

## Outdoor Adventures

With the Long Island Sound in its front yard and the rocky high cliffs of multiple state parks in its backyard, Greater New Haven offers a wealth of outdoor activities. Start on the shore, where public beaches and boardwalks stretch on for miles; rent a kayak or take a fishing boat out even farther. Naturalists have their pick of wildlife preserves. The hills farther north are interlaced with walking trails, ranging from a stroll to a strenuous hike, and when the winter snows arrive, skiers follow.

**The New England National Scenic Trail**, A 215 mile hiking trail route that has been in existence for over half a century. The NET travels through 41 communities in Connecticut and Massachusetts and travels through colonial historical landmarks and highlights a range of diverse ecosystems and natural resources: mountain ridges and summits, forested glades, wetlands and vernal pools, lakes, streams, and waterfalls. [newenglandtrail.org](#) | [ccain@ctwoodlands.org](#)

**Powder Ridge Mountain Park and Resort**, Middlefield. Connecticut's first and only year-round mountain adventure sports park and resort featuring boarder and ski cross, slalom racing, extreme tubing, family skiing, boarding and tubing, mountain bike trails plus full lodge, restaurant, bar and retail shops. [powderridgepark.com](#) | 866-860-0208

**Farmington Canal Linear Park**, New Haven/ Hamden/ Cheshire. 14 scenic miles (and growing) walkway perfect for biking, walking, hiking and in-line skating, beginning in Hamden and continuing north into Cheshire and south into New Haven. Parking available on Todd St., Sherman Ave., Brooksvale Park and Connolly Pkwy., all in Hamden, as well as near Lock 12 in Cheshire. Dawn to dusk. [farmingtoncanal.org](#) | 203-287-5658



Farmington Canal, New Haven

## Adventure / Activities

- Biking
- Hiking
- Horseback Riding
- Kayaking
- Boating
- Fishing
- Golf
- Skiing
- Snow Boarding
- Mountain Tubing
- Skating
- Paddle Boarding



Want to Know more?

[visitnewhaven.com](#)

203-777-8550

[info@visitnewhaven.com](mailto:info@visitnewhaven.com)

## Trains & Automobiles

**New Haven Union Station:** 50 Union Avenue, New Haven

- Amtrak: [amtrak.com](#) | Northeast Corridor. Connects to New York at Penn Station and to Boston at South Station
- Metro-North Railroad: [mta.info](#) | Connects to Grand Central Station, New York
- Shore Line East: [shorelineeast.com](#) | Commuter rail service operates along the Northeast Corridor through southern Connecticut
- Hartford Line: [hartfordline.com](#) | Connects to New Haven Line service to New York City, Amtrak Northeast Corridor rail services, and Shore Line East service

## Car Rentals

**ZipCar:** [zipcar.com](#)

Union Station, New Haven and 40 other New Haven locations

**Avis:** [avis.com](#)

Union Station, New Haven

203-624-2161

**Hertz:** [hertz.com](#)

1 George St., New Haven

203-777-6861

**Enterprise:** [enterprise.com](#)

408 Crown St., New Haven

203-789-2252

## RV Rentals

**Amity Car & Truck Repair III:**

129 Whalley Ave., New Haven

203-776-7208



## Outdoor Adventures



Scoot & Paddle

**Kayak: Scoot & Paddle**, Milford. Kayak, stand-up paddleboard, and motorized scooter rentals. Lessons and group tours available. Fees vary. Monday-Thursday 9 a.m.-6 p.m.; Friday 9 a.m.-7 p.m.; Saturday & Sunday 8 a.m.-7 p.m. Please call for off-peak season hours. [scootandpaddle.com](#) | 203-713-8282

**Audubon Salt Marsh Sanctuary Trail, Meadowlands**, Guilford. ¾ mile walking (only) trail around East River Salt Meadow. Observe local flora and fauna. See nesting ospreys in season. Free. Daily sunrise-sunset. [ct.audubon.org](#) | 203-264-5098

### Outdoor Activities: Parks and Beaches

Greater New Haven has many trails for hiking and biking throughout the region. From the leisurely stroll or relaxing at the beach to the challenging climb or bike ride, these parks and activities offer something for every fitness level.

