

Engaging Trails & Greenspaces for Economic Development & Public Health



Photo: Joe Gaylor Photography

Connecticut Conference of Municipalities
November 30, 2021

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UConn

COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL RESOURCES

EXTENSION

Land Acknowledgement

We would like to begin by acknowledging that the land on which we recreate is territory stolen from the Mohegan, Mashantucket Pequot, Eastern Pequot, Schaghticoke, Golden Hill Paugussett, Nipmuc, and Lenape Peoples, who stewarded this land throughout the generations. We thank them for their strength and resilience in protecting this land, and aspire to uphold our responsibilities according to their example.

*For links to more information and a pronunciation guide, please visit our **resources** page. <https://cttrails.uconn.edu/>*

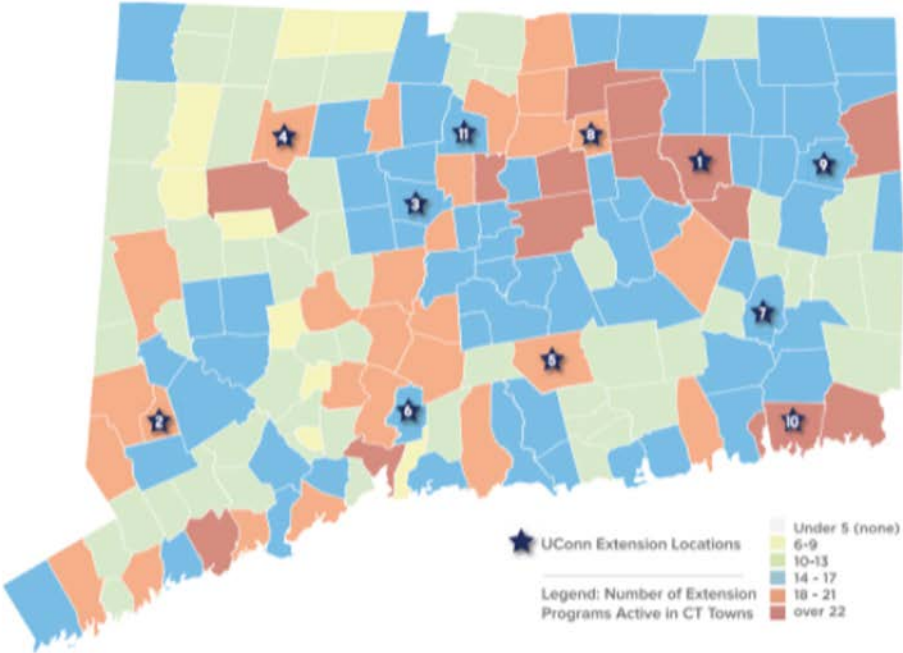
Outline



- Why consider trails & green spaces?
- Implications for health, community and economic development
- COVID-19, equity and access
- Making the most of trails and green spaces
- CT Trail Finder overview, project & process
- Questions & discussion



Who We Are



- 9 Extension Centers
- 4-H Education Center at Auerfarm
- Home and Garden Education Center and Soil Testing Laboratory (Storrs)
- Over 2,000 Volunteers
- State Office in Storrs

Who We Are

Strategic Initiatives



Agriculture & Food

Extension programs advance innovative and sustainable agricultural methods to help expand production of a safe and abundant local food supply. We work with farmers from urban and rural areas, on land and sea.



Enhancing Health

We use interdisciplinary approaches to enhance health and well-being locally, nationally, and globally. Our work strives to prevent disease in humans, animals, and the environment.



Dismantling Structural Racism

We are focused on identifying and dismantling structural racism and fostering environments that advance racial equity, inclusion, and belonging by advocating for antiracist policies, practices, and norms.



Sustainable Landscapes

We are developing environmentally aware citizens that participate in sustainable, healthy lifestyles, and improving our landscapes statewide in collaboration with partners, stakeholders, and community members.



Climate Resilience & Adaptation

We engage and educate citizens in climate adaptation. Extension programs promote resilient and well-adapted coastal Connecticut communities and economies.

Multi-Use Trails, Paths, Parks, & Green Spaces



What value is being created here?



How Trails and Green Spaces Create Value



Economic Impacts
Direct, Indirect, Induced

Health impacts

Property valuation

Safety benefits

Environmental

Connectivity & access

Community engagement

*Economic
Benefits*

*Individual
Benefits*

*Social
Benefits*



Economic Value of Trails



AS AMENITIES FOR REAL ESTATE BUYERS ACROSS AGE GROUPS

A study of 4,300 home buyers found that proximity to a park and access to walking/jogging trails were among the most desired amenities



IMPACTING REGIONAL ECONOMIES THROUGH JOBS, TAX REVENUE, AND MONETIZED VALUE OF QUALITY OF LIFE

A study from North Carolina of a \$26.7 million investment in four greenways found that every \$1 spent on construction yielded \$1.72 in additional impact annually



PROPERTY VALUES AND CRIME MITIGATION Several studies found either a neutral or positive effect of trails on local home values, with premiums ranging from 5-10%. Evidence suggests that green spaces have a mitigating effect on crimes such as murder, assault, and theft



INCREASING INVESTMENT IN DEVELOPMENT

A review of real estate case studies from around the world found bike lanes and sidewalks add value to development projects, the market is growing for inclusion of bike friendly amenities in residential and commercial properties and private-public partnerships will maximize the investment in Trail Oriented Development (TrOD) projects.



