

Stamford Mianus River Park

Trail Highlights

The Mianus River Park contains a network of trails that wind past rock outcroppings, wooded ledges, and small knolls. The trails begin at Cognewaugh Road in Greenwich and proceed through the park to Merriebrook Lane in Stamford. The park features a 2.6-mile “nature trail” that includes 12 stations that have been prepared as educational guides to the natural beauty and ecology of the area.

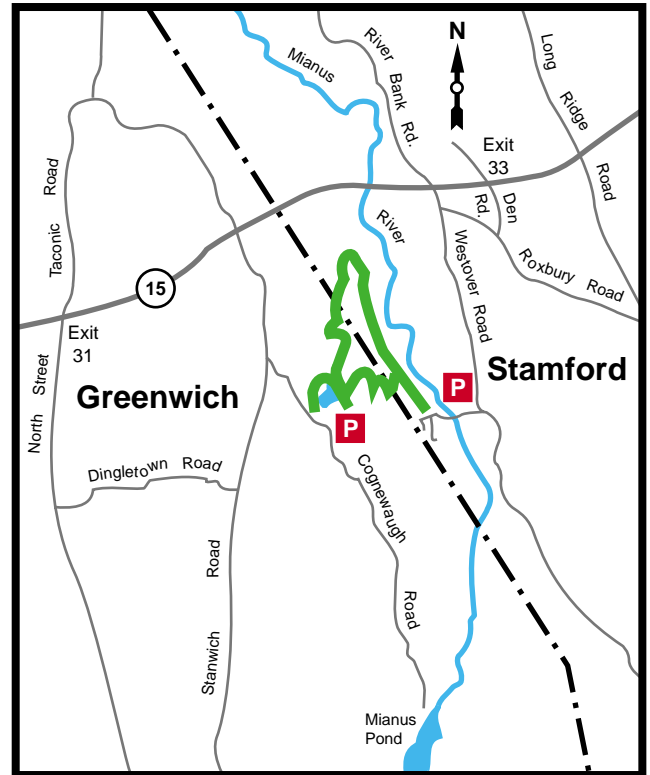
Parking and Accessibility

Trailhead parking lots are located on Merriebrook Lane in the city of Stamford and Cognewaugh Road in the city of Greenwich.

From Route 15 (Merritt Parkway) South: Take exit 33 and turn left onto Den Road. Take the second right onto Roxbury Road and then take a left onto Westover Road. Follow Westover Road south about a mile and turn right onto Merriebrook Lane. The parking lot is on the right side of the road.

From Route 15 (Merritt Parkway) North: Take exit 31. Bear left onto North Street. Proceed south about a mile and then turn left onto Dingtletown Road. At the terminus of Dingtletown Road, take a left onto Stanwich Road and then take a right onto Cognewaugh Road. The parking lot is on the left side of the road just past Hooker Lane.

STAMFORD MIANUS RIVER PARK



Approximate Scale



Recommended Activities



Prohibited Activities



LOCATION: Stamford and Greenwich

ENDPOINTS: Trailheads on Merriebrook Lane and Cognewaugh Road

HOURS: Dawn to dusk

LENGTH: Varies depending on trail

SURFACE: Dirt

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