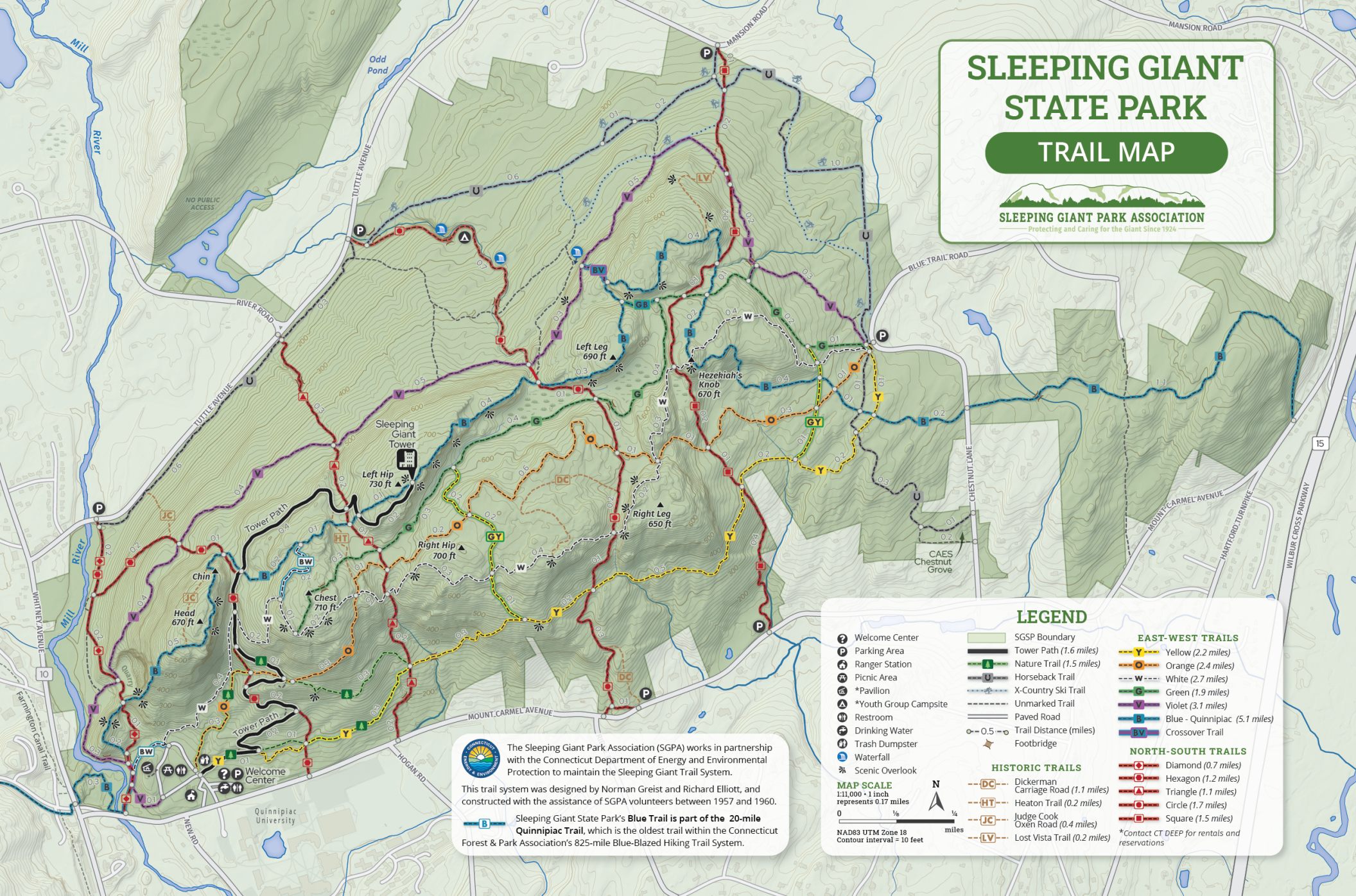


SLEEPING GIANT STATE PARK TRAIL MAP



LEGEND

- | | | |
|-----------------------|-------------------------------------|-------------------------------|
| Welcome Center | SGSP Boundary | EAST-WEST TRAILS |
| Parking Area | Tower Path (1.6 miles) | Orange (2.4 miles) |
| Ranger Station | Nature Trail (1.5 miles) | White (2.7 miles) |
| Picnic Area | Horseback Trail | Green (1.9 miles) |
| *Pavilion | X-Country Ski Trail | Violet (3.1 miles) |
| *Youth Group Campsite | Unmarked Trail | Blue - Quinnipiac (5.1 miles) |
| Restroom | Paved Road | Crossover Trail |
| Drinking Water | Trail Distance (miles) | |
| Trash Dumpster | Footbridge | |
| Waterfall | | |
| Scenic Overlook | | |
| | HISTORIC TRAILS | NORTH-SOUTH TRAILS |
| | Dickerman Carriage Road (1.1 miles) | Diamond (0.7 miles) |
| | Heaton Trail (0.2 miles) | Hexagon (1.2 miles) |
| | Judge Cook Oxen Road (0.4 miles) | Triangle (1.1 miles) |
| | Lost Vista Trail (0.2 miles) | Circle (1.7 miles) |
| | | Square (1.5 miles) |



The Sleeping Giant Park Association (SGPA) works in partnership with the Connecticut Department of Energy and Environmental Protection to maintain the Sleeping Giant Trail System.

This trail system was designed by Norman Greist and Richard Elliott, and constructed with the assistance of SGPA volunteers between 1957 and 1960.

Sleeping Giant State Park's **Blue Trail** is part of the **20-mile Quinnipiac Trail**, which is the oldest trail within the Connecticut Forest & Park Association's 825-mile Blue-Blazed Hiking Trail System.

MAP SCALE
1:11,000 - 1 inch represents 0.17 miles
0 1/4 1/2 miles
NAD83 UTM Zone 18
Contour interval = 10 feet



