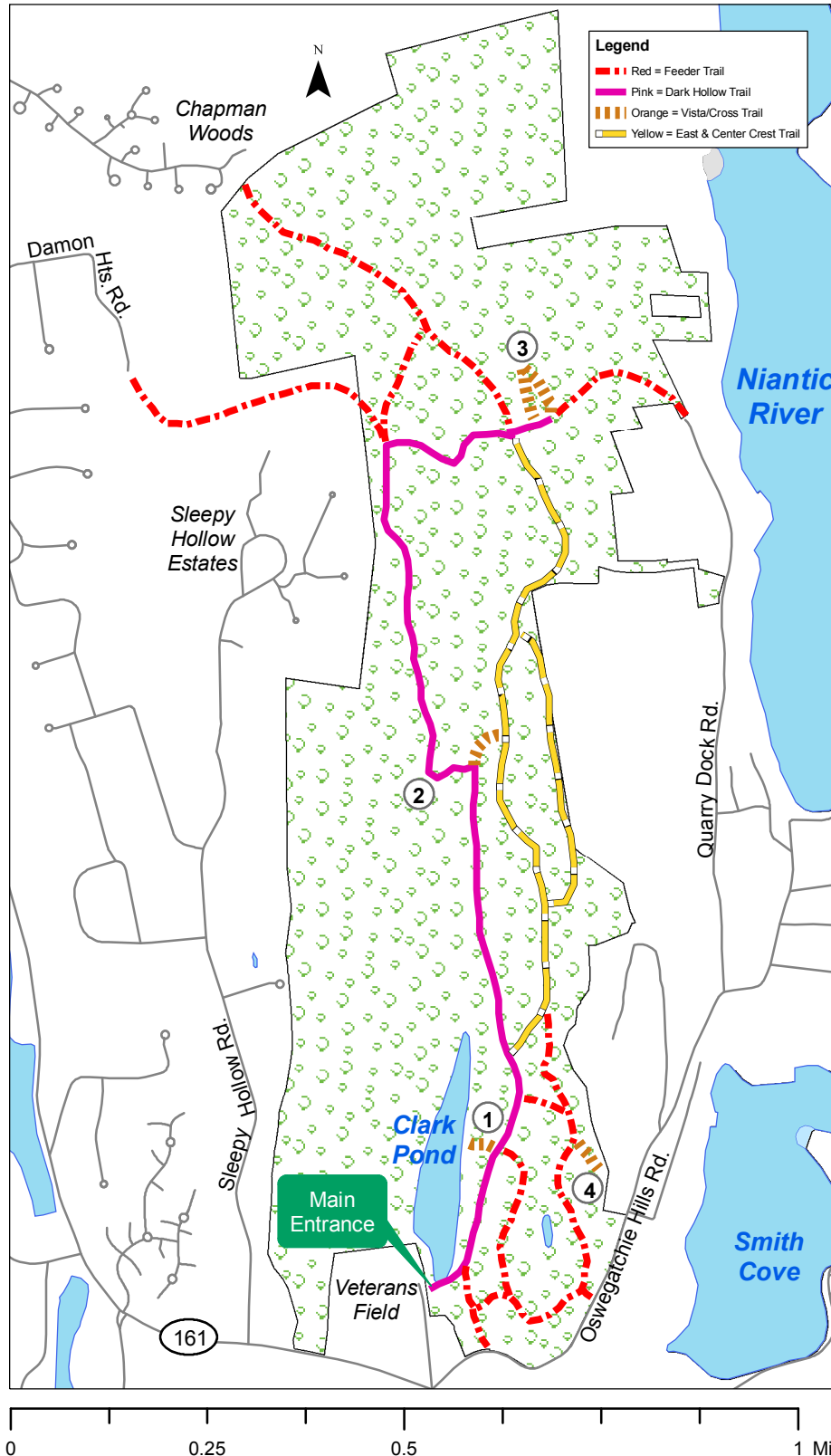




The Oswegatchie Hills Nature Preserve Trail Guide

Trail Descriptions and Points of Interest

NEAR THE MAIN ENTRANCE AT VETERANS MEMORIAL FIELD, the southern section of the Preserve features Clark Pond and its wildlife. This is an excellent spot to see Great Blue Heron, Osprey and other birds. The trails in this area are mostly easy and suited for a pleasant stroll.