**Chatfield Hollow State Park**, 381 Rte. 80, Killingworth. Scenic State Park featuring fishing, fresh water swimming, picnicking, and challenging hiking trails. A waterwheel, a covered bridge, and a boardwalk add to the beauty of this park. There is a weekend/holiday parking fee at for non-residents. Memorial weekend through Labor Day. [portal.ct.gov/DEEP](#) | 860-424-3200

**East Rock Park**, 41 Cold Spring St., New Haven. With 425 acres, East Rock Park is the largest in New Haven. It features the historic Soldier & Sailors Monument, the Pardee Rose Garden & Greenhouses, sports fields and over 8 miles of hiking trails. The summit offers an excellent view of New Haven Green and Long Island Sound. [newhavenct.gov](#) | 203-946-6086

**Hammonasset Beach State Park**, 1288 Boston Post Rd., Madison. New England Charm on the coast of Connecticut! Two-mile beach located on the Long Island Sound. The largest of CT's shoreline parks. With facilities for swimming, picnicking, seasonal camping, saltwater fishing, picnicking, scuba diving, hiking, mountain biking, rollerblading, and boating. Also features a Nature Center and concessions. Parking fees daily. 8 a.m.-sunset. [portal.ct.gov/DEEP](#) | 203-245-2785

**Hubbard Park and Castle Craig**, 199 Notch Rd., Meriden. 1,802 acre park that includes a lake, tennis courts, a pavilion, swings and playground equipped for younger children. Castle Craig is a replica of an ancient castle resting 1,002 feet above sea level. Hiking trails lead to the castle. [meridenct.gov](#) | 203-630-4259

**Millers Pond State Park Reserve**, Foothills Rd., Durham. Millers Pond is unique in that its principal source of water comes from large springs which create a body of unpolluted water excellent for small mouth bass or trout. The original dam at the pond was erected some time before 1704. [portal.ct.gov/DEEP](#) | 860-345-8521

**Silver Sands State Park**, Sandy beaches, boardwalks, seashells, and shore birds dominate the attraction to Silver Sands' beaches in Milford. Over a half mile of shoreline and three quarters of a mile of all-weather boardwalk make this a popular four-season waterfront destination.

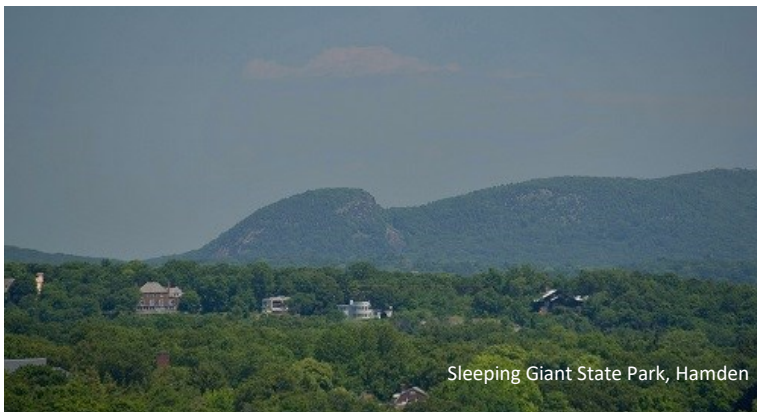
[portal.ct.gov/DEEP](#) | 203-735-4311



East Rock Park, New Haven

## Outdoor Activities: Parks and Beaches

**Sleeping Giant State Park**, 200 Mt. Carmel Ave., Hamden. Two miles of mountaintop resembling a large man lying in repose, the "sleeping giant", is a popular feature of the south central Connecticut skyline. A 1.5 mile scenic trail leads to the stone observation tower on the peak of Mt. Carmel which provides an excellent view of Long Island Sound and the New Haven area. Thirty-two miles of hiking trails and picnic areas, plus a river stocked with trout for spring fishing. 8 a.m.-sunset. Weekends and holiday parking fees: \$15 out-of-state vehicles; \$6 after 4 p.m. [portal.ct.gov/DEEP](#) | 203-287-5658



