

Be part of the future.
Preserve our landscape.

Directions

The Medicine Rock Trail is located on the west side of route 202, 1.6 miles north of the center of Litchfield. The trail head parking is about 1000 feet south of the Town Farm Road intersection with route 202.

The Trail Description

Starting from the route 202 trail head the trail follows a 500-foot access path that includes bog bridging and leads to a kiosk with a trail map. The yellow trail marks an old woods road and heads west to the Bantam River. From the kiosk the red blazed, north loop of Medicine Rock trail is located 280 feet on the right. This 0.4-mile trail loop heads north and then west as it descends to the river where it passes the terminus of the yellow trail. The Upper Bantam River Preserve is an excellent example of a diverse mixed New England forest. The mature forest contains a wide variety of tree species including oak, birch, hickory, hemlock, beech, and maple. The trail along the river passes through an enchanting mature hemlock grove. The 0.8-mile southern loop follows the Bantam River south for less than a half mile and then ascends the hill and reconnects with the yellow trail.

Look for scattered outcroppings of white quartzite which inspired the trail name. White quartzite was considered a special gift to native Americans who believed that it held healing powers. White quartzite was also used extensively in forming arrow heads and tools.

Preserve Policies

- Stay on designated trails
- No motorized vehicles
- No fires, swimming, hunting or trapping
- Wear orange during hunting season
- Help keep the preserve clean—no littering or dumping

Thank You

Medicine Rock Trail was completed in 2019 with financial assistance from the Seherr-Thoss Foundation.

The Upper Bantam Preserve was gifted to the Litchfield Land Trust for permanent preservation in four parcels: 20.4 acres from Courthouse Facility LLC, 55.2 acres from the Nature Conservancy of Connecticut, 10.2 acres from Elizabeth R. McGhee, and 4.0 acres from John Bolus for access off Rte. 202.

JOIN US.

Become a member.

Each membership level entitles you to one year of basic benefits including: a window decal, bi-annual newsletter, email updates and knowing that you are contributing to Litchfield open space.

- ☐ Individual annual membership \$35
- ☐ Family annual membership \$50
- ☐ Supporter..... \$100
- ☐ Patron \$250
- ☐ Benefactor. \$1000

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Cell Phone _____

Email _____

Be a part of the Team!

I would like to:

- ☐ **Volunteer.** Please contact me to learn about current opportunities in land monitoring, special events, office support, or other activities.
- ☐ **Donate skills and talents** _____
- ☐ **Talk about donating land or an easement**

Payment Methods

(Thank you for your tax-deductible contribution.)

- ☐ Matching gift from my employer (Please include your employer's matching gift forms.)
- ☐ Online at www.litchfieldlandtrust.org
- ☐ OR return this card to us with a check payable to **LLT:**

Litchfield Land Trust, Inc.

P.O. Box 712

Litchfield, CT 06759



**Litchfield
Land Trust**

Conserving and Protecting Land. Forever.

For more information:

Call: 860-361-9310

Email: info@litchfieldlandtrust.org

Visit: litchfieldlandtrust.org



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Upper Bantam Preserve

Medicine Rock Trail

85 Acres

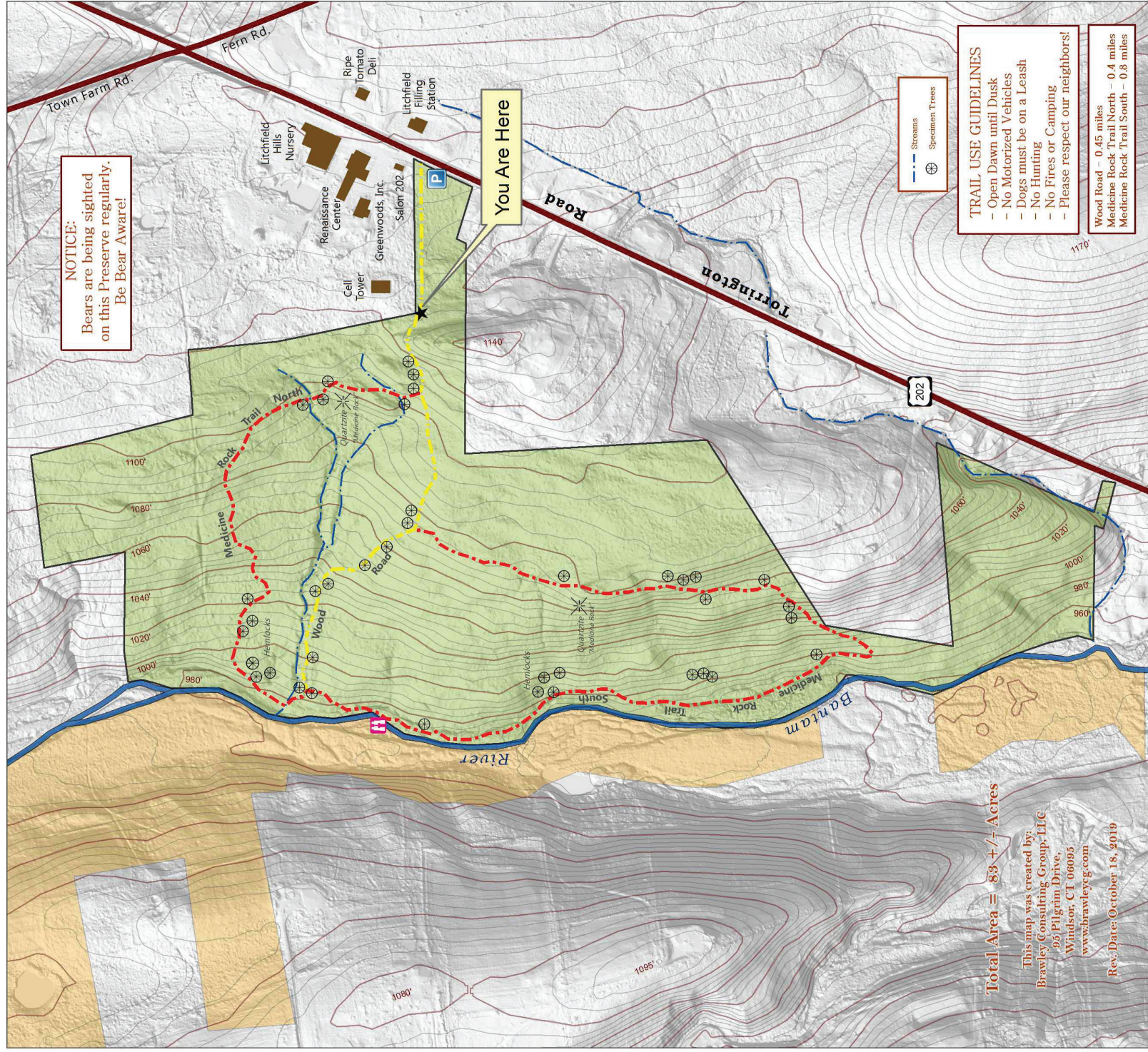
1.6 Miles • Moderate

381 Torrington Road, Litchfield, CT
1.6 mi N from Litchfield Center on Rte. 202,
1000 ft. S of Farm Rd.

A diverse mix of tree species, a riverside trail and
scattered outcroppings of white quartzite.

Litchfield Land Trust is a non-profit membership organization whose mission is the preservation and conservation of open space, including farm and forest land, and the natural resources located thereon, primarily in the town of Litchfield for the benefit and education of the public.

Upper Bantam River Preserve



Total Area = 83 +/- Acres

This map was created by:
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Upper Bantam River Preserve
LLT Easements
Medicine Rock Trail
Existing Wood Road

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