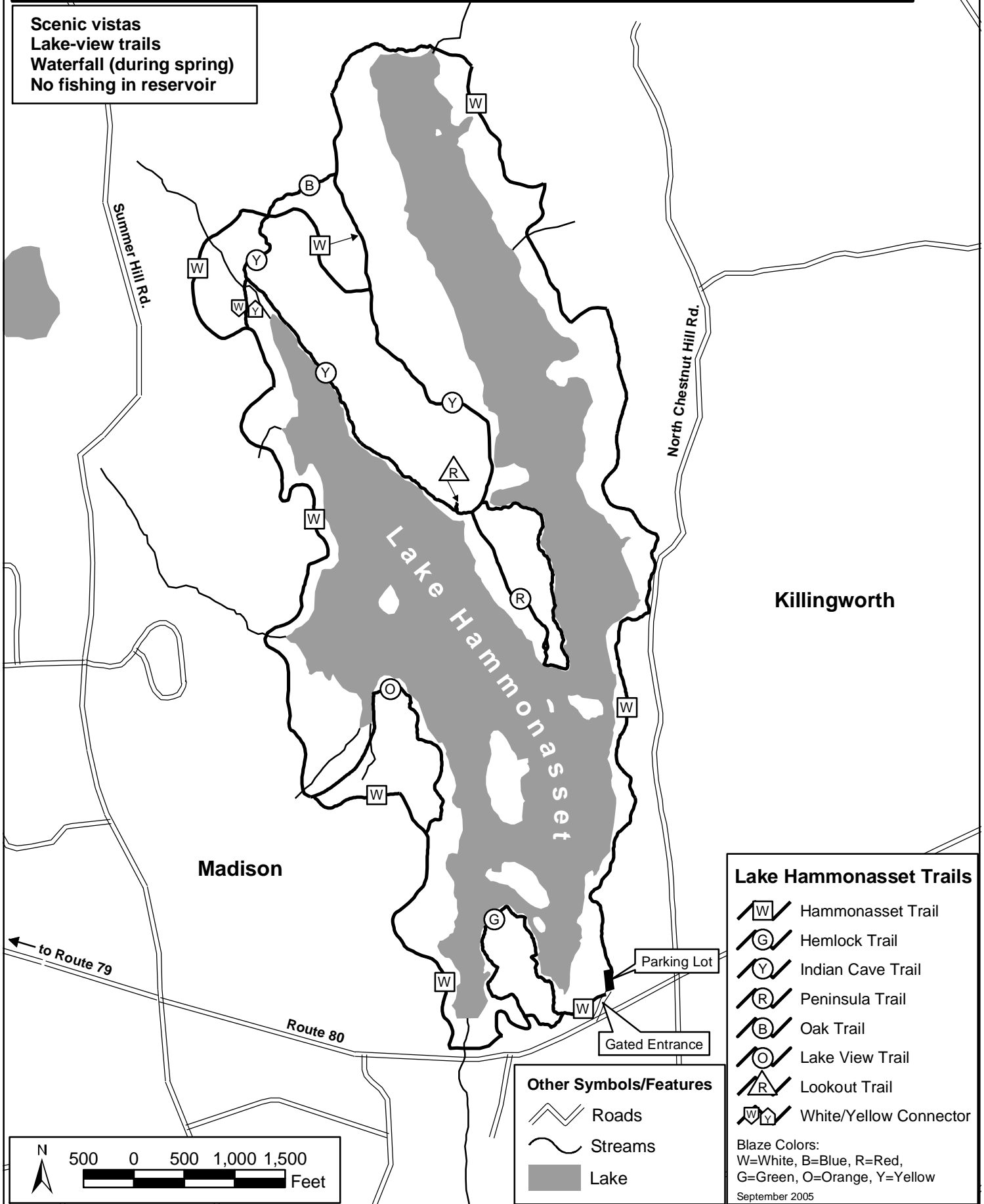


# Lake Hammonasset



Regional  
Water  
Authority  
Recreation

Scenic vistas  
Lake-view trails  
Waterfall (during spring)  
No fishing in reservoir



## Lake Hammonasset Trails

- Hammonasset Trail
- Hemlock Trail
- Indian Cave Trail
- Peninsula Trail
- Oak Trail
- Lake View Trail
- Lookout Trail
- White/Yellow Connector

## Other Symbols/Features

- Roads
- Streams
- Lake

Blaze Colors:  
W=White, B=Blue, R=Red,  
G=Green, O=Orange, Y=Yellow  
September 2005

## Lake Hammonasset

Located off Route 80 in Killingworth, CT. 1.5 miles east of the Rt. 79 intersection and 2.4 miles west of the Rt. 81 intersection.

Lake Hammonasset opened in 1990, offering 10 miles of trails around the reservoir. Allow several hours for a moderately challenging hike all the way around the lake. Take the trails around the peninsula for great views of the lake and to see rock "caves." If you want the same opportunity for great views of the lake, but prefer a short hike, the Hemlock trail is minutes from the parking lot.

## Lake Hammonasset Trail Guide

**Hemlock Trail (green circle) 0.6 miles.** This trail offers scenic views of the Lake Hammonasset shoreline and rock formations along a small peninsula. In the spring you may hear the sound of the waterfall from the dam as you walk this trail. This is the best trail for a short walk and a good place for observing waterfowl.

**Hammonasset Trail (white square) 6 miles.** This trail offers enthusiastic hikers the opportunity to hike completely around Lake Hammonasset. On the east side of the reservoir, the footbridge at the north end of the reservoir is 2.3 miles from the parking area. Notice the evergreens planted along the edge of the lake to keep the leaves of deciduous trees out of the water. This leaf screen extends along the lake's shoreline to protect our water supply.

**Indian Cave Trail (yellow circle; accessed only from Hammonasset Trail) 1.4 miles.** This trail offers spectacular views of the lake and caves where Native Americans once found shelter. Expect some rough and uneven terrain.

**Lookout Trail (red triangle; accessed from the Indian Cave Trail ) 0.1 miles.** Offers a lookout point. where you can stop and rest.

**Peninsula Trail (red circle) 0.9 miles.** This loop continues to the end of the peninsula from the Indian Cave Trail and offers a nice south-facing view of the lake.

**Lakeside Trail (orange circle) 0.6 miles.** This trail offers an alternate route closer to the lake than main Hammonasset Trail on the west side of the lake.

**Oak Shortcut (blue circle) 0.2 miles.** Provides a shortcut between trails at the head of the lake.

**White/Yellow Connectors (white and yellow arrows) 0.1 miles.** Another shortcut between trails at the head of the lake.

