



2026

TrailLink Unlimited



Guides



**Larkin State
Park Trail**
Connecticut



Larkin State Park Trail

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About the Route

Horseback riders use this trail frequently and have the right-of-way. Bicyclists should remember to approach horses slowly and quietly, speaking softly and taking cues from their riders. If necessary, dismount on the low side of the trail, as horses instinctively fear anything that might pounce from above.

While railroad builders avoided steep hillsides with a serpentine route and railroad cuts, the trail slopes gently uphill from each end to the high point at Prokop Road/

Riggs Street in Oxford. The path also ascends or descends steeply at some road crossings. While the trail's surface is typically firm, sections in the west can be rough or soggy, making mountain bikes or hybrid bikes with wide tires a preferred choice.

Even though the trail rolls through the outskirts of the Colonial-era towns of Naugatuck, Middlebury, Oxford, and Southbury, there are no services along the trail, so stock up with food and water.

Starting at the parking lot on CT 63 in Naugatuck, the trail passes through heavily wooded Whittemore Glen State Park. Forests border the route most of the way to the trail's end in Southbury, making this an ideal destination for leaf-peeping in autumn.

After nearly 4 miles, the trail passes the southern tip of Long Meadow Pond, inaccessible behind private properties. At Long Meadow Road, the route briefly leaves state-owned property for a 0.5-mile on-road detour around a privately held stretch. Turn left onto Long Meadow Road and right onto Towantic Hill Road, then watch for trail access on the left side of the road.

Back on the pathway, there are views of Towantic Pond's boggy shoreline and pass over wetlands on a causeway. The trail brushes the southern end of the Waterbury-Oxford Airport at 5.7 miles, and then passes through more woods on its final run to Kettletown Road in Southbury.

Trail History

The trail's former name—the Larkin State Bridle Trail—attests to its origins as an equestrian trail. A local surgeon, Dr. Charles Larkin, bought the disused railbed and donated it to the state in 1943.

The rail-trail follows the route of the New York & New England



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States: Connecticut

Counties: New Haven

Length: 10.8miles

Trail end points: Kettletown Rd (Southbury) to
816 Church St (Naugatuck)

Trail surfaces: Cinder,Crushed
Stone,Dirt,Gravel

Trail category: Rail-Trail

Trail activities: Horseback Riding,Mountain
Biking,Walking,Cross Country Skiing

Parking & Trail Access

The Larkin State Park Trail runs between Kettletown Rd (Southbury) and 816 Church St (Naugatuck), where parking is available.

Parking is also available at:

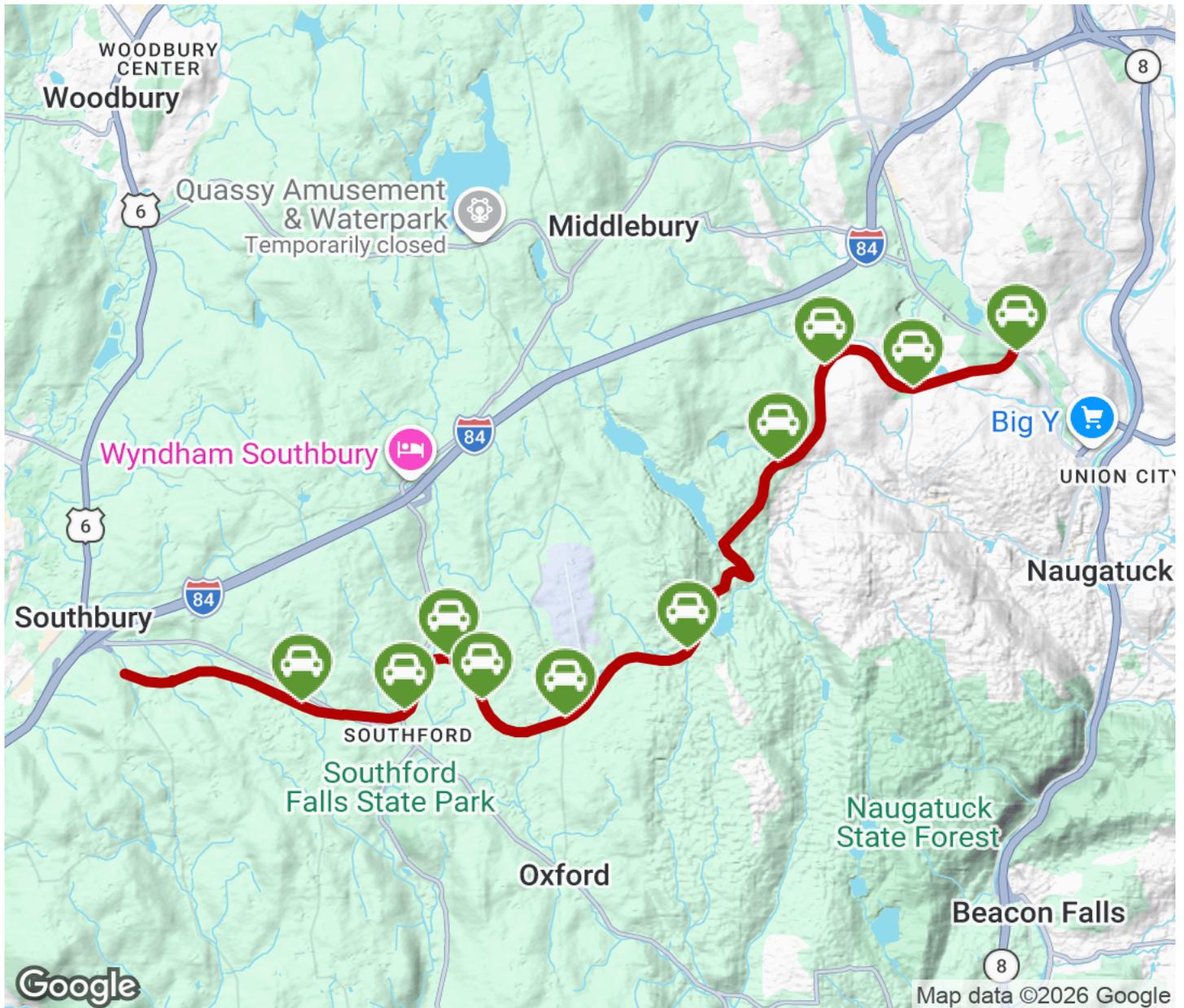
- Curt Smith Rd (Southbury)
- Pope Rd (Oxford)
- Shaddock Rd (Middlebury)

These are not official addresses, please visit the [TrailLink map](#) for all options and more detailed directions.



Larkin State Park Trail

Connecticut



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com