SPENDING AT LOCAL BUSINESSES

Factors that have the greatest effect on direct spending include trail quality, user amenities, and community connections via spurs or shuttles

<https://cttrails.uconn.edu/trail-impacts-publication-series/>

Demand for Active Lifestyles

Three factors that home-buyers of all age groups want are access to walking/jogging trails, proximity to a park, and desire to live in a typically suburban area

- National Association of Homebuilders (2016)



Health Impacts of Trails and Green Spaces



SUPPORT WALKING AS A NO COST, EASY ACCESS PHYSICAL ACTIVITY

Walking is the most common form of exercise for people in the United States and the predominant activity on many multi-use trails and is considered a powerful public health strategy due its accessibility for people of all ages and incomes



REDUCE BARRIERS TO PHYSICAL ACTIVITY LIKE COST, ACCESS, CONVENIENCE

The presence or use of trails appears to increase physical activity in adults in rural communities and proximity to a trail increases the likelihood of use. The benefits of physical activity for overall health include preventing or decreasing the risk of diabetes, obesity, cancer, cardiovascular disease, preventing risk of injury, increasing muscle tone, flexibility, joint and bone strength as well as immune health.



INCREASE PHYSICAL ACTIVITY AMONG POPULATIONS AT HIGH RISK

Those most likely to report increased activity through the use of a trail are residents who were not regular walkers, those with a high school education or less, or those with incomes of less than \$15,000.



POSITIVELY IMPACT MENTAL AND PSYCHOLOGICAL HEALTH

Walking on trails or in parks contributes to enhanced social networking, connectivity and companionship, and an increased appreciation of nature. Additionally, exercising for as little as five minutes in green spaces increases self-esteem and mood with greater effects among young people.

<https://cttrails.uconn.edu/trail-impacts-publication-series/>

STEP IT UP!

EVERYONE CAN HELP
MAKE OUR COMMUNITIES
MORE WALKABLE

WORKSITES:

Implement workplace policies and programs to promote walking.

MEDIA:

Spread the word about walking and creating safe and easy places to walk.

PARKS AND RECREATIONAL AND FITNESS FACILITIES:

Provide access to green spaces and recreation areas.

SCHOOLS:

Implement safe routes to school and daily physical education programs.

INDIVIDUALS & FAMILIES:

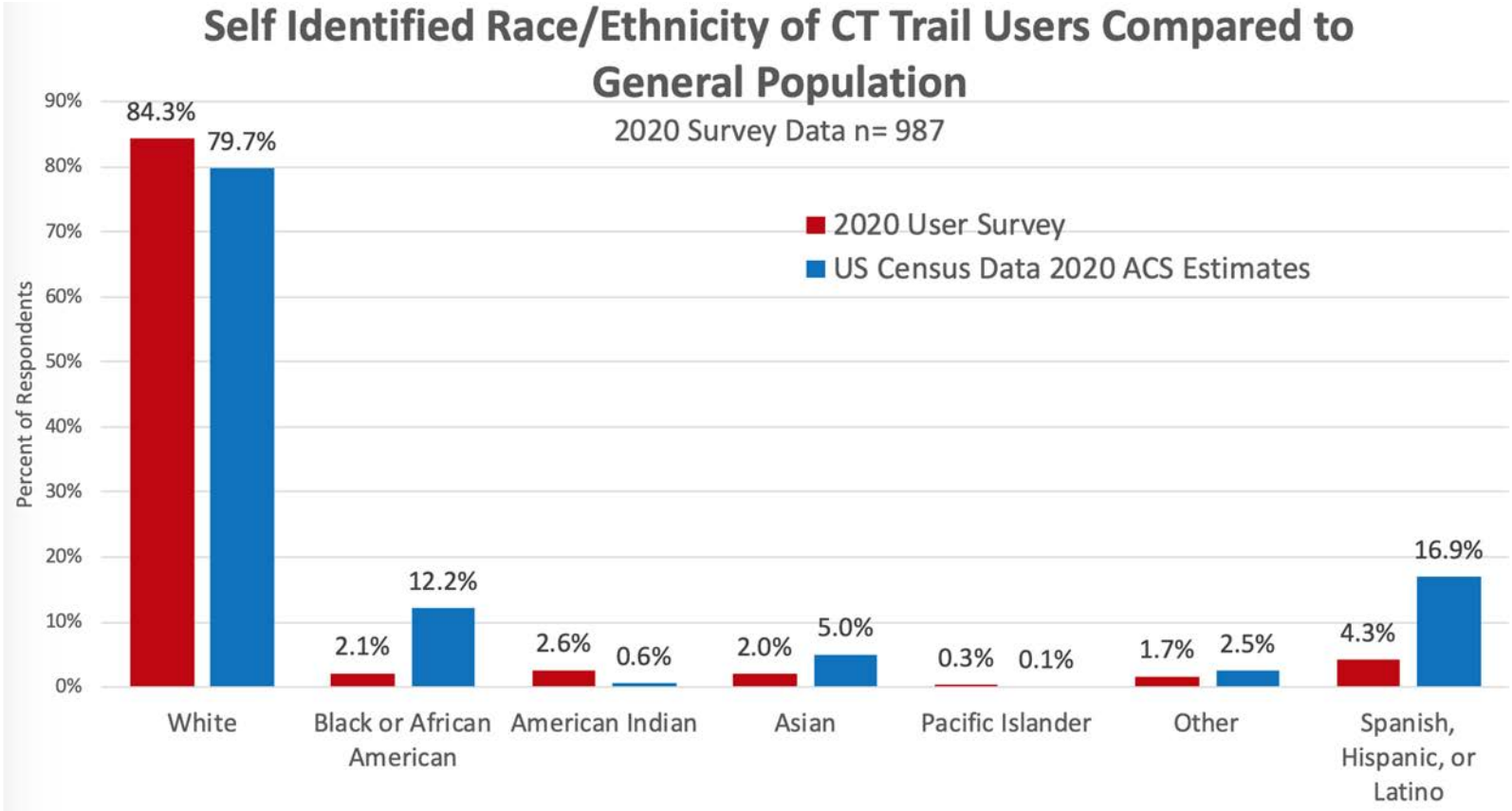
Walk with friends, family, and work colleagues.

