



Sterling Moosup Valley State Park Trail

Trail Highlights

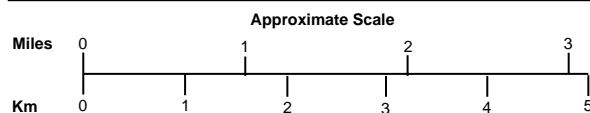
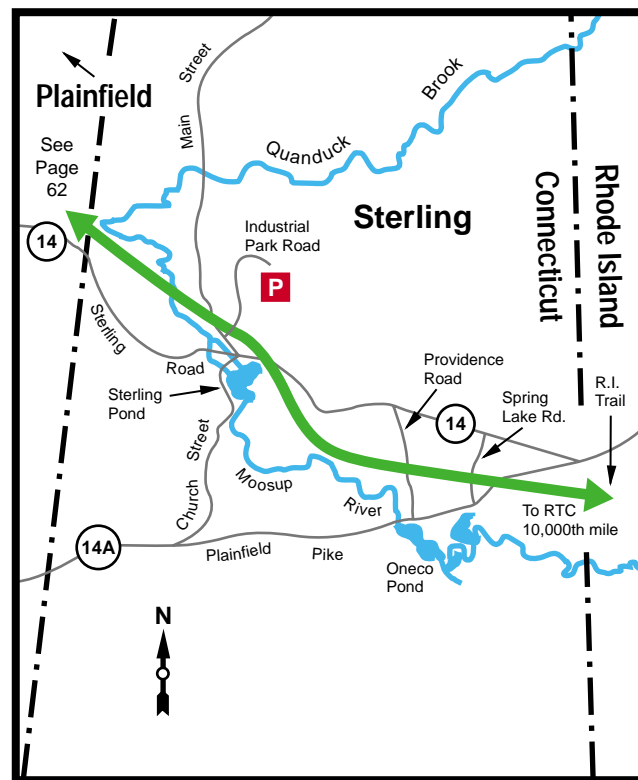
This trail is part of a system that will eventually run from Hartford to Providence, Rhode Island. This trail is part of the planned East Coast Greenway. This section of trail begins at the Plainfield town line, and runs southeast crossing Main Street. The trail then continues southeast crossing Industrial Park Road and Route 14. Then the trail runs near Sterling Pond and continues east crossing Providence Road, Spring Lake Road and the Plainfield Pike. The Sterling section of the trail ends at the Rhode Island border, but the trail continues into Rhode Island where the Rail to Trails Conservancy's 10,000 mile is located.

Parking and Accessibility

A parking area is available in Coventry, Rhode Island, on Route 117 just before the trail enters Connecticut. A large paved parking lot is also available at the Robert P. Jordan Community Center on Main Street in Sterling.

From I-395: Take exit 89 and proceed east on Route 14 to Sterling. Bear left onto Main Street to access the parking lot.

STERLING MOOSUP VALLEY STATE PARK TRAIL



Recommended Activities



Prohibited Activities



LOCATION: Sterling
ENDPOINTS: Coventry, RI, and Plainfield, CT
HOURS: Dawn to dusk
LENGTH: Approximately 5 miles
SURFACE: Hard packed dirt and gravel

CONTACT: Department of Environmental Protection
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