



Connecting people to the land since 1895.

****FOR IMMEDIATE RELEASE****

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Organizational Information:

Connecticut Forest & Park Association
16 Meriden Road, Rockfall, CT 06481
(860) 346-8733 / www.ctwoodlands.org

Media Contact: Meaghan Strange,
Communications Coordinator
mstrange@ctwoodlands.org / (860) 398-4539



It's Connecticut Trails Day with Over 200 Free Guided Events, June 6-7!

ROCKFALL, CT - The Connecticut Forest & Park Association (CFPA) invites residents across the state to lace up their hiking boots, try something new, or bring the kids outside for Connecticut Trails Day on **Saturday, June 6, and Sunday, June 7, 2026**. With more than 200 free events across all eight counties, CT Trails Day offers something for everyone!

CT Trails Day is the largest National Trails Day® celebration in the country—and your chance to discover the best hiking trails in CT. Whether you're searching for a peaceful morning hike, a hands-on nature activity for the family, or a unique adventure you've never tried, this weekend is your invitation to explore Connecticut's incredible network of trails, parks, forests, and open spaces.

Looking for outdoor activities in Connecticut the whole family can enjoy? This year's events include:

- **Family-Friendly:** [Kids "First Hike" Nature Walk](#) (Wolcott), [Nature Detectives Family Fun Hike](#) (Middlefield), [Family Hike With Salamanders And Caves](#) (Barkhamsted)
- **Wildlife & Nature Lovers:** [Summer in Bloom](#) (Durham), [Horseshoe Crab Walk](#) (Madison), [Introduction to Birdwatching](#) (Canton)
- **Unique & Memorable:** [Swamp Prowl](#) (East Granby), [Goat Walk!](#) (Berlin), [Night Moths At McKeon Farm](#) (Wilton), [Tory's Cave Loop And Boardman Mountain](#) (New Milford), [Understory Stories](#) (Union)
- **Accessible:** [Get Out On The Trails Together](#) (Bloomfield), [A Multisensational Nature Adventure](#) (Stonington)
- **History & Culture:** [New London Black Heritage Trail](#) (New London), [Constitutional & Native American History on the Regicides Trail](#) (New Haven), [Hike the Historic Pequot Trail](#) (Groton)

"Protecting public access to the outdoors is what we're all about, and Trails Day is the biggest way we invite people to get outside each year," said **Clare Cain, CFPA's Trails Director**. "Whether you're bringing your kids for their first trail adventure or looking for a welcoming community, there's a place for you on our trails this June."

This year also marks a milestone as **newly appointed Executive Director Joey Listro leads his first Connecticut Trails Day.**

“I couldn’t be more excited,” **said Listro.** “When people connect with the outdoors and have fun, they become the best advocates for protecting these special places. That’s what this weekend is all about.”

CT Trails Day is made possible by a dedicated network of amazing hike leaders who lead the way in every corner of the state, along with volunteers, community organizations, and generous financial supporters. Events are designed to be welcoming, beginner-friendly, and free of charge. No prior hiking experience needed to enjoy some of the best hikes in Connecticut!

Registration opens May 6 at trailsday.org. With over 200 events across the state, the most popular adventures fill up fast. Don’t wait to claim your spot!

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About the Connecticut Forest & Park Association:

Connecticut Forest & Park Association (CFPA) is a 501(c)3 nonprofit founded in 1895. CFPA connects people to Connecticut’s forests, parks, and Blue-Blazed Hiking Trails to ensure their protection and management for future generations. With the help of volunteers, members, and partners, CFPA maintains the 825-mile Blue-Blazed Hiking Trails System, advocates for natural resource protection, conserves land, educates communities on sustainable forest management, and coordinates the statewide celebration of Connecticut Trails Day. Learn more and get involved at ctwoodlands.org.

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