

WESTPORT TRAIL (10K/5K-EC/Y2483/NE2023)

Connecticut Valley Volkssport Club, AVA-784

Welcome to Westport Connecticut!

Preamble:

Walk Time: 8am to sunset

Directions: FROM THE SOUTH: Take I-95 N to Exit 17, follow Rt. 33 North to Rt 1. Turn Right (East) on Route 1, crossing the bridge over the Saugatuck River. Take the second left after the bridge onto **Main St.**

FROM THE NORTH: Take I-95 S to Exit 18, the Sherwood Island Connector. Turn right off the exit and proceed North to Rt 1. Turn Left (West) on Route 1. 1.4 miles, and turn right onto **Main St.**

Once on Main St., take the first right onto Elm St. The Baldwin Parking Lot will be the first driveway on your left.

Parking: 2 Hour Parking in White Lined Spaces, 3 Hour Parking in Green lined spaces, Unlimited Parking in Yellow Spaces.

Restrooms: Located in the Westport Library, and Starbucks.

Water is available at the library, there are also numerous restaurants along the trail.

AVA Special Programs: Ice Cream Parlors, Walk the USA: A-Z.

The Nature Center is open Wednesday - Sunday 10 am to 4 pm.

This walk is comprised of two 5K trails: Downtown and Sherwood Island State Park.

Downtown Trail: starts at the Baldwin Parking lot, directions above.

Sherwood Island State Park Trail: starts at the park parking lot. **From I-95:** either direction, take Exit 18 the Sherwood Island Connector and follow signs to Sherwood Island State Park. **From the Baldwin Parking lot:** turn left on Elm St. to Church Ln., then left on Church Ln. to Myrtle Ave., Left on Myrtle Ave. to Route 1, Left on Route 1, 1.3 miles on Route 1 to the Sherwood Island Connector. Turn Right on the Sherwood Island Connector and follow signs to Sherwood Island State Park. **Parking fee is in effect for non-residents from Memorial Day weekend through Labor Day. (Weekends/Holidays \$22 (after 4pm \$7) Weekdays \$15 (after 4pm \$7).** Follow signs to Pavilion Parking, then bear left around the circle toward East Beach parking and look for available parking spaces.

Postamble:

Be sure to log back into the OSB system to “finish/complete” your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker’s Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user’s Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a walker’s Event Bank when he/she submits the walk completion info as a paying for credit walker. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.)

FOR IMMEDIATE EMERGENCY ASSISTANCE, CALL 911. LOCAL CLUB POINT OF CONTACT: Bob McDougall, 860-342-3062. AVA NORTHEAST REGIONAL DIRECTOR: Wayne Knapp, 518-469-7298.

DOWNTOWN WESTPORT 5K TRAIL

<i>DIRECTIONS</i>	<i>COMMENTARY</i>
1. Start: Baldwin Parking Lot, 35 Elm St. (S/F on map).	<i>The area across the street is part of developer David Waldman’s Bedford Square project, tying together Church Ln., Elm St. and Main St. while offering a new mix of retail, office and residential space. We’ll see more of the gorgeous new area later in the walk.</i>
2. LEFT on Elm St. to Church Ln. (last left).	
3. Left on Church Ln. to Myrtle Ave. (last left).	
4. LEFT on Myrtle Ave. to end of sidewalk.	<i>You’re passing the Christ&Holy Trinity Church built in 1863.</i>
5. Carefully Cross Myrtle Ave. to sidewalk on opposite side of street, continuing in same direction on Myrtle Ave. to Main St..	<i>On the left, at the corner of Myrtle Ave. and Avery Place, is the 1795-Wheeler House, home of the Westport Historical Society, open Tue-Fri 10am-6pm and Sat 10am-5pm, the property includes The Bradley-Wheeler heptagonal Cobblestone Barn, renovated in 1994, which houses the Museum of Westport History. On the right you will be passing the Westport Town Hall.</i>

