

New London TRAIL (10K/5K-EC/Y2672/NE2020)

Connecticut Valley Volkssport Club, AVA-784

Welcome to New London Connecticut!

Preamble:

Walk Time: Dawn to Dusk

Directions: FROM THE SOUTH: Take I-95 N to Exit 83(Downtown New London). Go straight at light onto Huntington St. Take right onto Jay St. Go straight onto Truman St., then left onto Blinman St. Follow Blinman St. to Howard St. and go straight onto Howard St. Then make left onto Walbach St. and right onto East St. Park entrance is on the Left.

FROM THE NORTH: Take I-95 S to Exit 84S (Downtown New London). Merge onto Eugene O’Neill Dr. Follow Eugene O’Neill Dr. and take left onto Tilley St. Make right onto Bank St. and then left onto Howard St. Follow Howard St. and make left onto Walbach St., then right onto East St. Park entrance is on the left.

Restrooms: Located at side of Pier support building, next to vending machine.

Water: Available at the Public Library of New London, 63 Huntington St;

Cumberland Farm Convenience Store, 215 Montauk Ave.; Walgreens Pharmacy, 698 Bank Street.

AVA Special Programs: Little Free Libraries, Mayflower 400th Anniversary, Rockin’ Around Clock,

Walk the USA: A-Z. The Fort Trumbull Museum is open between Memorial Day and Columbus Day, Wednesday - Sunday 9 am to 4 pm.

This event is comprised of a 5K and two 10K trails: Downtown and Ocean View.

5K and 10K Trails: start at the Fort Trumbull Parking lot, directions above.

FOR IMMEDIATE EMERGENCY ASSISTANCE, CALL 911. LOCAL CLUB POINT OF CONTACT: Luiza McDougall, 860-342-3062. AVA REGIONAL DIRECTOR: Chris Mellen, 978-649-7633.

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.)

DOWNTOWN Walk New London 10K TRAIL

<i>DIRECTIONS</i>	<i>COMMENTARY</i>
1. Start: Ft. Trumbull Parking Lot, 90 Walbach St. (S/F on map).	<i>Historic coastal fortress with a museum offering tours, trails with harbor views & a fishing pier.</i>
2. Walk around the Fort, following the path keeping the Fort on your left and return to the parking lot, and proceed to the exit.	<i>Restrooms at the Pier Support Bldg.</i>
3. RIGHT on East St. to Walbach St.	
4. LEFT on Walbach St. to Howard St. (after the railroad overpass)	<i>Pass Cabinet Maker. Go under railroad pass.</i>
5. RIGHT on Howard St. to Bank St.	<ul style="list-style-type: none"><i>Near Crockers Boat Yard is the former site of Capaldo’s Market, locally known as the first “Grinder” shop in the US. Their sandwiches were sold from a cart at the entrance to the Electric Boat Shipyard in Groton (across the Thames River from New London) during WWII. The sandwiches were a favorite with the welders and grinders (who would grind the weld down smooth), giving the sandwich its name.</i><i>At the corner of Bank and Blinman Streets is Columbus Park, the former site of a statue honoring Italian explorer</i>