TRANSPORTATION, LAND USE, & COMMUNITY DESIGNERS:



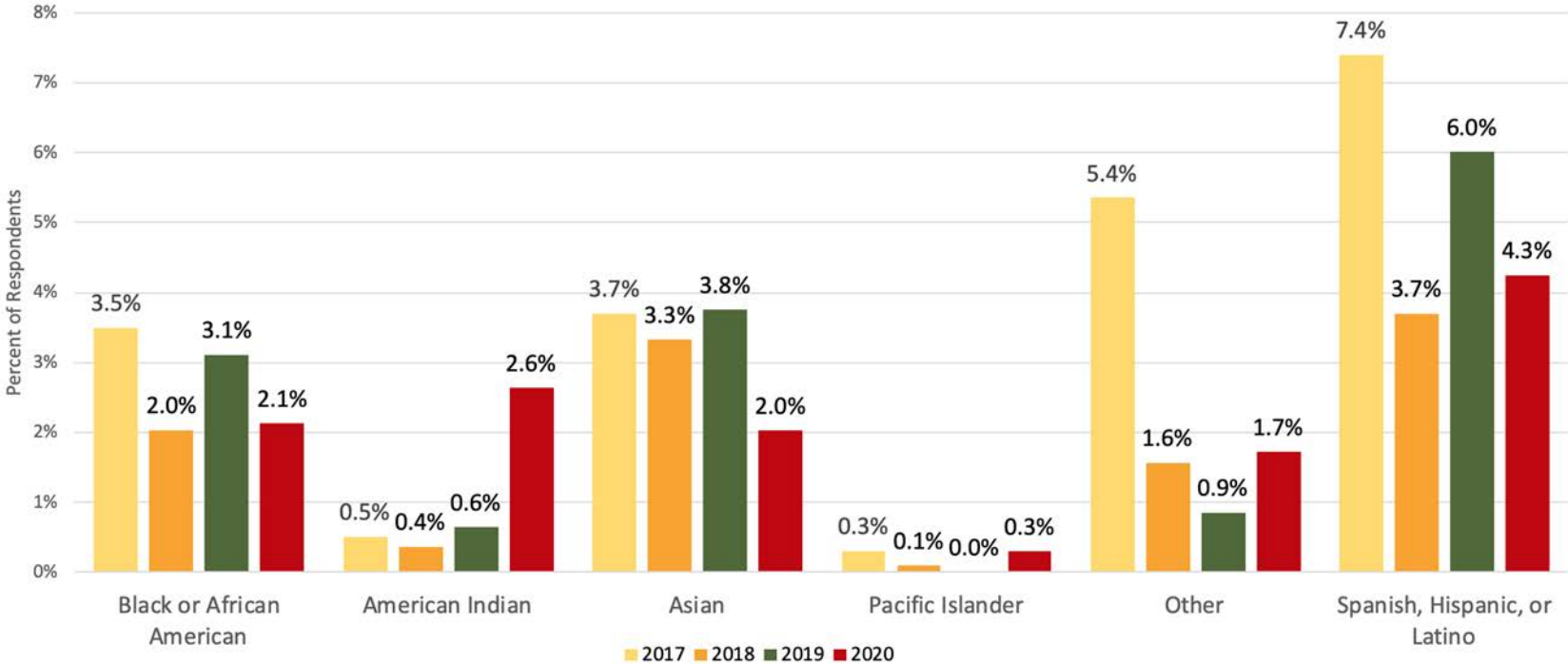
Step it up! Help make your community more walkable. Learn how by visiting www.SurgeonGeneral.gov

Who is using Connecticut's multi-use trails?