*Contact CT DEEP for rentals and reservations

SLEEPING GIANT STATE PARK

TRAIL MAP



COURTESY OF



SLEEPING GIANT

SINCE 1924

PARK ASSOCIATION

Hamden, Connecticut

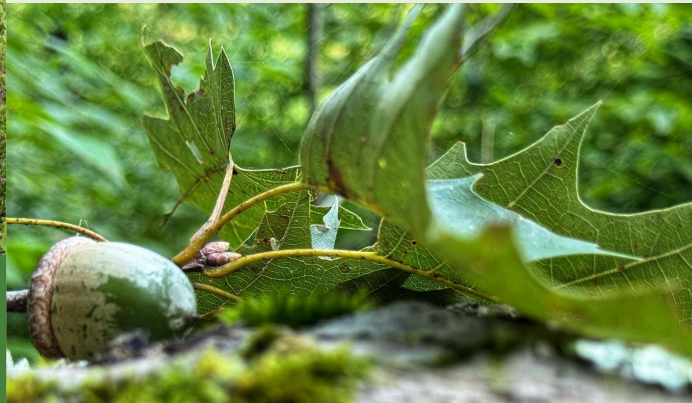
THE LEGEND OF HOBBOMOCK

Long before colonial settlers arrived in 1638, the land we now call Sleeping Giant was sacred to the Quinnipiac people. These indigenous inhabitants saw more than hills and ridgelines in the Giant's form. To them, this was Hobbomock—a powerful spirit of immense strength and temper.

According to legend, Hobbomock grew angry when the people failed to show him respect. In his fury, he stamped his foot, shaking the earth and altering the path of the Connecticut River.

Fearing further destruction, the benevolent spirit Kiehtan intervened and cast a spell that put Hobbomock into a deep, eternal sleep. His resting form became the silhouette we see today—a guardian of the land, lying in peaceful slumber.

This legend has lived on, including during the legal battles waged by Sleeping Giant Park Association in the 1920s and '30s to stop the quarrying of the Giant's head. "Let sleeping giants lie" they warned...

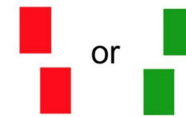


LAND ACKNOWLEDGEMENT

The Sleeping Giant Park Association acknowledges the Giant as a sacred space, connected to the beliefs and practices of the Quinnipiac people, who stewarded the land for centuries.

NAVIGATING THE TRAILS

With over 32 miles of trails, the Giant has something for everyone. Most trails follow a grid pattern: red trails run north-south and other colors east-west.



Colorful blazes mark nearly all routes. Two stacked blazes indicate a turn, with the top blaze showing the direction of the turn.

