

Sleeping Giant Trail System

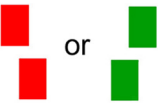
Sleeping Giant State Park - Hamden, Connecticut

The Sleeping Giant Trail System is a project of the Sleeping Giant Park Association (SGPA), in cooperation with the Department of Energy and Environmental Protection (DEEP) of the State of Connecticut.

This trail system was designed by Norman A. Greist and Richard D. Elliott and constructed with the assistance of SGPA volunteers.

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

Two blazes, with one above the other, signify an abrupt turn in the trail. The upper blaze is offset in the direction of the turn.



Sleeping Giant Trail Ratings	East-West Trails			North-South Trails		
	Rating	Length (miles)		Tower Path/Nature		
A - Hard, steep climbs, for experienced hikers	Yellow	C	2.2	Diamond	C	0.7
B - Steady ascent to crest from all trailheads	Orange	B	2.4	Hexagon	B	1.2
C - Mostly level, some rises	White	A	2.7	Triangle	B	1.1
D - Gentle climb on wide path	Green	B	1.9	Circle	B	1.7
	Blue	A	5.1	Square	B	1.5
	Violet	C	3.1	Tower	D	1.5
Only the Tower Path and Blue Trail lead to the Tower.				Nature	C	1.5

Note: Except for the gravel-lined Tower Path, all trails in the park are rough, rocky, and uneven. Hiking shoes or boots are recommended.

The SGPA Blue Trail is part of the Quinnipiac Trail and also Connecticut's statewide, Blue-Blazed Hiking Trail System.



East-West Trails: V Y B W O G

North-South Trails: ◆ ◆ ◆ ◆ ◆

Crossover Trails: ▲ ▲ ▲ ▲ ▲

Horseback Trail: - U - - -

Nature Trail: - G - - -

Ski Trail: ○ ○ ○ ○ ○

Unmarked Trail:

Tower Path: - - - - -

Paved Road: = = = = =

Historic Trail: - DC -

Please Enjoy the VIEW!

RS

Tower: [Symbol]

Pavilion: [Symbol]

Bridge, Staircase: [Symbol]

Parking: P

River, Stream: [Symbol]

Wetland, Pond: [Symbol]

Park Boundary: [Symbol]

Upper Quarry: [Symbol]

Elevation: 685

0.1 miles 0.2 miles 0.3 miles 0.4 miles 0.5 miles

Numbers along various trails refer to stops along the self-guided Nature Trail or identify interesting geologic features throughout the park. Please visit sgpa.org for information and guides, as well as the SGPA Trading Post for t-shirts, caps, postcards, and more.

Please keep dogs leashed at all times. It's the law.



GPS-enabled map



SGPA MEMBERSHIP

Membership in the Sleeping Giant Park Association enables you to participate in the Giant Master Program (see the SGPA website at www.sgpa.org for more information about this popular hiking program). Membership also includes a subscription to the *Giant News*, the official newsletter of the SGPA. Published three times a year, the *Giant News* is full of information about the Association, the Park, and the people who visit it. Most importantly, however, SGPA membership is a contribution to supporting our ongoing efforts to maintain the health and integrity of the Park and the safety of its extensive trail system.

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



SGPA MEMBERSHIP

☐ Mr.

☐ Mrs.

☐ Ms.

☐ Dr.

☐ M/M

Name

Address

Town

State

ZIP

Email Address

ANNUAL DUES		
<input type="checkbox"/> Single	\$	10.00
<input type="checkbox"/> Family	\$	20.00
<input type="checkbox"/> Corporate/Commercial	\$	100.00

LIFE MEMBERSHIP DUES		
<input type="checkbox"/> Single	\$	150.00
<input type="checkbox"/> 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

The Sleeping Giant Park Association 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 the 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 of pristine wilderness. The Association’s goal is to reach over 2,000 acres, while continuing to conserve the land and provide recreational opportunities on the mountain.

ACTIVITIES

The SGPA conducts 17 group hikes throughout the year, each having a different theme. All are led by knowledgeable and experienced hike leaders. Check the bulletin board on the kiosk at the main entrance to the Park, or visit the SGPA website at www.sgpa.org for the most recent schedule.

Participation in various SGPA projects and activities offers opportunities for socializing with like-minded individuals during hikes and at seasonal get-togethers, supporting the land-acquisition program, and strengthening our conservation efforts in the Park.

TRADING POST

SGPA merchandise can be purchased online from the Trading Post at www.sgpa.org



THE PARK

The Sleeping Giant State Park, a gift to the people of Connecticut from the SGPA, is operated by the Connecticut Department of Energy and Environmental Protection. The main entrance to the Park is located in north Hamden. It is reached by traveling to Mt. Carmel Avenue via Whitney Avenue (Route 10) or the Hartford Turnpike. Mt. Carmel Avenue connects these two roads and runs along the southern boundary of the Park.