DIRECTIONS	COMMENTARY
	<i>Christopher Columbus. New London has a large Italian population.</i>
6. RIGHT on Bank St. to Tilley St. (second light) use crosswalk to cross to left side of Bank St.	<i>On the left just before the Fire Department, you will pass the home of ship captain Nathaniel Shaw, now housing the New London County Historical Society..</i>
7. CONTINUE on Bank St. to State St. crossing State Street in crosswalk	<ul style="list-style-type: none"> • <i>Several of the buildings along Bank Street are decorated with figureheads of women with breasts exposed, something familiar to the sailors that would wander the streets of this port city.</i> • <i>Directly in front of you as you cross State St is the Soldiers & Sailors Monument, the Whale Tale sculpture and the red Nathan Hale School House (on the far side of the plaza). The large brick building on your right is Union Station and beyond it are ferry terminals for Long Island, Fishers Island and Block Island.</i> • <i>While heading up State St, notice the Wyland mural and after crossing Eugene O’Neil Dr, look back to see the beautiful music mural on the Caruso Building.</i> • <i>The clock at City Hall is the Rockin’ Around the Clock special program qualifier.</i>
8. LEFT on State St. to Huntington St.	
9. RIGHT on Huntington St. to Federal St.	<i>Whale Oil Row, 105-119 Huntington Street, is made up of the Greek Revival Style homes built by prominent whaling captains. They are a legacy of the wealth generated by New London whalers from 1820 to 1850.</i>
10. RIGHT on Federal St. to Meridian St.	
11. RIGHT on Meridian St. to STOP sign. Cross Meridian St. and carefully cross Governor Winthrop Blvd. in the crosswalk. continuing in same direction on Meridian St. to State St.	<ul style="list-style-type: none"> • <i>Directly in front of you, at 260 State St, is the Thames Club. Around for over 150 years, it is the oldest private social club in Connecticut and one of the oldest in the United States.</i> • <i>On your right is the Mohican Hotel, once a thriving hotel in a city that was a crossroad for much railroad and water travel.</i>
12. LEFT on State St. to Crosswalk (in front of the Eyeglass Lass Shop). Cross State St to Washington St.	
13. RIGHT crossing State Street in crosswalk, continue on Washington Street to Starr St. (second left)	<i>Washington Coffee House will be on the right side of the street.</i>
14. LEFT on Starr St. to Green Street. (one block)	<i>Starr Street was named for the C. Starr & Company Soap and Candle Factory, which was located at one end. Most of the houses were constructed in the 1830s & 1840s, built for middle class families during the city’s whaling heyday. Erected right on the street line without much space between them, they are primarily in the Greek Revival style. The early residents included many whose occupations supported the whaling industry. There were grocers, ship carpenters, blacksmiths,</i>

