

NEWINGTON 5 & 10K TRAILS
Y2985 2022 Connecticut Valley Volkssport Club AVA-784

“PRE-AMBLE”:

City/State	Newington, CT
Event Name	Newington
Event Type	OSB Seasonal (4/1 – 12/31)
Event ID	Y2985
Award	IVV Credit Only
Rating	5K: 1A; 10K 1A (Optional 1K hike on Cedar Mountain is 2B)
Distance	5k and 10k
Strollers	Medium
Wheelchairs	Medium
Pets	Yes
Restrooms and Water	Yes. In restaurants along Main St./Rt. 175 in center of town and in Mill Pond Falls park.
Sponsoring Club	Connecticut Valley Volkssport Club
Contact	Carol West, carol.west@sbcglobal.net , 860-721-1185. P.O. Box 251, Glastonbury, CT 06033
Start Point	WEB REGISTRATION ONLY using the AVA Online Start Box. <i>From I-91S: Take Exit 28 to Rt. 5/15S toward Berlin Turnpike/ Wethersfield/Newington. Take exit toward Rt. 175W. Right onto E. Cedar St./Rt. 175. Left onto Main St./Rt. 176 (large white church will be ahead to your left). Left onto Market Square. From Rt 5N: Take left on E. Robbins Ave. (McDonalds will be on your left) and proceed west to Rt. 176. Turn right onto Rt. 176 and turn right onto Market Square.</i> GPS: 41.69634, -72.72153 for Newington Pizza, 75 Market Sq.. Parking is available on street and in Constitution Way, which is behind (north of) the shops on Market Sq.
Event Information	Trail Highlights: Newington is a small suburban town located eight miles south of Hartford, which once connected Hartford and New Britain with its trolley system. It was once part of Wethersfield until the late 19th C. and then the rolling farmland to Wethersfield’s west separated to become the “new” town of Newington. In addition to grazing cattle, the town had a prosperous sawmill (producing pipe-staves) near what is now claimed to be the smallest waterfall in the country. The 10K and 5K walks go through Mill Pond Park to this waterfall and features a number of 18 th and 19 th century houses, including the Kellogg-Eddy House and Museum which houses the Newington Historical Society. Also on Main St. are an old firehouse and the Church of Christ Congregational Church, founded in 1716, with the current church built in 1960.
Hours	Dawn to dusk
Special Programs	Town Halls/City Halls, Rockin’ Around the Clock, Walking with American Vets, Walk the USA A-Z
Comments	

“POST-AMBLE”:

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.)

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AVA Special Programs: *Rockin' Around the Clock, Town Hall/City Halls, Walking with American Vets, Walk the USA A-Z*

FOR IMMEDIATE EMERGENCY ASSISTANCE, CALL 911. LOCAL CLUB POINT OF CONTACT: Carol West, 860-721-1185. **AVA NORTHEAST REGIONAL DIRECTOR:** Wayne Knapp, 518-469-7298.