Please Note

- Trails are color coded for hikers convenience and emergency services. Please note what color trail you are on.
- Red marked access trails will quickly bring you to roads and houses for help.
- Orange marked trails are short dead-end trails off the main trail that feature a vista or point of interest.
- *Easy: Eastern Crest Trail (yellow).* North/south trail along 200' elevation along eastern boundary, a lunar-like landscape of bare ledges.
- *Easy: Center Crest Trail (yellow).* Through woods at the 150' contour level.
- *Short Orange Trail* for tired hikers who wish to return to Veterans Field.
- *Strenuous: Dark Hollow Trail (pink).* Main trail along east side of Clark Pond and brook, eventually crossing brook and climbing to the western highlands, the "Lunar Landscape", then returning to Dark Hollow and ascending to the Eastern highlands and the Quarry.

Points of Interest

1. A side trail leads to a good elevated vista of Clark Pond especially after the leaves fall.
2. The middle section of the Hills is more challenging, with steeper trails featuring rocky ridges. Ravines dug out by glaciers extend from the north to the south, parallel to the Niantic River. The eastern and western legs of the trail loop are on elevated ridges running north and south, with a stream in between. The trail sections that connect the ridges east to west are challenging climbs and descents. This area is highlighted by some spectacular vistas.
3. Mt. Tabor is the highest point in the Hills. The two quarries worked in the 1800s are great for picnics.
4. A seasonal vista of the Niantic River, Smith Cove and Niantic Bay.



If only these rocks could talk, They would share their stories from the violent glacial period, which forced them out to sea, eventually forming Long Island Sound, to the relative peace of bearing witness to Native American councils and celebrations.

Blasted apart and quarried, transported through Long Island Sound, this time by man.

Finally back to a peaceful state, The Oswegatchie Hills Nature Preserve, providing recreation and respite in perpetuity.

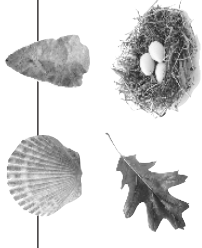
ONLY PASSIVE RECREATION IS ALLOWED IN THE HILLS.

NO MOTORIZED VEHICLES, HUNTING, CAMPING OR FIRES ARE ALLOWED.

WARNINGS:

- *Please be careful.* There are steep sections and cliffs in The Hills. Activities are done at your own risk.
- *Please stay on marked trails.* There are many unmarked trails in the Hills that are not indicated on the map and they WILL get you lost.
- *Please prevent against Lyme disease.* Keep pants tucked inside your boots and wear light colored clothing. Always check for ticks after a hike.
- *Never hike alone.* If you do, please let someone know of your plans and call 911 in an emergency.
- *Please control your dog.* The Hills are nature's nursery; help protect wildlife and their young.
- *Please pick up after yourself.* Litter is bad for wildlife.
- *You are responsible for your own safety.*

Prepared for the Town of East Lyme by
Friends of the
Oswegatchie Hills Nature Preserve, Inc.
Post Office Box 163, Niantic, Connecticut 06357
www.oswhills.org



Welcome to The Oswegatchie Hills Nature Preserve

This is a "Carry In – Carry Out area", which simply means please leave the area as you found it.

Leave nothing behind, except your tracks, and take out only your enjoyment and photographs. Future generations of people and animals thank you. There is no admission fee, although we welcome donations for trail upkeep.

The Nature Preserve encompasses approximately 400 acres of varied terrain including Clark's Pond and the nearby Niantic River, making this a unique and beautiful place.

As you will soon see, this Nature Preserve is ideally suited for a wide variety of passive recreational pursuits. The opportunities for bird and wildlife observation and photography are abundant with many miles of trails running throughout.

Please read rules and regulations on the back panel.