Northwoods: James Valley & Bluff Head
Town of Guilford

Guilford’s Northwoods Trails network links a collection of open space tracts that are spread across North Guilford including Bluff Head, the Braemore Preserve and the James Valley Preserve and neighboring towns such as Madison's Mica Ledges and Rockland Preserve. There are currently over 600 acres of permanently protected land in Guilford north of Lake Quonnipaug. Seventeen miles of recreational trails currently exist in Northwoods.

James Valley Preserve is a 75-acre open space tract. Owned by the Town of Guilford the great trap rock ridge of Totoket Mountain reaches its northern-most extent and drops 400 vertical feet to Hemlock Brook, headwaters to the Coginchaug River. Two streams cut the broad northeast face of the ridge into three distinct projections. James Valley Preserve encompasses much of the westernmost projection and a portion of the Hemlock Brook Valley. The highest point in the preserve is 720 feet above sea level. The principal hiking trail at James Valley is the Lone Pine Trail, which provides a 10 miles loop with the New England Scenic Trail (NET).

The Bluff Head Preserve is perhaps the Guilford Land Conservation Trust’s crown jewel. Not only is it one of the most beautiful places in Guilford, so voted in a recent townwide survey of natural resources, but it is also geologically one of the most significant places in south central Connecticut.

Please stay on marked trails as Regional Water Authority property is also in this area and access to this site is restricted.

Directions and Parking:
These trails are all in North Guilford adjacent to Durham Road (Route 77). Visitors currently can access the James Valley Preserve on foot from Route 77 via the Lone Pine Trail (1.5 mile hike), or by car to Red Barns Road via the town of Durham. The largest parking area at Bluff Head is located on Route 77, one half mile north of Great Hill Road.

Permitted/Prohibited Activities:
The passive woodland area contains a marked trail for horse riding trails, hiking trails and acres of woodlands to hike, walk and cross country ski. Prohibited activities include motorized vehicles, camping, fires, or alcohol. Dogs must be on leash, please pick up all animal waste.

Total Trails Length: Approx. 7.17 miles
Blue/Red (Lone Pine Trail): 2.74 miles.
Blue/White (North Slope Trail): 0.5 miles.
Blue/Orange (Bluff Loop Trail): 0.96 miles.
Blue (New England Scenic Trail (NET)): 2.73 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