



2026

TrailLink Unlimited 

Guides



**New Milford
River Trail**
Connecticut



New Milford River Trail

Connecticut

The first phase of the New Milford River Trail runs southeast from Gaylordsville via the scenic but lightly traveled River Road, through



River Road at the trail's southern end to Brookfield.

The first phase of the New Milford River Trail runs southeast from Gaylordsville via the scenic but lightly traveled River Road, through Sega Meadows to Boardman Bridge, a distance of about 5 miles. Thanks to the mix of surfaces along its length, the trail offers a diversity of experiences for users: there is asphalt along Riverview Road to Gaylordsville, packed dirt road along River Road, and crushed stone in Sega Meadows Park. Construction has already begun on a second segment, at Young's Field Park along the Housatonic River, which links the riverfront to the downtown historic Village center. This piece will be completed in 2017. Ultimately, the trail will span a total of 13 miles, and link directly to the Brookfield Still River Greenway. Future plans include a possibly attaching a pedestrian bridge to an existing rail bridge, as well as incorporating a rail-trail component from Still



New Milford River Trail

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States: Connecticut

Counties: Litchfield

Length: 5miles

Trail end points: Boardman Rd, New Milford
to Riverview Rd, Gaylordsville

Trail surfaces: Asphalt, Crushed Stone, Dirt

Trail category: Greenway/Non-RT

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

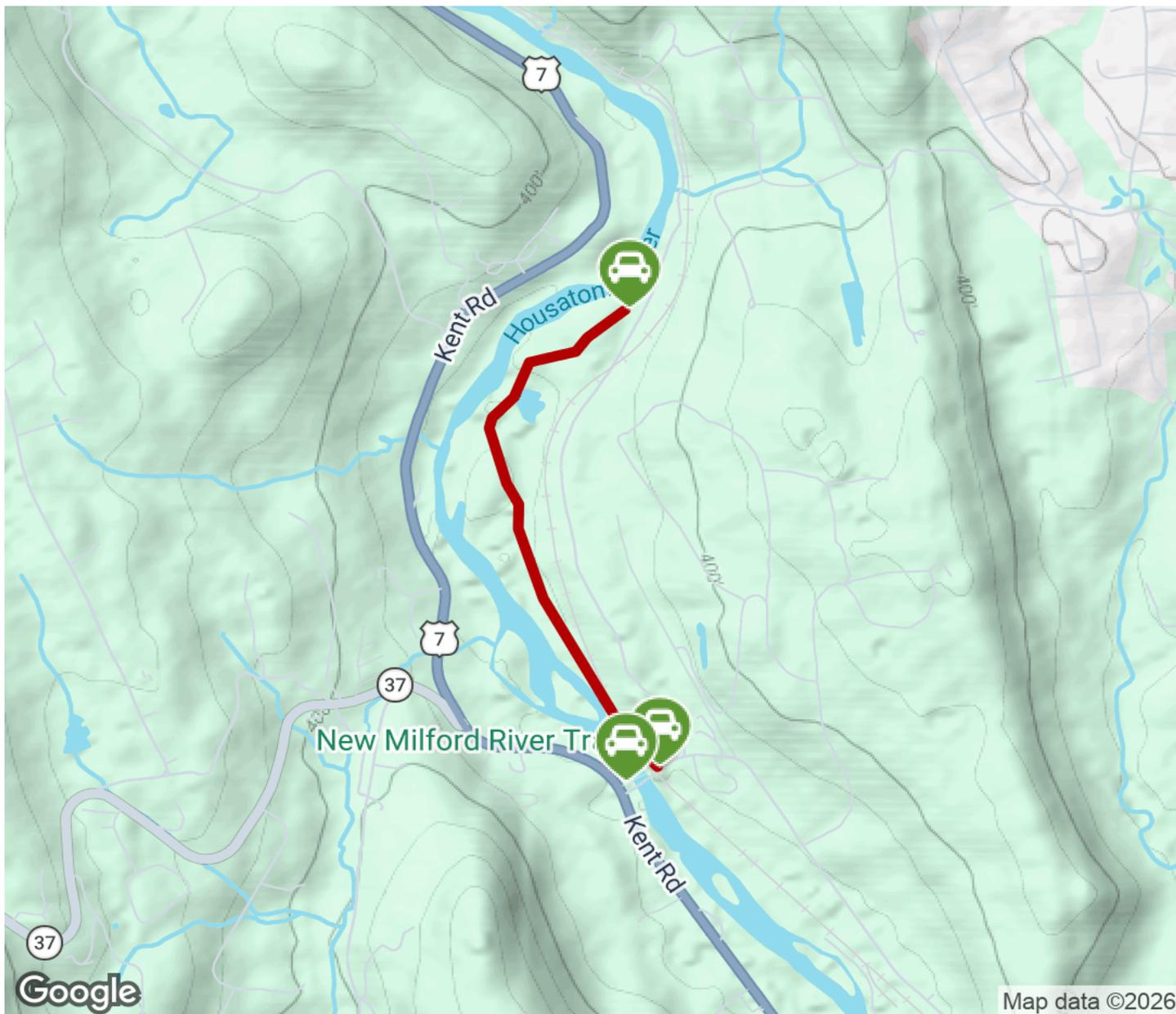
Parking & Trail Access

There is parking available at the corner of US Route 7 and Boardman Road. Cross over Boardman Bridge and the gate to the entrance of the southern end of Sega Meadows is on your left. There are a couple of additional parking spots in front of the gate. Additional parking is also available down River Road (first left after gate). Travel down River Road for just over a mile, across the railroad tracks. You will spot a dirt road. The parking lot is on your left.



New Milford River Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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