DIRECTIONS	COMMENTARY
<p>5K and 10K Walkers</p> <p>1 From your parked car (e.g., in lot on Lowry Pl. or Market Sq.), walk down Market Sq. to Main St. and cross over to old Firehouse on corner of Main and Garfield (START point). Proceed down Garfield St., past Walsh (note little fireman statue down on your left) heading west to Audubon Ave.</p>	<p>First settlers of Newington were from Wethersfield in the mid-1600s.</p> <p>Original Firehouse Number 1 (1929) on corner of Main and Garfield. Contains small museum of Newington's antique fire trucks and fire department history.</p>
<p>2 Turn left onto Audubon and walk past Bonair Ave. to Browning Ave.</p>	
<p>5K Only: Turn right on Browning Ave. toward entrance into Mill Pond Park. Skip to Step #6.</p>	
<p>10K Only:</p> <p>3 Continue down Audubon past Browning and then Wilson (no sign), proceeding to Taft.</p>	
<p>4 Turn right on Taft.</p>	
<p>5 Turn right on Hillstead and proceed to end.</p>	<p>Note the Polish American Club on corner of Hillstead and Wilson. Many residents of Newington (and nearby New Britain) are of Polish descent.</p>
<p>6 5K and 10K Walkers: Walk across parking lot to the path just right of the basketball court. Proceed straight down the path, over the little bridge, with Mill Pond (possibly with a lot of Canada geese) on your right.</p>	<p>In the summer, there are rest rooms and a small snack bar in the yellow building on your right as your start on the path. Also on the right, note the large sign with an image of the Town of Newington seal. You will see the pictured waterfall shortly.</p>
<p>7 At the rim of the waterfall on your left, walk down the 27 steps to view the small Mill Pond Falls immediately on your right. Go back up the stairs and turn left to continue on the path around the pond.</p> <p><i>Note: If you find stairs difficult, just skip this little off-shoot of the main trail and continue on the path around the pond.</i></p> <p>Bear left at the fork in the path.</p>	<p>The Mill Pond Falls, featured on the Town seal, is considered the smallest natural waterfall in the U.S. (wonder who did that comparative research!)</p> <p>In 1677 four "Wethersfield" (Newington hadn't been founded yet as its own town) men were granted the right to build a sawmill on this pond. They made large barrel ("pipe") staves from wood they gathered in the surrounding Pipe Staves Swamp. The barrels were used primarily for wine and spirits. Later this area became pasture land for the cows, and dairy farming became a key industry of Newington.</p> <p><i>Optional:</i> If you wish to take a couple minutes to see the memorial for the first Girl Scout camp in the U.S. (1922, a decade after Girl Scouts USA was founded), take the path back and to the left to the white pole and commemorative stone plaque. Retrace your steps back to stairs.</p>
<p>8 Cross the road (Garfield St.), at Mortenson Community Center. Walk up Mazzoccoli Way (formerly "Mill St.") and proceed straight past parking lots, Lucy Robbins Welles Library, Town Hall and Veterans Memorial to Cedar St./Rt. 175.</p>	<p>Rest rooms in library.</p>
<p>9 Cross Cedar St. carefully at crosswalk and turn left to follow sidewalk up to Willard Ave./Rt. 173.</p>	
<p>10 Carefully cross Willard Ave. and turn right on sidewalk. You will pass on your left the Kellogg-Eddy House Museum</p>	<p>Kellogg-Eddy Museum at 679 Willard Ave. has exhibits on the history of Newington. The museum is owned by the Town and managed by the Newington Historical Society.</p>
<p>5K Only: Skip to Step #14</p>	