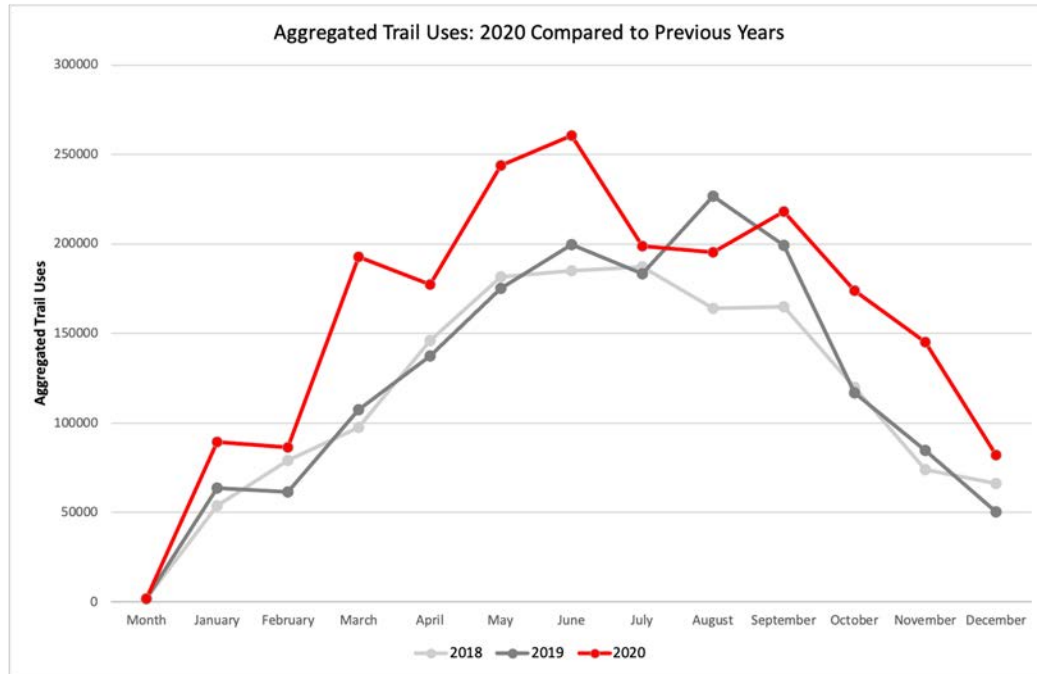
Who is using Connecticut's multi-use trails?

What is your race or ethnicity? (Select all that apply)
 Survey Data Comparison Chart 2017-2020 n= 971, 1081, 931, 987



Outdoor Activity is Changing

Trail use surged - up 200% in some areas - since the start of the pandemic.^(4,5,6) Data from the CT Trail Census measures 38% growth of trail uses between 2019 and 2020.



Making the Most of Trails and Green Spaces



Making the Most of Trails and Green Spaces



Learning from the 2018 Downtowns and Trails Multistate Grant Supported by the Northeast Regional Center for Rural Development

Portions of this presentation and photos from some slides are the result of a multistate grant supported by the Northeast Regional Center for Rural Development.



Specific Recommendations - Critical Elements

Signage

Three B's: Bike Racks, Benches & Bathrooms



Photos courtesy of University of New Hampshire Extension from the 2018 Kentucky Trail Towns visit - part of a multistate grant supported by the Northeast Regional Center for Rural Development.

Specific Recommendations - Critical Elements



Connectivity
to Amenities

Good Design
is Good
Business



Photos courtesy of University of New Hampshire Extension from the 2018 Kentucky Trail Towns visit - part of a multistate grant supported by the Northeast Regional Center for Rural Development.

Specific Recommendations - Critical Elements



Not just tourism
or economic dev
but cultural
projects

Use public art
to share stories
& community
history

Photos courtesy of University of New Hampshire Extension from the 2018 Kentucky Trail Towns visit - part of a multistate grant supported by the Northeast Regional Center for Rural Development.

Specific Recommendations - Critical Elements



Start at the
heart of
downtown



Photos courtesy of University of New Hampshire Extension from the 2018 Kentucky Trail Towns visit - part of a multistate grant supported by the Northeast Regional Center for Rural Development.

Let's think about our spaces

- 1) *Identify a trail or greenspace in your community.*
- 2) *How is this space used?*
- 3) *What is one question you need answered about this space? How could you get the answer?*
- 4) *What is one thing you could do to better activate this space?*

Does your community CRaVe BIKERS?

CONNECTIVITY

Connectivity to the downtown

REGIONAL

Work across municipal borders

VALIDATION

Certification and validation programs (trails towns)

BUSINESSES

Engage businesses and create ways to connect them

INSTITUTIONS

Build institutional relationships and public engagement

KNOW ASSETS

Understand impacts and users (counts, user business surveys)

ENGAGE LEADERS

Engaged leadership who can navigate politics

REGISTERS

Must have places to spend if spending is a measure of success

SYSTEMS VIEW

Trails and greenspaces as a part of the whole community

Getting started



“... set up a committee, start learning what it really takes to become a bike friendly community, and start assembling a collection of people who have very diverse skill sets. For instance, real estate, public works engineer, someone in marketing, someone that’s tied into the economic development commission so that you start getting all of these brains working in the same direction. The police, the board of education, businesses.”

Connecticut Trails Program at UConn Extension

Connecticut Trail Census

The Connecticut Trail Census consists of trail use counts recorded by infrared pedestrian counters, trail user intercept surveys administered by trained volunteers, and public education programs.