Sleeping Giant State Park, Hamden

**Wadsworth Falls State Park**, Rte. 157, Middlefield. Picnicking, fishing, hiking, swimming. Beautiful waterfall and colorful mountain laurel in springtime. The swimming pool, a saucer-shaped basin hollowed out of the level plain south of Rte. 157, is paved with a soil cement to prevent water from leaching out. Water pumped from a series of inter-connected wells located near the river is directed into the pool creating a circulating effect. Weekends and holiday parking fees: \$15 out-of-state vehicles. Weekdays: \$10 out-of-state vehicles. [portal.ct.gov/DEEP](#) | 860-345-8521



Wadsworth Falls State Park, Middlefield

## Rent a Bike

### The Devil's Gear Bike Shop

137 Orange St., New Haven  
1-203-773-9288  
[thedevilsgear.com](#)

### Action Sports

324 West Main St., Branford  
203-481-5516  
[actionsportsct.com](#)

## Hiking - Get the Map

### Hubbard Park & Castle Craig

[weekendwanderer2016.files.wordpress.com/2019/04/rectrails\\_me3\\_alt\\_6-2-16.pdf](#)

### Chatfield Hollow State Park

[portal.ct.gov/-/media/DEEP/stateparks/maps/ChatfieldHollowGPSpdf.pdf](#)

### East Rock Park

[newhavenct.gov/civicax/filebank/blobdload.aspx?blobid=25147](#)

### Farmington Canal Linear Park

[farmingtoncanalgreenway.org/Pdfs/map.pdf](#)

### Millers Pond State Park Reserve

[portal.ct.gov/-/media/DEEP/stateparks/maps/georeferenced/MillersPondNewpdf.pdf](#)

### Sleeping Giant State Park

[portal.ct.gov/-/media/DEEP/stateparks/maps/sleepgiantpdf.pdf](#)

### Wadsworth Falls State Park

[portal.ct.gov/-/media/DEEP/stateparks/maps/wadsworthpdf.pdf](#)

## Outdoor Activities: Campgrounds

### Riverdale Farm Campsite

I-95, exit 62, 111 River Rd., Clinton. 3 miles from the beach. 250 sites, April 15-November 1, hot showers, water, electric and sewer hookups, store, recreation hall, swimming, fishing, planned activities, laundry, cabin rentals, RV rentals, tenting, pets on leash, tennis, cable hookup. Daily rates \$50 per night for 30 Amp Sites. Daily rates \$55 per night for 50 Amp Sites.

[riverdalefarmcampsite.com](#) | 860-669-5388

### Hammonasset Beach State Park Campground

The Hammonasset Beach Campground is open for the 2021 season from Memorial Day through October 11 (daily). Reservations are available for periods of stay from Memorial Day weekend through October 11. Non-CT residents fees per night: \$30/\$45 campsite, 45 campsite with electric & water hook-up, \$80 for rustic cabins, MAP. Close to Madison Train Station for public transportation.

[portal.ct.gov/DEEP](#) | Campground Office 203-245-1817

### Totoket Valley RV Park

244 Foxon Road (Rt. 80) North Branford. Totoket Valley is only a 15 minute's drive outside of New Haven and is the closest RV park to New York City. The campground is situated in a convenient location with gas stations, restaurants and a convenience store all located nearby. Nightly rates \$55 and Weekly rates \$325.

[totoketrvpark.com](#) | 203-484-0099



Hammonasset Beach State Park, Madison

## Dining Along the Way...

**Ted's Restaurant** | American  
Famous Steamed Cheeseburgers  
1046 Broad St, Meriden  
203-237-6660  
[tedsrestaurant.com](#)

**G-Zen** | Vegetarian, Vegan  
2 East Main St., Branford  
203-208-0443 | [g-zen.com](#)

**Lenny's Indian Head Inn** | Seafood  
205 South Montowese St.,  
Branford  
203-488-1500 | [lennysnow.com](#)

**Claire's Corner Copia** | Vegetarian  
1000 Chapel St., New Haven  
203-562-3888  
[clairescornercopia.com](#)



Claire's Corner Copia, New Haven



Kala Bistro, North Haven

**Lenny & Joe's Fish Tale** | Seafood  
Awarded best seafood from the  
Shoreline Times and Connecticut  
Magazine.  
1301 Boston Post Rd., Madison  
203-245-7289 | [ljfishtale.com](#)

**Kala Bistro** | Global  
1995 Whitney Ave, North Haven  
203-889-2275 | [kalabistro.com](#)

For more dining options:  
[visitNewHaven.com](#)