






# The Oswegatchie Hills Nature Preserve Trail Guide

- ### Points of Interest
1. Smith Cove Overlook
  2. Clark Pond Vista (East)
  3. Clark Pond Vista (West)
  4. Rocky Ledge Overlook
  5. Small Rock Cave
  6. Quartz Pit
  7. Granite Quarry
  8. Mt. Tabor



-  **Trail Distances**  
Measured between trail intersections in miles
-  **Green Trail Distance**  
Measured in miles from intersection with main trails
-  **Trail Head**

Main Entrance





The Oswegatchie Hills Nature Preserve is largely comprised of two major rock ridges that run north and south parallel to the Niantic River to the east and Route 161 to the west. In between the ridges is the ravine or lowlands gouged out by glaciers; much of this lowland is wet, starting with Clark Pond in the south and the stream and wetlands to the north that feed into it. With this in mind, if you are hiking along a fairly level elevation, high or low, you are usually traveling north or south. When climbing or descending the ridges you are going east or west. Heading east or west anywhere in the preserve will bring you to civilization or, if you are in the northern most part of the preserve, going east brings you to the Niantic River.

ONLY PASSIVE RECREATION IS  
ALLOWED IN THE HILLS.

NO MOTORIZED VEHICLES,  
HUNTING, CAMPING OR FIRES  
ARE ALLOWED.

### WARNINGS:

- *Please be careful.* There are steep sections and cliffs in The Hills. Activities are done at your own risk.
- *Please stay on marked trails.* There are many unmarked trails in The Hills that are not indicated on the map and they WILL get you lost.
- *Please prevent against Lyme disease.* Keep pants tucked inside your boots and wear light colored clothing. Always check for ticks after a hike.
- *Never hike alone.* If you do, please let someone know of your plans and call 911 in an emergency.
- *Please control your dog.* The Hills are nature's nursery; help protect wildlife and their young.
- *Please pick up after yourself.* Litter is bad for wildlife.

Prepared for the Town of East Lyme by  
Friends of the  
OSWEGATCHIE HILLS NATURE PRESERVE, INC.  
P.O. Box 163, Niantic, Connecticut 06357  
[www.oswhills.org](http://www.oswhills.org)



## WELCOME TO THE OSWEGATCHIE HILLS NATURE PRESERVE

This is a “Carry In–Carry Out” area, which simple means please leave the area as you found it.

Leave nothing behind, except your tracks, and take out only your enjoyment and photographs. Future generations of people and animals thank you. There is no admission fee, although we welcome donations for trail upkeep.

The Nature Preserve encompasses approximately 400 acres of varied terrain including Clark's Pond and the nearby Niantic River, making this a unique and beautiful place.

As you will soon see, this Nature Preserve is ideally suited for a wide variety of passive recreational pursuits. The opportunities for bird and wildlife observation and photography are abundant with many miles of trails running throughout.

*Please read rules and regulations  
on the back panel.*