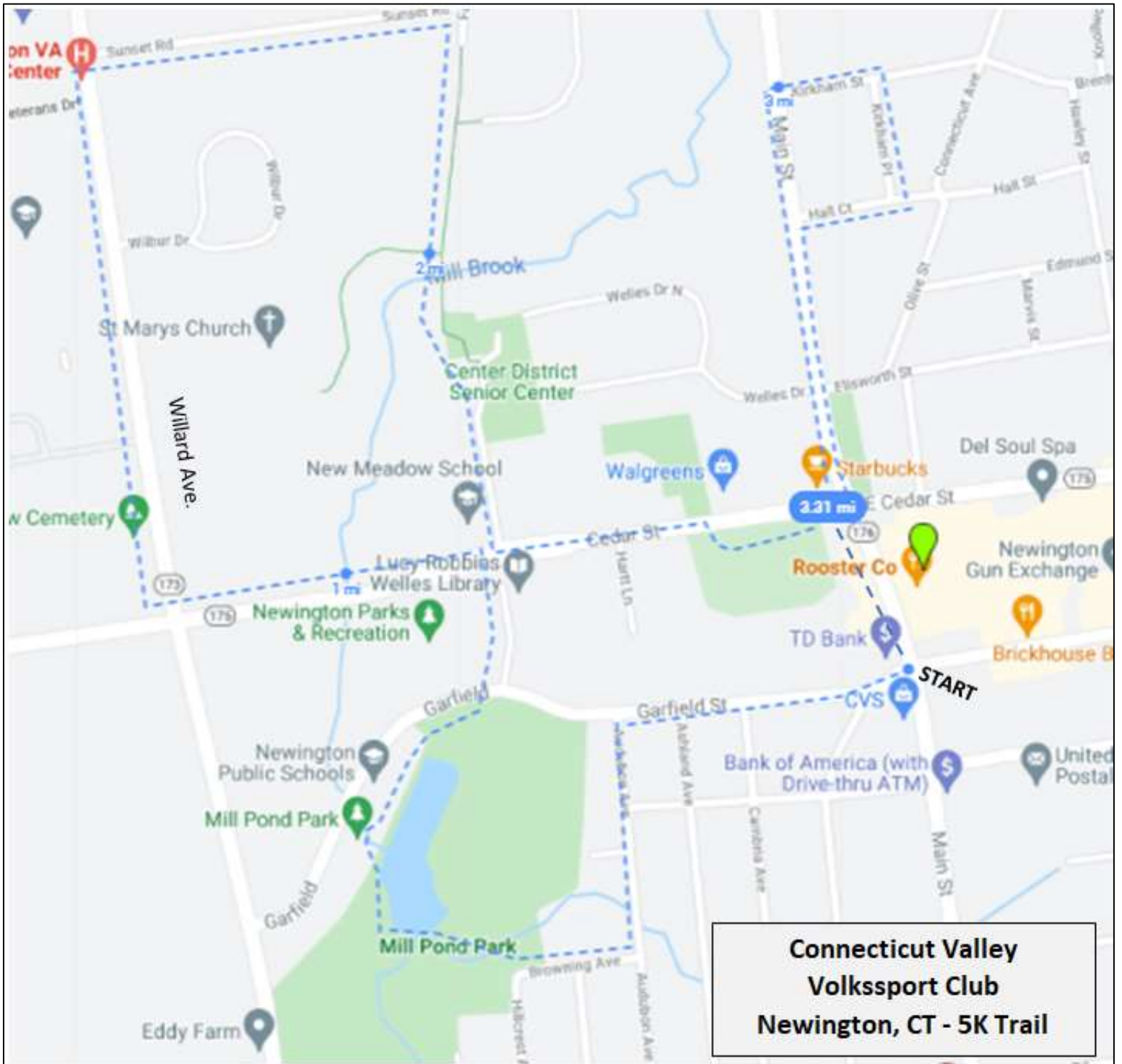
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<p>10K Only: (cemetery loop) 11 Turn left into the drive just past the Kellogg-Eddy House, proceeding past the parking lot on your right, past a small Children's Memorial and into the West Meadow Cemetery.</p>	<p>The cemetery is on former fields of the Eddy Farm. You can still see some of the old building on your left.</p>
<p>12 Turn right on the small road going past the cemetery office building and continue toward the Veterans Memorial commemorating various branches of the U.S. Armed Services. Continue around as the road bends left to the main drive. Turn right and proceed straight back to the flag pole and small benches at the end.</p>	
<p>13 Turn around and retrace your steps straight back to Willard Ave., with the Kellogg-Eddy house on your right. Turn left on Willard Ave..</p>	
<p>5K and 10K Walkers: 14 You will pass on your left Newington High School and, set back from road, the Veterans Medical Center. Continue past Wilbur Dr. on right.</p>	
<p>15 Cross Willard carefully at the crosswalk at Sunset Rd. and proceed down Sunset Rd. Walk to end at Farmstead Dr.</p>	
<p>16 Turn right at Farmstead Dr. and walk short distance to end. Proceed through concrete posts down wooded path.</p>	
<p>17 Continue straight on the path until you reach the asphalt walk on your left, which goes between the residential buildings of the senior housing complex. Turn right and walk down the drive (Mill St. Extension) out to Cedar St. Cross to other side of Cedar at crosswalk.</p>	<p>You will cross over the Mill Brook and get a sense of the swamp lands that have always surrounded the brook that flows north from Mill Pond where you walked earlier.</p>
<p>18 Turn left on Cedar St. and walk toward Main St. You will see Walgreen's drug store on your left.</p>	
