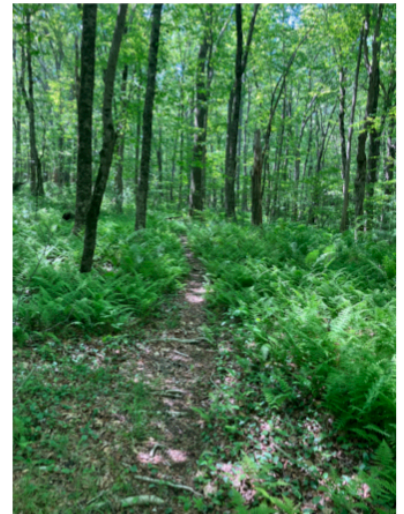


Hike / Bike Adventure Trail 106

Class 1
4.1 miles
920' vertical
2.6 hours
60% bike trail
100% combo loop



This loop is called the Adventure Trail 106 because 0.5 miles of this trail is unmarked and has a very narrow tread which is easiest to follow in the late spring & summer. This 0.5 mile narrow 1 foot wide trail connects the 3 foot wide White Diamond bike trail (W) with the well blazed 2 foot wide Blue/Orange hiking trail (B/O). It would be a good idea to complete Adventure Trail 101-105 before hiking this one.

The hike begins at the information kiosk near the flagpole for Sessions Woods (41.732830, -72.955389). Hike along the south side of the Sessions Woods building, turning north to pass the large picnic pavilion onto an unmarked short trail. Turn left at the "T" junction with the Blue/Yellow Trail (B/Y) and the White Diamond bike trail (W). As you reach the first highpoint (0.2 miles), turn right onto the wide White Diamond bike trail (W), as the B/Y continues straight. At 0.4 miles make a 90° right turn, which is well marked, to stay on the W trail as an unmarked bike trail goes straight. At 1.1 miles bear right at a "Y" junction with an unmarked trail and in a short distance you reach another 90° right turn on the W trail. This location is where your new adventure begins by making a 90° LEFT turn onto a very narrow unmarked trail that is best to first do in the late spring or summer (note photo). This 0.5 mile connecting trail has a few other unmarked trails crossing or connecting with it, which you should ignore to reach the "T" junction with the Blue/Orange Trail (B/O) at 1.6 miles. (At about 1.3 miles you cross an unmarked trail and in 10 feet you make a 90° right turn to avoid a tree that fell across the old trail). The Blue/Orange Trail is well blazed and easy to follow to the "T" junction with the Blue/Yellow Trail at 1.9 mile. Turn left on the B/Y and reach a "T" junction with gravel Beaver Pond Trail (BPT) at 2.3 miles. If you want a short hike, turn left to follow the B/Y trail and the BPT back to Sessions Woods (yellow dash line). This route would get you back to your car in 3.0 miles. If time is on your side, turn right onto the Crosscut Trail (2.4 miles) that ends at a "T" junction with the southern section of the Beaver Pond Trail (BPT) at 2.9 miles. Turn left to follow the BPT to the great view of Meriden Mountain from the Summer House at 3.5 miles. Continue to follow the BPT back to your car at 4.1 miles.