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Manchester Trails Guide

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basic safety tips for exercise

- Always wear appropriate safety gear i.e., protective gear for biking and skating and appropriate footwear.
- Warm-up before you exercise.
- Stop exercising if you experience severe pain, swelling, faint or dizziness.
- Choose proper footwear. Invest in a good pair of walking, hiking, or running shoes.
- Protect yourself from the sun. Wear a hat, glasses and sunscreen.
- Protect yourself from mosquitoes and ticks. Always check for ticks after you bike or hike on trails.
- Carry an EpiPen on your person if allergic to bee stings.
- Exercise with a companion.
- Bring and drink plenty of water throughout the activity.
- Always let someone know where you are.
- Always bring a map or your smartphone.
- Dress for the weather (layers) & wear bright colored clothing.
- Carry a cell phone for emergencies.
- Stay where you are when injured or lost after calling 911 so emergency personnel can locate you.

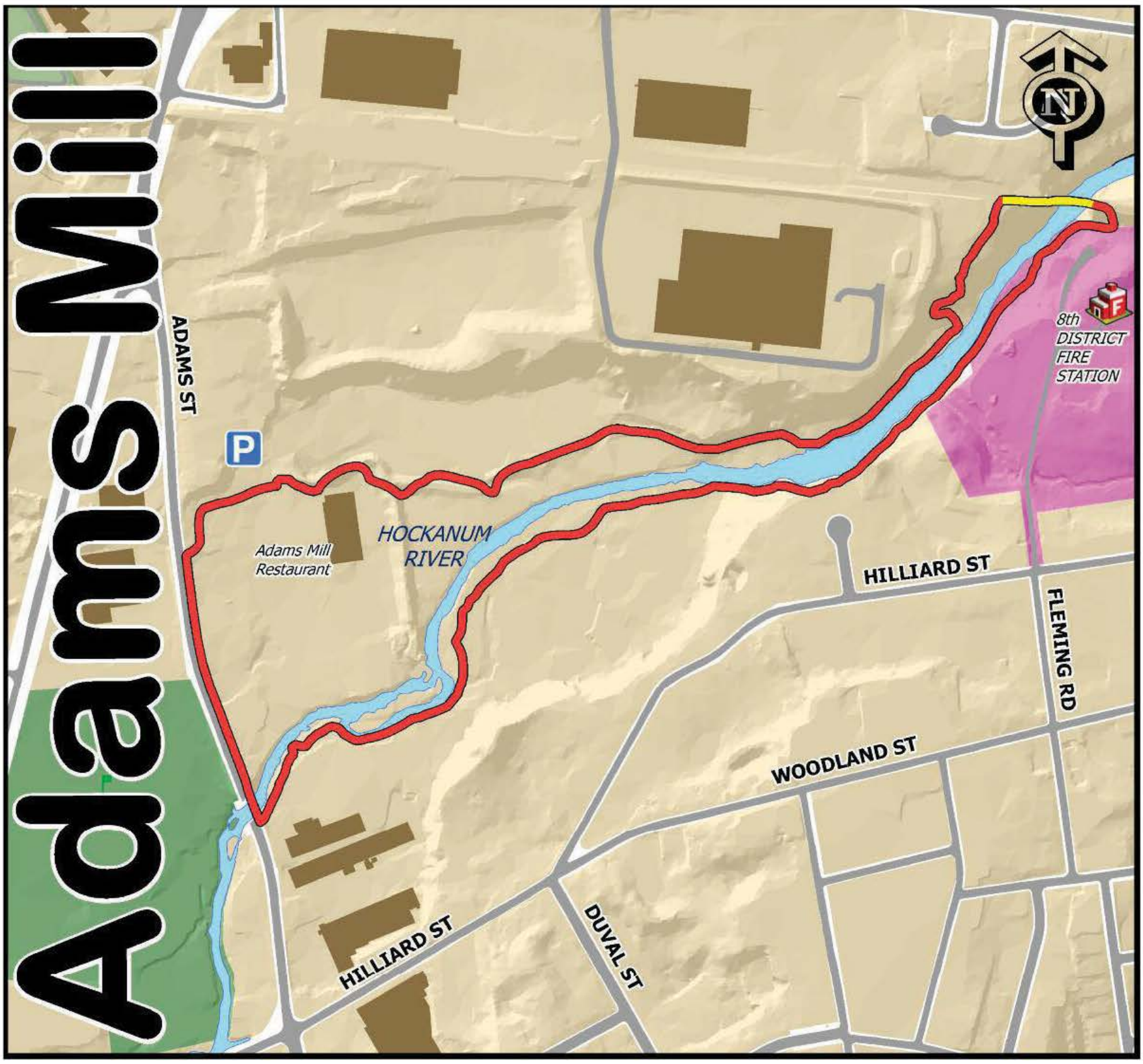
general guidelines

- Use common sense.
- Absolutely no motorized vehicles allowed.
- Obey all posted rules at each trail heads as well as any state and local laws that apply.
- Carry out what you carry in.
- Use of these trails is at your own risk.
- Travel on the right side of the trail except when passing.
- When passing on a bike give a clear and audible signal.
- Cyclist and in-line skaters shall yield to all pedestrians.
- When entering or crossing a trail yield to all users.
- Be respectful of wildlife.
- Do not trespass onto private property.
- Use cross walks at intersecting road ways.
- Pets must be under control at all time.
- Clean up after pets.
- Walk against the direction of traffic when walking within a roadway.
- Bicyclists should ride with traffic.
- Bicyclists shall ride in single file on roadway or trail.

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trail stats

- **Trail Head:** 165 Adams Street
- **Hours:** Dawn to Dusk
- **Length:** 1.9 miles
- **Surface:** Rough ground/grass/steps & some steep slopes
- **Difficulty:** Easy to Difficult

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

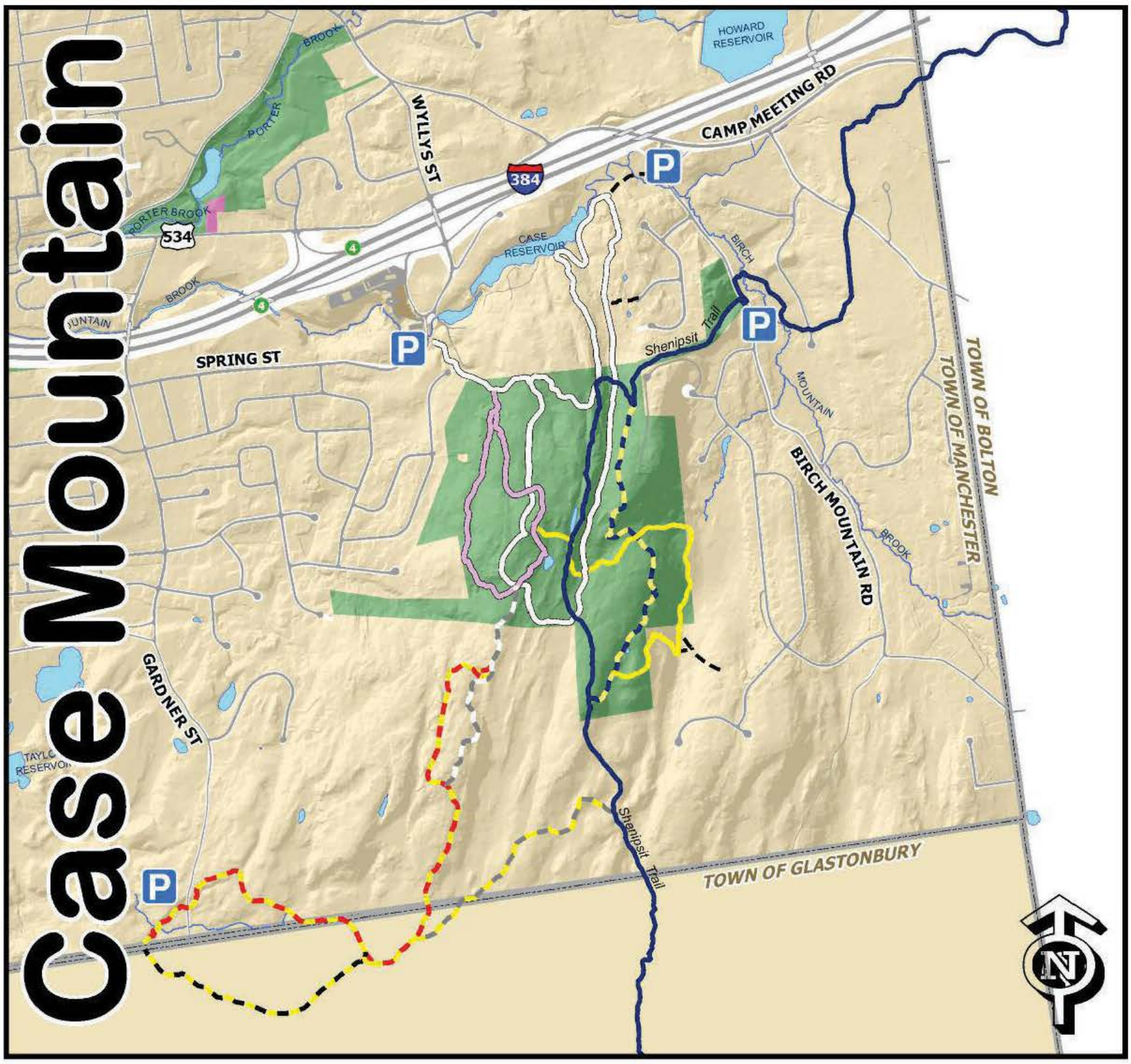
prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** Spring Street Parking Lot, Birch Mountain Road Parking Lot, Line Street Parking Lot
- **Hours:** Dawn to Dusk
- **Length:** Combined 10 miles of varies blazed trails
- **Surface:** Rough ground and rocky in areas
- **Difficulty:** Moderate to Difficult

highlights

- The Case Mountain Recreation Area encompasses 640 acres of open space and watershed lands. The system consist of 7 individual blazed trails. Not wheelchair accessible.

