

The 126 State Parks and Forests of Connecticut provide a wealth of recreational opportunities, including hundreds of miles of trails.



Each State Park and Forest has a Trail Plan indicating each trail and its designated use. Trail maps are available for specific areas through the Park Supervisor, or by contacting the DEP/State Parks Division.

It is your responsibility to ensure that your use of the trails does not impair that of other trail users, or damage the trails themselves. The actions of a few individuals often speak for a whole group, and mountain bikers are no exception.

When mountain biking be aware that you'll be sharing trails with hikers, equestrians, hunters and others. Sharing trails is a realistic goal if bikes are operated in a reasonable manner. A set of guidelines has been adopted which is intended to minimize conflict with other user groups.



Department of Environmental Protection

Trail Guidelines

1. Respect Other Users

Yield the trail to hikers and horseback riders. Excessive speed may frighten other trail users. Use courtesy and caution when approaching or overtaking others.

2. Respect the Environment

Avoid skidding your tires, it promotes trail erosion. Do not take shortcuts or create new paths. Avoid riding after a rain or during the spring thaw. Do not litter. Do not create trail "braids" by riding around fallen logs, puddles or other obstacles.

3. Respect Trail Rules

Trails are closed for a reason, usually environmental impact or potential user conflict. Check with park staff if you are unsure of which trails are open to bicyclists.

The statewide Blue-Blazed hiking trail system is maintained by the Connecticut Forest and Park Association, a private non-profit conservation organization, and therefore these trails are closed to mountain bikers, as is the Appalachian Trail.

4. Respect Your Head

For your safety, please wear a helmet.

Riding During Hunting Season

Hunting is allowed at most state forests and wildlife management areas.

Know hunting season dates. Peak hunting activity for small game and deer occurs from the third Saturday in October through December. Early morning hours are the most active. There is no Sunday hunting.

If you choose to ride where hunting is permitted:

- Call out to hunters to identify your position
- Wear bright colors such as fluorescent orange
- Do not wear white, gray, brown or tan clothing

D.E.P. State Parks and Forests are Open Everyday from 8a.m. to Sunset. Nightriding is Prohibited.



For More Information on Mountain Biking in D.E.P. State Parks and Forests Call:

Department of Environmental Protection's
State Parks Division
(860) 424-3200
<http://dep.state.ct.us>
dep.stateparks@po.state.ct.us

If you would like to volunteer your time to
help maintain the trails you ride on, contact
your local Park Supervisor, or the
Connecticut Chapter of NEMBA at:

New England Mountain Bike Association
P.O. Box 2221
Acton, MA 01720
1-800-57-NEMBA
<http://www.nemba.org>

If you would like to support bicycling
throughout Connecticut contact:

The Connecticut Bicycle Coalition Inc.
1 Union Place, Hartford, CT 06103
(860) 527-5200

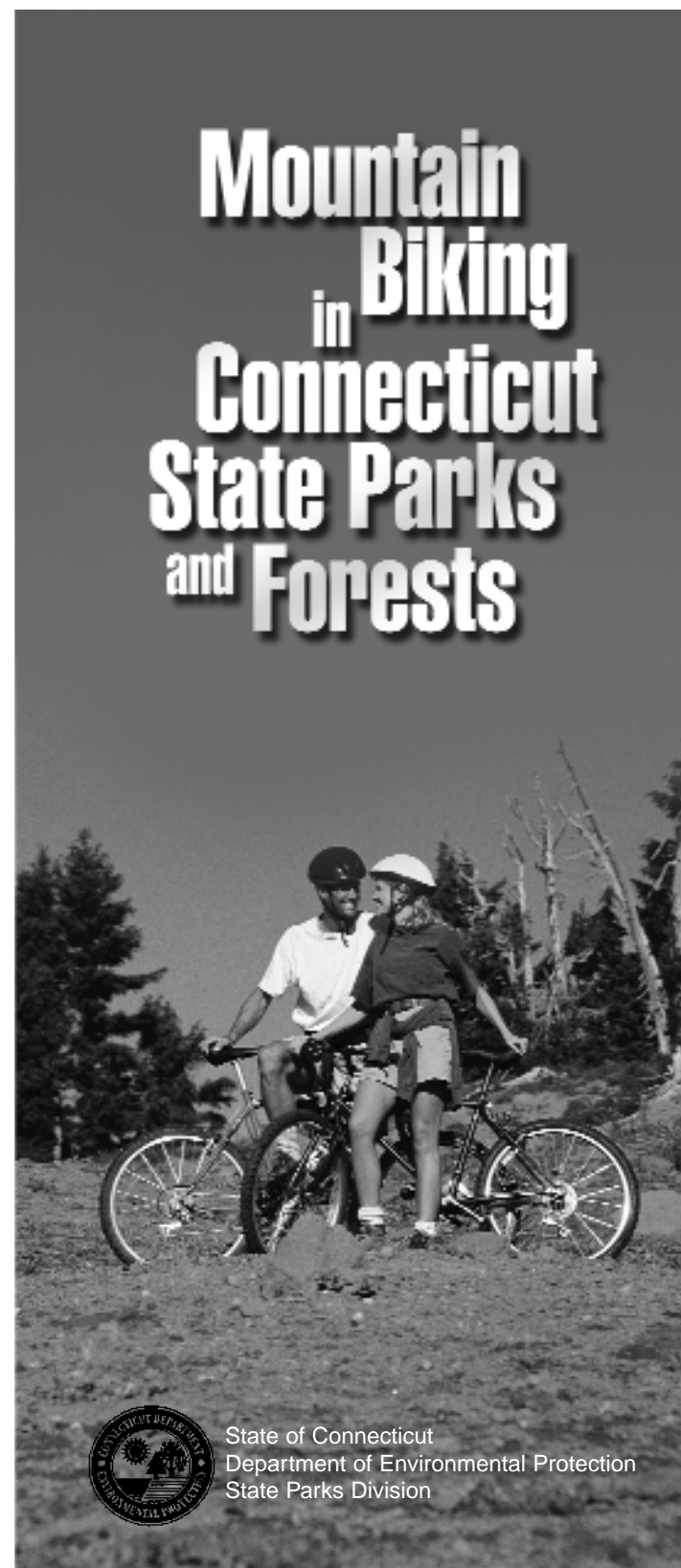
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