DIRECTIONS	COMMENTARY
6. Carefully use crosswalk to cross Main St..	
7. LEFT on Main St. using crosswalk to cross Kings Hwy N. Proceed to Parker Harding Plaza (first right).	<i>After the green, look left for a view of the back side of the Cobblestone Barn.</i>
8. RIGHT on Parking Harding Plaza to State St. E. (Route 1).	<i>As you approach the water, watch for a short boardwalk on the right marked with a sign “Long Island Sound Access”. Follow the boardwalk for a glorious view down the center of the Saugatuck River, then return to the trail.</i>
9. RIGHT on State St. (Route 1), crossing the Post Road Bridge over the Saugatuck River to Riverside St..	<i>As you turn right on Route 1, note the Starbucks to your immediate left if you are in need of refreshment.</i>
10. LEFT , carefully crossing State St. (Route 1) in the cross walk, proceed on Riverside St. to next crosswalk, just past the church.	<i>Note that there is one section (before crosswalk) without sidewalk. Proceed, with caution, along the wide shoulder.</i>
11. RIGHT , crossing Riverside St. in the crosswalk.	<i>You are now in front of the Church of the Assumption, which was dedicated April 22, 1900.</i>
12. RIGHT on Riverside St. back to State St. (Route 1).	<i>Just before reaching Route 1, note that Sunny Daes dairy bar is on your left serving homemade ice cream, soft-serve, yogurt, and gelato.</i>
13. RIGHT crossing Riverside St. in crosswalk, to proceed on State St. Cross the Post Road Bridge (over the Saugatuck River) and proceed to Jesup Rd..	<i>The Post Road Bridge offers beautiful views of the Saugatuck River, which is subject to a tidal fluctuation of over 6 feet ever 6 hours. During rowing season, it is not uncommon to see local crew teams practicing on the river.</i>
14. RIGHT on Jesup Rd. Follow sidewalk along the river toward the Library) and continue on the trail as it transitions from cement to brick then gravel. Keep the water to your right, passing the Levitt Pavilion for the Performing Arts (large canopy structure on your left). Follow trail as it turns sharply left (a “hairpin” turn) and ends at a small bridge on your right.	<i>Watch for a metal sculpture on your left, “A Bridge in Time” by Bobbie Kletzsch Friedman. It features bearings from the 1917 drawbridge, which was replaced in 1990 by the bridge you just crossed. On the left, you will see the Westport Library which is in the process of a major renovation. There is a ribbon cutting scheduled on Sunday, June 23, 2023. The lower level is open during construction to patrons/visitors and includes restrooms, water, and some light refreshments for sale.</i>
15. RIGHT on the bridge over Deadman Brook and straight across the parking lot to the Westport Woman’s Club/Bedford Hall/Curio Cottage sign.	<i>Established by the Westport community in 1973, the Levitt Pavilion for the Performing Arts is an independent, not-for-profit organization that exists to provide free and abundant access to the performing arts. Over the course of more than four decades, their Summer Season, featuring their signature “50 Free Nights under the Stars”, has entertained over 1.5 Million guests.</i>
16. LEFT on path to Westport Woman’s Club. At paths’s end continue through parking lot until reaching Imperial Ave..	<i>The Westport Woman’s Club, founded in 1907, is a non-profit, tax-exempt, 501(c)(3) philanthropic organization dedicated to volunteerism and fundraising in support of the charitable, educational, cultural and public health services in Westport and surrounding towns. The Curio Cottage Thrift Shop is open Mon 1-4, Wed-Fri 10-3 & Sat 11-2.</i>
17. LEFT on Imperial Ave. to Jesup Rd. (first left).	<i>Welcome to the Jesup Road Historic District which includes: the 1804 Jesup-Godillot House (on the left), remodeled c.1880; the 1882 Godillot Carriage House (on the right) on</i>
18. Cross Jesup Rd. in crosswalk.	
19. LEFT on Jesup Rd. to Taylor Place (second right).	