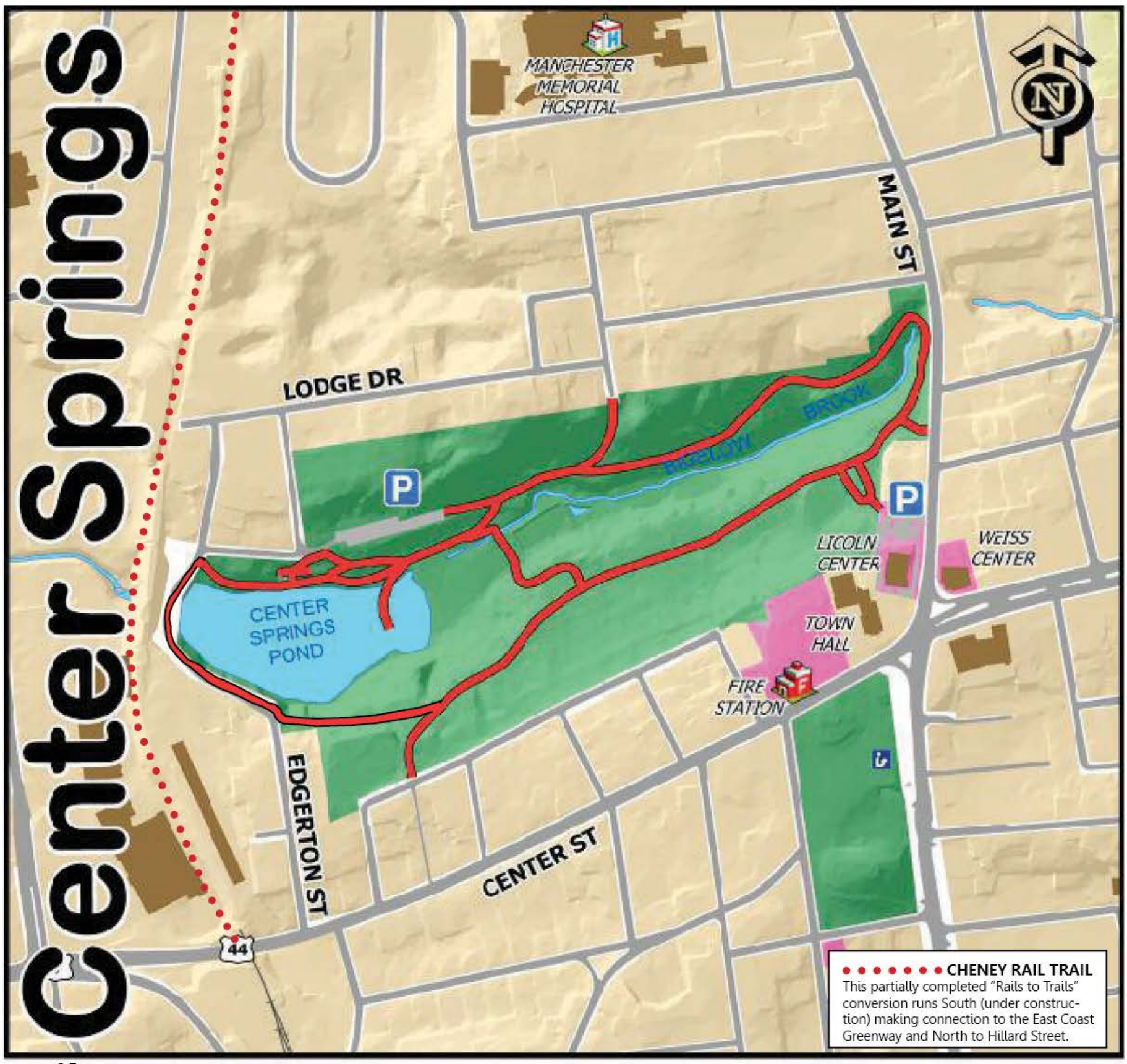
prohibited activities

- Drinking & Motorized Vehicles.

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trail stats

- **Trail Head:** 39 Lodge Drive
- **Hours:** Dawn to Dusk
- **Length:** Varies, 1-1.5 miles
- **Surface:** Paved pathway
- **Difficulty:** Easy to Moderate

highlights

- This loop trail includes a pond, 160 ft wheel chair accessible fishing pier, disc golf course and pavilions.

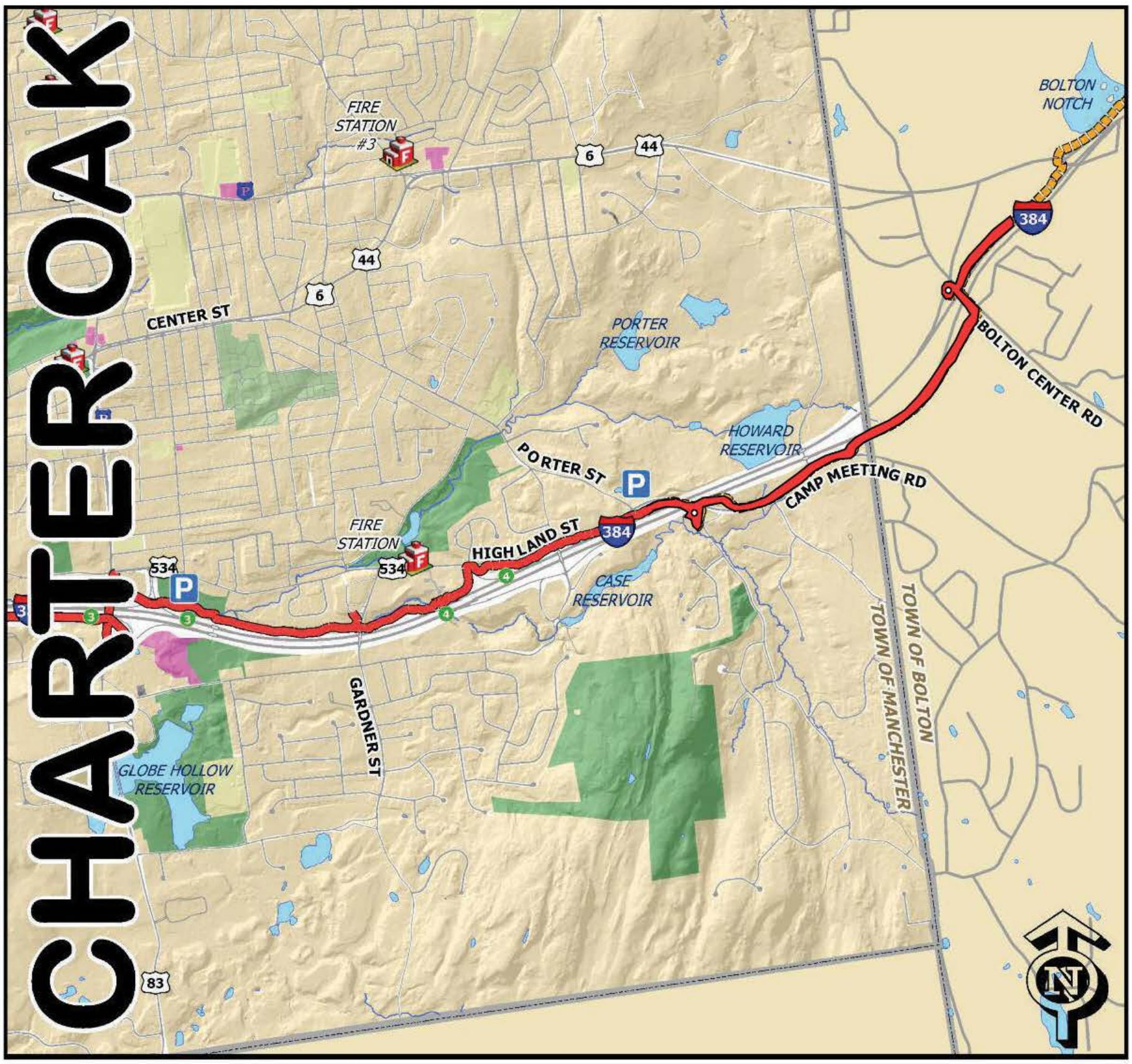
prohibited activities

- Drinking & Motorized Vehicles

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trail stats

- **Trail Head:** 55 Charter Oak Street
- **Hours:** Dawn to Dusk
- **Length:** Varies
- **Surface:** Paved bike path
- **Difficulty:** Easy to Moderate

highlights

- This 9.8 mile section of the Charter Oak Greenway that extends from East Hartford through Manchester towards Bolton Notch. Wheelchair accessible.