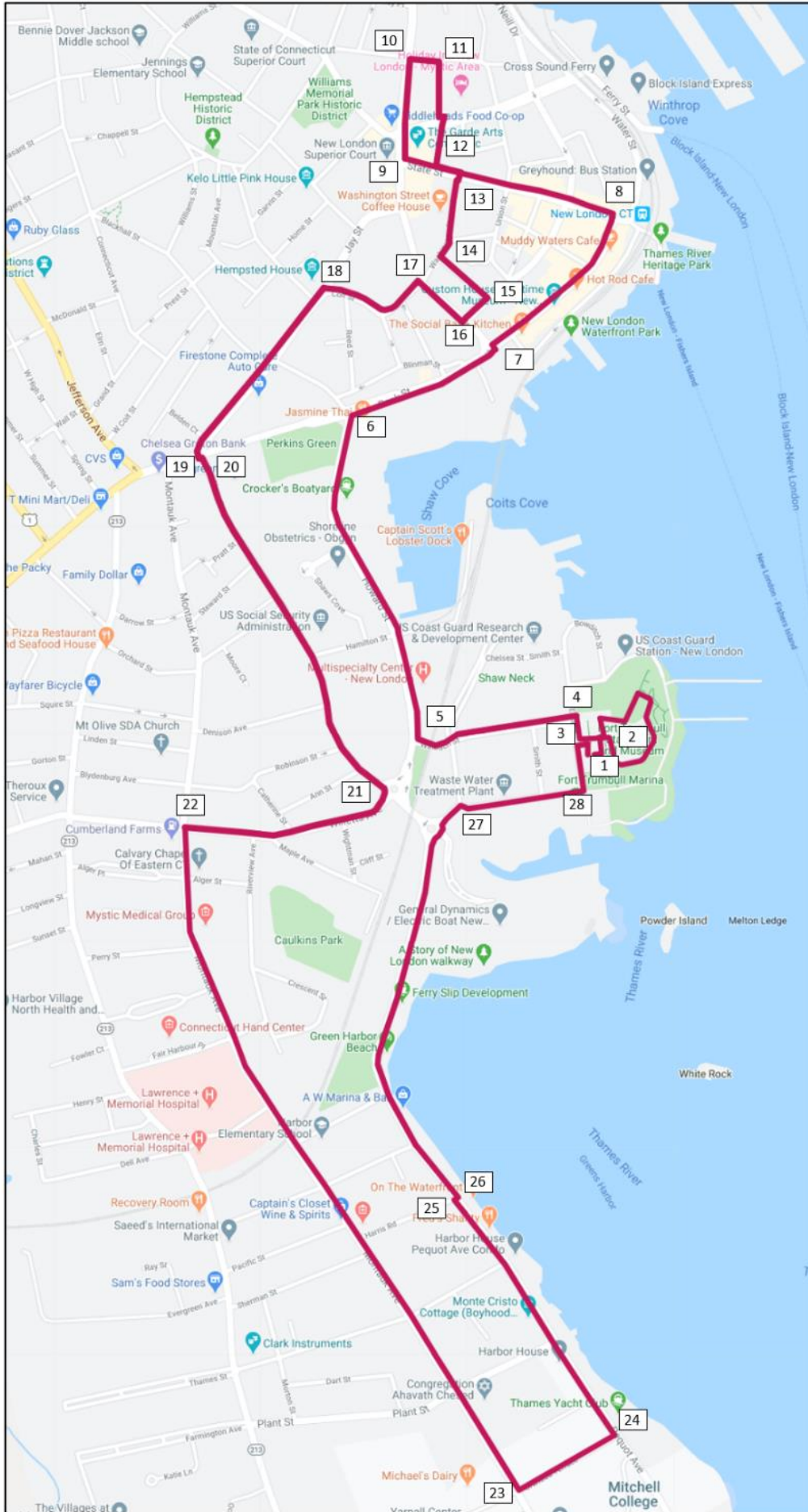
<i>DIRECTIONS</i>	<i>COMMENTARY</i>
15. RIGHT on Green Street to Tilley St. (one block) cross Tilley St. in crosswalk.	<i>teachers, ship captains, a whaling agent, a tavern keeper, a doctor, a plumber and later in the century, a railroad clerk and an engineer. Some were used as boarding houses run by a single woman or a widow. More houses were built on the site of the factory after it closed. Later houses include examples of the Queen Anne style and many of the original Greek Revival houses were updated with Italianate hoods over the doors.</i>
16. RIGHT on Tilley St. to Washington St. (one block) cross Washington Street in crosswalk.	<ul style="list-style-type: none"> • <i>The Church in front of you on Huntington St. is St. Mary Star of the Sea Church. It was established in 1876 to serve a congregation of Irish immigrants in New London and Southeastern Connecticut.</i> • <i>Tilley St qualifies for the Mayflower 400th Anniversary special program, as four members of the Tilley family were passengers on the ship.</i>
17. LEFT on Washington St. which turns into Coit St. to Jay St. (last left) cross Jay St. in crosswalk.	<i>Coit Street is one of New London's oldest streets, probably laid out in the late 1640s, when houses began to be built facing Bream Cove. The street roughly follows what was historically the coastline of the cove. Seven acres were purchased in 1694 by the Coit family, an influential family of shipbuilders and businessmen. William Coit, whose house (painted purple) stands at 92 Washington Street, was an active mariner in the American Revolutionary War. As the cove began to be filled in during the 19th century, the area continued to be a desirable residential area, mainly for its proximity to the downtown.</i>
18. LEFT on Jay St. which turns into Truman St. to Bank St. (last left) Cross Bank St. in crosswalk.	<ul style="list-style-type: none"> • <i>At the corner of Truman and Jay Street, you will pass the Hempstead House (set back from the street), one of the very few homes that survived when Benedict Arnold burned the city of New London. The enduring story is that he entered the house and was heartened to find a full dinner sitting on the table, the family having fled to escape the British, who had landed on New London shores. The house nearest the road at this spot is the Huguonot House. Built in 1759 by French builders familiar with working in stone, it was originally inhabited by one of Joshua Hempstead's grandsons.</i> • <i>At the corner of Bank St. and Shaw St. is a Walgreens, which will have water and restrooms.</i>
19. LEFT on Bank St. to Shaw St. (only a few feet)	
20. RIGHT on Shaw St. to Willetts Ave. (traffic circle).	<ul style="list-style-type: none"> • <i>At the corner of Willetts Ave. and Montauk Ave. is a Cumberland Farms Convenience Store.</i>
21. RIGHT on Willetts Ave. to Montauk Ave.	<ul style="list-style-type: none"> • <i>Montauk Avenue is one of the widest streets in the city and runs approximately parallel and down to the mouth of the Thames River. As it moves away from the downtown New London business area, the homes become larger and grander.</i>
22. LEFT on Montauk Ave. (at crosswalk) to Granada Terrace.	<i>Michael's Dairy is part of Mitchell College, a four-year liberal arts college. The ice cream shop is a local favorite</i>
23. LEFT on Granada Terrace to the end.	<i>On the left, at 21 Granada Terrace, is the Little Free Library #50672. Don't blink or you'll miss it ☺</i>

