



IT'S TIME TO GET YOUR HEALTHY ON

Explore Northeast Connecticut, get your 30 minutes of exercise a day and some fresh!

We've done some of the work for you and compiled a list of walking trails in Northeast Connecticut that offer flat terrain and convenient parking. For maps, directions and scheduled walks visit daykimball.org/champs for more details.

- Brooklyn** *Prince Hill Recreation Area – Prince Hill Rd*
- Canterbury** *Robert Manship Park- Lovell Lane, near Plainfield Line*
Off Route 14, walk the perimeter of the park
- Hampton** *Edwin Way Teal Sanctuary- 93 Kenyon Rd*
Off Route 97
- Killingly** *Quinebaug River Trail – Waregan Rd*
Off Route 12 Near Delta Rubber
Owen Bell Park- Dayville
Off Route 101
- Moosup/Sterling** *Rail Trail- Main Street, Moosup-Plainfield*
Park at the Coffee shop in the center of Moosup
- Plainfield** *Senior Center- 482 Norwich Rd*
Short nature trail behind the center
Fish Hatchery Trails- Trout Hatchery Rd- Park on Left prior to Hatchery
- Pomfret** *Wolf Den Nature area – 147 Wolf Den Drive*
Off Route 101
Airline Trail- Park at the new Rail Kiosk off route 169 and 101- Railroad Street
Bafflin Nature Sanctuary in Pomfret- 218 Day Rd.
Aichers Hill –Wyndham Trust Land –Park on Harrisville Rd near 169 end
- Putnam** *Quinebaug river Trail- Park at Rotary park or near the Farmer's Mkt Pav.- Kennedy Drive*
- Voluntown** *Hopeville State Park- 929 Hopeville Rd. Griswold, Ct*
Park at entrance and walk on road
- Thompson** *North Grosvernordale River Walk*
Off Route 12 behind the Knight's of Columbus
West Thompson Dam-
Park off West Thompson Road at park building
- Woodstock** *Roseland Park – Roseland Park Rd*
Walk the circle and the hill behind the baseball fields
Bentley Athletic Park- Norwich Worcester Turnpike, Rte 169- near Town Hall
Walk the access road and track



LIVING HEALTHIER. FEELING BETTER.

A WELLNESS PROGRAM SPONSORED BY DAY KIMBALL HEALTHCARE

DAY KIMBALL HOSPITAL CAMPUS

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