



# THE BOULDERS TRAIL MAP



## Trail Description:

**Healthy Heart Loop:** 0.5 miles, round trip

Difficulty: Easy (gentle grades, smooth footing)

**Green Trail:** 1.4 miles, round trip (Easy)

**Blue Trail:** 2.8 miles, round trip

Difficulty: Moderate (uneven footing, elevation changes)

**Red Trail:** 2.4 miles, round trip (Moderate)

From the southern trailhead on Routes 8/9, the **Blue Trail** to the boulder ridge is a hike of about 45 minutes. That trail provides a gradual ascent to the 1,395-foot high ridge. From that point visitors, after the leaf-fall, can make out the Taconic Range to the west. The northern trailhead on Gulf Road gives access to an easy walk on the **Healthy Heart Loop** or an extended hike on the **Green** and **Red Trails**.

## Natural History:

The Boulders' weathered chunks of gray rock are a handy rest stop after a moderate climb. The bedrock of this property is primarily pelitic rock, a metamorphosed fine-grained sedimentary rock. The large outcrops on the boulders ridge show part of a concentric arcing called a "lunate fracture." Those form from an interaction between ice, pressure, and a very hard rock like the quartzite found here. Deer and barred owls are among many animal species here; red trillium and pink lady-slippers show up in spring among many other ephemeral wildflowers.