

# TRAIL MAP

## Sleeping Giant State Park

### SLEEPING GIANT TRAIL SYSTEM

Sleeping Giant State Park, Hamden, Connecticut

A project of the Sleeping Giant Park Association in cooperation with the Department of Energy and Environmental Protection of the State of Connecticut. This trail system was designed by Norman A. Greist and Richard D. Elliott, and constructed with assistance from other volunteers.

**Note**

Except for the tower path, all the trails are uneven, rough, and rocky; hiking shoes or boots are recommended.

**Trail Ratings**

A - hard, steep climbs, for experienced hikers.  
 B - steady ascent to crest from all trailheads  
 C - mostly level, some rises  
 D - gentle climb on wide gravel

**Additional Trails**

tower path D  
 nature trail C

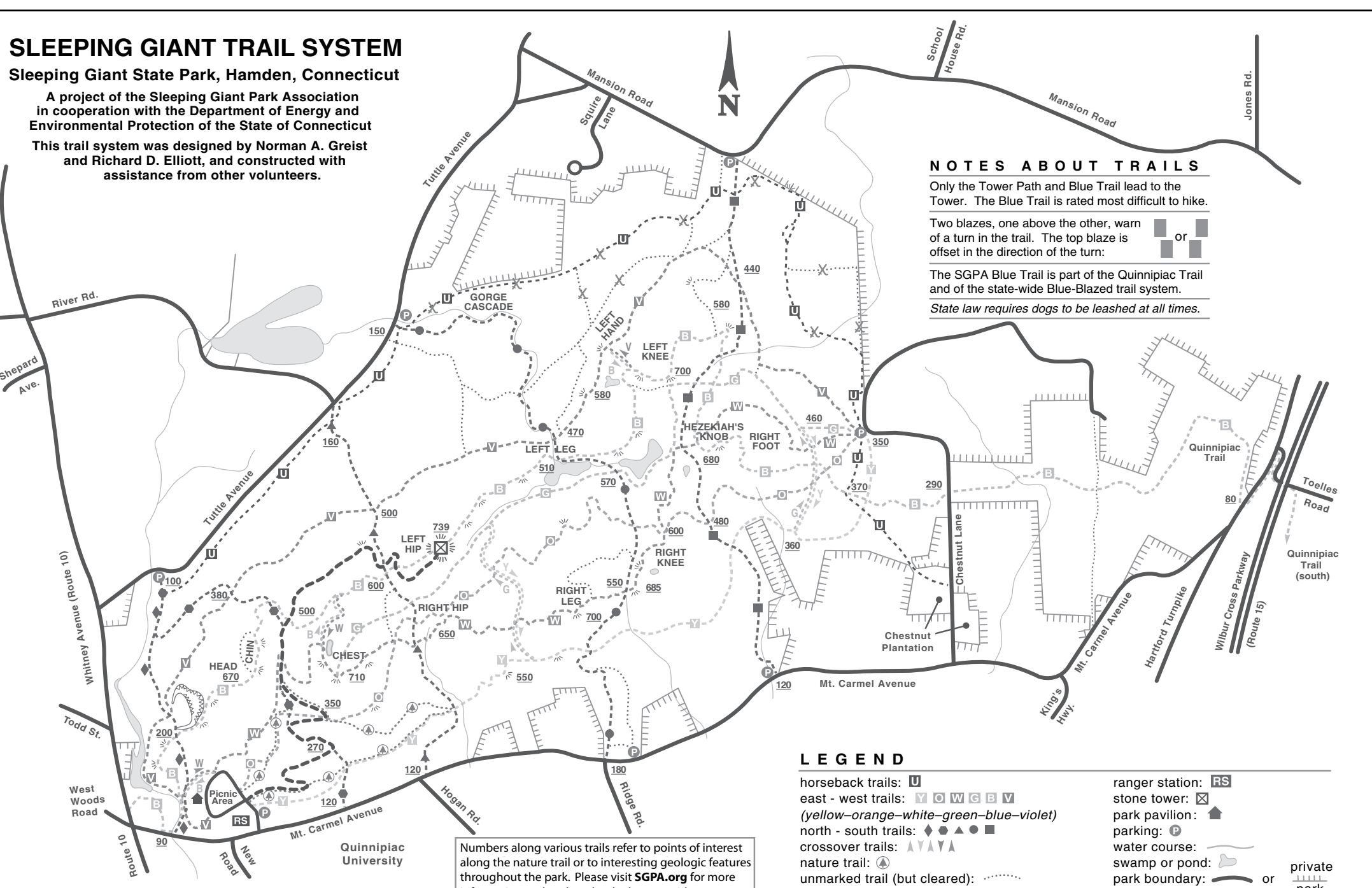
**North - South Trails**

(all red markers)  
 diamond C 0.7  
 hexagon B 1.1  
 triangle B 1.1  
 circle B 1.9  
 square B 1.6

