



2024

TrailLink Unlimited



Guides



**Moosup
Valley State
Park Trail**
Connecticut



Moosup Valley State Park Trail

Connecticut

This 5.8-mile trail is part of the planned East Coast Greenway, an off-road path that will eventually run from Calais, Maine, to Key



Head out on this bucolic, scenic trail and you'll feel as though you have left civilization far behind. Much of the trail follows the Moosup River on its course past rural Moosup and Sterling on into Rhode Island. The trail begins with a large, re-decked trestle bridge. After 1 mile, a second bridge, as well as a dam and falls, come into view, and the trail becomes increasingly rural and wooded. You'll spot a quarry to the right, around the 2-mile point.

There's no clear line of demarcation between the end of the Moosup Valley State Park Trail and the start of the Coventry Greenway, the path's name once it enters Rhode Island. Determine your own best turnaround point.

If you plan to use the trail in autumn or early winter, beware that hunting is popular here. In season, you're advised to wear blaze orange. (Note: Hunting is not permitted on Sundays.)

This 5.8-mile trail is part of the planned East Coast Greenway, an off-road path that will eventually run from Calais, Maine, to Key West, Florida. The Moosup Valley State Park Trail will connect with Rhode Island's [Washington Secondary Bike Path](#) that stretches from the state border east toward Providence.

The Moosup Valley State Park Trail follows the bed of the former New Haven Railroad, which operated this line from 1898 until 1968, when it began pulling up tracks. Wide and flat, the trail is suitable for riders of all levels though it is not pristinely manicured. Its surface is largely hard-packed dirt, but this varies, and the trail is not recommended for road bikes. A hybrid or a mountain bike would be ideal.



Moosup Valley State Park Trail

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States: Connecticut

Counties: Windham

Length: 5.8miles

Trail end points: Main St. (Moosup) to CT/RI
Border

Trail surfaces: Ballast,Crushed
Stone,Dirt,Grass,Gravel,Sand

Trail category: Rail-Trail

Trail activities: Horseback Riding,Mountain
Biking,Walking,Cross Country Skiing

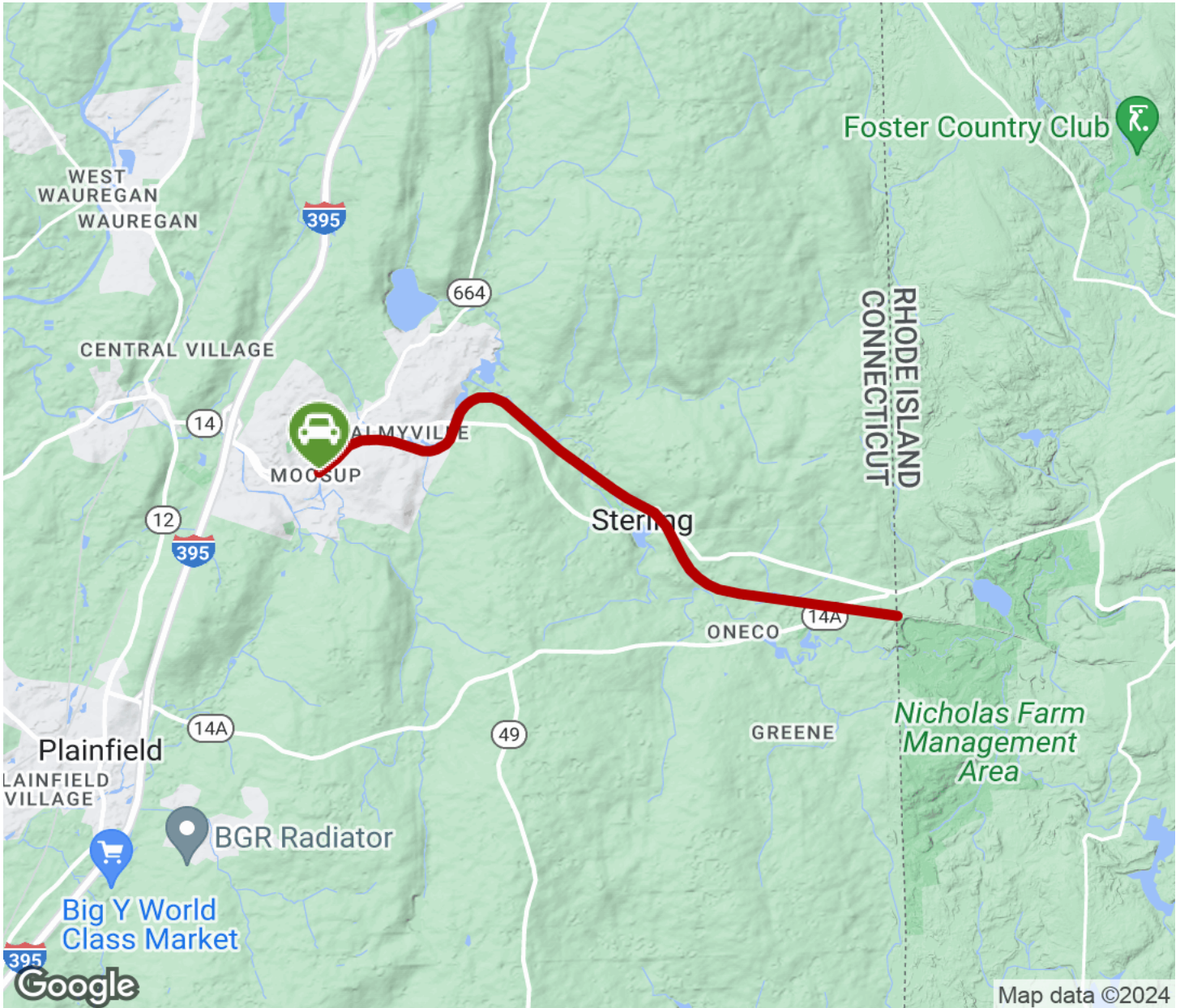
Parking & Trail Access

To reach Moosup from Rhode Island, follow State Route 14 west from the state line; to reach it from Connecticut, take Interstate 395 to Exit 89 and follow Route 14 east toward Moosup/Sterling. The trailhead lies near the junction of Main Street/Route 14, South Main, Ward Avenue and Prospect Street (also Route 14). It begins at the large railroad trestle on dead-end Village Center Circle, on the same side of the street as the river. Park at the Moosup Adult Learning Lab.



Moosup Valley State Park Trail

Connecticut



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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