsley Park, Wolfe Park, Old Mine Park and the Pequonnock Valley Wildlife Park. Parking is available at several access points along the trail.