



*Connecting people to the land since 1895*

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FOR IMMEDIATE RELEASE:

## CT TRAILS DAY 2022

Let's get everyone outside all over Connecticut with over 180 free events on June 4-5!

Rockfall, CT – For a small state, Connecticut always goes big when it comes to outdoor recreation. CT Trails Day, held on the first weekend in June every year, is the largest celebration of trails in the nation. “Protecting public access to the outdoors is what we are all about, and Trails Day is the biggest way we encourage people to get outside each year with over 180 events taking place statewide during the first weekend in June,” stated Eric Hammerling, Executive Director of the Connecticut Forest & Park Association (CFPA), which has coordinated this annual event since 1993.

CT Trails Day events are free, open to all, and guided by people who are knowledgeable about each site. Events include hiking, biking, horseback riding, running, trail maintenance, kayaking, educational walks, bird watching, letterboxing, and more for people of all ages, backgrounds, and interests. A full listing of all events, organized by town, activity, and interest, along with other participant information can be found online at [www.trailsday.org](http://www.trailsday.org).

“Connecticut’s forests, parks, trails, and other special places are integral to our state’s identity and economy,” added Hammerling, “Our primary goal is to raise awareness and get as many people as possible out on trails to enjoy and appreciate what we have. When people connect to the land and have fun, they are often interested in getting involved to help keep special places open, well-maintained, and available for everyone to enjoy.”

The success of this large-scale effort, and the sheer number and variety of CT Trails Day events, is the result of the many amazing hike leaders who lead the way, our passionate partners and community organizations, as well as our dedicated financial supporters.

Registration for CT Trails Day opens May 10. Visit [www.trailsday.org](http://www.trailsday.org) to reserve your spot early, events will fill up fast.