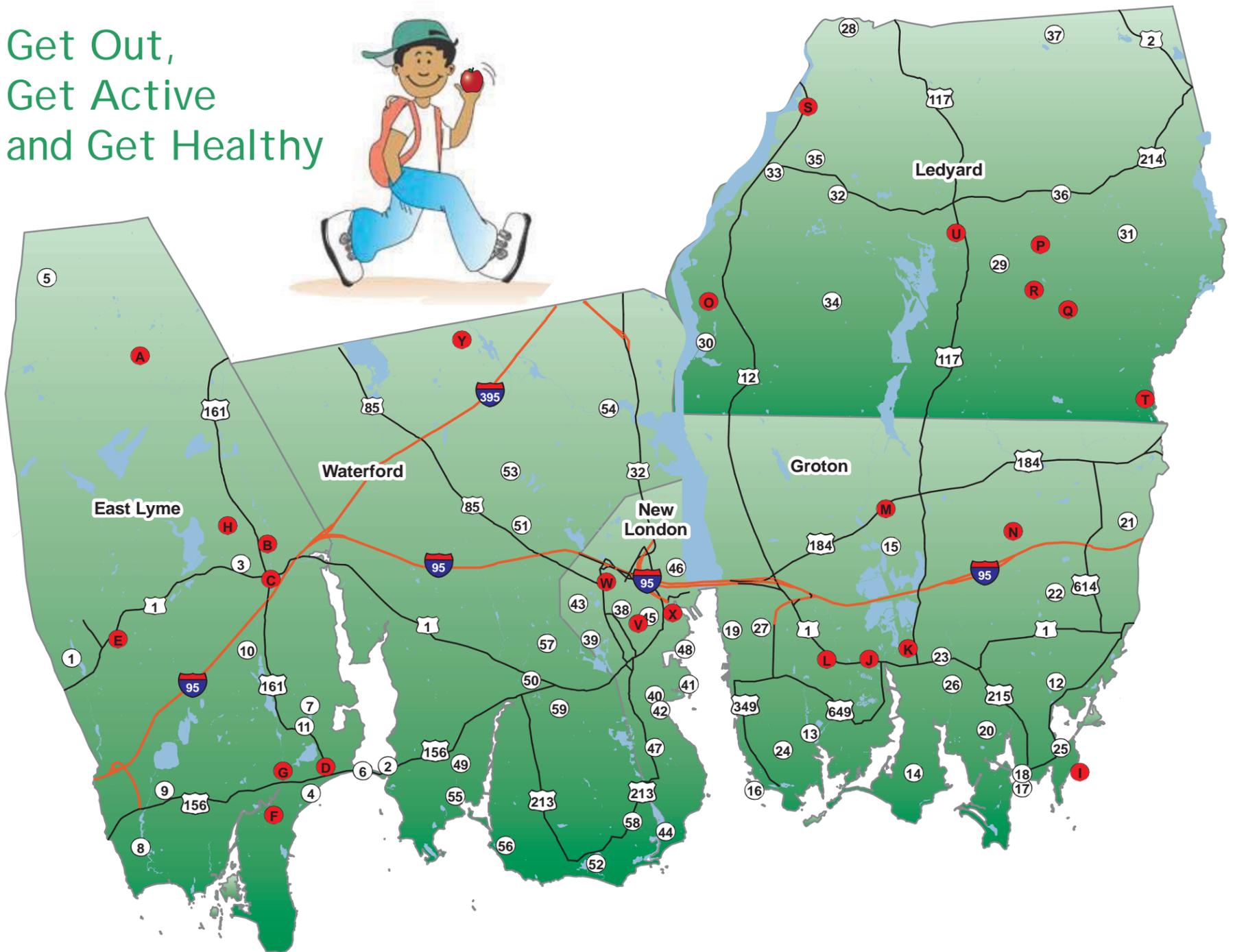


# Get Out, Get Active and Get Healthy



## Parks, Trails and Recreational Opportunities in East Lyme, Ledyard, Groton, New London and Waterford, Connecticut

### East Lyme

1. Bobrow Property, Boston Post Rd.  
Hike, Walk, Fish & Picnic
2. Cini Park, 22 Main St.  
Picnic, Hike, Walk, Shellfish, Fish & Boat
3. East Lyme High/Flanders Elementary  
171 Boston Post Rd., Walk, Playground,  
Tennis, Swim, Baseball, Soccer & Track
4. McCook Point Park, 8 Atlantic Dr.  
Picnic, Playground, Hike, Walk, Swim,  
Shellfish, Fish & Boat & Volleyball
5. Nehantic State Forest, Holmes Rd.  
Hike & Walk
6. Niantic Boardwalk, Main St.  
Walk, Shellfish & Boat
7. Oswegatchie Hills Nature Preserve,  
Oswegatchie Hills Rd. Hike & Walk
8. Rocky Neck State Park, 244 W. Main St.  
Swim, Shellfish, Bike, Boat, Picnic & Swim
9. Samuet Peretz Park, 221 W Main St.  
Picnic, Walk, Soccer, Basketball, Baseball  
& Playground
10. Smith-Harris Park, 29 Society Dr.  
Picnic, Playground, Hike, Baseball & Walk
11. Veteran's Memorial Park, 10 Memorial Park  
Walk & Baseball

### Groton

12. Beebe Pond Park, 851 Noank Rd.  
Picnicing & Hiking
13. Birch Plain Creek Park, 25 Thomas Rd.  
Picnicing, Hiking & Walking
14. Bluff Point State Park, Depot Rd.  
Bike, Hike, Swim, Shellfish, Fish & Boat
15. Copp Family Park, 821 Gold Star Hwy.  
Hike, Walk & Dog Park
16. Eastern Point Beach, 1 Beach Pond Rd.  
Playground, Food, Swim, Basketball & Fish
17. Esker Point Park, 900 Groton Long Pt. Rd.  
Volleyball, Fish, Swim & Picnic
18. Esker Point Waterfront Park, Groton  
Long Point Rd.  
Shellfish, Basketball, Fish & Boat
19. Fort Griswold State Park, 306 Monument  
Hike, Walk (Historical Monument)

20. Haley Farm Park, Brook St.  
Hike, Walk & Bike
21. Mystic Education Center, 240 Oral School  
Play, Hike, Walk, Swim, & Basketball
22. Pequot Wood, 385 Sandy Hollow Rd.  
Walk & Hike
23. Poquonock Plains Park, 150 Fort Hill Rd.  
