



2026

TrailLink Unlimited 

Guides



Air Line State Park Trail

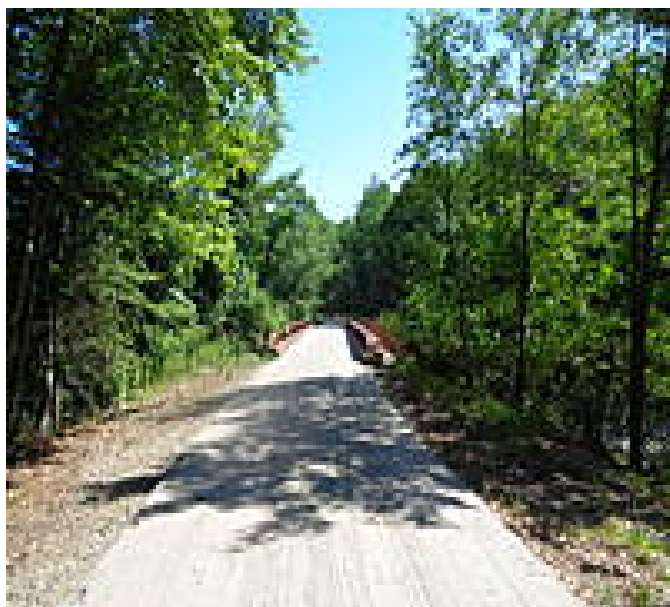
Connecticut



Air Line State Park Trail

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The Air Line State Park Trail winds 60.3 miles from the northeast corner of Connecticut, where the state borders Massachusetts, down to East Hampton in the heart of the state. The pathway is nearly seamless, with only one major gap through Putnam.

Northern Section: East Thompson to Thompson

The northernmost section of trail feels completely secluded, as it has few entry points and no view of the roads or sound of traffic for miles.

A word of caution about the trail's surface, however: The original ballast covers this 6-mile northern section, and it becomes bumpy and rocky at various points. Riders often have to dismount due to the uneven nature of the ballast,

so a fat-tire bicycle is highly recommended. This portion of the trail reaches its southern end in the southern outskirts of Thompson, near the border of neighboring Putnam.

A gap of 7.5 miles lies between the northern and southern sections of the Air Line State Park Trail. Pick up the pathway again at the intersection of Averill Street and Railroad Street in Pomfret Center, a small village nestled within the larger Pomfret, one of the oldest towns in the state with its incorporation in 1713.

Southern Section: Pomfret Center to East Hampton

From Pomfret Center, the pathway continues for just over 19 miles southwest to Willimantic, skirting Mashamoquet Brook State Park, Natchaug State Forest, and Goodwin State Forest, which offer numerous recreational options such as hiking and equestrian trails, camping, and wildlife viewing.

Arriving in downtown Willimantic, the trail ends at Jillson Square Park, but with a short bit of on-road riding, but the trail picks back just south of the intersection of Bridge Street and Riverside Drive. Traveling west along the Willimantic River, the trail passes the Connecticut Eastern Railroad Museum in 0.8 mile. For history buffs, its vintage locomotives and railroad buildings are well worth a visit.

Heading southwest down the trail, the path arrives at a fork in Hebron after 8.3 miles. Keep right to stay on the main Air Line State Park Trail; the other option is a 3.5-mile spur to Colchester. Though the trail is primarily dirt here, this section offers many attractions that make it worthwhile. From the fork, it's 1.4 miles to beautiful Grayville Falls Town Park, which offers waterfalls and wooded hikes. Nature abounds the trail continues along, and trail users have access to Raymond Brook Marsh and Salmon River State Forest.

Numerous bridges offer lovely views, including the Blackledge and Jere-my River crossings. When the trail



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States: Connecticut

Counties: Middlesex, New

London, Tolland, Windham

Length: 60.3 miles

Trail end points: CT-MA state line (East Thompson) to Riverside Dr. (Thompson) to Town Farm Rd. (Putnam) to Jobs Pond (Portland)

Trail surfaces: Ballast, Crushed Stone, Dirt, Gravel

Trail category: Rail-Trail

Parking & Trail Access

The Air Line State Park Trail runs between the CT-MA state line (East Thompson) and Riverside Dr. (Thompson) and between Town Farm Rd. (Putnam) and Jobs Pond (Portland).

