East River Preserve
Town of Guilford

The Town of Guilford acquired the East River Preserve in 2009 from the Goss family. The East River Preserve is named for the East River that extends through the property to Long Island Sound. The East River Preserve contains critical ecosystems providing migrating fish, estuarine-dependent and interior forest birds, old field successional grasslands, large intact legacy upland forest, and high quality inland wetland systems. The preserve provides miles of marked trails including the New England National Scenic Trail. The East River Preserve was purchased for Conservation and Passive Recreation with partial funding from the National Oceanic and Atmospheric Administration through the Coastal and Estuarine Land Conservation Program in Cooperation with the Connecticut Department of Environmental Protection’s Coastal Management Program.

Directions and Parking:
There are numerous entrances to the East River Preserve. The main entrance is on Sullivan Drive. From I-95 take exit 59 and head north to Sullivan Drive. Additional parking is located off of Clapboard Hill Road and Podunk Road.

Permitted/Prohibited Activities:
The trails are open to hikers during daylight hours. Biking is allowed on Bearhouse Hill Road and along the power lines. Prohibited activities include motorized vehicles, camping, fires and alcohol. Dogs must be on leash, please pick up all animal waste.

Moderate Hike
The trails at East River Preserve are nice hikes through the varied ecosystems of Guilford. The trails go along the East River, an edge of a field, over streams, and through glacial erratics. There are plenty of opportunities to see wildlife throughout the preserve.

Total Trails Length: Approx. 7.63 miles

Red Trail: 0.29 miles
White Trail: 0.86 miles
Green Trail: 1.21 miles
Blue (Menunkatuck Trail): 2.88 miles
Orange (Power Line Trail): 0.89 miles
Yellow (Bear House Hill Road Trail): 1.50 miles

For more information about this location, contact:
Town of Guilford
Natural Resources Office
(203) 453-8146

To report suspicious or illegal activity call Guilford Police Department:
203-453-8061