DIRECTIONS	COMMENTARY
24. LEFT on Pequot Ave. to Harris Rd. (just past Plant St. is Monte Cristo Cottage on your left.)	<ul style="list-style-type: none"> • <i>Thames Yacht Club is on the right.</i> • <i>The buildings on the left, called Fairhaven, Moorings, and Harbor House are part Mitchell College.</i> • <i>The Monte Cristo Cottage is the boyhood summer home of Eugene O'Neill, America's only Nobel Prize-winning playwright. The 1840s cottage is named in honor of Eugene O'Neill's father, the actor James O'Neill, and his most popular role as Edmond Dantès in The Count of Monte Cristo.</i>
25. RIGHT in crosswalk at Harris Rd. crossing to the right side of Pequot Ave.	<i>Fred's Shanty, on the right, is a local summer hangout known for its burgers, hot dogs and fried seafood. It's a great place to enjoy a meal while overlooking the boats in the marina and the river beyond.</i>
26. LEFT Pequot Ave. to Trumbull St. (passing traffic circle in crosswalk and proceeding straight)	
27. RIGHT on Trumbull St. to East St.	<i>Water Pollution Control Facility, Fort Trumbull Marina.</i>
28. LEFT on East St. to Start/Finish at Ft. Trumbull Parking Lot.	<i>We hope you enjoyed your visit to New London! If you have any comments, please pass them on to us c/o Luiza 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 Luiza McDougall 860-342-3062