DIRECTIONS	COMMENTARY
	<i>Jesup Rd. and the Town Hall at Post Rd. East, which are all listed in the National Register.</i>
20. RIGHT on Taylor Place (just past “green&tonic” health food restaurant) to Post Rd. E. (Route 1).	<i>The rest of the trail will loop around the main downtown shopping district which includes numerous restaurants and retail stores. Feel free to take a break and browse or just window shop.</i>
21. RIGHT on Post Rd. E. (Route 1) to Myrtle Ave. (third crosswalk).	
22. LEFT crossing Post Rd. E. at crosswalk, to proceed along Myrtle Ave. following sidewalk when it bears left into a parking lot.	<i>You will be passing Deadman Brook, which passes under the road here and flows into the Saugatuck River. It is very narrow, so don't blink or you'll miss it ☺</i>
23. RIGHT in parking lot to lot exit (about 10 parking spaces), where sidewalk continues to Church Ln..	<i>The area with brick sidewalk is part of the Bedford Square development which was mentioned at the start of the walk. The development is still a work in progress, and the area you are walking in was just completed in 2018.</i>
24. LEFT on Church Ln. to the crosswalk at Elm St. Cross to the right side of Church Ln. and continue on Church Ln. to State St. (Route 1) last right.	
25. RIGHT on State St. to Main St. (first right).	Walker Alert: <i>There is on-going construction along Main St. Please use caution when traversing the work zones.</i>
26. RIGHT on Main St. to Elm St. (first right).	
27. RIGHT on Elm St. to Start/Finish at Baldwin Parking Lot.	<i>We hope you enjoyed your visit to Westport! If you have any comments, please pass them on to us c/o Bob McDougall, P. O. Box 251, Glastonbury, CT 06033-0251 (860) 342-3062</i>

Traffic Warnings: *State law requires that pedestrians walk on the left shoulder of the road (facing traffic) when there is no sidewalk.*

Questions: Call Bob McDougall 860-342-3062

SHERWOOD ISLAND STATE PARK 5K TRAIL

Connecticut's first state park is still one of its finest. Sherwood Island State Park, which covers 234 acres of beach, wetlands, and forest, opened to the public in 1937. The park is named for the Sherwood family who settled what was then known as Fox Island in the 1600's and whose descendants continued to farm the land for almost 300 years.

DIRECTIONS	COMMENTARY
1. Start: East Beach Parking Lot (S/F on map).	
2. South (toward the water) to sidewalk.	
3. RIGHT on cement sidewalk to blacktop sidewalk .	
4. LEFT toward water following blacktop sidewalk to 9/11 memorial on Sherwood Point.	<i>Sign on right “911-Memorial”.</i>
5. RIGHT from Sherwood Point following trail closest to the beach keeping water on left. Proceed to trail fork.	<i>911-Memorial Lawn on left, flanked with the names of Connecticut family members lost in the tragedy.</i>
6. At fork, RIGHT away from beach to covered “Park Map” Sign.	
7. LEFT after sign, following trail with beach on left, until you see yellow fire hydrant.	<i>Restrooms in building on right.</i>
8. At dumpster stay left following loop trail clockwise through the wooded area, at end dumpster will be on	<i>Loop woods/nature trail.</i>

DIRECTIONS	COMMENTARY
your right, turn LEFT following road, with fire hydrant on your left to parking area (last right).	<i>Sign on left for Hole 8 of the Disc Golf Course.</i>
9. RIGHT to next left.	<i>Overflow parking area.</i>
10. LEFT to next left.	<i>Sign on left for Hole 4 of the Disk Golf Course.</i>
11. LEFT to park entry road.	<i>Interpretive Sign on Right “Rediscovering the Sherwood Family Footprints” Interpretive Sign on Left “The Sherwood Family”.</i>
12. Sharp RIGHT walking with wooden guardrail to your left, along entry road. Pass directional signs to “PAVILION PARKING”, “UNLOADING ONLY”, “NATURE CENTER” and “EAST BEACH”.	
13. BEAR LEFT , with Main Pavilion on your right, to blacktop trail toward beach.	
14. RIGHT (on blacktop) toward water to first left.	
15. LEFT , following trail with the beach and water on your right, to park building.	<i>Note the Dune Area to the right. Please keep off the grass as they help preserve the dunes.</i>
16. PROCEED STRAIGHT on road with dunes, beach, and water to your right, to turnaround.	<i>Restrooms in building on left.</i>
17. At turnaround, retrace steps to first path on right.	<i>Best views of the beach and Long Island Sound.</i>
18. BEAR RIGHT on path to parking lot back to park building you passed earlier.	<i>The Nature Center is open Wed - Sun 10 am to 4 pm. Sign on right for “Purple Martin Sanctuary”.</i>
19. RIGHT on park road to third right, turn right at the sign “EAST BEACH BUS PARKING” (this sign will be facing away from you on the right).	
20. Proceed along the right side of this parking lot to end, circling it in a counterclockwise direction back to the “EAST BEACH BUS PARKING” sign.	<i>The area to the right is used by model aircraft enthusiasts to fly their remote-control planes.</i>
22. BEAR RIGHT out of parking lot, carefully crossing the park road.	
23. RIGHT along road to parking lot path (first left).	
24. LEFT on parking lot path to end.	
25. RIGHT on park road, back to start/finish.	<i>We hope you enjoyed your visit to Sherwood Island State Park! If you have any comments, please pass them on to us c/o Bob McDougall, P. O. Box 251, Glastonbury, CT 06033-0251 (860) 342-3062</i>