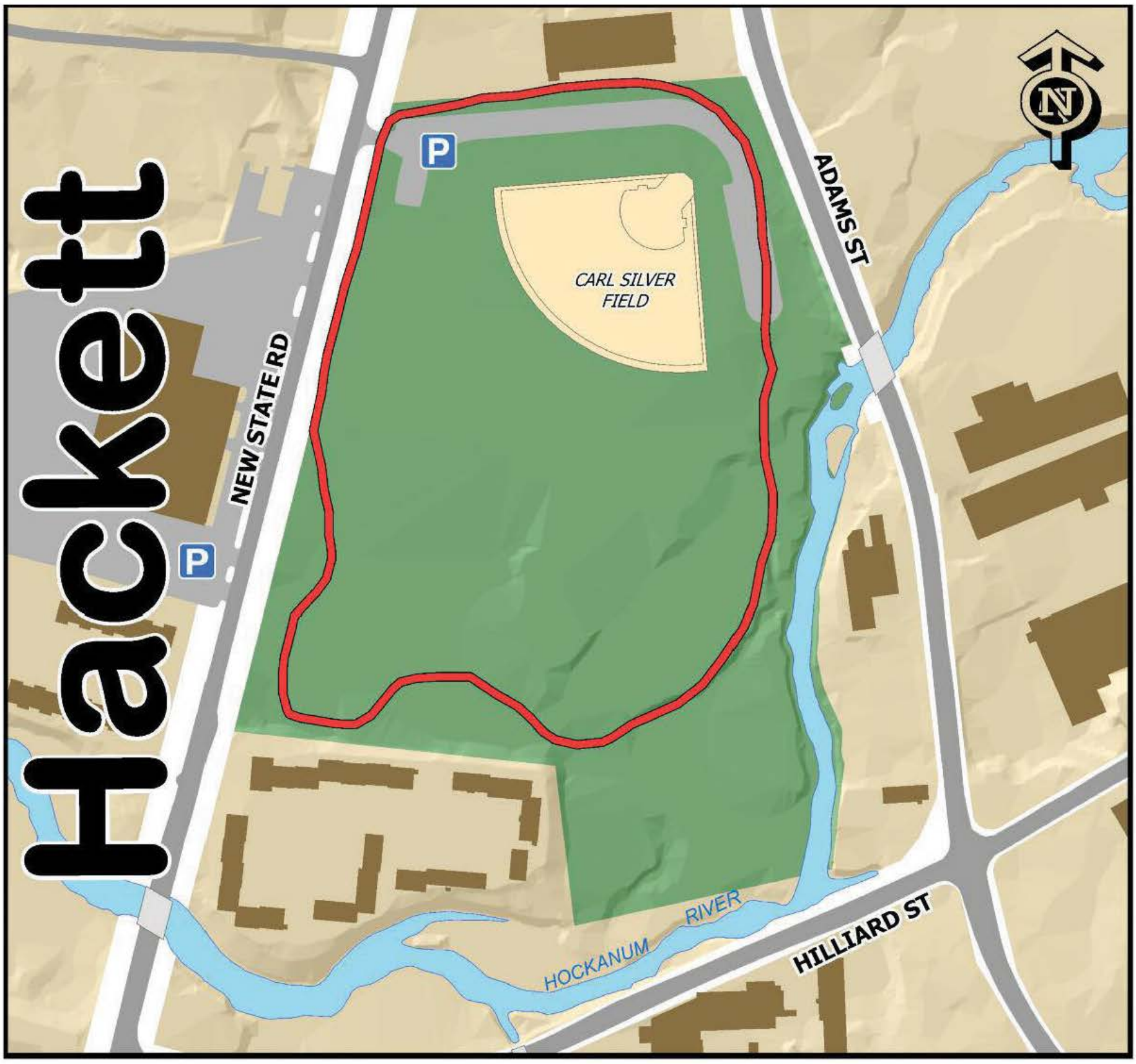
prohibited activities

- Drinking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** 312 New State Road (Carl Silver Field)
- **Hours:** Dawn to Dusk
- **Length:** .75 miles
- **Surface:** Rough ground/grass
- **Difficulty:** Easy

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

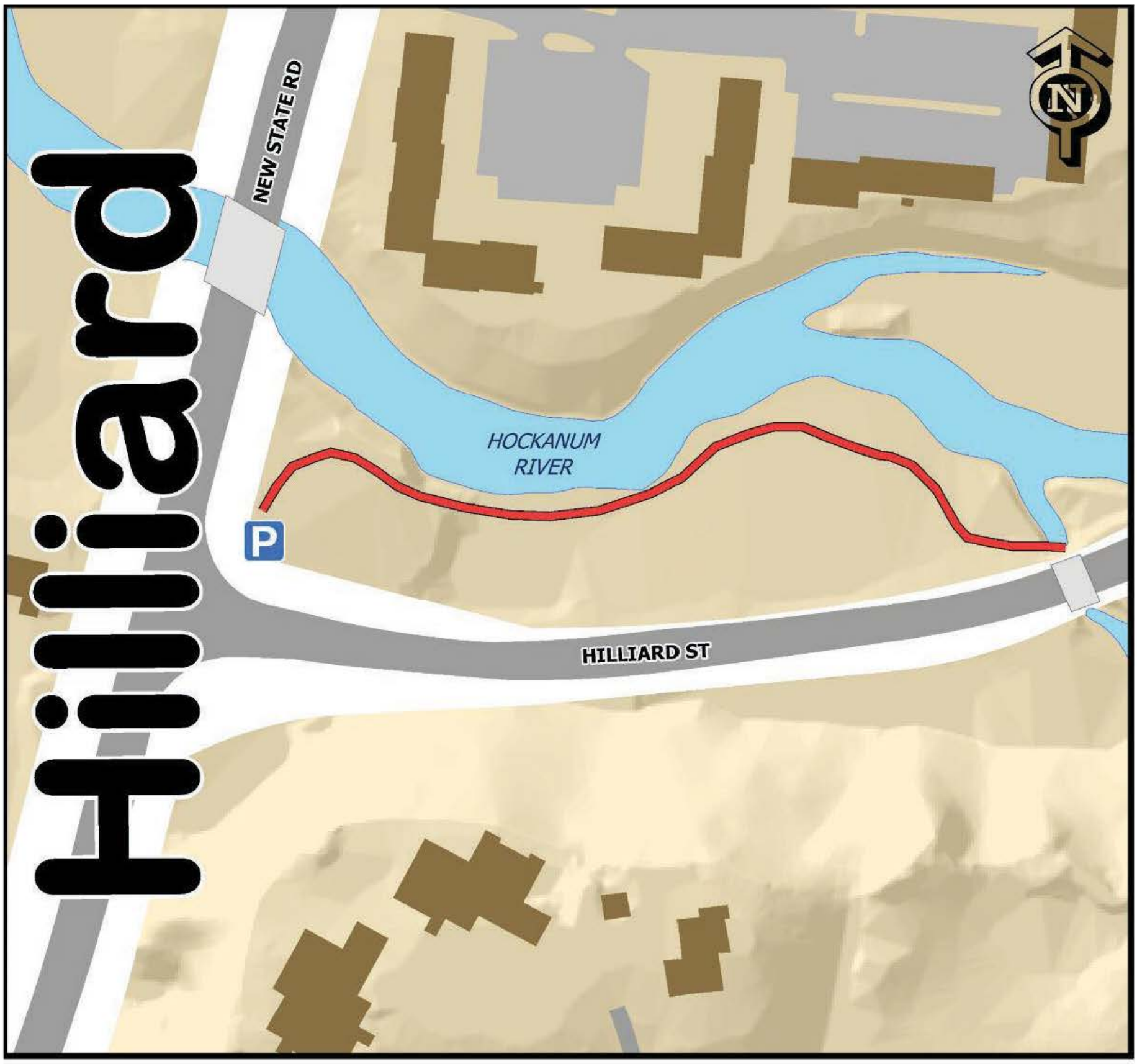
prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** Corner of Hillard & New State Road
- **Hours:** Dawn to Dusk
- **Length:** .3 miles
- **Surface:** Mostly grass with sections of packed dirt
- **Difficulty:** Easy