DOWNTOWN Walk New London 10K TRAIL MAP



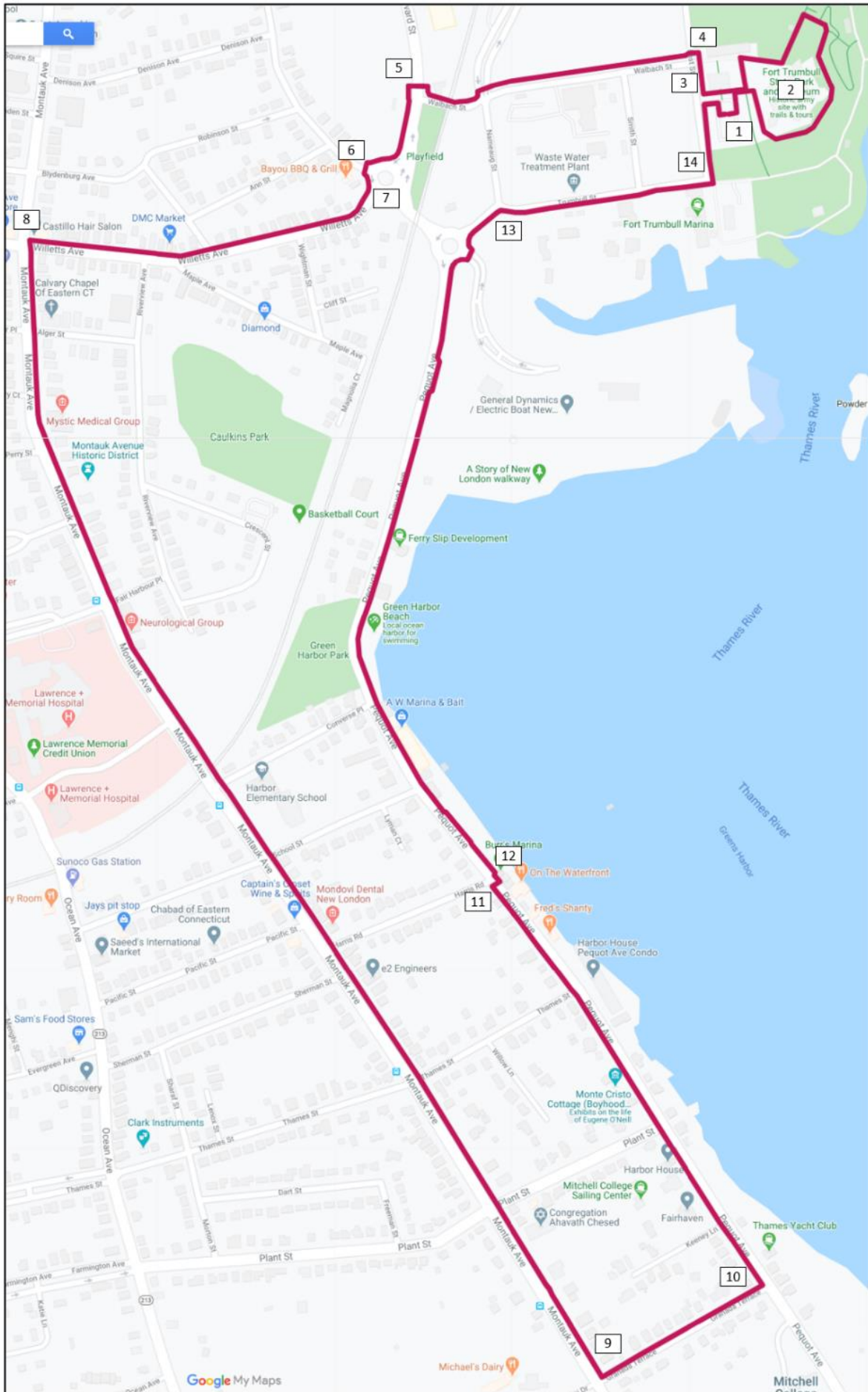
New London 5K TRAIL

<i>DIRECTIONS</i>	<i>COMMENTARY</i>
1. Start: Ft. Trumbull Parking Lot, 90 Walbach St. (S/F on map).	<i>Historic coastal fortress with a museum offering tours, trails with harbor views & a fishing pier.</i>
2. Walk around the Fort, following the path keeping the Fort on your left and return to the parking lot, and proceed to the exit.	<i>Restrooms at the Pier Support Bldg.</i>
3. RIGHT on East St. to Walbach St.	
4. LEFT on Walbach St. to Howard St. (after the railroad overpass) cross Howard St. in crosswalk.	<i>Pass Cabinet Maker. Go under railroad pass.</i>
5. LEFT on Howard St. to Shaw St. traffic circle on your left, crossing Shaw St. in Crosswalk.	
6. LEFT after crosswalk, to Willetts Ave. (a few feet)	<i>Bayou BBQ & Grill</i>
7. RIGHT Willetts Ave to Montauk Ave.	<ul style="list-style-type: none"> • <i>At the corner of Willetts Ave. and Montauk Ave. is a Cumberland Farms Convenience Store.</i> • <i>Montauk Avenue is one of the widest streets in the city and runs approximately parallel and down to the mouth of the Thames River. As it moves away from the downtown New London business area, the homes become larger and grander.</i>
8. LEFT on Montauk Ave., crossing Willetts Ave. in crosswalk, to Granada Terrace.	<i>Michael's Dairy is part of Mitchell College, a four-year liberal arts college. The ice cream shop is a local favorite.</i>
9. LEFT on Granada Terrace to the end.	<i>On the left, at 21 Granada Terrace, is the Little Free Library #50672. Don't blink or you'll miss it 😊</i>
10. LEFT on Pequot Ave. to Harris Rd. (just past Plant St. is Monte Cristo Cottage on your left.)	<ul style="list-style-type: none"> • <i>Thames Yacht Club is on right.</i> • <i>The buildings on the left, called Fairhaven, Moorings, and Harbor House are part Mitchell College.</i> • <i>The Monte Cristo Cottage is the boyhood summer home of Eugene O'Neill, America's only Nobel Prize-winning playwright. The 1840s cottage is named in honor of Eugene O'Neill's father, the actor James O'Neill, and his most popular role as Edmond Dantès in The Count of Monte Cristo.</i>
11. RIGHT in crosswalk at Harris Rd. crossing to the right side of Pequot Ave.	<i>Fred's Shanty, on the right, is a local summer hangout known for its burgers, hot dogs and fried seafood. It's a great place to enjoy a meal while overlooking the boats in the marina and the river beyond.</i>