LEARN MORE

Connecticut Trail Finder

The Connecticut Trail Finder website is Connecticut's go-to resource for discovering trails across the state. All trail postings are manager-approved ensuring that trail information is accurate and up-to-date.



LEARN MORE

Active Living (PATHS)

People Active on Trails for Health and Sustainability (PATHS) is a team at UConn committed to understanding and promoting the benefits of trails and natural resources for health, community & economic development.



LEARN MORE

Outline



- Why consider trails & green spaces?
- Implications for health, community and economic development
- COVID-19, equity and access
- Making the most of trails and green spaces
- **CT Trail finder overview, project & process**
- Questions & discussion



CT Trail Finder

- An interactive website of trails across the state
- Manager approved = authorized trails only
- Many partners
- Administered by UConn Extension with Center for Community GIS (CCGIS)



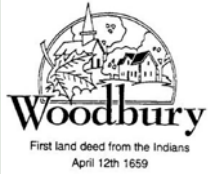
Connecticut Trail Finder is a free, interactive mapping site designed to help people find trail-manager approved trails across the state. Our goal is to help people get out, be active, and explore our state's treasures.

Funded by



Partnering Organizations

And growing!



UConn COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

BOLTON LAND TRUST
BOLTON CONNECTICUT

Your place to grow

Connecticut Department of Public Health



EXTENSION



GROTON
PARKS & RECREATION



CORA



THE CONNECTICUT
Audubon
SOCIETY



Connecticut Trail Census
Statewide multi-use trail user study



Connecticut Trail Finder - Goals

- Provide Statewide Resource for Information on Trails and Outdoor Resources
 - ◆ State Parks & Forests (CTDEEP)
 - ◆ Municipal Lands
 - ◆ Land Trusts
 - ◆ Connecticut Forest & Parks Association (CFPA)

Reliable Trail Manager approved information

Education about lesser known trails

Connect Trail Users with Trail Management Organizations

Focus on new users, and providing access to local events and trailside services related to trails



CONNECTICUT
TRAIL FINDER

www.cttrailfinder.com

Connecticut Trail Finder

Connecticut Trail Finder:

- Interactive website
 - Mobile- responsive design
- Searchable Interface
- Detailed Trails Pages
 - Direct link to Trail Management Organizations
 - Advisory Capacity
- User Accounts

FEES No

[DETAILS](#)
[TRAIL MAP](#)
[DIRECTIONS](#)
[COMMENTS \(0\)](#)

TRAILHEAD INFORMATION

To the Pattaconk Recreation Area


From Middletown area: Take Exit 6 off Route 9 South. Turn right off the exit ramp and go west on Route 148 for approximately 2 miles. Take a right onto Cedar Lake Road and drive approximately 2 miles. Take a left at the Pattaconk Lake sign.

From Old Saybrook area: Take Exit 6 off Route 9 North. Turn left off the exit ramp and go west on Route 148 for approximately 2 miles. Take a right onto Cedar Lake Road and drive approximately 2 miles. Take a left at the Pattaconk Lake sign.

To the Ranger Headquarters


From the North: Take Exit 8 off Route 9 South. Turn left onto Beaver Meadow Road. Take the second right onto Ranger Road. The headquarters is on the left.

From the South: Take Exit 8 off Route 9 North. Turn right onto Beaver Meadow Road. Take the second right onto Ranger Road. The headquarters is on the left.



CLICK ON A PARKING ICON TO GET CUSTOM DIRECTIONS

SHARE THIS TRAIL [f](#) [t](#) [e](#) [p](#) [+](#)

PRINT THIS TRAIL 

<https://www.google.com/maps/dir/?api=1&destinations=41.4279426892974,-72.5471264190361>

Project Timeline



Project Initiated - Summer 2020

UConn Extension - CT Trail Census/ Trails Team
 Funded by CTDEEP (Rec Trails) and CTDOT

Initial Website Launch - June 5, 2021

40 Trail Systems


- Geographic spread
- Range of Trail Types/Uses
- Land/Trail Management Organizations



June- Spring 2022

- Promote use of Trail Finder
- Expand Trail Postings ~ 95 - November 2021
- Events Calendar
- Build Trailside Services
- Develop User Interface



Data Collection Process

1. Outreach - Email contact
Presentation/Zoom
2. Data Collection
 - Narrative
 - Geographic Data
3. Website Trail Posting Development
4. Trail Manager Review & Approval
5. Publish Posting
6. Follow-up, Advisory Notifications, Updates








WELCOME! [TRAILS](#) [ABOUT](#) [CONTACT](#) [LOG IN](#)  


CHATFIELD HOLLOW STATE PARK


 
ADD TRAIL LOG


Hike trails in search of Native American caves, explore the jagged rocky ledges and recesses, relax by the cooling waters, or picnic in the soft pine woods at Chatfield Hollow State Park.


