

# East River Preserve

## Town of Guilford

The Town of Guilford acquired the East River Preserve in 2009 from the Goss family. The East River Preserve is named for the East River that extends through the property to Long Island Sound. The East River Preserve contains critical ecosystems providing migrating fish, estuarine-dependent and interior forest birds, old field successional grasslands, large intact legacy upland forest, and high quality inland wetland systems. The preserve provides miles of marked trails including the New England National Scenic Trail. The East River Preserve was purchased for Conservation and Passive Recreation with partial funding from the National Oceanic and Atmospheric Administration through the Coastal and Estuarine Land Conservation Program in Cooperation with the Connecticut Department of Environmental Protection's Coastal Management Program.



Photo by Guilford Land Conservation Trust

The East River Preserve has a section of the New England Trail. Designated as a national scenic trail in 2009, the 215 mile New England Trail includes portions of four largely contiguous trails: the Mattabessett, Menunkatuck, and Metacomet Trails in Connecticut and in parts of the Metacomet- Monadnock trail in Massachusetts. To learn more about the New England Trail please visit [www.newenglandtrail.org](http://www.newenglandtrail.org). The managing organization for the New England Trail in Connecticut is the Connecticut Forest & Park Association (CFPA), a non-profit, conservation-based membership organization. CFPA's mission is to connect people to the land, to protect forest, walking trails and open spaces for future generations.

The East River Preserve is managed by volunteers of the Guilford Conservation Commission. The Conservation Commission was established in 1963 and is charged with the development, conservation, supervision and regulation of natural and water resources within the territorial limits of Guilford. Volunteers are always needed for trail maintenance projects.

## Directions and Parking:

There are numerous entrances to the East River Preserve. The main entrance is on Sullivan Drive. From I-95 take exit 59 and head north to Sullivan Drive. Additional parking is located off of Clapboard Hill Road and Podunk Road.

## Permitted/Prohibited Activities:

The trails are open to hikers during daylight hours. Biking is allowed on Bearhouse Hill Road and along the power lines. Prohibited activities include motorized vehicles, camping, fires and alcohol. Dogs must be on leash, please pick up all animal waste.



Photo by Janet Lopes

## Moderate Hike

The trails at East River Preserve are nice hikes through the varied ecosystems of Guilford. The trails go along the East River, an edge of a field, over streams, and through glacial erratics. There are plenty of opportunities to see wildlife throughout the preserve.

**Total Trails Length:** Approx. 7.63 miles

**Red Trail:** 0.29 miles

**White Trail:** 0.86 miles

**Green Trail:** 1.21 miles

**Blue (Menunkatuck Trail):** 2.88 miles

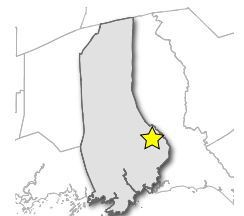
**Orange (Power Line Trail):** 0.89 miles

**Yellow (Bear House Hill Road Trail):** 1.50 miles



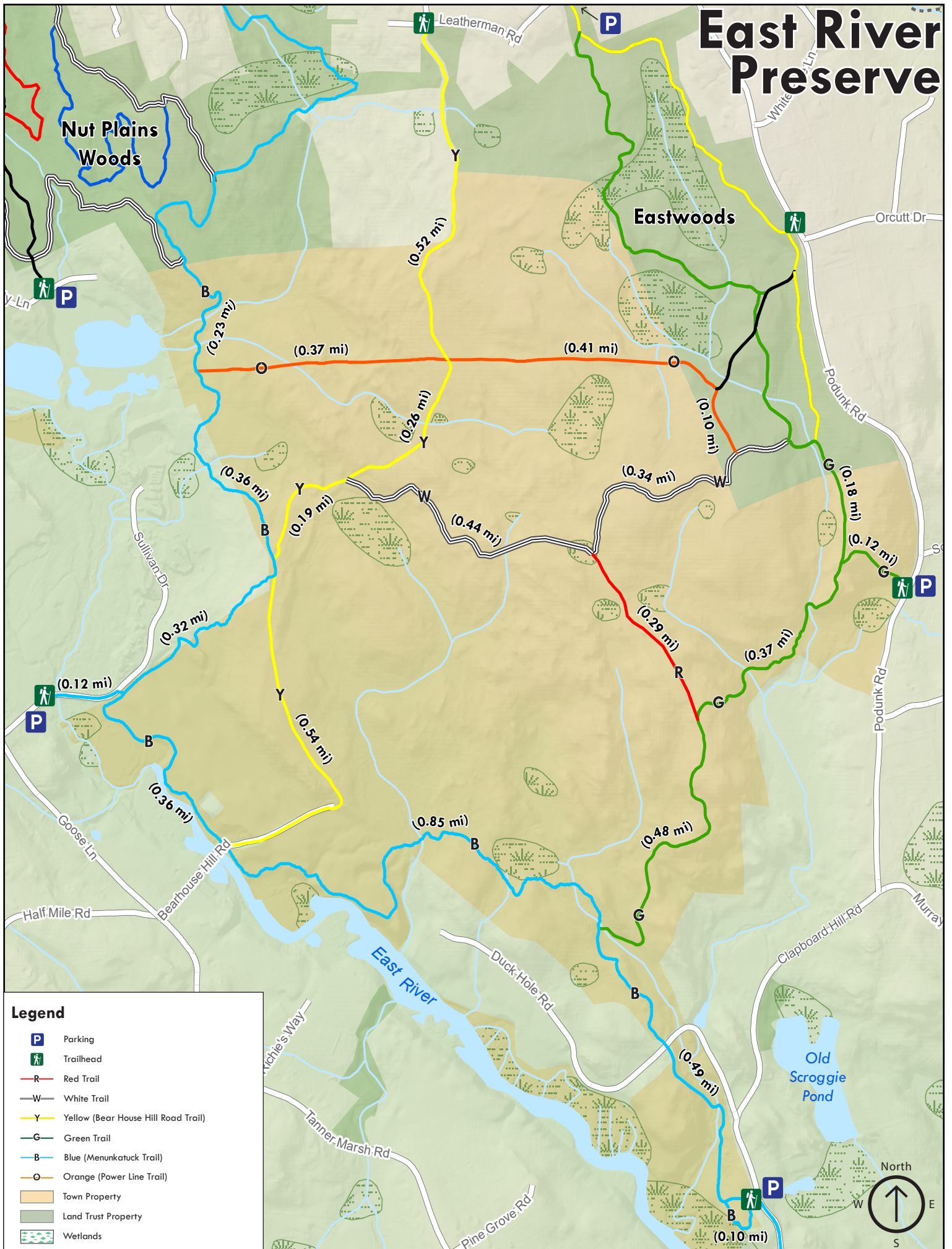
## For more information about this location, contact:

Town of Guilford  
Natural Resources Department  
(203) 453-8146





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## Legend

- Parking
- Trailhead
- Red Trail
- White Trail
- Yellow (Bear House Hill Road Trail)
- Green Trail
- Blue (Menunkatuck Trail)
- Orange (Power Line Trail)
- Town Property
- Land Trust Property
- Wetlands