<p>19 Pass Hartt Ln. before turning right into the Newington Cemetery behind the brick Church of Christ Congregational at the corner of Cedar and Main. Immediately after you enter the cemetery, take the road to the left leading toward the church. Bear left at end and cut across church parking lot to corner of Cedar and Main St.</p>	<p>Early 1700s Wethersfield settlers living in what is now Newington were allowed to worship and set up a parish on the site of the Church of Christ Congregational due to the difficulty of traveling across Cedar Mountain to the Congregational church in Wethersfield. (It wouldn't be until 1871 that Newington was incorporated as its own town. The current structure was built in 1960.</p> <p>On the brownstone graves to your left, you will see many names of old Wethersfield/Newington families, such as Deming, Belden, Robbins, Whittlesey, Willard, Churchill, and Kirkham. .</p>
<p>20 Carefully cross Main St. at light, and then turn left to cross Cedar, using cross walk.</p>	<p>There are a number of eateries in the area: <i>Rooster Company</i> and <i>Goldburgers</i> on Main St., as well as <i>Starbucks</i> and <i>Vito's</i> on E. Cedar St. across from <i>Carvel</i> ice cream. In addition, there are more restaurants on Market Square.</p>
<p>21 Head north up Main St., passing along the Center Green.</p>	<p>For comic book lovers, the <i>Eye Opener</i> shop is considered one of the best in Connecticut.</p> <p>944 Main St. on Green: 18th C. Georgian style, built in 1723 by John Whaples, one of oldest houses in Newington. Trolley to Hartford and New Britain used to run in front of house. Subsequently house owned by notable families ... Ellen Willard, Rev. Belden, Mary Haines, Leroy Redick.</p>
<p>22 Walk up Main St.</p>	<p>898 Main St., corner of Ellsworth: teal and maroon house (1925) with attractive decorative features. Note the tiny ground-level door on the ell at the back (Any ideas about purpose - for coal delivery perhaps? Elf entry?)</p>
<p>23 Turn right onto Hall Ct. and walk one block.</p>	