**East - West Trails**

yellow C 2.2  
 orange B 2.4  
 white A 2.8  
 green B 2.0  
 blue A 5.1  
 violet C 3.2

**SLEEPING GIANT TRAIL RATINGS, DISTANCES (MILES)**

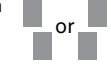


Numbers along various trails refer to points of interest along the nature trail or to interesting geologic features throughout the park. Please visit [SGPA.org](http://SGPA.org) for more information and to download relevant guides.

**NOTES ABOUT TRAILS**

Only the Tower Path and Blue Trail lead to the Tower. The Blue Trail is rated most difficult to hike.

Two blazes, one above the other, warn of a turn in the trail. The top blaze is offset in the direction of the turn:

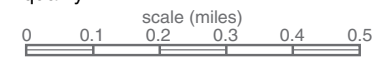


The SGPA Blue Trail is part of the Quinnipiac Trail and of the state-wide Blue-Blazed trail system.

State law requires dogs to be leashed at all times.

**LEGEND**

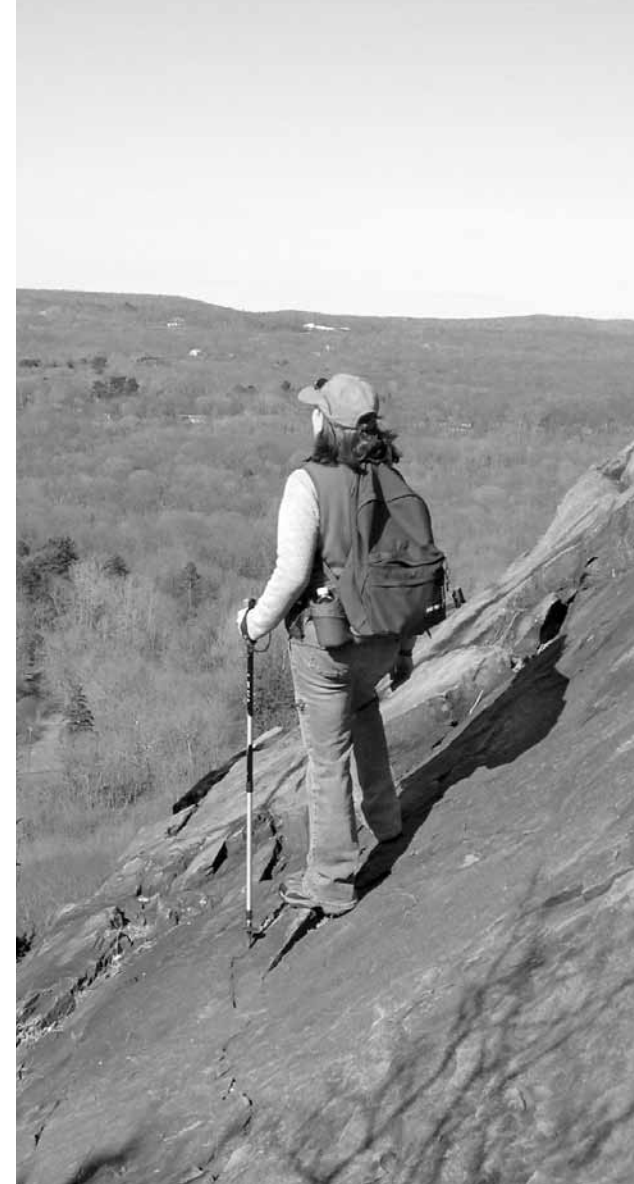
- horseback trails: U
- east - west trails: Y O W G B V (yellow-orange-white-green-blue-violet)
- north - south trails: ◆ ● ▲ ■
- crossover trails: ▲▲▲▲
- nature trail: Ⓐ
- unmarked trail (but cleared): - - - - -
- paved road: = = = = =
- tower path: - - - - -
- ski trail: X
- elevation at trail intersections or views: 580
- ranger station: RS
- stone tower: ⊠
- park pavilion: ▲
- parking: P
- water course: ~ ~ ~ ~ ~
- swamp or pond: [shaded area]
- park boundary: ——— or private park
- view: / / / / /
- quarry: ~ ~ ~ ~ ~



If you see any problems in the park, please call the DEEP hotline at (860) 424-3333. In an emergency, please call 911.

