

A Regional Water Authority (RWA) Recreation Area, Lake Saltonstall provides a home for many species of birds and forest animals. Here you can hike, jog, or bicycle along nine miles of trails, learn about local plants and animals while walking along the 1.4 mile interpretive nature trail, or take advantage of some of the finest freshwater fishing in the stocked lake. A wheelchair accessible floating pier is located on site.

The Lake Saltonstall Trail is the site's most popular trail and is perfect for jogging, hiking, bicycling, or cross-country skiing. You'll find beautiful views of the lake all year long. You can traverse the trail one way along the lake to take advantage of the view or do the entire loop around. The inland portion of the trail weaves in and out of spruce and pine plantations, native hardwoods, and a powerline right-of-way. It's the best trail for spring wildflowers, but includes some wet areas.

The Ridge Trail is a dead-end trail that runs along the top of the Saltonstall Ridge, offering scenic views. You can access the Ridge Trail from the main Nature Trail. Once on the Ridge Trail, you can hike the short Vista Trail that provides an overlook from Saltonstall Ridge to the west.

The RWA fish shack is located just off Hosley Avenue on Fish Dock Road at the Branford/East Haven town line. Twenty-five row boats are available for a fee on a "first come, first served" basis. In addition, a limited number of electric motors and batteries are available for rental. The fish shack is staffed during fishing season. Call (203) 401-2654 for hours.



Photo by Betsy Grauer

Directions and Parking:

Lake Saltonstall can be accessed via I-95 - Exit 52 to Route 1 (Saltonstall Parkway/West Main Street) Lake Saltonstall has two gated entrances that are located off Hosley Avenue the central gate is closest to fishing access and the northern gate is for hiking. Parking is available behind locked gates at each location shown on the map.

Permitted/Prohibited Activities:

This site requires a Regional Water Authority Permit and is for passive use only. No mechanized vehicles. Hiking and bicycling only. Bicycling is permitted from April 15th to December 31st. Bikers can ride on designated trails only and must yield to all hikers. Shore and Lake fishing is permitted by State permit. Wading and swimming are prohibited. Dogs are not permitted.



Hiking



Bicycling



Fishing



Cross country Skiing



Boating

For more information about this walk and to obtain a permit, contact:

Regional Water Authority
Recreation Department
(203) 401-2654

<http://www.rwater.com/products-and-services/recreation/>

Questions regarding this brochure can be addressed to
South Central Regional Council of Governments
Phone: (203) 234-7555/Fax: (203) 234-9850
E-mail: trails@scrcog.org

Scan QR Code to access the South Central Regional Council of Governments Recreational Trails Webpage



Recreational Trails South Central Connecticut

Lake Saltonstall

Regional Water Authority Permit Required













Branford & East Haven, CT

Lake Saltonstall

Regional Water Authority
Permit Required



Photo by the RWA Photo Contest Winner Allisyn Shank

Trail Description:

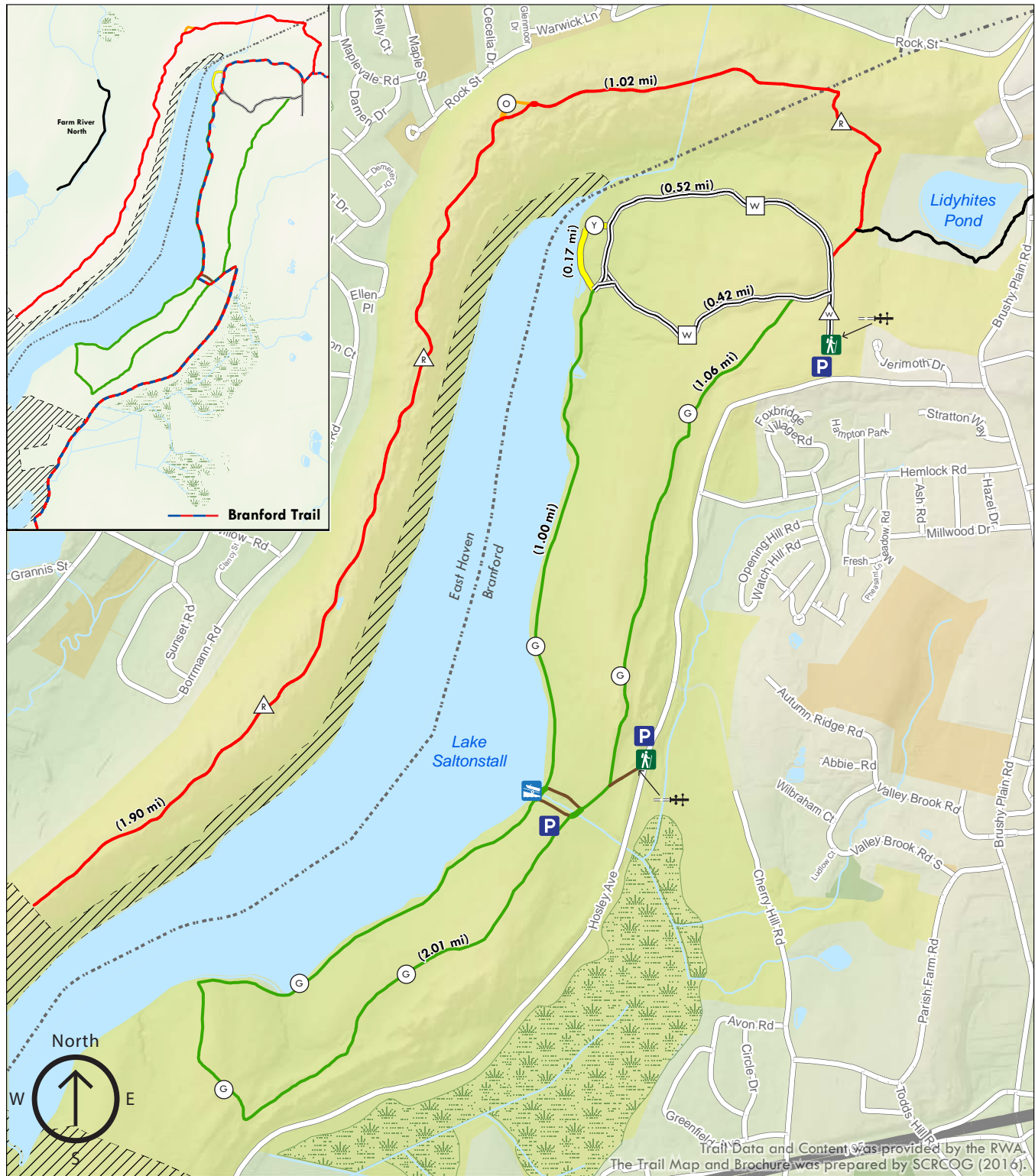
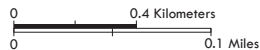
Wide Range of Trail Difficulties

RWA's Lake Saltonstall property also hosts part of the Branford Trail system (inset map). The 28-mile Branford Trail is a unique trail that borders a majority of the town's perimeter. The trail passes through the shoreline, wetlands, many town parks, northerly woodlands, and many Branford Land Trust properties. Access for this part of the Branford Trail is for RWA permit holders only.

Total trails distance is approx. 7.93 miles

Legend

- | | |
|---------------------------------|---------------------|
| Parking | Gated Entrance |
| Trailhead | RWA Property |
| Boat Dock | Land Trust Property |
| White (Nature Trail) | Town Property |
| Orange (Vista Trail) | Restricted Area |
| Red (Ridge Trail) | Wetlands |
| Green (Lake Saltonstall Trail) | |
| Yellow (Glen Grove Trail) | |
| White (Hiking Lot Access Trail) | |
| Fish Dock Road | |
| Unblazed Trail | |



Trail Data and Content was provided by the RWA.
The Trail Map and Brochure was prepared by SCRCOG (2016).