Sturdy shoes are recommended. Except for the Tower Path, all trails are rough, rocky and uneven.

INTERPRETIVE TRAILS & GUIDES

Two interpretive trail guides offer hikers of all ages the chance to deepen their connection to the park.

NATURE TRAIL (1.5-MILE LOOP)



Marked with pine tree blazes, the Nature Trail features 40 numbered stations that highlight the park's ecology, geology, and wildlife. With just one moderate incline, it's perfect for families and curious hikers of all ages.

GEOLOGY GUIDE



With more than 100 stations located across 8 different trails, the Geology Guide takes you on a park-wide journey through time, explaining dramatic lava flows, fault lines, and rock formations that define this iconic landscape.



Access trail guides, park information and more—scan the QR code to explore.

PDF of guides available at: [SGPA.org/trail-guides](https://www.sgpa.org/trail-guides)



SLEEPING GIANT PARK ASSOCIATION

VISITING THE TOWER

SLEEPING GIANT STATE PARK

Open Daily, 8 AM to Sunset
200 Mt Carmel Ave, Hamden, CT

EXPLORE SAFELY

To protect our shared resource and ensure a safe, enjoyable visit, please:

- ▶ Plan ahead and prepare
- ▶ Stick to established trails
- ▶ Share your route before you go
- ▶ Carry out all trash
- ▶ Leave what you find and respect wildlife
- ▶ Build fires only in picnic area fire pits
- ▶ Keep pets leashed at all times
- ▶ Be respectful of other visitors

Please note that mountain bikes, motor vehicles, and unpermitted drones are prohibited at the park.



To report issues, contact CT DEEP's information hotline: 860-424-3000
For emergencies, dial 911

SLEEPING GIANT PARK ASSOCIATION is an all-volunteer nonprofit that works in partnership with CT DEEP to protect & care for the Sleeping Giant.

Mail: P.O. Box 185340, Hamden, CT 06518

Website: www.SGPA.org

Email: info@SGPA.org

Sleeping Giant Park Association (SGPA) is Connecticut's oldest state park "friends group", established in 1924 to protect the Giant's iconic ridgelines.

For more than a century, SGPA has led the charge to safeguard this regional treasure—starting with the first land acquisitions and successfully halting quarrying on the Giant's head. Thanks to SGPA's continued advocacy and strategic land acquisitions, the park has grown to more than 1,750 acres.

- ### TODAY, SGPA CONTINUES THIS CONSERVATION LEGACY, AND HAS EXPANDED ITS MISSION TO INCLUDE:
- ▶ An all-volunteer trail crew that maintains and improves all 32+ miles of backcountry trails
 - ▶ Environmental stewardship through tree planting, pollinator gardens, and invasive species control
 - ▶ Educational programs including more than a dozen annual guided hikes, school field trips, etc.
 - ▶ Historic research and preservation
 - ▶ The Giant Master Program, a challenge to hike all 32 miles of blazed trails at the park
 - ▶ And more...

YOUR SUPPORT MAKES IT POSSIBLE...

Members are the backbone of SGPA. Make a gift today, and join more than 1,000 other supporters who understand the importance of protecting and caring for this special place: [SGPA.org/donate](https://www.sgpa.org/donate)

STAY CONNECTED AT SGPA.ORG

Connect with SGPA online to find upcoming events and volunteer opportunities, explore the park's history, and discover more ways to get involved.

While you're there, sign up for the SGPA eNews to stay connected with all things Sleeping Giant!

The Sleeping Giant Tower is accessed by the 1.6-mile Tower Path—a gently sloping gravel path ideal for first-time visitors and beginner hikers. Located at the Giant's highest point, the stone tower features an internal ramp system leading to the top, where sweeping 360-degree views await.

THE TOWER'S SECRETS

The tower features hidden symbols that can be easily missed. While there, keep an eye out for **1)** a metal spider web; **2)** the initials "CSP"; and **3)** a stone dog. To learn more about the meaning behind these symbols, visit: [sgpa.org/tower-history](https://www.sgpa.org/tower-history)



LOOK GOOD & SUPPORT THE GIANT

SHOP THE SGPA TRADING POST!

All proceeds support the park. Scan the QR code:



or visit [SGPA.org/trading-post](https://www.sgpa.org/trading-post)