12. LEFT Pequot Ave. to Trumbull St. (passing traffic circle in crosswalk and proceeding straight)	
13. RIGHT on Trumbull St. to East St.	<i>Water Pollution Control Facility, Fort Trumbull Marina.</i>
14. LEFT on East St. to Start/Finish at Ft. Trumbull Parking Lot.	<i>We hope you enjoyed your visit to New London! If you have any comments, please pass them on to us c/o Luiza McDougall, P. O. Box 251, Glastonbury, CT 06033-0251 (860) 342-3062</i>

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New London 5K TRAIL MAP



OCEAN Walk New London 10K TRAIL

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"These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited."

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9. LEFT on Granada Terrace to Pequot Ave. (one block)	<i>On the left, at 21 Granada Terrace, is the Little Free Library #50672. Don't blink or you'll miss it ☺</i>
10. RIGHT on Pequot Ave. to Parkway South. Enjoy the scenery. (past the lighthouse, approx. 1.1 miles)	<ul style="list-style-type: none"> • <i>Mitchell College, on the right, is a four-year liberal arts college.</i> • <i>Note sculpture on rocks out in the water and in the yard at 756 Pequot Avenue.</i> • <i>New London Harbor Lighthouse at 810 Pequot Avenue is the oldest and tallest lighthouse in Connecticut, with its tower reaching 90 feet. It has a fourth-order Fresnel lens.</i>
11. RIGHT on Parkway South to Admiral Dr. (one block)	
12. RIGHT on Admiral Dr. (left side of side walk) to Montauk Ave. (last left)	
13. LEFT on Montauk Ave to crosswalk at Mitchell College. (.6 miles)	<ul style="list-style-type: none"> • <i>This area, known as the Pequot Colony, was a summer enclave of sorts for the wealthy in the late 19th and early to mid-20th centuries. Most homes were originally summer cottages with very small or no kitchens. Residents of the Colony would either take their meals at the large Pequot House hotel or send servants to retrieve meals and bring them back to their houses.</i> • <i>The Pequot Chapel is located on the left at 857 Montauk Avenue.</i> • <i>The Yolk Café is at 825 Montauk Ave.</i>
14. RIGHT crossing Montauk Ave. in crosswalk to right side of street.	
15. LEFT on Montauk Ave. to Plant Street. (second right)	

<i>DIRECTIONS</i>	<i>COMMENTARY</i>
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