



2026

TrailLink Unlimited 

Guides



**Moosup
Valley State
Park Trail**
Connecticut



Moosup Valley State Park Trail

Connecticut

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This 5.8-mile trail runs between Moosup and the Rhode Island/Connecticut border. Wide and flat, this rail-trail is suitable for riders of all levels. The surface is a mix of paved asphalt and granular gravel/stone dust.

About the Route

Head out on this bucolic, scenic trail and you'll feel as though you have left civilization far behind. Much of the trail follows the Moosup River on its course past rural Moosup and Sterling on into Rhode Island. The western end of the trail begins with a large, re-decked trestle bridge. After 1 mile, a second bridge, as well as a dam and falls, come into view, and the trail becomes increasingly rural and wooded. You'll spot a quarry to the right, around the 2-mile point.

There's no clear line of demarcation between the end of the Moosup Valley State Park Trail and the start of the Coventry Greenway, the path's name once it enters Rhode Island. Determine your own best turnaround point.

If you plan to use the trail in autumn or early winter, beware that hunting is popular here. In season, you're advised to wear blaze orange. (Note: Hunting is not permitted on Sundays.)

Connections

The Moosup Valley State Park Trail is part of the planned East Coast Greenway, an off-road path that will eventually run from Calais, Maine, to Key West, Florida.

The trail will connect with Rhode Island's [Washington Secondary Bike Path](#) that stretches from the state border east toward Providence.

Trail History

The Moosup Valley State Park Trail follows the bed of the former New Haven Railroad, which operated this line from 1898 until 1968, when it began pulling up tracks.

Improvements were made to the trail in 2024, including resurfacing, new drainage, new parking lots, and a new ADA accessible entrance to trail.



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States: Connecticut

Counties: Windham

Length: 5.8miles

Trail end points: Main St (Moosup) to CT/RI
Border

Trail surfaces: Crushed Stone, Grass, Gravel

Trail category: Rail-Trail

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

Parking & Trail Access

The Moosup Valley State Park Trail runs between Main St (Moosup), where parking is available, and the CT/RI Border.

Parking is also available at:

- Industrial Park Rd (Sterling)
- Sterling Rd (Sterling)
- Spring Lake Rd (Sterling)

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



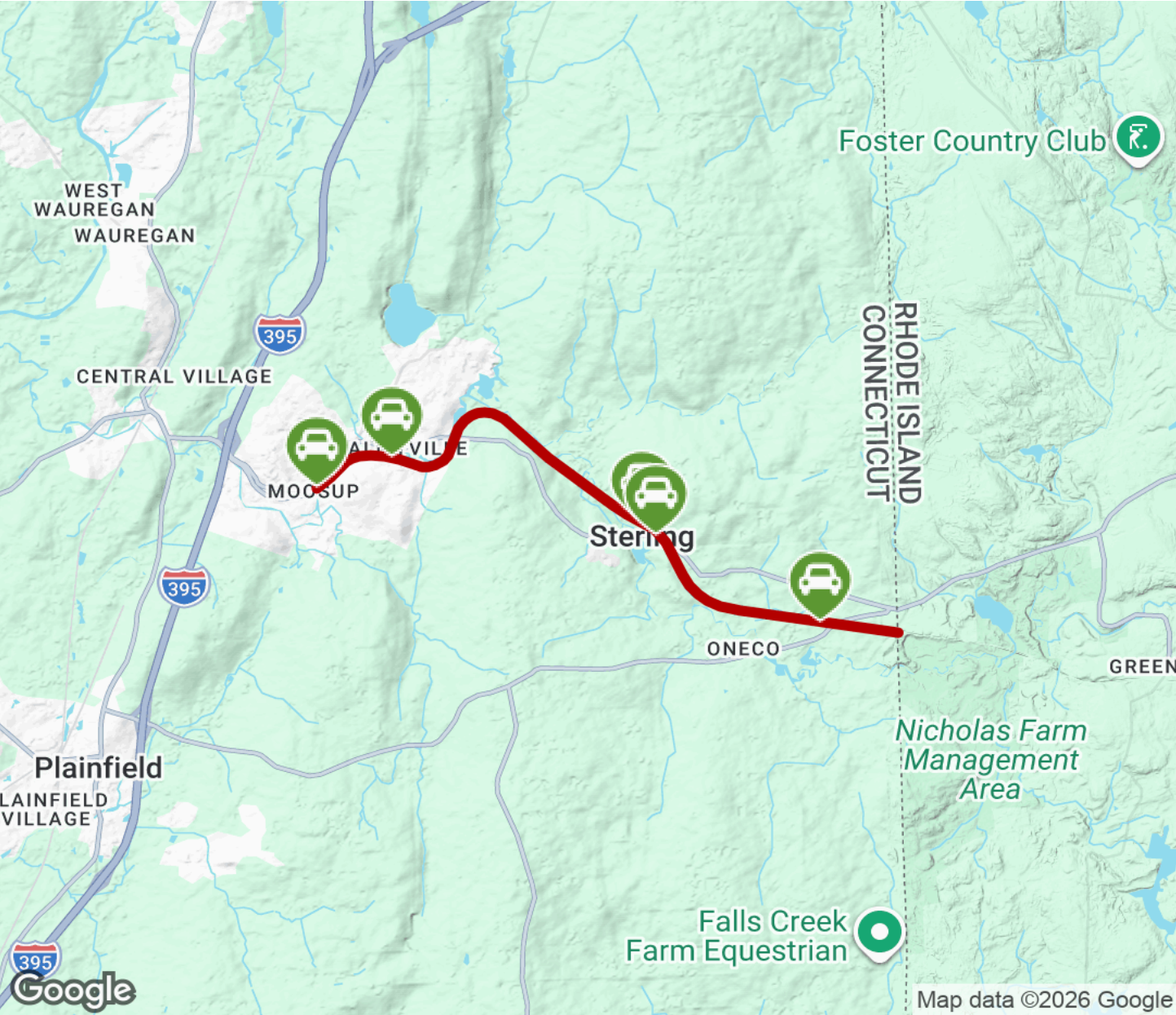
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by Rails-to-Trails Conservancy

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- Trailhead
- Restroom
- Parking
- Water Fountain
- Tunnel