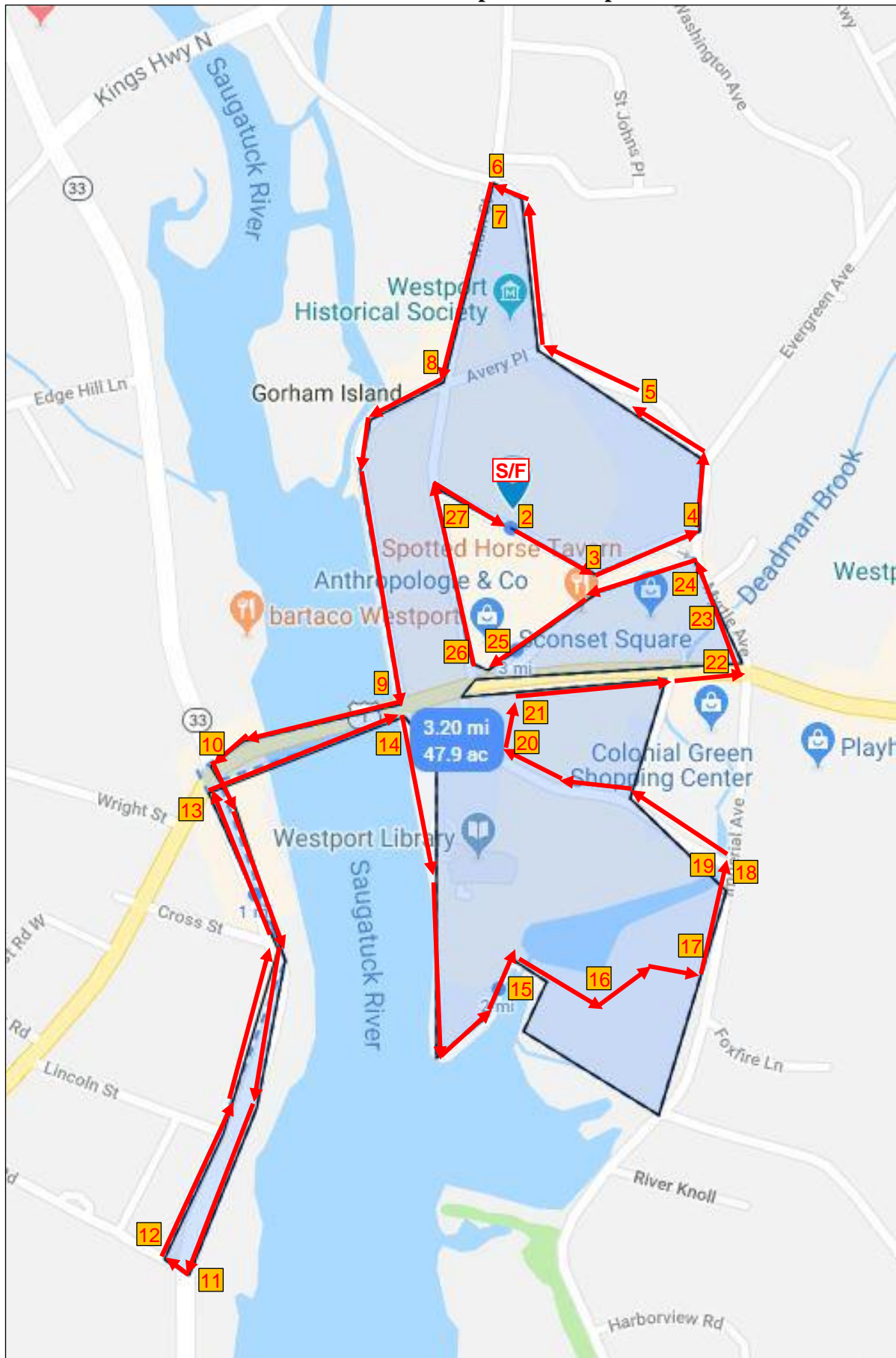
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Welcome to the Downtown Westport 5K Loop Connecticut!



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