Walk, Soccer, Lacross, Football, All Inclusive  
Playground & Food for Events
24. Shennecossett Golf Course, 93 Plant St.  
Golf, Food & Walk
25. Spicer Park, Spicer Ave.  
Soccer & Boat
26. Sutton Park, 185 Fort Hill Rd.  
Basketball, Baseball, Picnic, Walk, Playground  
& Skateboard
27. Washington Park, Meridian St.  
Tennis, Walk, Baseball, Basketball, Picnic,  
& Playground

### Ledyard

28. Aljen Heights, 17 Aljen Ave.  
Playground, Soccer & Baseball
29. Colonel Ledyard Park, 4 Blonders Blvd.  
Pavillion, Picnic, Baseball, Playground, Walk,  
Hike, Tennis, Basketball & Volleyball
30. Erikson Park, 114 Military Hwy  
Picnic, Walk, Boat & Fish
31. Highland Lake, 639 Shewville Rd.  
Swim, Playground, Pavillion & Picnic
32. Kettlehole Trail, 19 Avery Hill Ext.  
Hike & Walk
33. Ledyard Middle School Complex, 1854 RT 12.  
Walk, Soccer, Baseball & Playground
34. Nathan Lester Park, 153 Vinegar Hill Rd.  
Picnic, Walk & Hike
35. Pfizer Field, 212 Stoddards Wharf Rd.  
Playground, Baseball & Soccer
36. Sawmill Park, 172 Iron St.  
Walk, Hike & Picnic
37. White-Hall Park & Forest  
Walk, Hike & Exercise Path

### New London

38. Bartlett Playfield, 620 Broad St.  
Basketball & Baseball

39. Bates Woods Park, 70 Chester St.  
Hike, Walk & Baseball
40. Caulkins Park, Crescent & Riverview Ave.  
Playground, Basketball, Baseball & Soccer
41. Fort Trumbull State Park, 90 Walbach St.  
Walk Historic Fort & Fish
42. Green Harbor Beach Park, Pequot Ave.  
Picnic, Playground & Swim
43. New London High School, 490 Jefferson Ave.  
Walk, Baseball, Track, Soccer & Tennis
44. Ocean Beach Park, 98 Neptune Ave.  
Swim, Food, Playground, Walk & Boat
45. Richard Martin Center, 120 Broad St.  
Basketball & Recreation Programs
46. Riverside Park, Adelaide St. & Crystal Ave.  
Playground, Walk, Swim & Basketball
47. Toby May Playfield, Ocean Ave. & Plant St.  
All Inclusive Playground, Basketball,  
Tennis, Baseball, Walk & Picnic
48. Waterfront Park, 111 Union St.  
Picnic, Walk, Fish & Boat

