

UConn Extension Programming

Meeting the needs of the College's Strategic Initiatives:

- Enhancing Health & Well-Being
- Diversity, Equity, Inclusion, & Justice
- Climate Resilience & Adaptation
- Sustainable Landscapes

"It's wonderful to live in a state where people can access beautiful and well-maintained trails easily and quickly throughout the state. I really enjoy trail running and hiking with family and friends and there are great trails for every interest and skill level. Exploring our trails is a wonderful way to get out and explore Connecticut."

Trail user, Mansfield, CT

Contact

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The CT Trails program is managed as a partnership between UConn Extension and the Department of Natural Resources and the Environment.

Learn More at
cttrails.uconn.edu



UConn CT Trails Program

Get out. Be active. Stay healthy!

The CT Trails Program consists of the CT Trail Census, the CT Trail Finder, and the People Active on Trails for Health and Sustainability (PATHS). Together they promote data informed decision making, reliable tools to inform trail access, and outreach to all audiences.

The CT Trail Finder



The CT Trail Finder is the go-to website for discovering trails. It consists of hundreds of trail posts where

all information, including the map, are trail manager-approved ensuring accuracy and authorized trails only. The CT Trail Finder includes multiple ways to find trails based on difficulty, location, features, accessibility, and more. Connecticut trails are managed by a long list of trail managers (state parks, land trusts, towns, and more) and CT Trail Finder ties them together by location. For example, a land trust trail can connect to a rail

trail which can connect to a state park trail. The CT Trail Finder is for ALL audiences, includes over 300 trail postings covering over 1500 miles of trails, and is growing. The CT Trail Finder will soon include trailside services and the ability to earn badges!

Have a trail to add?

cttrails.uconn.edu/trailfinder_add

Email us at trails@uconn.edu.

Additional information can be found at cttrails.uconn.edu/trailfinder.



The CT Trail Census

The CT Trail Census collects trail use counts recorded by infrared counters and trail user surveys. More than six years of count data have been collected at more than 50 counter locations. The data are now available on the interactive CT Trail Census Data Dashboard (cttrails.uconn.edu/dashboard). The CT Trail Census:

- provides information to understand who is using trails when, why, and how
- educates about trails and their impacts, and
- promotes participation and understanding the value of trails.



People Active on Trails for Health and Sustainability (PATHS)

PATHS is a team of educators and outreach professionals who connect communities to their environment through active living. PATHS works on-the-ground, in and with communities to provide tools and resources to

those who need them most. PATHS is informed by research and engagement to respond to environmental concerns, opportunities and barriers to outdoor activity, and community health risks.

About UConn Extension

UConn Extension has over 100 years of experience strengthening communities in Connecticut and beyond. Our educators are ready to work together with your community.

We are part of the nationwide Cooperative Extension System that connects the public with the resources and research of land-grant universities. At UConn, our Extension network is comprised of faculty in the College of Agriculture, Health and Natural Resources with Extension appointments and faculty and staff in the Department of Extension.

Connect with One of Our Professionals Today

We can answer your questions ranging from livestock to farm business and regulations; climate resilience to finding community training opportunities; gardening to wildlife management; fitness to nutrition; how to join 4-H; and more.

- Submit a question online s.uconn.edu/AskExtension
- Professionals answer your questions: s.uconn.edu/AskExtensionVideos s.uconn.edu/ExtensionAnswers
- Email us - extension@uconn.edu
- Website - s.uconn.edu/extension
- Phone - 860-486-9228

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For more information, visit us at:
cttrails.uconn.edu

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