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

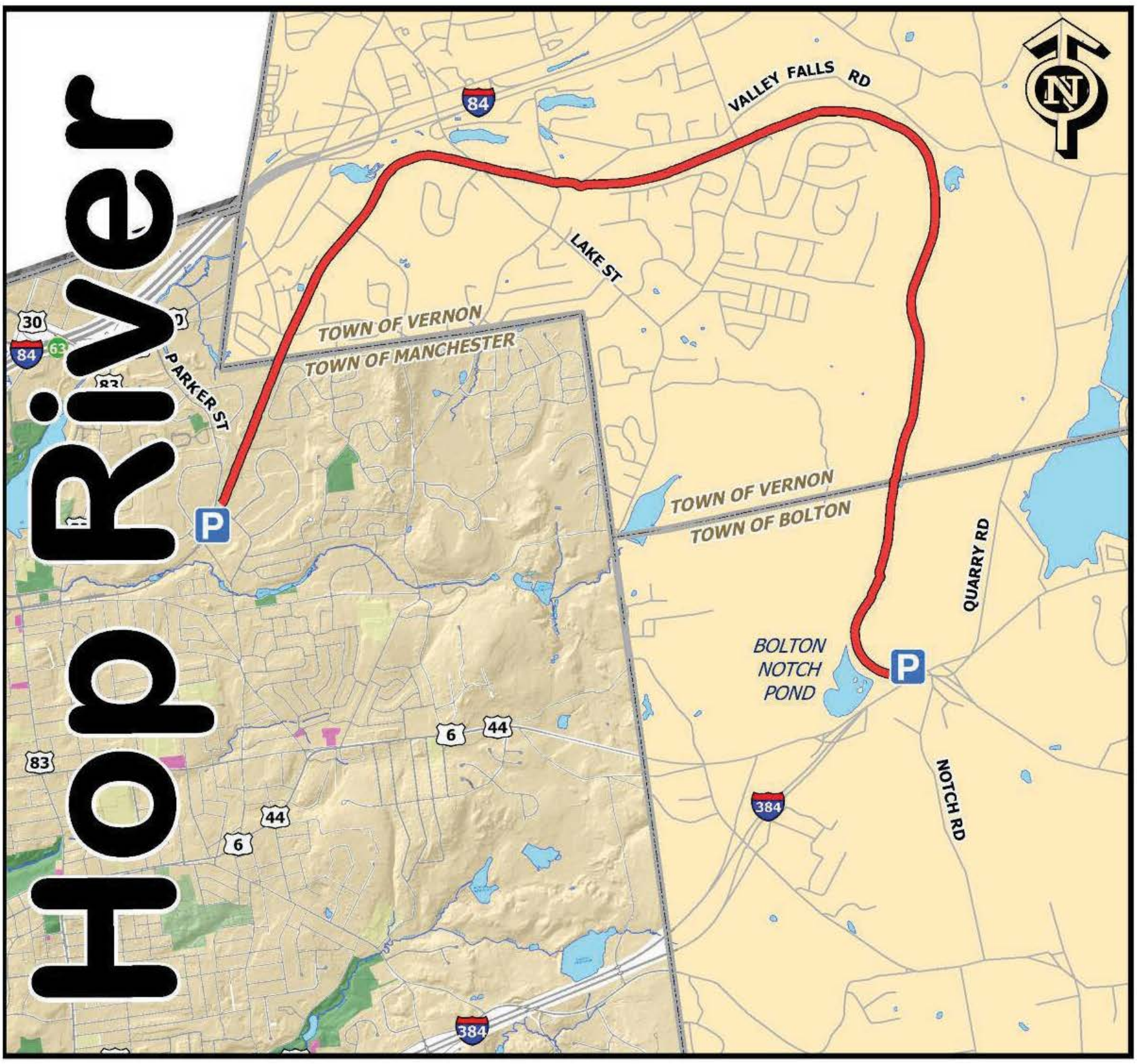
prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** Colonial Road Parking Lot
- **Hours:** Dawn to Dusk
- **Length:** 7.4 miles
- **Surface:** Stone dust
- **Difficulty:** Easy

highlights

- This "Rails to Trails" conversion extends from Manchester to Bolton Notch with future development to Airline Linear Park Trail. Wheelchair accessible.

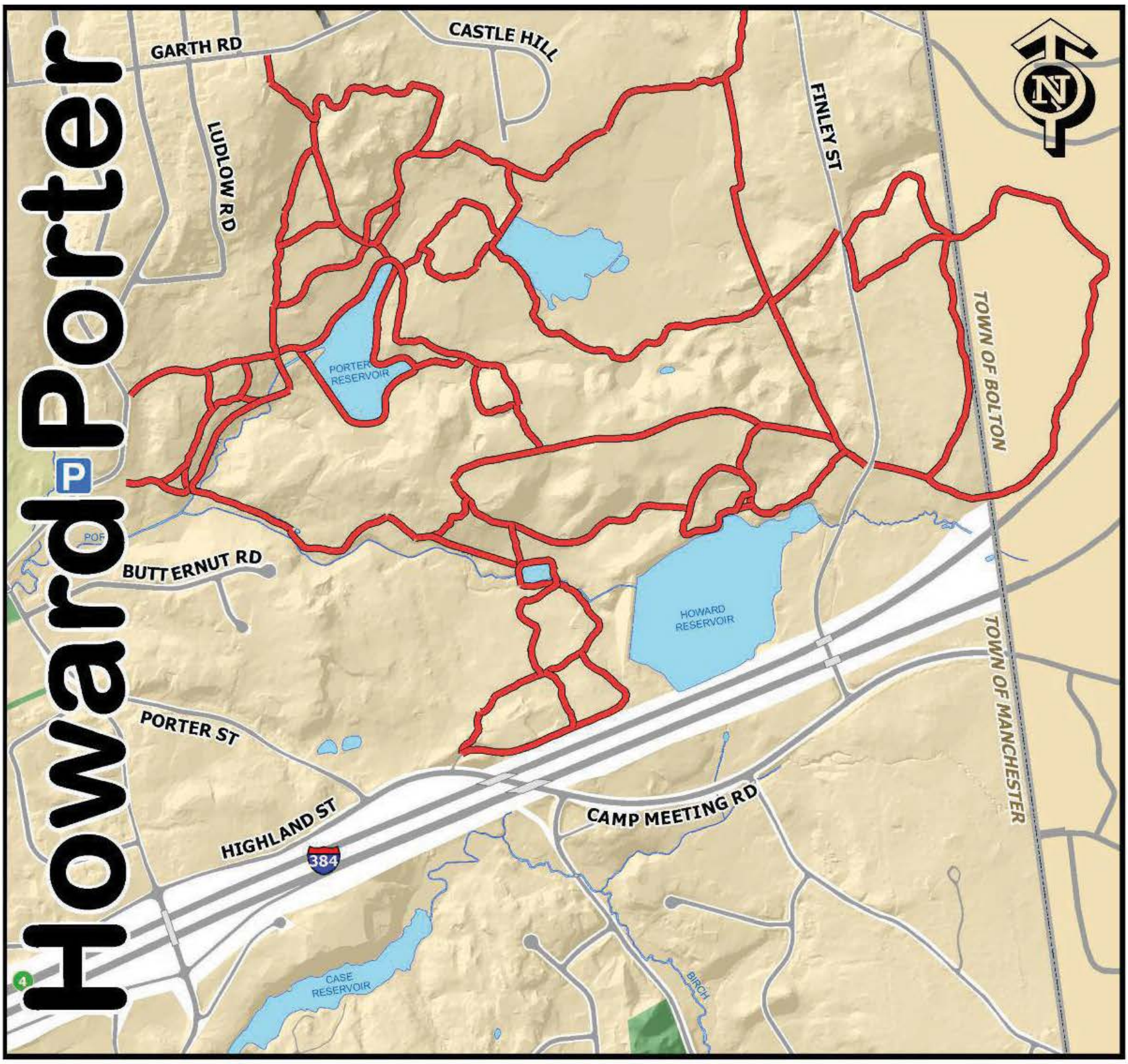
prohibited activities

- Drinking & Motorized Vehicles

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trail stats

- **Trail Head:** Ferguson Road Parking Lot
- **Hours:** Dawn to Dusk
- **Length:** Varies
- **Surface:** Varies rough ground/grass
- **Difficulty:** Moderate

highlights

- This trail system is located on watershed properties that protect and provide buffers to the Towns' reservoirs and tributaries. Not wheelchair accessible.

