



Connecting people to the land since 1895

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FOR IMMEDIATE RELEASE: CT TRAILS DAY 2025

It's Connecticut Trails Day with over 200 free events on June 7-8!

Rockfall, CT – For a small state, Connecticut always goes big when it comes to outdoor recreation! CT Trails Day, held on the first weekend in June every year, is the largest celebration of trails in the nation. “Protecting public access to the outdoors is what we are all about, and Trails Day is the biggest way we invite people to get outside each year,” says Clare Cain, Trails Director of the Connecticut Forest & Park Association (CFPA), which has coordinated this annual event since 1993.



CT Trails Day events are free, open to all, and guided by people who are familiar with each site. Events include hiking, biking, horseback riding, running, trail maintenance, kayaking, family walks, educational outings, bird watching, and more for people of all ages, backgrounds, and interests. A full listing of events, organized by town and activity, can be found at trailsday.org.

“Connecticut’s forests, parks, trails, and other special places are so important to our state’s identity and economy,” added Cain, “Our goal is to raise awareness and engage as many people as possible on our trails to enjoy and appreciate what we have. When people connect to the land and have fun, they are more motivated to help keep special places open, well-maintained, and available for everyone to enjoy.”

The success of this large-scale effort, and the sheer number and variety of CT Trails Day events, is due to the many amazing hike leaders who lead the way, along with passionate partners, community organizations, and our dedicated financial supporters. Registration for CT Trails Day opens May 14. Visit trailsday.org to reserve your spot – events will fill up fast.



For media inquiries, please contact Chuck Toal at
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