

Waterford Senior Services Hiking Program

Enjoy a selection of hikes of varying difficulty that provide exercise, nature experiences and occasional great views. Wear sturdy shoes or sneakers that have lots of tread and can handle the occasional wet spots encountered hiking. Sometimes a walking stick is helpful for uneven terrain. On moderate hikes you may encounter steeper slopes, rocky terrain, or exposed rocks and roots. Pack a lunch, a bottle of water, insect repellent and sunscreen and you are ready to go! Hikers will meet & depart from either the East Lyme Senior Center or the Waterford Community Center at 9 a.m. on Fridays starting May 4th.



Transportation is provided for some of the hikes as noted. The cost of hikes with transportation provided is \$5 payable the day of the hike.

Transportation space is limited.

Please call Waterford Senior Services at 860-444-5839 to sign up for the hikes by Tuesday the week of the hike.

Note: Before signing up for a "Hard" hike, you must go on 2 "Moderate" hikes.

WCC—Waterford Community Center
24 Rope Ferry Road, Waterford
860-444-5839

ELSC- East Lyme Senior Center
37 Society Road, Niantic
860-739-5859

May 4	Rocky Neck State Park	East Lyme	Easy/Mod	ELSC
May 11	Cockaponisit*	Haddam	Easy Transportation Provided	ELSC
May 18	Mattabesset Trail*	Middlefield	Moderate Transportation Provided	WCC
May 25	Walden Preserve	Salem	Moderate	ELSC
June 1	Lookout Mountain*	Manchester	Hard Transportation Provided	ELSC
June 8	Nehantic	East Lyme	Moderate	ELSC
June 15	Old Furnace*	Killingly	Hard Transportation Provide	WCC
June 22	Niantiquit	Lyme	Moderate	ELSC

*Denotes transportation from Senior/Community Center to hike