prohibited activities

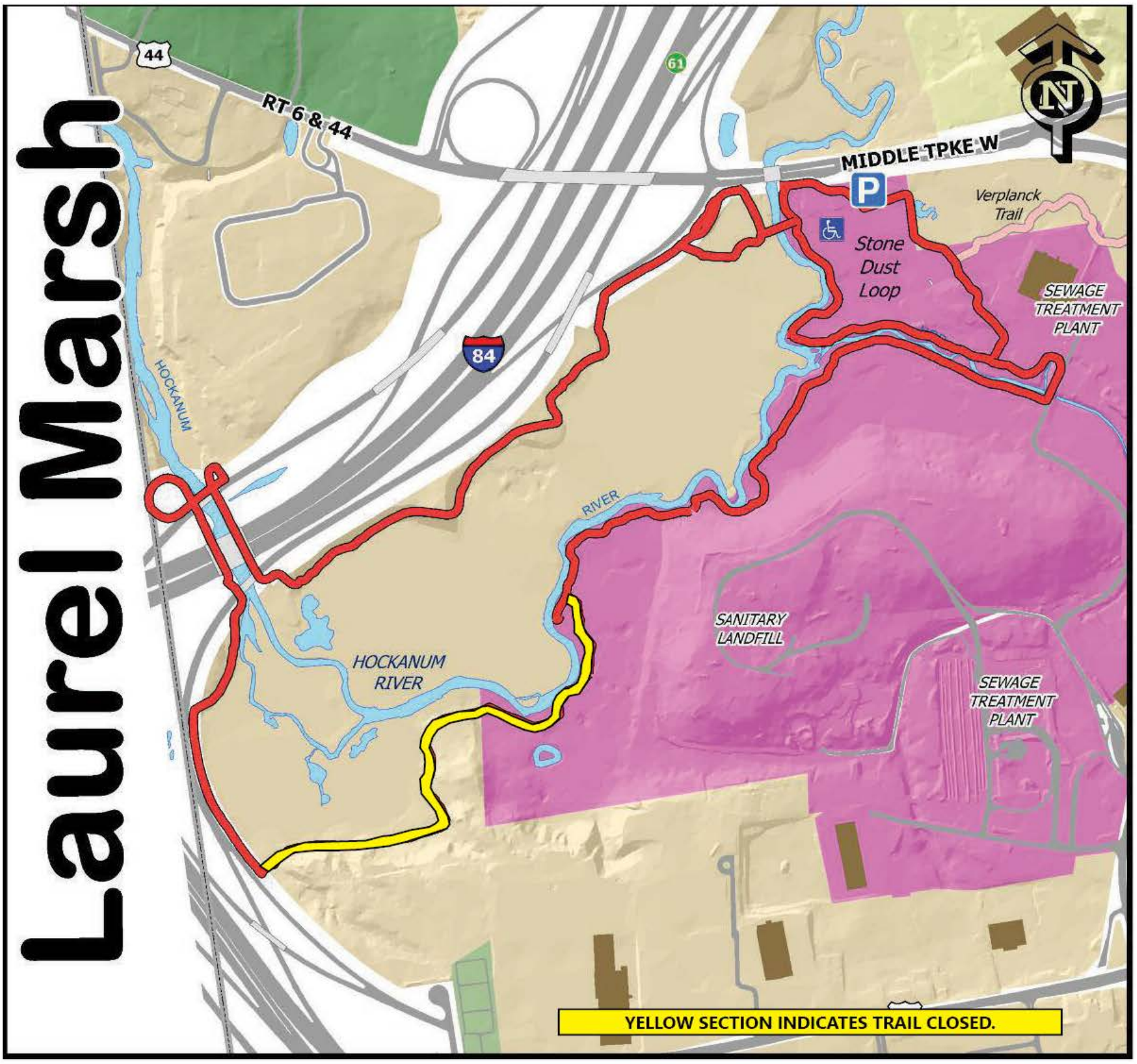
- Drinking & Motorized Vehicles

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Laurel Marsh



trail stats

- **Trail Head:** South side of Routes 6 & 44. Just east of exit 60 of I-84 across from Cheney Tech.
- **Hours:** Dawn to Dusk
- **Length:** 3.5 miles
- **Surface:** Rough ground/grass/steps & boardwalks
- **Difficulty:** Easy to Moderate

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

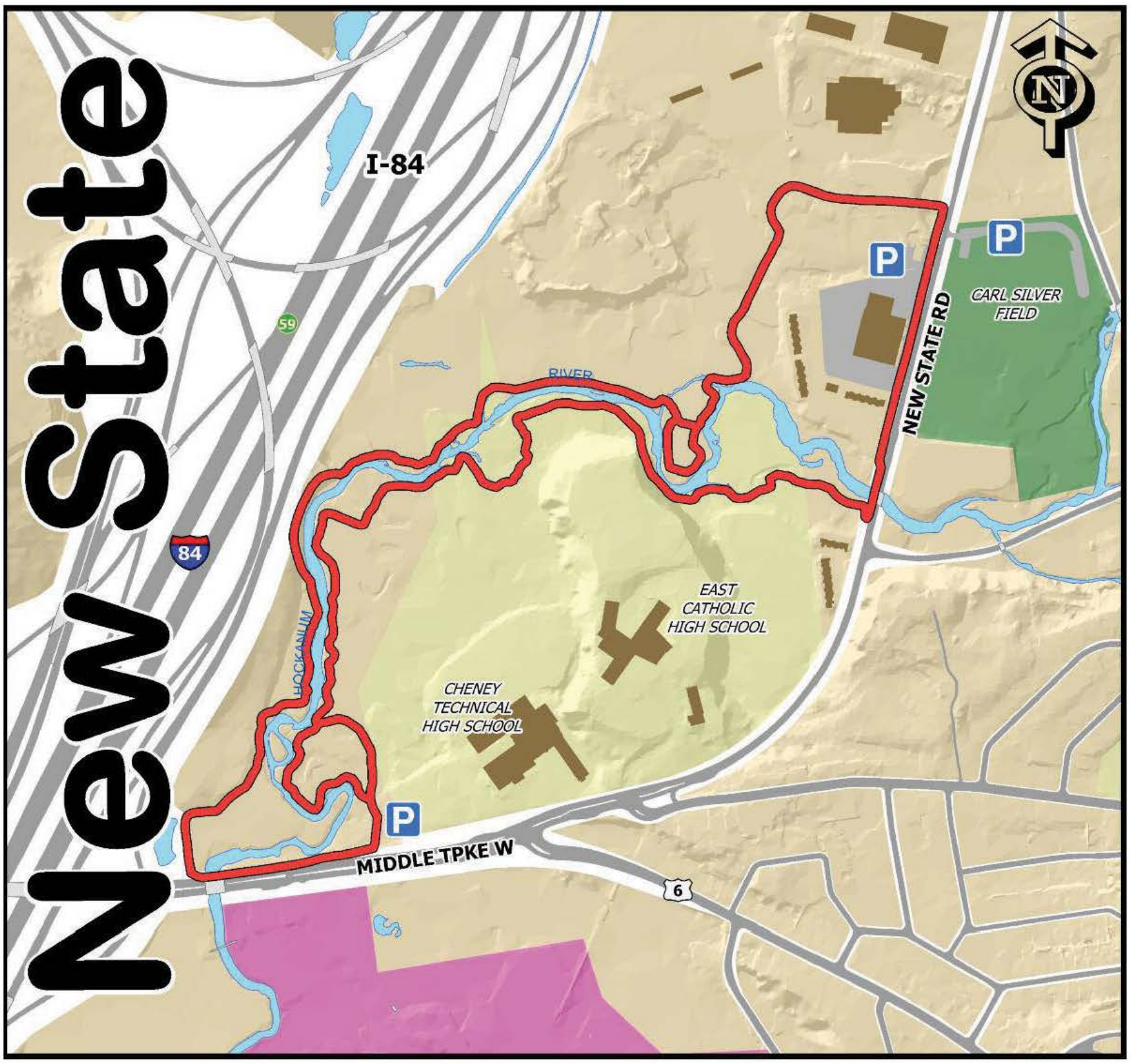
prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** 791 Middle Tpke W (West end of Cheney Tech parking lot)
- **Hours:** Dawn to Dusk
- **Length:** 2.8 miles
- **Surface:** Rough ground/gravel some steep slopes
- **Difficulty:** Easy to Moderate

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** 448 Tolland Tpke
- **Hours:** Dawn to Dusk
- **Length:** .7 miles
- **Surface:** Paved & stone dust
- **Difficulty:** Easy

highlights

- This trail boast an observation pier looking over Union Pond, an accessible playground, butterfly garden and picnic areas. Wheelchair accessible.

