

# Big Gulph



Flat jogging trail  
Stream fishing along Farm River

Parking Lot -  
Northford Park

Northford  
Park

Walk-through gate -  
recreation lock

Woods Hill Rd.

Rt. 17

Old Post Rd.

Farm  
River

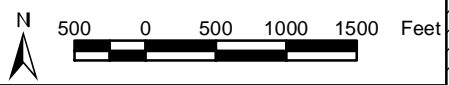
## PERMIT REQUIRED

Middletown Ave. - Rt. 17

Rt. 22

Forest Rd. - Rt. 22

RESTRICTED AREA



### Other Symbols/Features

- Roads
- RWA boundary
- Stream fishing
- Pond

### Big Gulph Trails

- Francis A. Merola Trail
- Big Gulph Trail
- Farm River Trail
- Totoket Trail
- Vista Trail

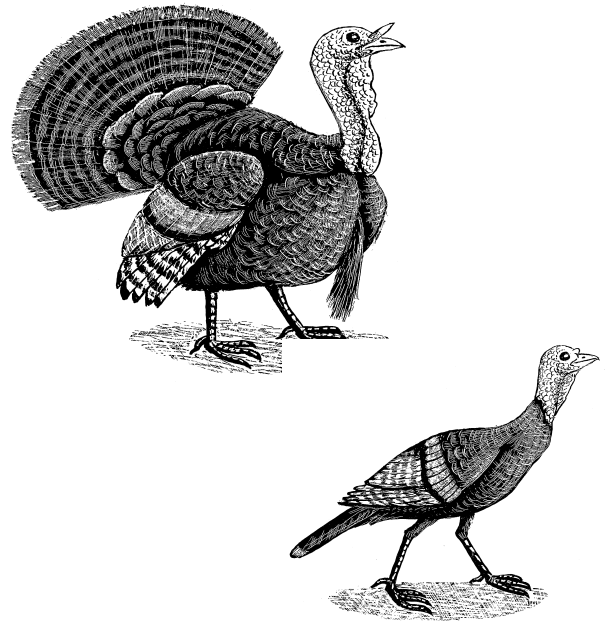
Blaze Colors:  
G=Green, R=Red, W=White

## Big Gulph

Here's the place for challenging hiking in untamed woodlands. Big Gulph features trails ranging from flat to steep. You will find a variety of wildlife habitats, including streams, meadows and forests.

Stream fishing is available in sections of the Farm River and the pond along the Farm River Trail.

**NOTE: Please stay within the boundaries of the recreation area and do not enter restricted areas at Big Gulph.**



## Big Gulph Trail Guide

**Big Gulph Trail (red triangle) 0.6 miles.** This short section of trail leads into the main trail system and provides access to the Farm River Trail for fishing. You will pass a Wildlife Habitat Incentive Program (WHIP) field, which is managed for wildlife species that prefer open, early successional habitats. Eastern bluebirds are an example of the tupe of wildlife that prefers this habitat. Nest boxes have been put up in the field for them to use. There is a scenic view of the Farm River from a bridge on the trail.

**Francis A. Merola Trail (white rectangle) 4.4 miles round trip.** Use the flat, linear part of this trail for walking, jogging or enjoying the fall foliage. The flat part of the trail is over 2 miles one-way. If you would like to add a challenge to your hike, you can make a loop by climbing any of the two steep, connecting paths up to the ridge and take advantage of the scenic outlooks. Watch for wild turkeys, which have successfully re-established themselves in the area.

### **Farm River Trail (green triangle) 0.3 miles.**

This trail provides good access to the Farm River stream fishing area. This stream contains many fish species including brook trout. At the pond, you can find ducks, herons, and painted turtles.

**Totoket Trail (red circle) 0.7 Miles.** This moderately difficult, steep connecting trail climbs the Totoket Ridge. The trail has a number of switchbacks that bring you through a variety of terrain. In the spring you will find ephemeral streams formed by the runoff from the Totoket Ridge. There are many spots along the trail that deer find favorable for bedding and browsing. There is plenty of evidence of deer browse – look for spots where the understory is exposed to plenty of sun, but where no new trees seem to be growing.

**Vista Trail (green circle) 0.6 miles.** This is another steep connecting trail that accesses the ridge where you will find vistas for more scenic views of the Farm River valley. This is the driest route to the south end of the ridge.