

East Rock Park

East Rock was formed 200 million years ago as the continents were in the process of moving away from each other. Molten rock from deep in the earth surged through stress cracks formed in the sandstone bedrock of the New Haven area. The molten rock cooled to form dolerite, also known as basalt or traprock. Dolerite is much more resistant to erosion than the surrounding sandstone. As glacial action and the forces of weather eroded away the softer sandstone, East Rock (and other traprock ridges such as West Rock) became more prominent.

The summit of East Rock Park now rises more than 350 feet above the floor of the Mill River Valley at its base. The summit of East Rock is accessible by foot, bicycle, or car and provides views of New Haven, the Harbor and Long Island Sound.

East Rock Park offers over 10 miles of hiking trails. The Giant Steps Trail provides a spectacular 285-foot climb to the Summit. It is designated with red triangle trail markers and starts at the English Drive gate along the north side of Rice Field.

East Rock Park includes many special features including the Trowbridge Environmental Center and the Pardee Rose Garden. The Trowbridge Environmental Center is a nature center which is open to the general public and features displays and information about the local flora and fauna. The Pardee Rose Garden and Greenhouse is a favorite location for wedding photos that features extensive rose gardens and other flowering plants from early spring until mid fall. The garden has a unique raised tiered structure that resembles the top of a wedding cake. The park is open all year round.



Photo by Emmeline Alaconis, SCRCOG

Trail Description:

Easy Walk to Moderate Hike

East Rock park offers something for everyone. In addition to a picnic area and scenic overlooks, there are trails of various difficulties for hikers to try. The Soldiers and Sailors Monument near the summit honors New Haven men who gave their lives in four wars.

Total trails distance is approx. 11.97 miles

Directions and Parking:

From I-91: Take Willow Street Exit (Exit 6) to end of ramp. Turn right onto Willow Street. At second light turn right on Mitchell Drive. Follow to first traffic light. The Park will be on your right with street parking near the entrance.

From Wilbur Cross Pkwy (15): Take Whitney Avenue Exit (Exit 61) towards New Haven. Pass the reservoir on your left and continue one mile to the flashing light at Cold Spring Street. Turn left onto Cold Spring Street. The Park will be on your left. Parking areas are also located at the top of the East Rock Peak and near North Meadow.

Permitted/Prohibited Activities:

East Rock park is a year-round park. Trails are for hiking only. Swimming in the Mill River is prohibited. Rock climbing is prohibited. Dogs are permitted on leash. Please bag and pick up all animal waste.



Photo by CT Weekender

Total Trails Length: Approx. 11.97 miles

Red (Giant Steps Trail): 2.13 miles. Moderate Hike

Yellow Trail: 1.26 miles. Moderate Hike

Orange Trail: 0.88 miles. Easy Hike

Blue Trail: 0.65 miles. Easy to Moderate Hike

White Trail: 1.77 miles. Easy Hike to Moderate Hike

Grey (Fire Access Roads): 2.75 miles. Easy Hike to Moderate Hike

Unblazed Trails: 2.07 miles. Easy Hike to Moderate Hike

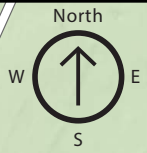


For more information about this location, contact:

City of New Haven
Department of Parks, Recreation & Trees
(203) 946-6086



East Rock Park



Legend

Parking	Soldiers & Sailors Monument
Trailhead	Locked gate
Scenic viewpoint	Town Property
Restrooms	State Property
Bridge	Wetlands
Unblazed Trails	
Red (Giant Steps Trail)	
Yellow	
Orange	
Blue	
White	
Grey (Fire Access Roads)	