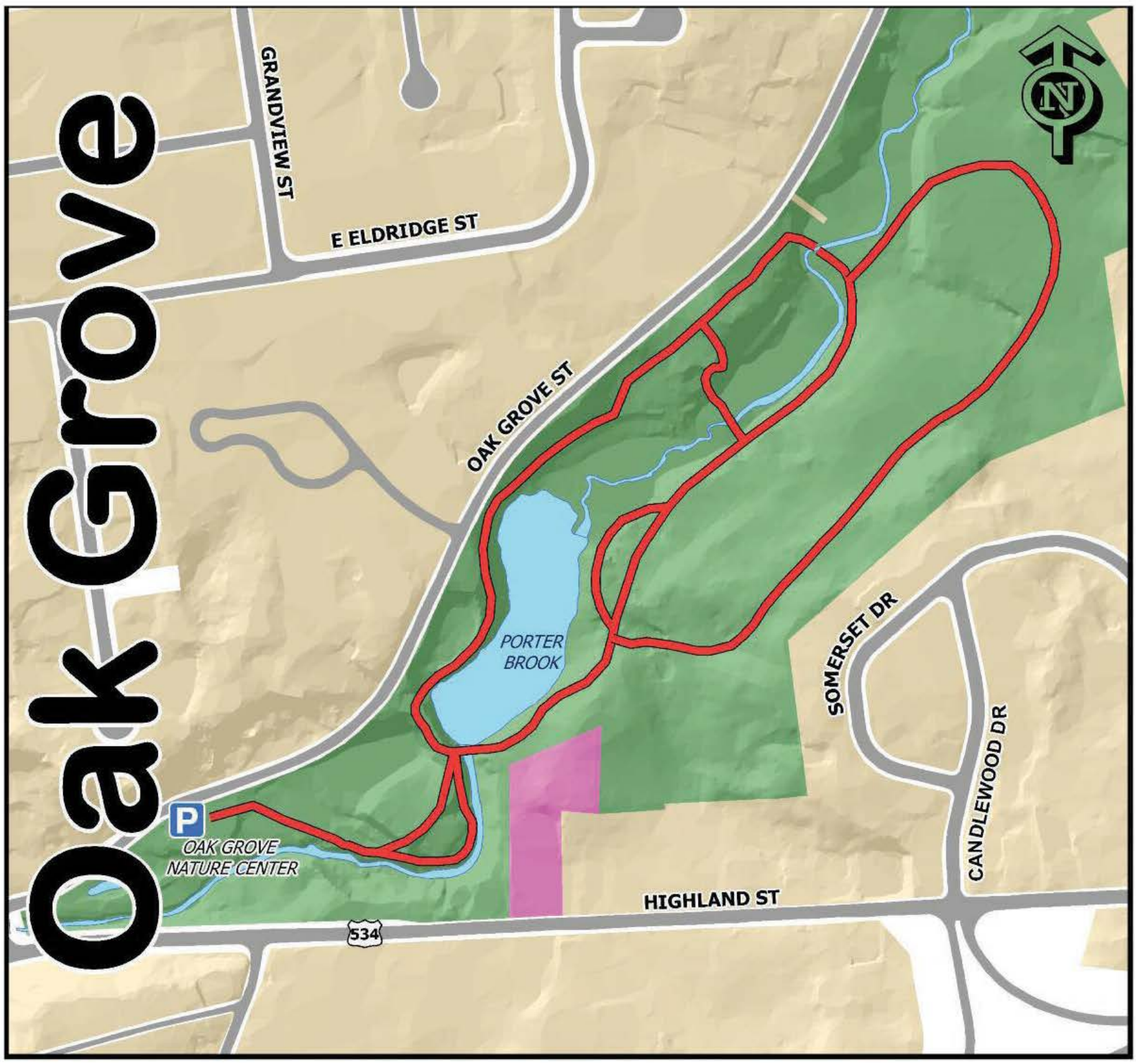
prohibited activities

- Drinking & Motorized Vehicles

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trail stats

- **Trail Head:** 269 Oak Grove Street
- **Hours:** Dawn to Dusk
- **Length:** Varies
- **Surface:** Varies rough ground/steps
- **Difficulty:** Easy to Moderate

highlights

- This trail system lies in a 52 acre nature preserve with a pond & covered bridge. Not wheelchair accessible.

prohibited activities

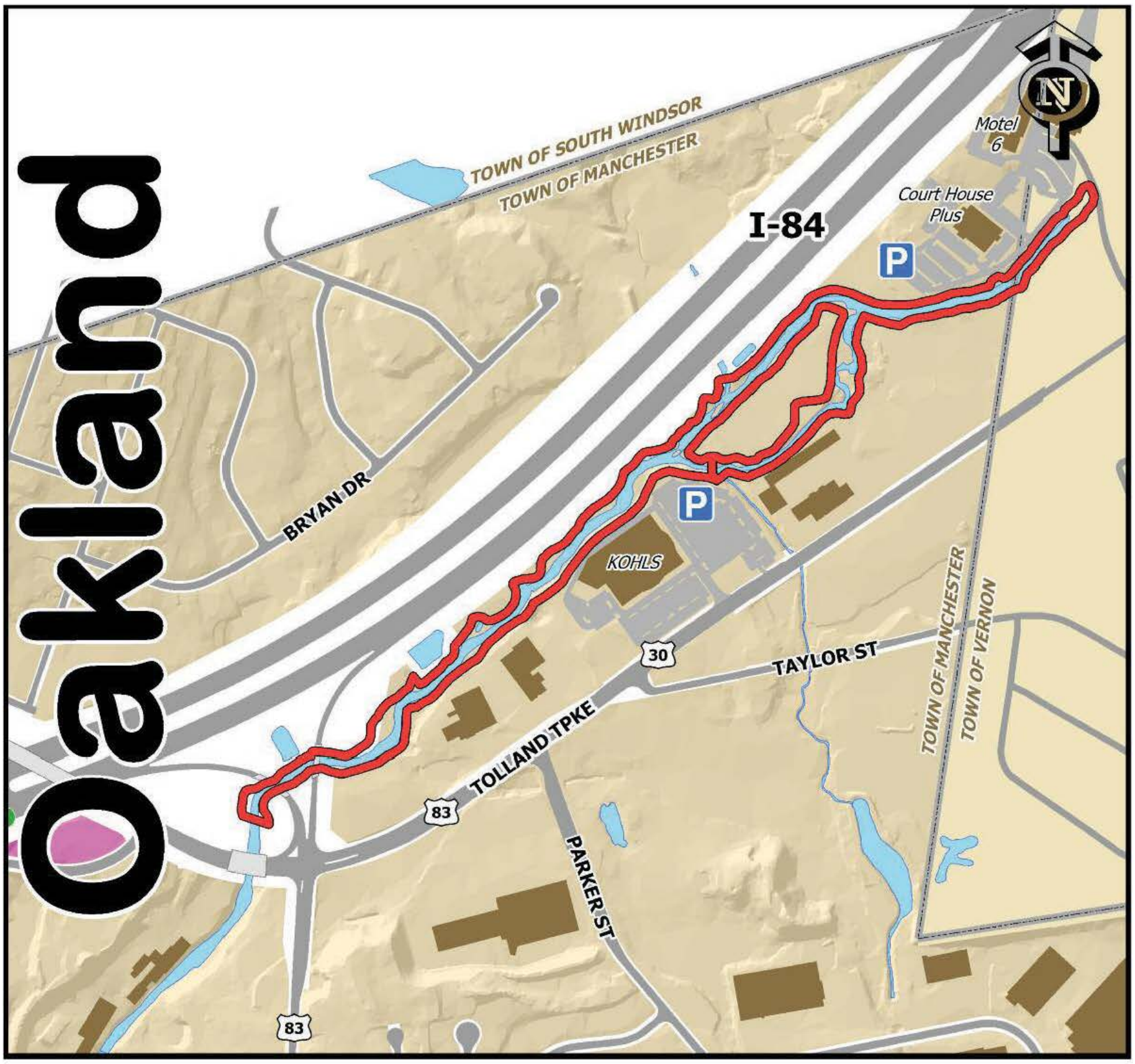
- Drinking & Motorized Vehicles

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Oakland



trail stats

- **Trail Head:** 155 Tolland Tpke (turn right when entering Kohl's parking lot)
- **Hours:** Dawn to Dusk
- **Length:** 2 miles
- **Surface:** Rough ground/grass and steps
- **Difficulty:** Easy to Moderate

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** Union Pond Dam Parking Lot
- **Hours:** Dawn to Dusk
- **Length:** .8 miles
- **Surface:** Rough ground/grass and steps
- **Difficulty:** Moderate

