



Sessions Woods Forest Meadows Loop

Class 1
0.6 miles
80' vertical
0.4 hours



Information kiosk



A glacial erratic

The Forest Meadows Loop begins at the information kiosk near the Sessions Woods Museum in the southwest corner of their parking lot located at 341 Milford Street, Burlington 06013. Of all the hikes in Burlington, the Forest Meadows Loop has the most education per mile, plus it is wheel chair friendly. Since Sessions Woods is a Wildlife Management Area, there are many signs along the trail that focus on the wildlife you can discover in the forest AND in a grassy meadow environment. It is important to not hike too fast if you want to experience the information presented in their many signs. I have also recently had some “cool” discoveries on this 0.6 mile trail that go back 14,000 years to the end of the last ice age. I feel this trail has the most glacial erratics per mile of any loop hike in Connecticut. https://en.wikipedia.org/wiki/Glacial_erratic. I also believe I discovered a kettle hole which is easier to see when the leaves are off the trees. [https://en.wikipedia.org/wiki/Kettle_\(landform\)](https://en.wikipedia.org/wiki/Kettle_(landform)). My “newer” discovery goes back just 300 years when stone walls were used to define private property.

If you do this hike Monday through Friday, their Museum is a fantastic experience after your hike. The information kiosk is a great place to visit before your hike (note the red balloon location on the map).

The hike on the Forest Meadows Trail starts on the paved drive that runs parallel to the Sessions Woods main building on the south side. Continue around the gate onto the gravel road of the trail and a “Y” junction. Either way will return you to the gate in 0.6 miles. Be sure to read the many informational signs along the way. You also might want to count all the glacial erratics you discover along the trail, to vet my above statement.

Sessions Woods has 2 nature guides that add to your your hike:

A Tree Identification Trail Guide: <http://www.fosw.org/publications/TreelD.pdf>

A Bird Identification Guide: <http://fosw.org/publications/BirdList.pdf>