TRAIL ACTIVITY	   
LENGTH	10.1 miles, Network
DIFFICULTY	Easy, Moderate, Advanced
TOWN	Killingworth
SURFACE	Packed Earth/Dirt, Gravel/Crushed Stone, Boardwalk, Paved/Cement, Lake/Pond, Wetland
PETS	Permitted on leash
FEES	Yes (Out-of-state Residents)



ADD A PHOTO

 DETAILS

 TRAIL MAP

 DIRECTIONS

 COMMENTS (0)

 TRAIL ALERTS


DESCRIPTION

Families, hikers, mountain bikers, horseback riders, and cross-country skiers will enjoy approximately four and half miles of trails on gently rolling terrain. Trails lead to Little and Big Falls, as well as the giant Mountain Laurel. A 1.5 mile hike or park nearby to view scenic Wadsworth Falls as it cascades over a twenty foot drop on the Coginchaug River.

The majority of trails within the park are wide, easy walking carriage roads established by Clarence Wadsworth. This includes the 1.5 mile one way walk to the Big Falls from the main park area. Hikers should follow the Orange trail to its terminus at Cherry Hill Road, then turn right on Cherry Hill Road to cross the active train tracks and reach the Big Falls area. The Yellow trail in the northeast corner is a moderate singletrack trail that parallels the Laurel Grove Brook. The Blue Trail located west of the Orange trail is an advanced trail that leads down into

CURRENT WEATHER

OCTOBER 04, 2021


58°F

Today's High: 62°F
Today's Low: 58°F
Outlook: Light Rain
Forecast: Moderate Rain

Anatomy of a CT Trail Finder Trail Posting

Anatomy of a Trail Posting

Features of a Trail Page

- A Trail Abstract:** A concise description of the trail's key features along with a thumbnail photograph. Appears on CT Trail Finder's search page.
- B Quick Facts:** Basic "statistics" about the trail, some of which can be queried from the search page.
- C Photos:** High-quality images help users better visualize each trail experience. Account holders can also upload photos to postings.
- D Details Tab:** Trail info, items I - K.
- E Trail Map Tab:** The trail and key points of interest on an interactive Google Map. Users can pan, zoom, toggle backgrounds, click lines and points for more info, and adjust info shown via the legend. An optional **View Connector Trails** section below the map shows adjacent trails on the map and links to those trail postings.
- F Directions Tab:** Directions to the primary trailhead(s) and an interactive map of parking areas.
- G Comments Tab:** User-submitted comments from account holders and trail managers.
- H Trail Alerts Tab:** Alerts on trails, facilities, roads, and safety. (Optional, only visible if an alert is set).
- I Description:** A narrative description of the trail route, conditions, surrounding environment, and any unique attractions.
- J Other Information:** Additional info about the trail property, history, regulations, etc.
- K Trail Manager:** Contact info and link to the trail manager's website. More than one entity can be listed as a trail manager.
- L Current Weather:** Provides the current weather conditions in the vicinity of the trail (*Insufficient for Onsen, Wampanoac*).

CONNECTICUT TRAIL FINDER WELCOME! TRAILS ABOUT CONTACT & LOG IN

NATCHAUG TRAIL ADD TRAIL LOG

A The blue-blazed Natchaug Trail stretches from the Goodwin Conservation Center in Hampton to its intersection with the blue-blazed Nigamuck Trail in Ashford, 17.6 trail miles to the north. The trail is for foot travel only and has many unique features.

B TRAIL ACTIVITY

LENGTH 20.5 miles, Network

DIFFICULTY Moderate, Adventure

TOWNS Ashford, Chaplin, Eastford, Hampton

SURFACE Packed Earth/Dirt, Rock/Sidg

PETS Permitted on leash

FEES No

C

D DETAILS **E TRAIL MAP** **F DIRECTIONS** **G COMMENTS (0)** **H TRAIL ALERTS**

I DESCRIPTION

The blue-blazed Natchaug Trail stretches from the Goodwin Conservation Center in Hampton to its intersection with the blue-blazed Nigamuck Trail in Ashford, 17.6 trail miles to the north. The trail is for foot travel only and has many unique features.

The trail follows a short portion of the beautiful 18th Street and passes along Ripstone Brook. Ripstone Brook is a tributary of the Connecticut River. It crosses several small brooks, passes stone walls, and slips through interesting stands of trees. State foresters actively manage these forests for wildlife and timber production and the trail traverses a diverse and interesting forest ranging from 2 to well over 100 years old.

There are opportunities to catch sight of a variety of wildlife including turtles, beavers, and moose beds along the streams and in the areas around Pine Acres Pond, Black Springs, and Roundabout Marshes. Active forest management has produced a variety of young, early succession forest habitats which abound with diverse species of birds and other wildlife.

History is abundant along the trail as it passes near old CCC Camp Farm (1933-1942) and through several National Lyme Reservoirs (one of them is now called the Oak River). A short northern section also coincides with the Old Connecticut Path traveled in the 1630s by settlers seeking over 500 cattle from the Boston area to the Hartford area in one of the first, major inland migrations of America by European settlers. The blue/yellow-blazed CCC Trail (2.8 miles) offers a nice loop opportunity along the Natchaug River.

J OTHER INFORMATION

The Natchaug Trail begins at the Goodwin Conservation Center in James L. Goodwin State Forest. The Center is jointly managed by CTRP & DEEP and offers extensive educational programs. The accessible trail system in the Forest is managed and maintained by the Friends of Goodwin Forest. Many trail loop opportunities exist around Pine Acres Lake, including the blue/yellow-blazed Pine Acres Loop Trail. These offer additional exploration opportunities off of the main Natchaug Trail.