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

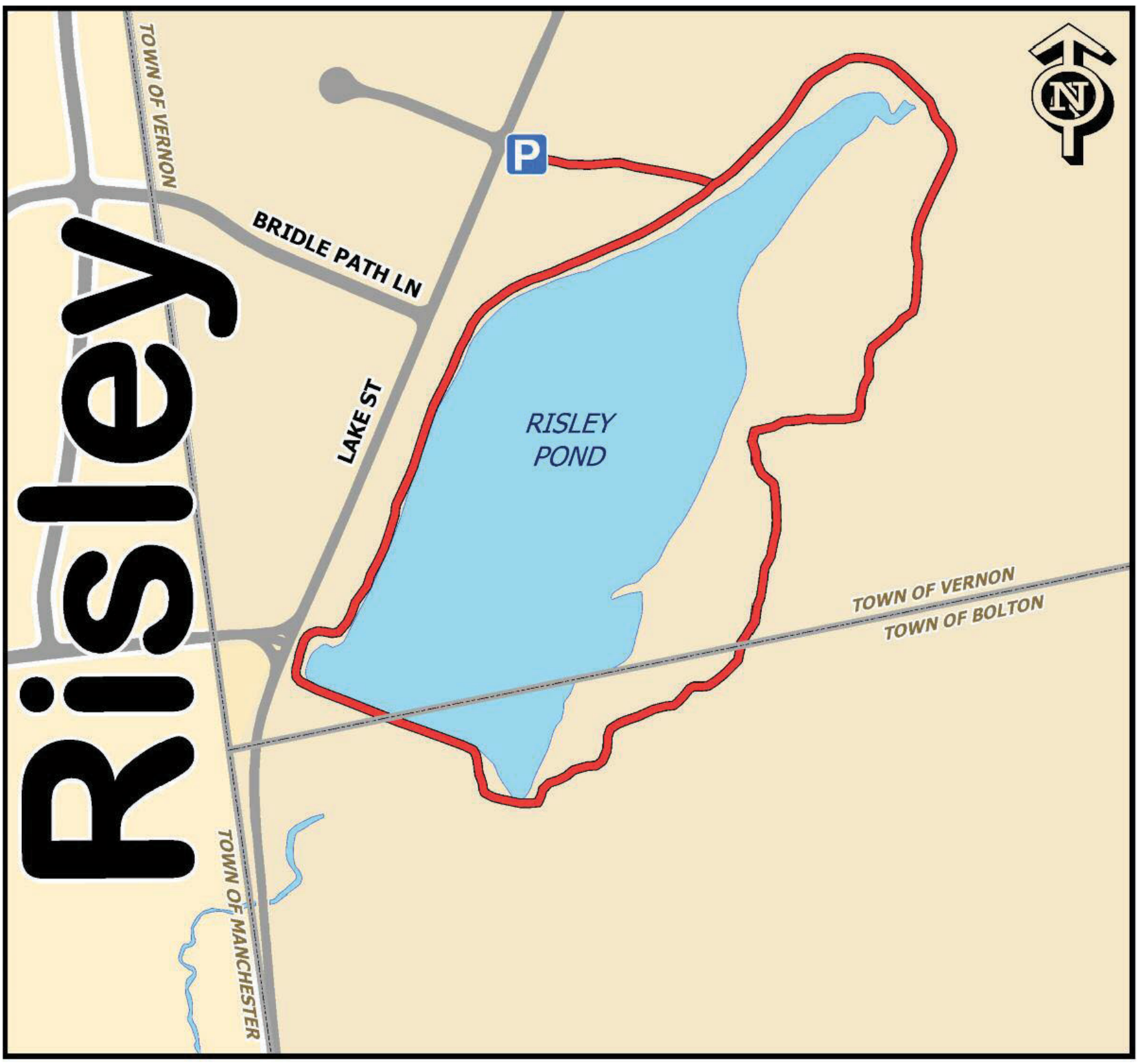
prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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trail stats

- **Trail Head:** 366 Lake Street Vernon
- **Hours:** Dawn to Dusk
- **Length:** 2.6 miles
- **Surface:** Rocky terrain
- **Difficulty:** Moderate to Difficult

highlights

- This loop trail and its rocky terrain have elevation changes and can be usually wet and muddy following heavy rains. Not wheelchair accessible.

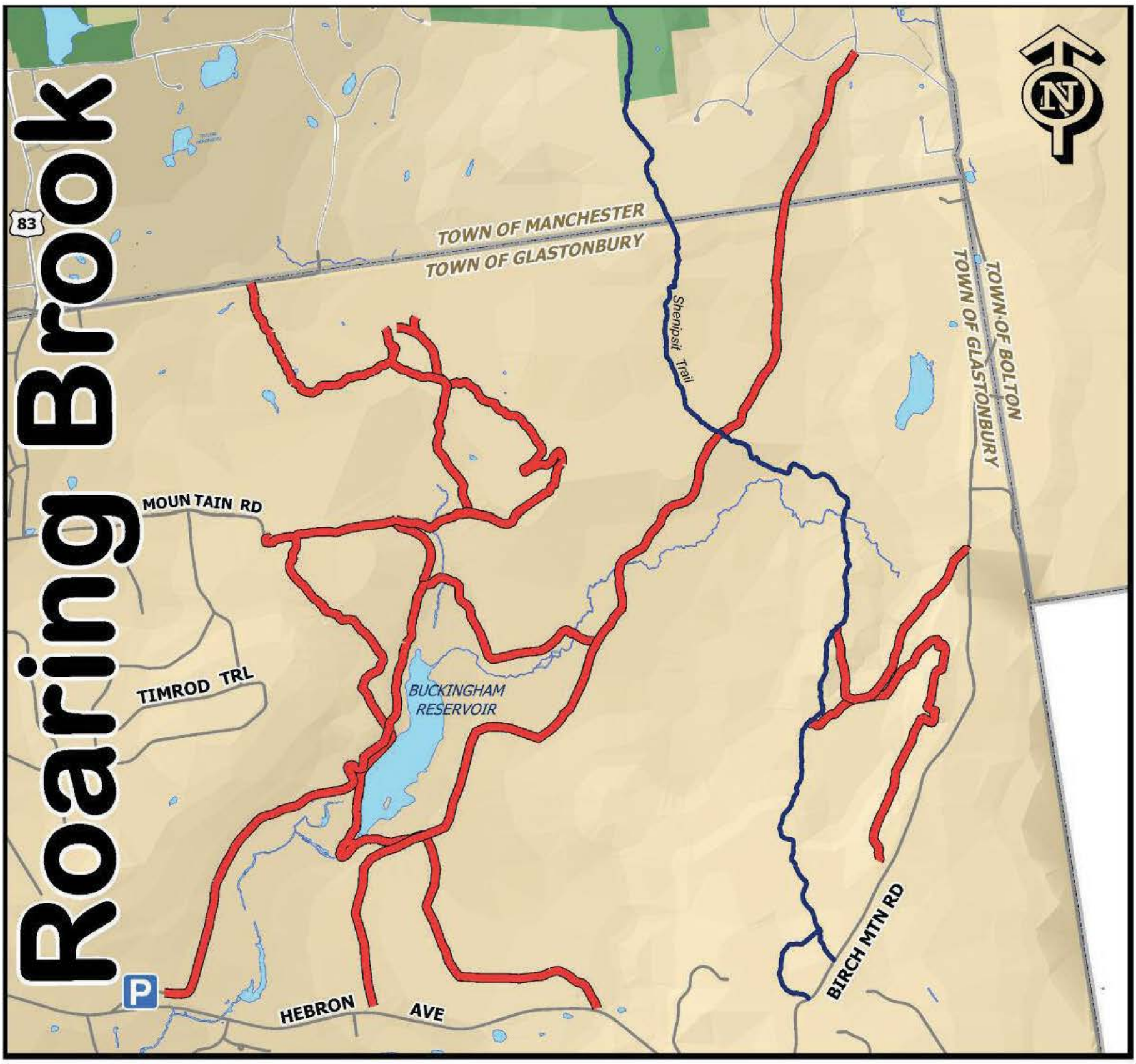
prohibited activities

- Drinking & Motorized Vehicles

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trail stats

- **Trail Head:** Line Street Parking Lot, Mountain Road Parking Lot, Old Hebron Ave
- **Hours:** Dawn to Dusk
- **Length:** Varies
- **Surface:** Rough ground
- **Difficulty:** Moderate to Difficult

highlights

- This system of trails is located on watershed properties that protect and provide buffer zones surrounding the Towns' reservoirs and tributaries. Not wheelchair accessible.

prohibited activities

- Drinking & Motorized Vehicles

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trail stats

- **Trail Head:** Union Pond Park Parking Lot, North School Street
- **Hours:** Dawn to Dusk
- **Length:** .2 mile
- **Surface:** Stone dust
- **Difficulty:** Easy

highlights

- The Jay Howyrod Fitness Trail includes an 8 piece workout circuit and sits at the water front of Union Pond. Wheelchair accessible.