An 8 1/2 x 11 (letter size) color version of this map can be downloaded from [www.sgpa.org](http://www.sgpa.org)

Updated by R. Flanagan-Brown, 2012; based on revisions by L. Olender, 2003



Compliments of the  
**Sleeping Giant Park Association**  
 Hamden, Connecticut

# \$10

Become a member of the Sleeping Giant Park Association.

## MEMBERSHIP

Membership includes the SGPA newsletter 3 times a year and an opportunity to become a volunteer in this active organization.

Yes, I (we) would like to become a member of the Sleeping Giant Park Association.

Mr.  Mrs.  Ms.  Dr.  M/M

name

address

town

state zip

## ANNUAL DUES

- single \$ 10.00
- family \$ 20.00
- corporate/commercial \$ 100.00

## LIFE MEMBERSHIP DUES

- single \$ 150.00
- corporate/commercial \$1,000.00

Additional gift for land acquisition \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Make checks payable and mail to:  
The Sleeping Giant Park Association  
P.O. Box 185340  
Hamden, CT 06518

SGPA is a volunteer non-profit organization.  
Dues and gifts are tax deductible.



## THE ASSOCIATION

The Sleeping Giant Park Association is an all-volunteer, non-profit organization dedicated to the preservation, maintenance, and expansion of Sleeping Giant State Park. The SGPA has been acquiring land on the Sleeping Giant since 1924, and in turn giving it to the people of Connecticut for use as a park.

Today, after many years of land acquisition by the SGPA, the Park consists of approximately 1,650 acres. The Association's goal is to reach over 2,000 acres, while continuing to expand recreational opportunities on the Mountain.

Membership makes you an important supporter of this exceptional natural resource. As a member you can participate in SGPA activities and projects, socialize with members at the seasonal get-togethers, support the land acquisition program, and enjoy the "Giant News" three times a year. This newsletter is full of stories about the Park and the people who visit it.

## ACTIVITIES

The SGPA conducts 16 group hikes throughout the year each having a different theme. All are led by knowledgeable and experienced hike leaders. Check the bulletin board or [www.sgpa.org](http://www.sgpa.org) for the most recent schedule.



## THE PARK

Sleeping Giant State Park, a gift to the people of Connecticut, is operated by the Connecticut Department of Environmental Protection. The Park is located in northern Hamden, and its main entrance is reached by traveling to Mt. Carmel Ave. via Whitney Ave. (Route 10) or the Hartford Tpke. Mt. Carmel Ave. connects these two roads and runs along the south side of the Giant.

## PICNIC

Tables, fireplaces, water, rest-rooms and a covered pavilion are available for picnicking.

## TRAILS

The SGPA designed and constructed the modern-day trails system under the direction of the late Ned Greist and the late Dick Elliott. Their endeavors resulted in one of the best hiking networks in the northeast; the system has been designated as a National Recreation Trail by the Secretary of the Interior. The SGPA is responsible for the 32 miles of back-country trails including the Greist-Elliott trail system, a cross-country ski trail, equestrian trail and the Nature Trail.



## TOWER PATH

The state of Connecticut maintains the 1.6 mile Tower Path. It is a wide path that climbs gradually to the Tower and which, on a clear day, will reward you with great views.

## NATURE TRAIL

This 1.5 mi. moderate trail forms a loop from the parking lot kiosk. Its 40 natural features are well marked with a "pine tree" blaze and further identified in the *Nature Trail Guide*, available free at the kiosk, courtesy of the SGPA. This hour's walk, with just one moderate uphill climb, is great for children and is used for environmental studies by school systems all around Connecticut.

## PARK REGULATIONS

The Park is open daily to the public from 8:00 am to sunset. Please respect its natural beauty and observe the following rules.

- PROHIBITED on the property of the Park:
- the cutting or marking of trees.
  - the picking or removal of flowers and plants.
  - motor vehicles or mountain bikes on any of the trails or off the trails.
  - fires anywhere except in the fire pits in the picnic area.