Parking is available at:

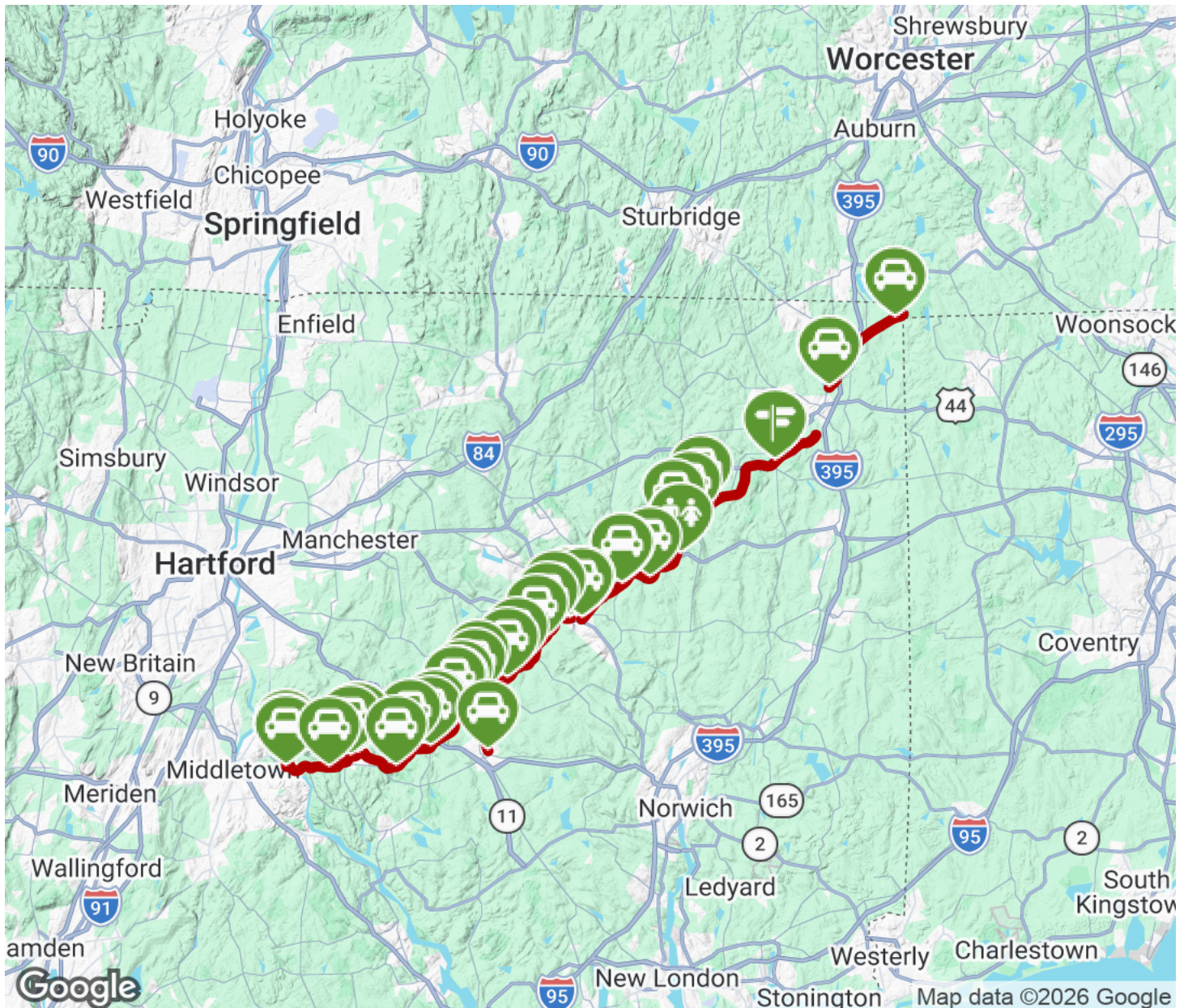
- 23 Potter Rd (Hampton)
- 60 Village Hill Rd (Lebanon)
- 69 Smith St (East Hampton)

There are numerous parking options along this trail, please see [TrailLink Map](#) for all parking options and detailed directions.



Air Line State Park Trail

Connecticut



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com