



2026

TrailLink Unlimited 

Guides



**Norwalk River
Valley Trail**
Connecticut



Norwalk River Valley Trail

Connecticut

When completed, the Norwalk River Valley Trail will run from Danbury to Long Island Sound in southwestern Connecticut, for a



When completed, the Norwalk River Valley Trail will run from Danbury to Long Island Sound in southwestern Connecticut, for a total of about 27 miles. Currently, several disconnected sections totaling just over 12 miles have been completed in Redding, Wilton, and Norwalk. Additional sections are planned for in Ridgefield and Danbury, but construction has not yet begun.

In Redding, there is a 0.9-mile segment with a stone dust surface. From Pickett's Ridge Road, the trail follows an old wood road deep into the woods to Fire Hill Road at the border with Ridgefield. In Wilton, there are 5.25 miles of what will be a 10-mile loop. This portion of the trail is a combination of both on- and off-road sections.

About the Route

Access the north end of the loop at Allen's Meadows on Olmstead Hill Road. The route utilizes a sidewalk-like path that runs south, paralleling Danbury Road/US-7. At Wilton High School, the route becomes a paved asphalt path as it turns west to run along Catalpa Road and then south to run along Kristine Lily Way as it passes through the school complex.

After crossing and briefly following School Road south, the trail becomes an off-road path with a stone dust/gravel surface as it meanders through woods paralleling the Norwalk River. This is a highlight of the Wilton section. The Winding through Lovers Lane Open Space and Merwin Meadows Park, the trail is wooded and close to the Norwalk River. The off-road portion ends at the northern end of Wilton River Park Shopping Center, where there is a pedestrian bridge over the river to connect to the Wilton trail station.

Please note that the route uses sidewalks and shared roadways from the shopping center to Danbury Road/US-7, where the off-road trail resumes: From the shopping center, the route uses sidewalks along Old Ridgewood Road and then River Road south through the town center and past Schenk's Island to Horseshoe Park, which is centered around a large pond. Utilizing Horseshoe Road along the west side of the pond as a shared roadway, the route uses sidewalks on Wolfpit Road to curve east, cross the river, and reach Danbury Road/US-7.

Crossing Danbury Road, the trail again becomes an off-road path and curves north through the woods with a surface of stone dust and boardwalks. From the intersection of Wolfpit Road and Danbury Road, the trail meanders north for about 2.4 miles to just short of Skunk Lane.

The "WilWalk" will be a stone dust trail that connects the Wilton and Norwalk sections. Currently, there are only two short completed sections.



Norwalk River Valley Trail

Connecticut

States: Connecticut

Counties: Fairfield

Length: 12.2 miles

Trail end points: Pickett's Ridge Rd (Redding)
to Calf Pasture Beach (Norwalk)

Trail surfaces: Asphalt, Boardwalk, Concrete,
Crushed Stone, Gravel

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible, Cross
Country Skiing

Parking & Trail Access

The Norwalk River Valley Trail runs between Pickett's Ridge Road (Redding) and Calf Pasture Beach (Norwalk).

Parking is available at:

- Merwin Meadows Park, 52 Lovers Ln.
- Horseshoe Park, 35 Horseshoe Rd.

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



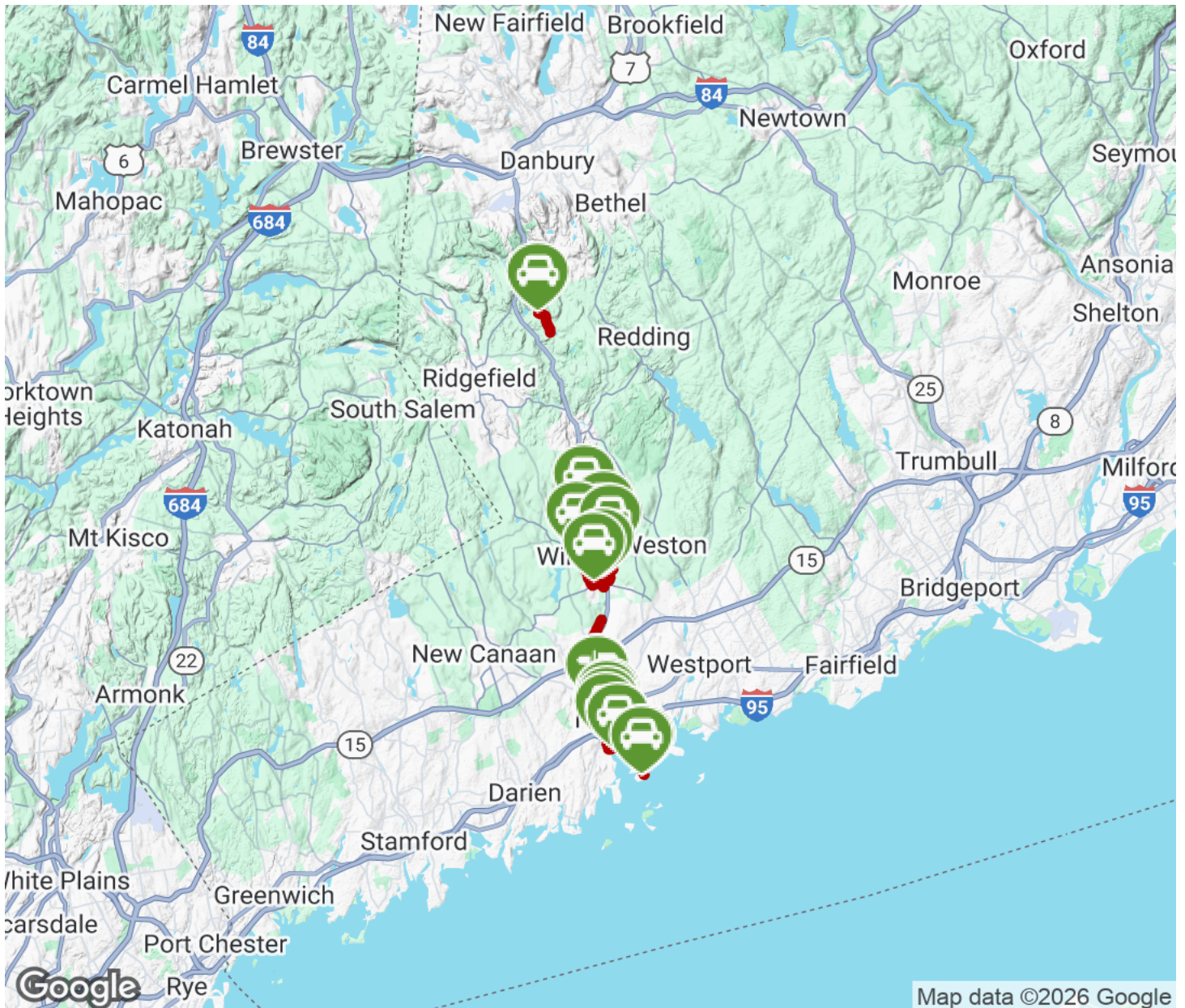
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Map data ©2026 Google



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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