PICNIC

Wooden picnic tables, fireplaces, water, restroom facilities, and a covered pavilion are available near the Park entrance for picnicking.

TRAILS

In the early 1960s, the late Ned Greist and the late Dick Elliott designed and supervised construction of the modern-day trail system in the Park. This endeavor resulted in one of the best networks of hiking trails in the Northeast. The system has been designated as a National Recreation Trail by the Secretary of the Interior. Volunteers associated with the SGPA are responsible for maintaining the 32 miles of backcountry trails in the Park, including the Greist-Elliott Trail System, a Cross-Country Ski Trail, an Equestrian Trail, and the Nature and Geology Trails.

TOWER PATH

The 1.5-mile-long Tower Path is maintained by the state of Connecticut. This is a wide, gravel path that gradually climbs to the Tower, from which hikers will be rewarded with a great view on clear days. Construction of the Tower was a WPA project that was completed in 1939.

NATURE AND GEOLOGY TRAILS

The Nature Trail is a moderate, 1.5-mile-long trail that forms a loop beginning at the kiosk at the main entrance to the Park. Its 39 natural features are numbered and the trail system marked with a “pine tree” blaze. A description of each station can be found in the Nature Trail Guide, which is available on the SGPA website (www.sgpa.org) and also at the kiosk.

The Geology Trail is located on eight of the Giant’s trail systems. Individual station numbers are located within a circular blaze, the color of which corresponds to the trail color. An informative guide/photographic atlas of the Geology Trail is available on the SGPA website at www.sgpa.org. Together, the Nature and Geology Trails offer Park visitors an opportunity to learn more about the natural history of the Park.

PARK REGULATIONS

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

PROHIBITED ON PARK PROPERTY

- Cutting or marking of trees
- Picking or removing flowers and plants
- Motor vehicles or bicycles on any of the trails or off trail
- Fires anywhere in the Park other than in the designated fire pits in the picnic area

Note: Dogs must be leashed at all times.

LEGEND OF THE SLEEPING GIANT

From New Haven Harbor, the most remarkable feature of the north-facing landscape is the iconic silhouette of the Sleeping Giant. Lying on his back, feet facing to the east, head to the west, and prominent chin thrust upward to the sky, the Giant’s bold profile is emblematic of southern CT.

In the course of constructing the Tower Path (1935 – 1938), WPA workers unearthed numerous artefacts that proved to be of indigenous origin. These were most likely crafted by the Quinnipiac people, whose seasonal activities ranged from the New Haven shoreline to as far north as Meriden. According to Hamden historian, Rachel M. Hartley, the Quinnipiac people, who already inhabited the area when the English colonists first arrived in 1638, venerated the Sleeping Giant as a powerful figure upon whose good will they depended.

One local Quinnipiac legend relates how the spirit, Hobomock, angered that he was not properly venerated by the people, stamped his foot and changed the course of the Connecticut River, causing considerable hardship. Kiehtan, a more benevolent spirit, then cast a spell upon Hobomock, causing him to fall asleep in eternal repose as the “Sleeping Giant.”

During the legal battles waged by the SGPA in the 1920s and ‘30s to stop the quarrying operations on the Giant’s Head, SGPA supporters warned that if Hobomock’s sleep was disturbed, bad luck would forever haunt the local inhabitants.

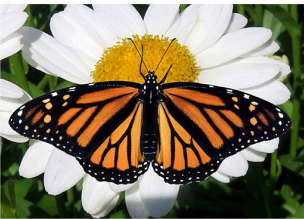


Photo Credits:
Tower - Dick Majka
Giant Profile - Tom Mahoney
Monarch Butterfly and Cover Image - Danny Brass

BE A SLEEPING GIANT VOLUNTEER

The work of the SGPA is dependent on the efforts of a dedicated group of volunteers. Volunteers work in a variety of venues throughout the Park. If you are interested in getting involved, we would welcome your assistance. Some of the many opportunities available for volunteers include work on any of the following committees:

- The Pollinator Garden
- Environmental Stewardship Committee
- Community Outreach
- Hiking Committee
- Trails Crew

Additional information on volunteer opportunities at the Sleeping Giant is available on the SGPA website at www.sgpa.org. We also encourage you to talk with any Park volunteer or to email us at outreach@sgpa.org

WE CAN’T FLOURISH WITHOUT YOU!



Compliments of the
Sleeping Giant Park Association
Hamden, Connecticut