



2026

TrailLink Unlimited 

Guides



**Pequonnock
River Trail**
Connecticut



Pequonnock River Trail

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Note: ALL Trumbull town parks require permit parking stickers year-round (also noted on the signboards at each park entrance).



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The Pequonnock River Trail is the formal name for this developing trail in southwestern Connecticut, which is not displayed along the trail signage. Formalized in 2001 by the state, the regional trail pieced together existing paths that had developed separately on the former Housatonic Railroad line—one of New England's first—from urban Bridgeport to rural Monroe, with additional segments opening since then.

About the Route

A handful of disconnected trail segments make up this

route, leaving off in the north at Avenue (US 1), and extending south to the Bridgeport Transportation Center in downtown Bridgeport, immediately paralleling Housatonic Avenue for its entire route.

At its northern endpoint on Swamp Road in Newton, Pequonnock River Trail users will immediately start along two parallel, informal, and narrow footpaths that lead south alongside an old railroad. At the trail's northern endpoint in the woods on the Newtown town line, overgrown but still-in-place railroad tracks serve as a reminder of a rich railroading history. The trail joins Pepper Street for 0.25 miles, after which trail users will veer through a residential cul-de-sac. The rail trail crosses area roads several times and includes a short on-road detour at the stone-arch bridge near this trail segment's midpoint. This section of the Pequonnock River Trail runs on the former Housatonic Railroad corridor; watch for traces of the rail line throughout the journey. The most notable remnant is a stone-arch bridge included on Connecticut's State Register of Historic Places.

The northernmost segment of the Pequonnock River Trail is also the oldest segment. Largely forested and thus spectacular during autumn, this segment of the trail runs more than 4 miles through the popular William E. Wolfe Park and to the Newtown border. Visiting trail users gravitate to the park, which centers on Great Hollow Lake's attractive sand beach and swimming area and offers restrooms and picnic tables. Non-motorized boating is permitted on the 16-acre lake, and a paved pedestrian-only walking path circles its shoreline. Following Maple Dr., trail users are soon to meet the next segment of the Pequonnock River Trail.

After the low-stress crossing of Victoria Drive, the path declines, bypassing marshland before rejoining the former rail corridor. Continuing southeast, the trail passes through Old Mine Park, paralleling the park entry road. Use caution when crossing the busy Monroe Turnpike (CT 111), where cars often ignore the flashing trail-crossing beacon.



Pequonnock River Trail

Connecticut

States: Connecticut

Counties: Fairfield

Length: 14.5miles

Trail end points: Water St. (Bridgeport) to
Swamp Rd. (Newtown)

Trail surfaces: Asphalt, Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible, Cross
Country Skiing

Parking & Trail Access

The Pequonnock River Trail runs between Water St. (Bridgeport) and Swamp Rd. (Newtown).

Park is available at:

- 126 Whitney Ave. (Trumbull)

Please see [TrailLink Map](#) for all parking options and detailed directions.



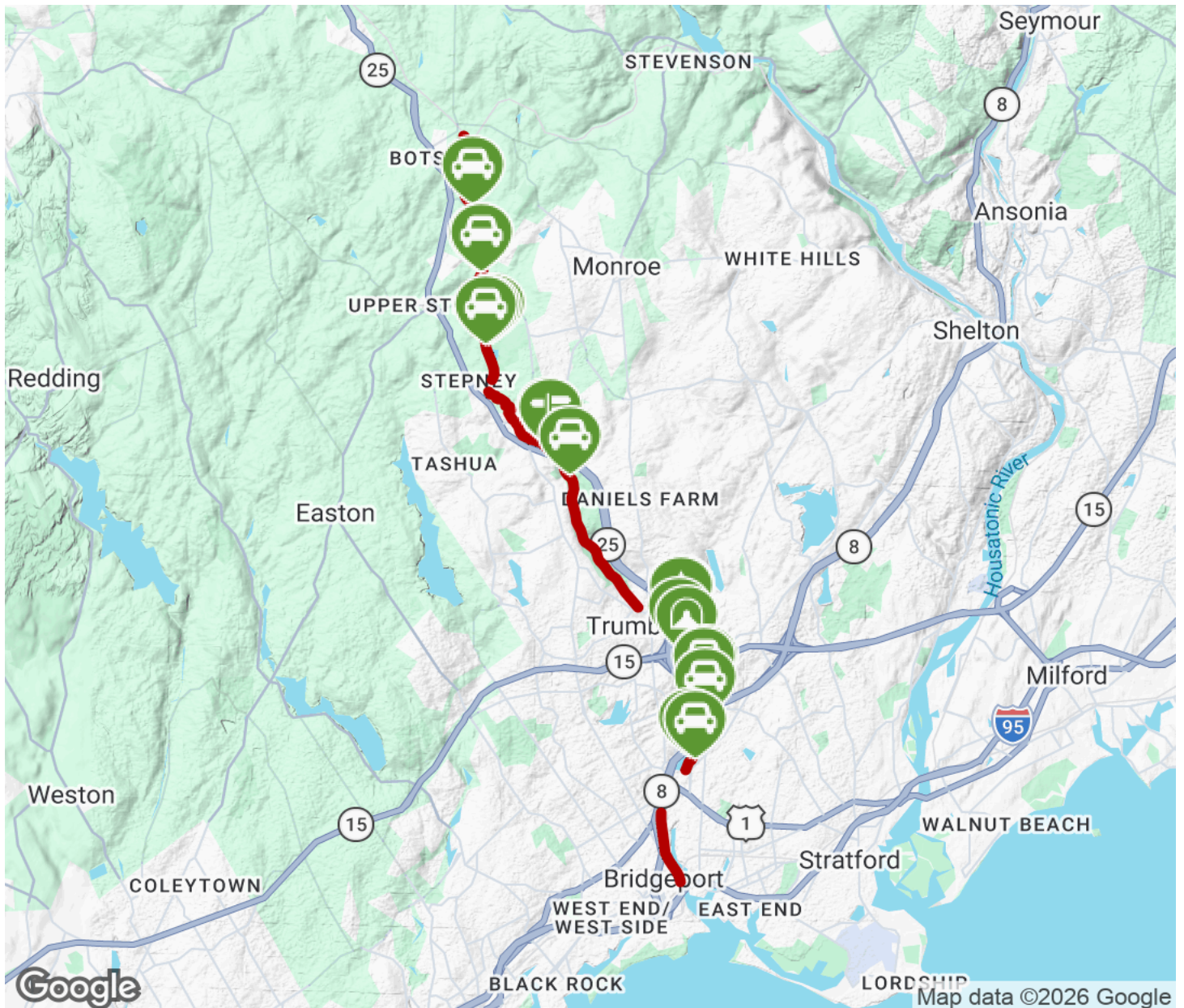
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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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