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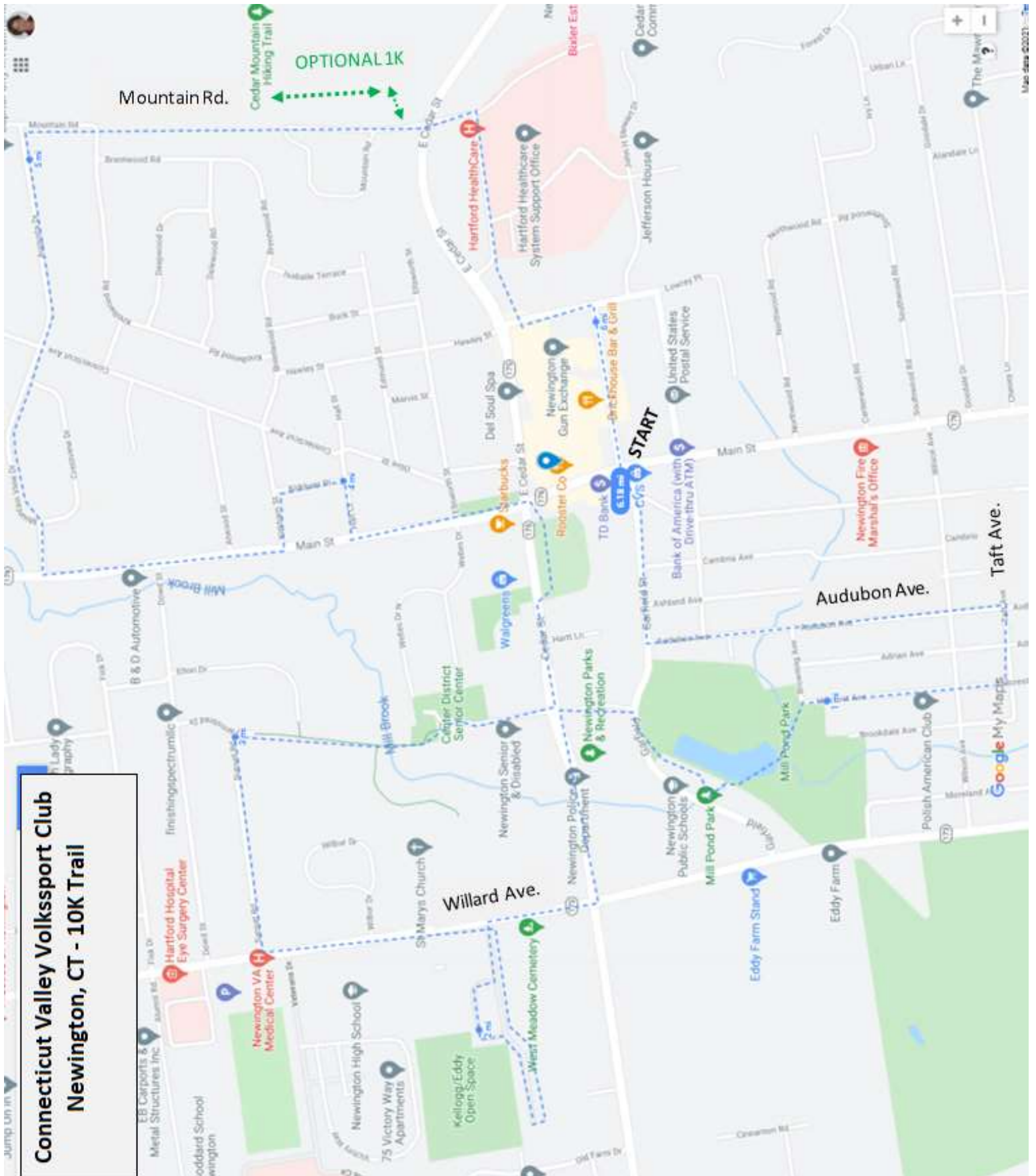
24 Turn left onto Kirkham Pl. and walk one block.	
25 Turn left onto Kirkham St. to return to Main St.	
10K Walkers Only: Skip to Step #27	
26 Walk back down Main St., across Cedar St. and back to START POINT at old fire house (and to the area where you parked your car).	Hope you enjoyed your 5K walk today.
27 Continue walking up (north) on Main St. and turn right at Mountain View. Keep left to stay on Mountain View (though Crestview on your right would join it further on).	646 Main St. – Victorian Italianate style. John Kirkham returned from the 1849 California Gold Rush to build this house for his bride. House was featured on historic tour in April, 2021 in celebration of Newington's 150 th anniversary.
28 Cross over Connecticut Ave. to Augusta Dr. This will end at Mountain Rd.	
29 Turn right on Mountain Rd. and walk until you see a concrete barricade. Walk around the barricade to continue south on the old Mountain Rd., with its old leaf-covered broken-up pavement – watch your footing. Proceed down the path to another barricade, where Mountain Rd. becomes paved.	
30 Walk down Mountain Rd. past the Hartford Regional Center buildings on your right to just before the overpass (Cedar Rd.). Skip to Step #31 if you do not wish to do the OPTIONAL (additional 1K) up to Cedar Mountain Overlook.	You will see a sign on the left for the Newington Greenway trail system.
OPTIONAL 1K: Cedar Mountain Trail to Overlook.	
a) Turn left to enter the Greenway that is part of the Cedar Mountain trail system. Walk up (east) path past the pale blue-white water tower on right. The path splits very briefly - either fork is fine, though the right one is a bit less rocky,	The Cedar Mountain Ridgeline Preserve Greenway, including a network of trails, has been preserved by the Town of Newington and is the largest natural area in the town.
b) At trail junction at top of hill, take trail to left (north) to proceed up to the Overlook (276' elevation). Note: If you miss this turn-off, you will soon see a trail marker stake on right "N1" – turn around and you'll see the northbound junction you missed.	
c) About half-way up, the trail splits, with either fork being fine [we prefer the one to the left] to take to the top. At the clearing, enjoy view to the west. Be careful not to get too close to the edge of the rocks.	On the horizon to your right is Talcott Mountain's Heublein Tower (white) in Avon. In the middle distance in front of you is the sprawling complex of the UConn Medical Center in Farmington. To your left, you can see the gold dome of Newington's VA Medical Center (whose entrance you passed earlier in the walk on Willard Ave).
d) Retrace your steps back down the trail junction to Mountain Rd. Turn left on Mountain Rd..	NOTE: For those wanting to add another 1K or so in the woods of Cedar Mountain after visiting the overlook, you can turn left at the trail junction you originally took to go up to the overlook. Continue straight (east) about another 0.5K, to end up behind the Connecticut Humane Society on Russell Rd. and its pet cemetery. Then retrace your steps. The trails on Cedar Mountain are not well defined/marked and confusing, so wandering further is NOT recommended.
31 Pass under E. Cedar St./Rt. 175	
32 Turn right at Hartford Health Center onto Patricia M. Genova Dr., using sidewalk on left side of road.	In front of you are the buildings of the former Children's Hospital, now part of Hartford Hospital.
33 Walk down hill to traffic light at Constance Leigh Dr. Turn left.	
34 Turn right onto Market Square.	
35 Either walk to where you parked your car or walk to the end at Main St., crossing Main to the START POINT at the old fire station.	Hope you enjoyed your 10K walk today.

NEWINGTON 5K TRAIL MAP
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**Connecticut Valley
Volkssport Club
Newington, CT - 5K Trail**

NEWINGTON 10K TRAIL MAP
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Newington, CT - 10K Trail