Hunting occurs in the State Forests, please take necessary precautions during hunting season. Notice a trail problem? Report it to CTRP at [this link](#).

K TRAIL MANAGER

For more information, visit the CTRP website or contact:

L CURRENT WEATHER

JUNE 18, 2021

74°F

Today's High: 85°F
Today's Low: 52°F
Outlook: Clear Sky
Forecast: Clear Sky
[View weather map on OpenWeather](#)

M TRAIL TIPS

Plan Ahead and Prepare
Use common sense. If it seems like a bad idea, it probably is.

N DOWNLOAD

Download Trails (KML)

Download Points of Interest (GPX)

Download Trails (KML)

Download Points of Interest (GPX)

O Find geocaches near Natchaug Trail [Geocaching.com](#)

Components outlined in the Trail documentation guide:

https://cttrails.uconn.edu/trailfinder_add/

- Graphics
 - Photos
 - Logos
- Narrative documentation
- Mapping/ GIS Data

Choose your own adventure!

START

GIS = Geographic Information System. How we work with geographic data (maps) using software on a computer. GIS is also a tool and a profession.



Workshop Outline

- Why Trails?
- Impact of Trails & Greenspaces
- Trails Program at UConn Extension
- CT Trail Finder Overview, Project & Process
- **CT Trail Finder and and Municipal Partners**
- Coming Soon!
- Stay Connected
- Questions & Discussion



Why is it worth your time?

It's a win win!

GIS Data

- All CT Trail Finder trails will be part of a statewide trails GIS layer and map service
 - Accessible online and in map viewer(s)
 - Many uses and applications
 - Updated periodically
 - *Literally* connect trail resources
- Download gpx or kml data from CT Trail Finder
- We are happy to give you processed GIS files
 - Make your own maps
 - Print, etc.



DOWNLOAD



Download Trails (lines)

Download Points of Interest (points)



Download Trails (lines)

Download Points of Interest (points)

Why is it worth your time?

- Get some GIS work out of it
- Ability to turn on trail alerts
- Notification when there is a problem
- Spread the word out your local areas
- Distribute use
- Societal and community benefits
- Tourism and economic activity
- Advertise events and local businesses (coming)



Have a Trail to Add?

- Narrative

trails@uconn.edu

- Instructions and documents
(work in progress)

https://cttrails.uconn.edu/trailfinder_add/



What's Next - Events Calendar

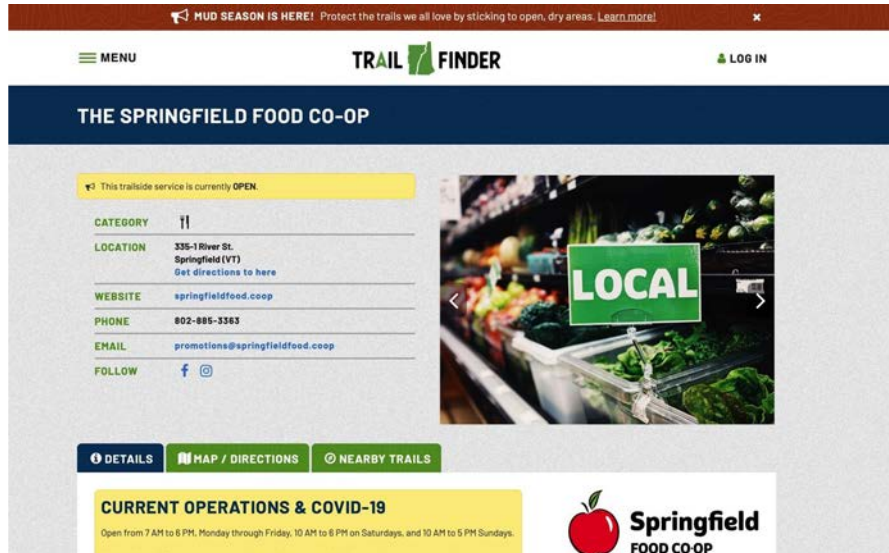
The screenshot displays an 'EVENTS' calendar interface. At the top right is a '+ SUBMIT EVENT' button. Below it is a 'FILTER EVENTS' dropdown menu. The calendar shows a grid of event cards for April and May. Each card includes a date, a representative image, a title, location, time, cost, and activity type.

Month	Date	Event Title	Location	Time	Cost	Activity Type
APR	29	Story of Place: Peters Brook & Penny's Preserve	Online, Blue Hill	4:00 PM to 5:00 PM	Free	Presentation / Talk / Film, Virtual Event
APR	30	Salamanders and Algae: From Roommates to Intimate Partners	Zoom Virtual Event, Boothbay	10:00 AM to 11:00 AM	Free	Presentation / Talk / Film, Virtual Event
MAY	1	Spring Birding on Pleasant Mountain	Southwest Ridge Trail, Pleasant Mountain, Denmark	8:00 AM to 10:00 AM	Free	Moderate Hiking / Walking, Nature / Wildlife / Birding
MAY	1	(Image: Rafting)				
MAY	1	(Image: Rafting)				
MAY	5	(Image: Stream)				

