

# **ECHN Bike Connect 2009**

## **Walk**

**Graciously hosted by the Visiting Nurse & Health Services of CT**

- 1. Start at VNA parking lot**
- 2. Turn Right out of the parking lot. Go straight onto WT Ferguson**
- 3. Turn Left onto Bolton Road**
- 4. At stop sign cross over Route 30 to sidewalk and turn Left**
- 5. Turn Left after Sacred Heart Church onto the rail trail**
- 6. Cross over Maple Street and continue on the trail**
- 7. Cross over Warren Road and turn Right to continue on the trail**
- 8. Turn Left onto Phoenix and continue on trail to Left**
- 9. At the trail 2 mile marker turn Left onto the Blue trail in Valley Falls Park**
- 10. At the Pond take a break, snack, use facilities**
- 11. Turn Left onto Valley Falls Road**
- 12. Bear Right onto Maple Street**
- 13. Turn Right onto rail trail**
- 14. Cross over Route 30 to side walk and turn Right**
- 15. At light cross over Route 30 onto Bolton Road**
- 16. Turn Right onto WT Ferguson and follow back to VNA**

**Along the way take time to read the ECHN Fun Health Facts.**

**As we will be on a trail and in grassy wooded areas please use tick prevention. Wear socks and covered shoes.**