### Waterford

50. Civic Triangle Park, Boston Post Rd.  
Picnic, Pavillion, Walk, Playground,  
Hike, Basketball, Soccer & Skate Park
51. Dedrick Field, 45 Dayton Rd.  
Softball & Future Playscape
52. Harkness Memorial State Park, 293 Great  
Neck Rd., Walk, Picnic & Hike
53. Leary Park, 739 Vauxhall St. Ext.  
Picnic, Playground, Walk, Tennis, Basketball,  
Baseball & Soccer
54. Little League North, 116 Old Norwich Rd.  
Walk, Baseball & Tennis
55. Little League South & Youth Football  
Jordan Cove Rd., Baseball, Picnic & Soccer
56. Pleasure Beach, 44 New Shore Rd.  
Walk, Fish, Swim & Boat
57. Stenger Farm Park, 128 Clark Lane  
Walk, Hike, Bike, Fish & Boat
58. Waterford Beach Park, 317 Great Neck Rd.  
Volleyball, Hike, Walk, Bike, Tennis, Swim, Fish  
Future Playscape & Boat
59. Waterford Community Center,  
24 Rope Ferry Rd., Gym & Multi-Purpose Rooms

Groton Parks and Recreation  
 Spicer House  
 27 Spicer Avenue  
 Noank, CT 06340-5659  
 Telephone: (860) 536-5680  
 www.grotonrec.com

Ledyard Park and Recreation  
 4 Blonder's Boulevard  
 Ledyard, CT 06339  
 Telephone: (860) 464-9112  
 www.ledyardrec.org

New London Recreation Department  
 120 Broad Street, 2nd floor  
 New London, CT 06320  
 Telephone: (860) 447-5230  
 www.ci.new-london.ct.us

East Lyme Parks & Recreation  
 Department  
 41 Society Road  
 Niantic, CT 06357  
 Telephone: (860) 739-5828  
 www.eltownhall.org

Waterford Recreation & Parks  
 24 Rope Ferry Road  
 Waterford, CT 06385  
 Telephone: (860) 444-5881  
 www.neighborhoodlink.com/org/wtfdrp

Ledge Light Health District  
 943 North Road, Groton, CT 06340  
 (860) 448-4882 www.ledgelighthd.org

Need Directions?

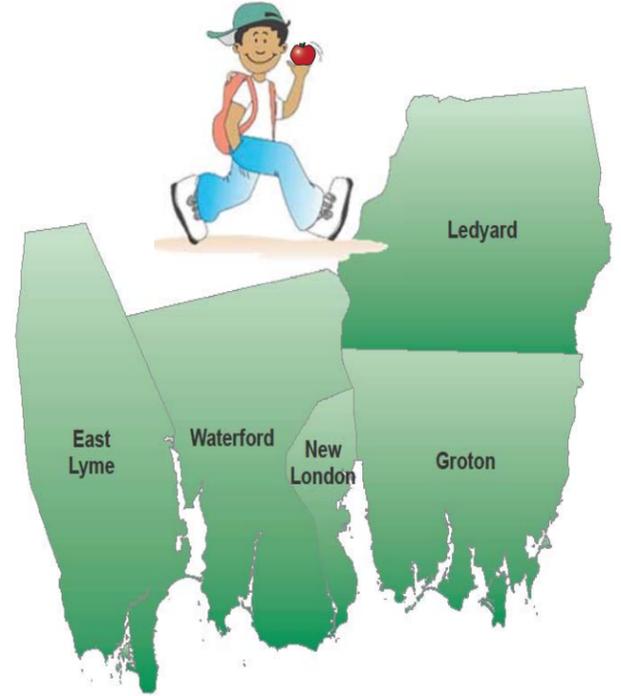
If you need directions to any of the locations on the map go to: <https://maps.google.com>

Special Thanks

- The CT Department of Public Health: [www.ct.gov/dph](http://www.ct.gov/dph)
- The CT Department of Agriculture
- The CT Department of Environmental Protection: [www.nochildleftinside.org](http://www.nochildleftinside.org)
- The Towns of Groton, East Lyme, Ledyard, and Waterford and the City of New London
- The Northeast Organic Farmer's Association: [www.ct.nofa.com](http://www.ct.nofa.com)



Opportunities for Physical Activity and Farm Fresh Fruits and Vegetables



Get Out, Get Active and Get Healthy!

