

## Start blazing trails

Robert Miller, Staff Writer

On Trails Day, you can explore a trail, help repair one, or help build a new one.

"We like to give people a lot of things to do," says [Sandy Moy](#), the executive director of Tarrywile Park in Danbury. The park is one of the many open space areas in the state that will celebrate Trails Day on June 5.

Saturday is the 18th annual Trails Day --a celebration of outdoor walking in the state. Connecticut events on June 5 and 6 are planned to coincide with National Trails Day, held by the [National Hiking Association](#).

And as in past years, Connecticut -- the third-smallest state in America -- leads the country in the number of events it will hold.

"People are always surprised to hear that," says [Jennifer Benner](#), communications manager for the [Connecticut Forest and Park Association](#), which manages the state's Blue Trail system and organizes Trail Day here. You can read the entire list of events by going to the association's website at [www.ctwoodlands.org](http://www.ctwoodlands.org).

The longest hike -- for those in the mood for a serious trek -- would be the 200-mile long New England Trail, which runs for 200 miles through the center of Connecticut and Massachusetts to New Hampshire.

But there are many walks closer to home.

In Bridgewater, a work crew will be building a mile-long stretch of new trail on land owned by the [Sunny Valley Foundation](#). [Wayne Woodard](#), of the foundation, says that the trail, when finished, will move a section of Blue Trail that runs on pavement into the woods.

"It will connect two other trails," Woodard says. "We've got 12 miles of trails in Bridgewater that people should see."

There are serious, long walks planned on the Appalachian Trail in Kent and the Aspetuck Valley Trail in the Centennial Watershed Forest in Easton and Newtown. (Speaking of the Appalachian Trail, a new museum dedicated to hiking in the U.S. opens June 5 in Pennsylvania. It's called The [Appalachian Trail Museum](#) and is in a 200-year-old grist mill at Pine Grove Furnace State Park.)

There are also simpler events here in Connecticut, like walks and nature lectures at [Old Quarry Nature Center](#) in Danbury, and a walk between three locations in New Milford owned by the [Weantinoge Heritage Trust](#).

At Tarrywile, there will be family hikes and work details that will re-mark one section of trail and build a footbridge over a wet section in another spot in the park.

"Days like this really help our staff of two," Moy says.

And there will also be an effort to clear bittersweet -- one of the predominant non-native invasive species of vines -- along one section of Tarrywile's trails.

"We'll never finish this work," she says of the Sisyphean task of fighting invasives. "But when people hear about it, they always go "Yea ! " "

Contact Robert Miller

at [bmiller@newstimes.com](mailto:bmiller@newstimes.com)

or at 203-731-3345.