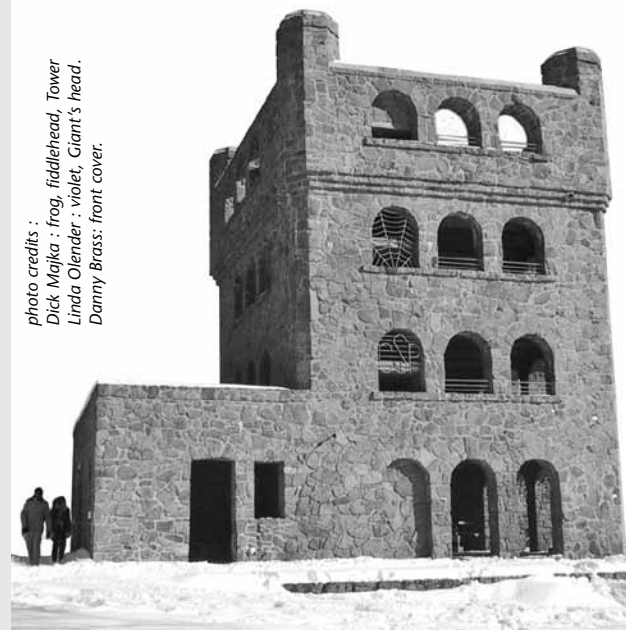
## THE LEGEND OF THE SLEEPING GIANT

From New Haven harbor the outstanding landmark of the skyline to the north is the silhouette of the Sleeping Giant lying on its back, feet to the east, head to the west and the prominent chin thrust upward to the sky.

When the WPA built the Tower Path leading to the Stone Tower on the Giant's left hip in 1936-39, numerous Indian artifacts were found, providing proof that the Native Americans hunted on the Sleeping Giant for thousands of years. According to Hamden historian Rachel M. Hartley, The Quinnipiac Indians, who inhabited the area when the English colonists first arrived in 1638, venerated the Sleeping Giant as a place where their spirits dwelt.

One local Indian legend relates how the spirit Hobbomock diverted the Connecticut River from its original course in the Quinnipiac country and moved it far to the east. The benevolent spirit Kiehtan then cast a spell upon Hobbomock, causing him to sleep eternally in repose as the "Sleeping Giant." During the legal battle the SGPA waged in the 1920s and 30s to stop the quarrying on the Giant's head, supporters of the SGPA warned that if old Hobbomock's sleep was disturbed, bad luck would forever haunt the local inhabitants.

photo credits :  
Dick Majka : frog, fiddlehead, Tower  
Linda Olander : violet, Giant's head.  
Danny Brass: front cover.



## TRADING POST

Many items can be seen on: [www.sgpa.org](http://www.sgpa.org)  
Place your order on the form below, or on a separate piece of paper, and mail with a check payable to SGPA. Be sure to include the postage. Mail check to:  
The Sleeping Giant Park Association  
P.O. Box 185340, Hamden, CT 06518

<b>ADULT T-SHIRT</b> (short sleeve) black, gray or white/med/lg/x-lg	\$15.00
<b>ADULT T-SHIRT</b> (long sleeve) black or white/med/lg/x-lg	\$18.00
<b>KIDS T-SHIRT</b> (short sleeve) black, gray or white/kids lg. only	\$10.00
<b>SLEEPING GIANT CAP</b> khaki & green with green embroidered logo.	\$10.00
<b>Book <i>Born Among the Hills</i></b> by Nancy Sachse.	\$7.00
<b>COLOR POSTER</b> 18" x 24" The Giant in fall colors.	\$6.00
<b>EMBROIDERED PATCH</b> 4" wide oval with Sleeping Giant design	\$4.00
<b>STICKER</b> 4 1/2" wide – same design as patch.	\$3.00
<b>MAP</b> (black & white) 18" x 24" trail map of the Giant.	\$4.00
<b>POSTCARDS</b> Full color of the Giant	4 for \$1.00
<b>NOTECARDS</b> 12 color Giant photos w/envelopes	\$15.00

item	size	color	price each	price total
<b>SHIPPING CHARGES:</b> When ordering more than one item, use only 1 shipping charge listed. The higher charge prevails.				subtotal
1 T-shirt			\$3.00	shipping
for each additional shirt add \$1.00				
Poster, Map, Notecards, Book			3.00	total
Cap			2.00	
Sticker, Patch, Postcards			1.00	

name

address

town state zip

phone (in case we have questions about your order)