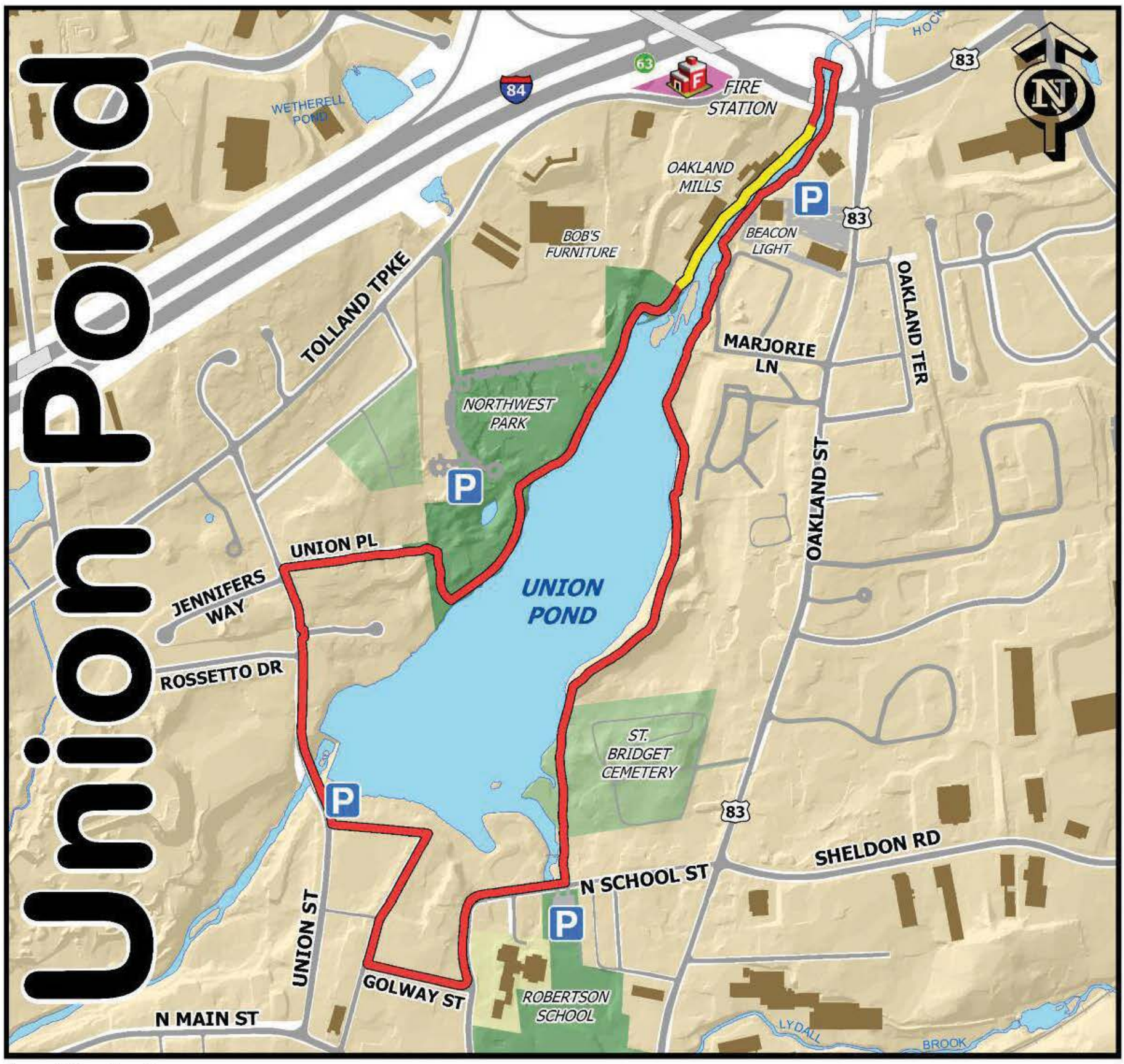
prohibited activities

- Drinking & Motorized Vehicles

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trail stats

- **Trail Head:** Union Pond Park, N. School Street
- **Hours:** Dawn to Dusk
- **Length:** 2.4 miles
- **Surface:** Rough ground/dirt and steps
- **Difficulty:** Easy to Difficult

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

prohibited activities

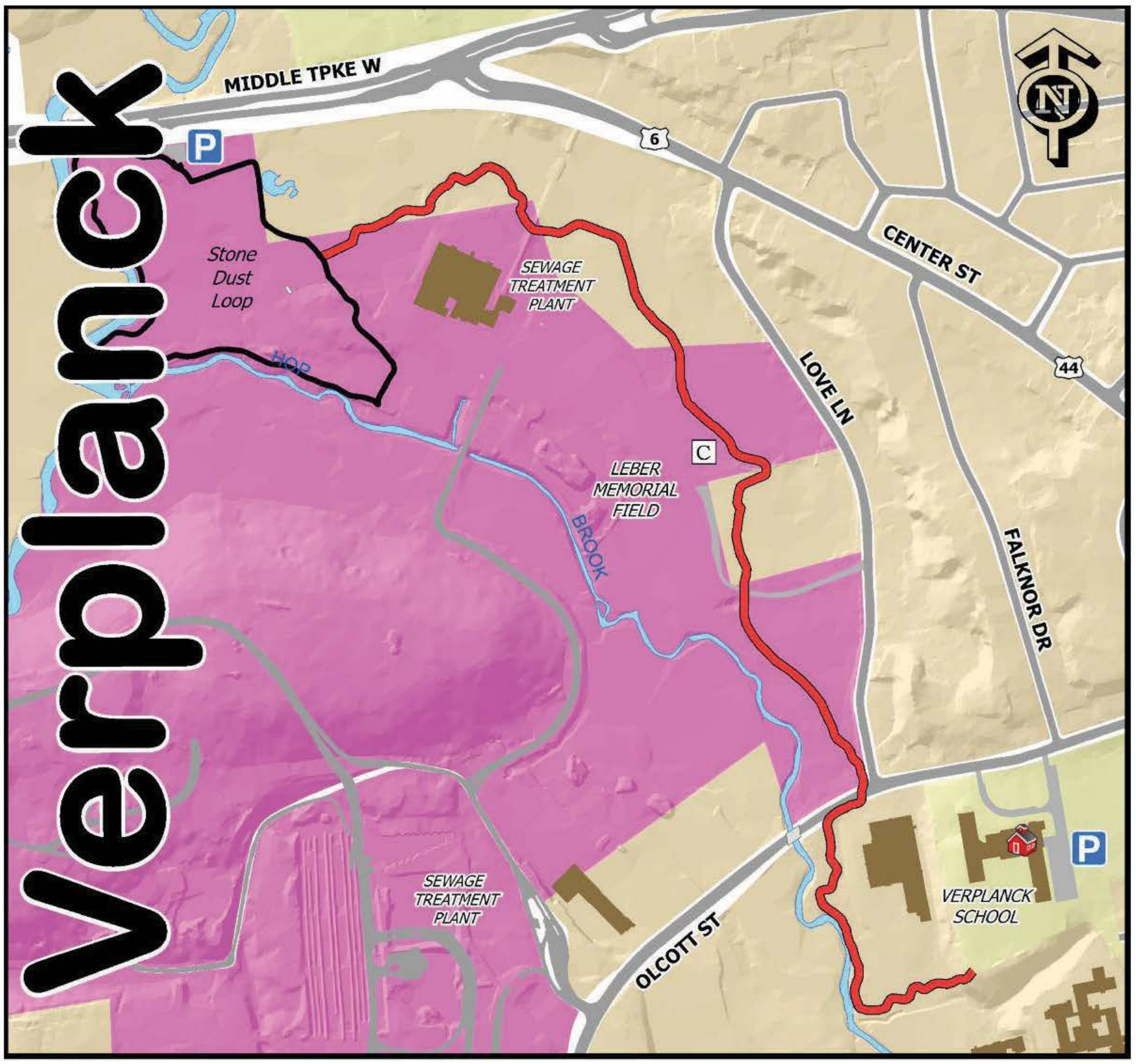
- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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Verplanck



trail stats

- **Trail Head:** South side of Routes 6 & 44. Just east of exit 60 of I-84 across from Cheney Tech.
- **Hours:** Dawn to Dusk
- **Length:** 1.5 miles
- **Surface:** Rough ground/grass and boardwalks
- **Difficulty:** Easy

highlights

- This trail is one of nine hiking trails that make up the Manchester's section of the Hockanum Linear River Park Trail System. Not wheelchair accessible.

prohibited activities

- Drinking, Biking, Motorized Vehicles, Horse Back Riding.

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