

# Lake Saltonstall



Regional  
Water  
Authority  
Recreation

Scenic Lake Trail  
Interpretive Nature Trail  
Wheelchair Accessible Fishing Dock  
Shoreline and Lake Fishing  
Boat Rental  
Bicycling

East Haven

Branford

Lake Saltonstall  
Fishing Zone  
Shore

Boat Dock

Parking Lot

Gated Entrance

Parking Lot

Hiking Parking Lot

Gated Entrance

Hosley Ave.

Brushy Plain Rd.

Cedar St.

Exit 54

Exit 53

I-95

Route 1

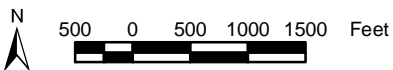
## Lake Saltonstall Trails

- Nature Trail
- Lake Saltonstall Trail
- Glen Grove Trail
- Ridge Trail
- Vista Trail
- Hiking Lot Access Trail
- Fish Dock Road

Blaze Colors:  
G=Green, O=Orange, R=Red,  
W=White, Y=Yellow

### Other Symbols/Features

- Road
- Restricted area
- Lake



## Lake Saltonstall

Located off Route 1 in Branford, CT.

One of Connecticut's richest wildlife areas, Lake Saltonstall provides a home for many species of birds and forest animals. Here you can hike, jog or bicycle along nine miles of trails, learn about local plants and animals while walking along our interpretive nature trail or take advantage of some of the finest freshwater fishing in our stocked lake.

# Trail Guide to Lake Saltonstall

### Hiking Lot Access Trail (white triangle) 0.2 miles.

This trail connects you to the main Nature Trail from the hiking parking lot at the north end of Lake Saltonstall.

### Nature Trail (white rectangle) 1.4 miles.

This self-guiding trail describes the role woodlands play in protecting our water supply. Here you'll find 21 stations with interpretive signs where you can learn about plant and animal life, the hydrologic cycle, and how our foresters manage our woodlands.

### Ridge Trail (red triangle) 3.0 miles.

This is a dead end trail that runs along the top of Saltonstall Ridge, offering scenic views. You can access the Ridge Trail from the main Nature Trail. Please allow enough time to get to the end and back along the same route.

### Vista Trail (orange circle) 0.1 miles.

Only accessible via the Ridge Trail, this trail provides an overlook from Saltonstall Ridge to the west.

### Lake Saltonstall Trail (green circle) 4.1 miles.

The lakeside portion of the trail is our most popular at Saltonstall. It is perfect for jogging, hiking, bicycling or cross-country skiing. You will find beautiful views all year long along the lake. You can traverse the trail one way along the lake and back to take advantage of the view, or do the entire loop around. The inland portion of the trail weavers in and out of spruce and pine plantations, native hardwoods, and a power line right-of-way. It's the best trail for spring wildflowers, but be aware there may be some wet areas during that time of year.

### Glen Grove Trail (yellow circle) 0.1 miles.

This trail is a short extension off the Nature Trail and provides the opportunity for lake views at the northern end of Lake Saltonstall.