- Develop guidelines for events that can be promoted on the page
- Submit events through user accounts
- Coordinating with the Connecticut Outdoor Recreation Alliance ([CORA](#)) on Events Calendar



What's Next – Trailside Services



The screenshot shows a web browser displaying the Trail Finder website. At the top, there is a notification banner: "MUD SEASON IS HERE! Protect the trails we all love by sticking to open, dry areas. [Learn more!](#)". Below this is the navigation bar with "MENU", "TRAIL FINDER" logo, and "LOG IN". The main heading is "THE SPRINGFIELD FOOD CO-OP". A yellow banner states "This trailside service is currently OPEN." Below this is a list of details: CATEGORY (T), LOCATION (335-1 River St, Springfield (VT), [Get directions to here](#)), WEBSITE ([springfieldfood.coop](#)), PHONE (802-895-3363), EMAIL (promotions@springfieldfood.coop), and FOLLOW (Facebook and Instagram icons). To the right is a photo of a produce stand with a green sign that says "LOCAL". Below the details are buttons for "DETAILS", "MAP / DIRECTIONS", and "NEARBY TRAILS". At the bottom, a yellow banner titled "CURRENT OPERATIONS & COVID-19" provides hours: "Open from 7 AM to 6 PM, Monday through Friday, 10 AM to 6 PM on Saturdays, and 10 AM to 5 PM Sundays." To the right of this banner is the Springfield Food Co-Op logo, which features a red apple icon and the text "Springfield FOOD CO-OP".

- Connecting Businesses to Trail Users
- Trailside Services Module will be developed over fall/winter 2021.
- Listed businesses/ “every day destinations” on Trailside Service will have their own page.
- Listings will appear on detailed trail pages based on their proximity to each trail.
- All services will also appear on a fully searchable interactive map.

Trailside Services

- *How does your community currently promote your outdoor resources & trails?*
- *What features would be most relevant/applicable for your community?*
- *What features would most benefit businesses in your community?*



Pathways to Health

- Opportunities to connect Health Practitioners & Departments to CT Trails
- Simple ability to link website to Health Facilities
 - ME Trail Finder: An Icon posted on Western Maine Health Center Locations websites that link to interactive map with trail posting in vicinity of the center
- Coordinating with CT Department of Public Health to provide outreach to Local Health Departments
- Community outreach and engagement focused on wellness using CT Trail Finder



HealthReach

Community Health Centers

OUR MISSION
To provide high quality, affordable, patient-centered healthcare in the medically underserved communities of Central and Western Maine

Patients
Locations
About
News
Links
Employment
Ways to Give
Contact
Home

Western Maine Family Health Center

Tel: (207) 897-4345 Fax: (207) 897-2321 | 16 Depot St, Suite 300 Livermore Falls, Maine 04254 | [Directions](#)

Find the Perfect Hike Near You!

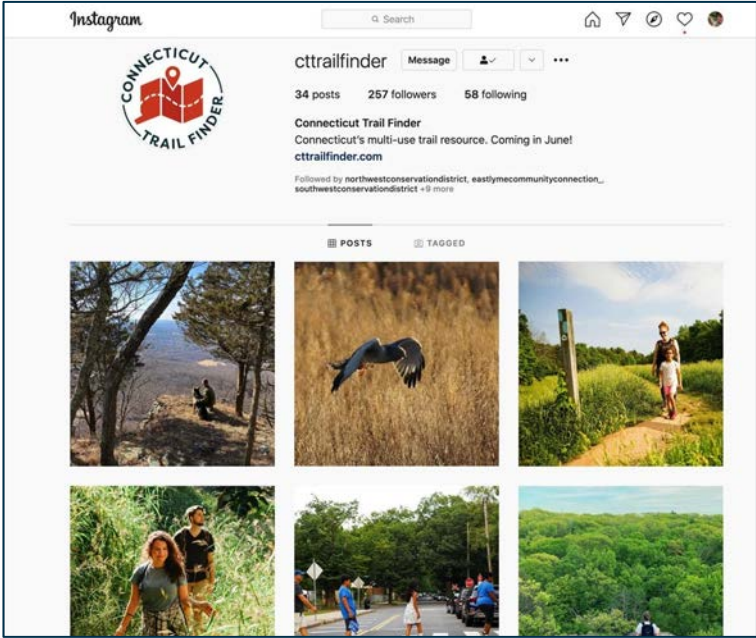
We have partnered with Maine Trail Finder to bring you and your family a selection of the best beginner-friendly hiking trails in your neck of the woods. Time to go outside and explore!



To check out other trails in your area and around the state, go to MaineTrailFinder.com

Social Connection

Instagram:
@cttrailfinder



Facebook:
@CTTrailFinder



Resources

**Voices of
National
Leadership**
in Anti-Racism
in the Outdoors



- CT Trail Census Infrared and Survey Data
- Trails 101 Video Series
- Anti-racism in the Outdoors
- Trails Impacts Series - Health, Communities, Economies, Resilience



What to Know Before You Go - Trails 101 Series



<https://cttrails.uconn.edu/>

Thank you

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CONNECTICUT TRAIL FINDER

Visit us on the web: cttrailfinder.com and
<https://cttrails.uconn.edu/>
or trails@uconn.edu

