



2025

TrailLink Unlimited 

Guides



Windsor Locks Canal State Park Trail

Connecticut



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Note: Per the State of Connecticut's website, the trail is open from dawn to dusk April 1–November 14. Eagle nesting activities can



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Overview

The Windsor Locks Canal State Park Trail occupies a narrow strip of land between the Connecticut River and the eponymous canal. Also known as the Enfield Falls Canal, the waterway opened in 1829, allowing boats to avoid shallow water along this stretch of the adjacent river. Now operated as a state park, the 5.4-mile paved trail replaced the towpath once used by mules and their human drivers to tow freight along the canal until the

system was rendered obsolete by railroads in the mid- to late 19th century.

About the Route

The trail's isolation between two waterways, as well as its abundant vegetation, makes it the perfect place to spot wildlife. The natural beauty and tranquility, coupled with its convenience to large population centers in both Connecticut and Massachusetts, make the trail a popular destination. Families, many with leashed dogs, are particularly abundant. A short segment of the route built more recently extends the trail over the CT 190 bridge to the east, providing nonmotorized access to residents of Enfield and no doubt increasing the trail's use even more.

The northern end of the trail is at the end of Canal Road in Suffield, where there is a large parking lot. Heading south, trail users are forced to navigate a narrow footbridge over the canal. Carefully avoid the fishermen who are almost guaranteed to be plying their craft—indeed, cyclists are often seen riding down the trail with rods slung over their shoulders en route to their favorite fishing spot—and then enter the comfortable shade of the official towpath.

The scenic, well-used path is a straight shot south, providing ample opportunities to take in expansive views of the Connecticut River to the left. Aggressive tree roots pushing up the asphalt can make for a bumpy ride, while the many geese who lay claim to the trail don't like to clean up after themselves. Along the route, there is occasionally old stonework from the canal's rich history.

Closer to the trail's southern end, the route passes under Amtrak's active New Haven–Springfield Line, which crosses the Connecticut River here—making the trail an ideal vantage point for railfans. Shortly thereafter, the southern end of the trail is at a nondescript parking lot and traversable gate intended to prevent cars from accessing the trail. The lot is



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States: Connecticut

Counties: Hartford

Length: 5.4miles

Trail end points: Franklin St/CT-190 (Suffield)
to Main St & CT-140 (Windsor Locks)

Trail surfaces: Asphalt

Trail category: Canal

Trail activities: Bike,Fishing,Wheelchair
Accessible,Walking,Cross Country Skiing

Parking & Trail Access

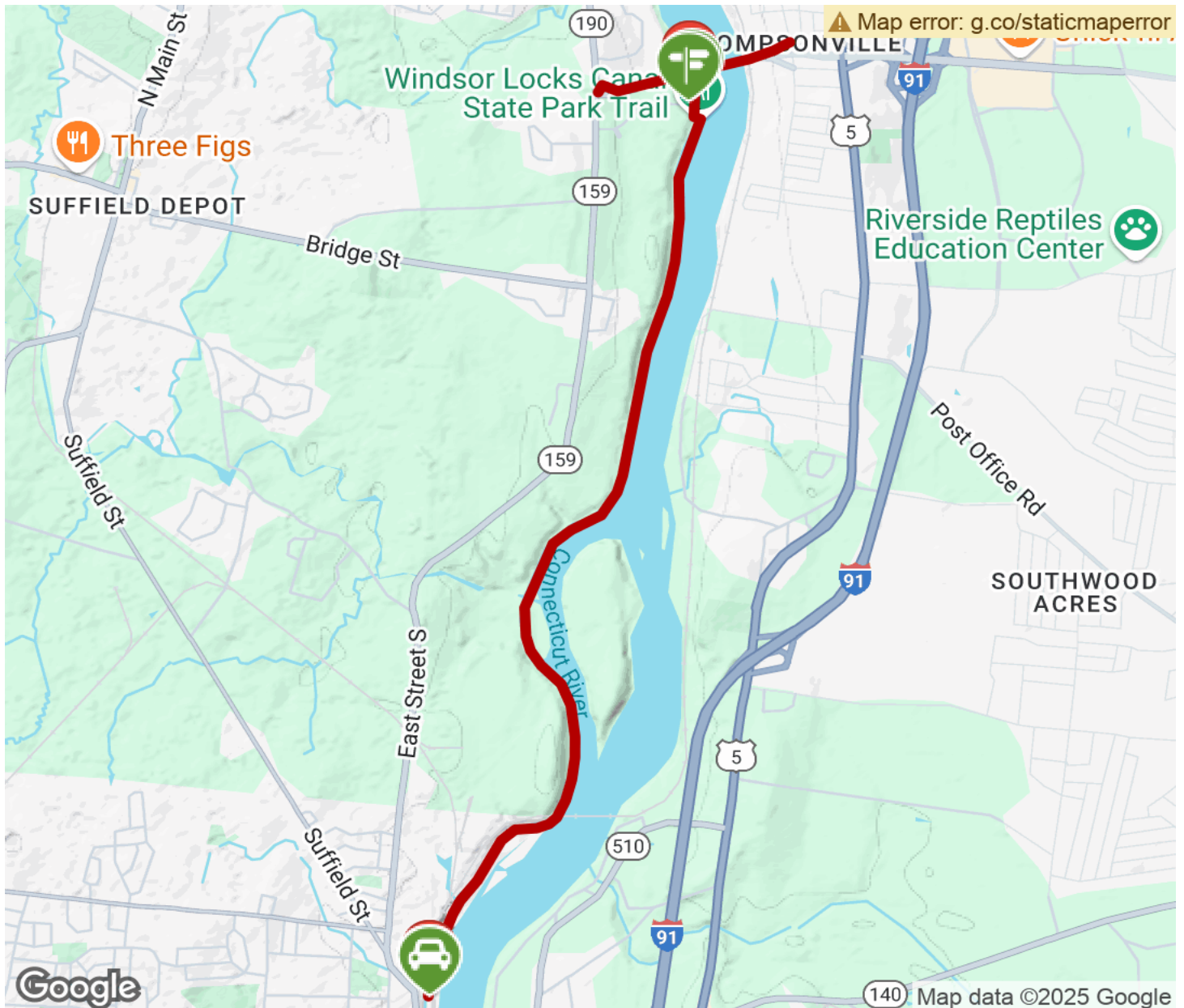
The Windsor Locks Canal State Park Trail runs between Franklin St/CT-190 (Suffield) and Main St & CT-140 (Windsor Locks), both of which offer parking.

Visit the [TrailLink map](#) for detailed directions.



Windsor Locks Canal State Park Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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