Ledge Light Health District's (LLHD) mission is to prevent disease, illness and injury, to protect our environment and promote improved health and prosperity for all residents. There are many fun places to visit, right here in your community. Places like parks, trails, farmers' markets and farm stands are designed to help us get the amount of exercise, and fresh fruits and vegetables we need to "stay healthy". Ledge Light Health District and your Park and Recreation Department have "teamed up" to promote these parks and fruit stands as part of the More Active People Project (MAP). We hope that you like this map and use it to find your favorite parks or discover new parks and trails to visit. Make it a fun family activity to find as many parks and trails as you can and pick a new park to visit each week. Your farmers' market may have fruits and vegetables you have never tried. There you can buy fresh fruits and vegetables grown right here in Connecticut and learn how good they taste and how good they are for your body. Preventing conditions such as obesity is just one reason why Ledge Light Health District (your health department) wants you to get plenty of exercise and eat lots of fruit and vegetables. Exercise and a healthy diet help us to grow, do better at school, stay at a healthy weight, and fight off germs that might make us sick. For more information, please visit our website at [www.ledgelighthd.org](http://www.ledgelighthd.org) or give us a call at (860) 448-4882. We hope you enjoy this map and remember: **Get Out, Get Active, and Get Healthy!**

Local Farmers' Markets, Farm Stands and Seafood

This guide makes it easy to find farmers' markets, farmstands, farms, parks, trails and beaches in the cities and towns of East Lyme, Groton, Ledyard, New London and Waterford. Just look at the list, then find the corresponding number on the map.

- East Lyme:**
- A. Granberry Meadow Farm, 80 Grassy Hill Rd. (860) 437-7828
  - B. East Lyme Farmer's Market, 30 Chesterfield Rd. (860) 739-7240
  - C. Flanders Fish Market, 22 Chesterfield Rd. (860) 739-8866, [www.flandersfish.com](http://www.flandersfish.com)
  - D. Natural Food Store, 374 Main St. (860) 739-9916
  - E. Scott's Yankee Farmer, 436 Boston Post Rd. Farm Stand & Pick-Your-Own
  - F. Scott's, 85 Black Point Rd. Farm Stand
  - G. Smith's Acres, 4 W Main St. (860) 691-0528, Farm Stand
  - H. White Gate Farm, 83 Upper Pattausett Ave. (860) 739-2827, Farm Stand
- Groton:**
- I. Ford's Lobsters, 15 Riverview Ave. (860) 536-2842, Seafood
  - J. Groton Community Gardens, [www.grotonrec.com](http://www.grotonrec.com)
  - K. Groton Family Farm, 70 Fort Hill Rd. (860) 235-1101 - call ahead, Eggs & Produce
  - L. Groton Farmer's Market, 720 Long Hill Rd. (860) 536-3083
- New London:**
- V. F.R.E.S.H. Community Garden, Corner of Williams, Wallace and Mercer St. (860) 444-8050, [www.freshnewlondon.org](http://www.freshnewlondon.org)
  - W. F.R.E.S.H. New London, Mobil Market (860) 444-8050, [www.freshnewlondon.org](http://www.freshnewlondon.org)
  - X. Fiddleheads Coop Market, 13 Broad St. [www.fiddleheadsfood.coop](http://www.fiddleheadsfood.coop)
- Waterford:**
- Y. Hunts Brook Farm, 108 Hunts Brook Rd. (860) 443-1770, Farm Stand
- Ledyard:**
- O. Alice Acres Farm Market & Greenhouses 39 Military Hwy, (860) 464-2663 Farm Stand, Flowers, Ice Cream
  - P. Allyn's Red Barn Orchard, 610 Colonel Ledyard Hwy., (860) 464-7245 [www.allynsredbarn.com](http://www.allynsredbarn.com) Farm Stand & Pick-Your-Own
  - Q. Cedar Meadow Farm, 12 Erin's Way (860) 608-7442, [www.cedarmeadowfarm.net](http://www.cedarmeadowfarm.net) Egg, Poultry & Livestock
  - R. Hidden Brook Gardens, 551 Colonel Ledyard Hwy., (860) 912-1767, Farm Stand
  - S. Holmberg Orchards, 1990 Route 12 [www.hiddenbrookgardens.com](http://www.hiddenbrookgardens.com) Farm Stand & Pick-Your-Own
  - T. The Funny Farm, 351 Shewille Rd. (860) 245-0056 Farm Stand
  - U. Tri-Town Ledyard Farmers Market, 733 Colonel Ledyard Hwy., (860) 537-3417
- (Groton cont.)**
- M. Red Fence Farm, 2 Daboll Rd. (860) 446-8929, call ahead
  - N. Whittier's Willow Spring Farm, 1030 Noank Ledyard Rd. Farmstand & Pick-Your-Own (860) 536-3083